# AI & Medicine: Hype or Hope?

Matthew Thompson Professor, UW Department of Family Medicine Clinical Research Scientist, Google







# **Disclosures:** Currently employed by Google, with shares and stock options in Alphabet

Today's presentation represents my personal views as a UW faculty member

## AAFP survey of 1,200 FPs

## Al Is in the Doctor's Bag– And Primary Care Is Ready to Use It

• PCPs are <u>actively exploring</u> AI both personally and professionally: Half of respondents reported having used AI tools for at least one use case at work. Some 62% said they use generative AI tools like ChatGPT outside of work; among those that haven't, 80% expressed a desire to do so.

February 24, 2025

- PCPs are <u>optimistic about some aspects</u> of AI but skeptical about others: ... improving time to diagnosis (73% expect positive impacts), diagnostic accuracy (66%), and appropriateness of treatment plans (66%). Most expect AI will improve their wellbeing (70%) and workload (66%).
- Family physicians and other PCPs are <u>concerned</u> about Al in the workplace: 18% fear that Al will have negative or very negative impacts on their job security, while another 52% are still unsure. 81% want more training to fully trust Al solutions at work.
- Most PCPs have *limited influence* over the AI tools available in their practices.

#### **Q GLASS HALF FULL OR EMPTY?**

# Most Americans think AI won't improve their lives, survey says

Rare survey of AI experts exposes deep divide with public opinion. ASHLEY BELANGER – APR 3, 2025 11:18 AM | D 238



-> Credit: piranka | E+

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# Al experts more likely than the public to say Al will have a positive effect on the U.S. over next 20 years

% who say they think the impact of artificial intelligence (AI) on the U.S. over the next 20 years will be ...



Note: "Al experts" refer to individuals whose work or research relates to Al. The Al experts surveyed are those who were authors or presenters at an Al-related conference in 2023 or 2024 and live in the U.S. Expert views are only representative of those who responded. For more details, refer to the methodology. "Very/somewhat positive" and "very/somewhat negative" are combined. Those who did not give an answer are not shown.

Source: Survey of U.S. adults conducted Aug. 12-18, 2024. Survey of Al experts conducted Aug. 14-Oct. 31, 2024.

"How the U.S. Public and Al Experts View Artificial Intelligence"

#### PEW RESEARCH CENTER

## Take home points

- Understanding AI and Gen AI is *difficult* for most of us
- Some tasks can likely be *safely shifted now*
- **Real impact** of Gen AI tools on many areas of health care?
- Clinicians/educators who use AI or Gen AI as *part of their work* will be the norm
- **Gulf** between AI capabilities & clinician/educator capacity to evaluate, implement
- Multiple *human attributes* developed over millions of years are not replaceable (*and nor should we try to*)--- understanding, joy, fear, empathy, connection, touch, kindness, love...

# AI & Generative AI



Google Health





Google Health



### Traditional programming



#### Wave of neural networks | ~2012



#### Generative language models | LaMDA, PaLM, GPT, Gemini, etc.



## We're in a new era of generative AI

Task specific= good at narrow tasks Predicts or classify things Expensive training data Poor multimodal / sequential Generalization Many tasks at the same time Training using free text Multimodal and sequential Rich expressive outputs

> Al Wave 2 GenAl 2022+



JAMA 2024; 331:242

## FDA has authorized approx 1000 AI-enabled medical devices

Figure 1. Artificial Intelligence–Enabled Medical Devices Authorized for Marketing by the US Food and Drug Administration, by Year



## Large Language Models = "next-word prediction engines"



LLM typically created using 3 step process:

- 1. Pre training with vast web-scale data to create a base model
- 2. Fine tuning, using question and answer data to improve responses.
- Reinforcement learning from human feedback to align model with human values and improve response quality

## "Bigger is Better"

Language models have been growing in size exponentially in recent years.





Singhal, K., Azizi, S., Tu, T., Mahdavi, S. S., Wei, J., Chung, H. W., ... & Natarajan, V. (2023). Large language models encode clinical knowledge. Nature, 620(7972), 172-180.

# Gen Al poses novel but addressable risks for the Healthcare and Life Sciences industries...



Google

## ... that can be mitigated by guardrails, governance, and processes

#### Sample, non-exhaustive mitigation strategies



- Keep a human in the loop
- Conduct adversarial testing to identify problematic prompts
- Monitor end user behavior to detect consistent issues



#### **Encoding Bias**

- Finetune on balanced data sets
- Use adversarial testing and red teaming on end to end products to identify inequities
- Evaluate foundational models for equity considerations before building a solution



- Keep a human in the loop
- Provide end user training to raise awareness and teach employees to interrogate results for blinds spots
- Monitor end user behavior to detect common omissions

#### Security

- Provide all employees with Gen Al awareness training similar to password best practice campaigns
- Build tools to screen end user entered prompts for malicious commands
- Follow SecOps best practices to quickly adapt to emerging threats



#### **Public Scrutiny**

- Create a clear communication strategy for any issues
- Require the model to save reasoning for decision making use cases
- Provide clear disclosures
- Proactively monitor and address issues as they arise

Provide clear disclosure on data storage and use

**Privacy** 

- Work with vendors to understand their data storage practices
- Remove PHI from all training data
- Conduct adversarial testing prior to deploying a solution

# **Agentic Al**

**Digital medicine** The rise of agentic AI teammates in medicine



**AI** = passive, reactive, depends on human users to provide input and context

Agentic AI = can take initiatives, proactive, maintain memory and context, track patient data, identify issues, propose solutions.

**Future = AI Clinical manager agent** = orchestrate several tools (eg transcribing, searching clinical guidelines, analysing images), clinician would deal with a single manager. Supervised by human clinician



Figure: Medical AI agent orchestrating tools and data while monitored by human clinician and AI reviewer

## Multimodal

https://www.youtube.com/watch?v=nXVvvRhiGjI

# Pain point #1: Documentation



#### Pajama Time: Working After Work in the Electronic Health Record

Harry S. Saag, MD<sup>1,2,3</sup>, Kanan Shah, BS<sup>2</sup>, Simon A. Jones, PhD<sup>2,4</sup>, Paul A. Testa, MD, JD<sup>5</sup>, and Leora I. Horwitz, MD, MHS<sup>1,2,4</sup>



Where's the evidence (or, do we need any evidence?)



#### Reclaim Your Time with Al-Ambient Listening Tech

Reduce Burnout, Enhance Patient Care

Burdened by endless documentation? Sunoh.ai automates and

simplifies clinical documentation using breakthrough. Al-powered



Research Letter | Health Informatics AI-Powered Clinical Documentation and Clinicians' Electronic Health Record Experience A Nonrandomized Clinical Trial

Tsai-Ling Liu, PhD; Timothy C. Hetherington, MS; Casey Stephens, MPH; Andrew McWilliams, MD, MPH; Ajay Dharod, MD; Tracey Carroll, MHA, MBA; Jeffrey A. Cleveland, MD

Recruited FM, IM, Peds from outpatient settings NC, GA within Atrium Health Non-randomized, stepped wedge design

- Intervention =85 clinicians had 1 hour training on Dragon DAX
- Comparison group = 55 clinicians

140 respondents, 57% female, 39% had 5-15 yr, 37% had 15-25 years experience

**Outcome** - survey of EHR use, 5 wks before & after implementation

	Intervention	Control	
Decreased time on the EHR at home	40/85 (47.1%)	8/55 (14.5%)	<i>P</i> < .001
Decreased weekly time on the EHR outside normal work hours	38/85 (44.7%)	11/55 (20.0%)	<i>P</i> = .003
Decreased time on documentation after visit	37/85 (43.5%)	10/55 (18.2%)	<i>P</i> = .002
EHR experiences were comparable before and after the intervention	Mean 44.7% (SD 1.7)	Mean 68.7% (SD 2.3)	

Kaiser Permanente - in 2024 implemented **AI based clinical documentation tool (Abridge)** to 40 hospitals and 600 medical offices. Response to major priority from clinicians

## The impact of nuance DAX ambient listening AI

#### documentation: a cohort study J Am Med Inform Assoc.

2024 Apr 3;31(4):975-979. doi: 10.1093/jamia/ocae022.

**Results:** A total of 99 providers representing 12 specialties enrolled in the study; 76 matched control group providers were included for analysis.: Nuance DAX use showed positive trends in provider engagement at no risk to patient safety, experience, or clinical documentation. There were <u>no</u> significant benefits to patient experience, documentation, or measures of provider productivity.

The association between use of ambient voice technology documentation during primary care patient encounters, documentation burden, and provider burnout. Owens et al Fam Practi 2024.

Observational study of 83 PCPs **<u>significantly reduced</u>** <u>**documentation burden**</u> and primary care provider disengagement but not total provider burnout scores.

#### Al integration in nephrology: evaluating ChatGPT for accurate ICD-10 documentation and coding

Yasir Abdelgadir<sup>1</sup>, Charat Thongprayoon<sup>1</sup>, Jing Miao<sup>1</sup>, Supawadee Suppadungsuk<sup>12</sup>, Justin H. Pham<sup>3</sup>, Michael A. Mao<sup>4</sup>, Iasmina M. Craici<sup>1</sup> and Wisit Cheungpasitporn<sup>1\*</sup>

<sup>1</sup>Division of Nephrology and Hypertension, Mayo Clinic, Rochester, MN, United States, <sup>2</sup>Chakri Naruebodindra Medical Institute, Faculty of Medicine Ramathibodi Hospital, Mahidol University, Samut Prakan, Thailand, <sup>1</sup>Mayo Clinic College of Medicine and Science, Mayo Clinic, Rochester, MN, United States, <sup>2</sup>Division of Nephrology and Hypertension, Department of Medicine, Mayo Clinic, Jacksonville, FL, United States

### **Ambient note generation**

- Are potential benefits in Dr-patient relationship and reduced keyboard time worth the risks (e.g. errors, patient concerns etc)?
- What is the burden of proof for 'low but not no risk' Gen Al tools like this?

# Pain point #2: After visits - lab results, responding to eCare messages





Compared the actual physician response vs Chat GPT chatbot to 195 questions posted on a public social media forum (Reddit)

Responses of physicians & chatbot evaluated blindly by 3 health care professionals

<u>Results</u>

- Evaluators *preferred chatbot responses* over physicians for 78%
- Chatbot responses *higher quality, more empathetic, longer*

#### **Research and Applications**

# Leveraging large language models for generating responses to patient messages – a subjective analysis

Siru Liu, PhD<sup>\*,1</sup>, Allison B. McCoy , PhD<sup>1</sup>, Aileen P. Wright, MD, MS<sup>1,2</sup>, Babatunde Carew, MD<sup>3</sup>, Julian Z. Genkins, MD<sup>4</sup>, Sean S. Huang, MD<sup>1,2</sup>, Josh F. Peterson, MD, MPH<sup>1,2</sup>, Bryan Steitz, PhD<sup>1</sup>, Adam Wright , PhD<sup>1</sup>



Model Development



#### Prompt:

"Imagine that you are a primary care doctor, and you have received a message from your patient. Your task is to reply the patient's message with polite and informative paragraphs, providing helpful guidance or next steps for the patient to take, offering patient education. Be sure to approach the message with empathy and professionalism, prioritizing the patient's well-being and comfort throughout your response. Remember that you are this patient's primary care doctor, and your goal is to provide your patient with the best possible care and support."

- Empathy
- Responsiveness
- Accuracy
- Usefulness

### Figure 3.



### **Responding to patient messages etc:**

- Apparent superior performance across many attributes clinicians are *meant* to be good at
  - Are these studies a fair comparison (ie AI vs a stressed/busy Dr)?
- Potential value of using chatbot to draft responses that the clinician reviews...learns the clinician's style, usual recommendations etc.
- BUT, need to determine IF these AI assistants improve response time/quality/ satisfaction/free up clinician and staff (MA, Nurse, Front Desk etc) time....or... do they just drive more eCare messages?

# Pain point #3: Chronic disease management



## Randomised controlled trials evaluating AI in clinical

practice: A scoping review (Han R et al. Lancet Digit Health 2024)

Scoping review of RCTs of Al interventions integrated into *actual* patient management done by clinical teams

- **86 trials**, most in Radiology, Cardiology, GI (....very few Primary Care)
- Most reported positive primary endpoints
  - Mostly diagnostic performance eg detection rate
  - Others reporting care management outcomes, clinical decision making
- Mostly single-center trials, varying quality



### Evidence for AI powered chatbot interventions for chronic disease management



### 8 RCTs

- Breast cancer x3, hypertension, Type 2DM, chronic pain, post-cancer treatment, irritable bowel syndrome.
- USA x3, Egypt, Australia, Germany & Switzerland, France, Spain
- Various theoretical approaches (eg behavior change theory)
- Duration 4 wk to 2 yr
- Outcomes user satisfaction, health-related measures, patient safety.

#### Tools to support chronic disease management:

- Mismatch between the clinical need to improve chronic disease outcomes, vs the size and quality of evidence.
- Al tools should be no different to other clinical interventions in the burden of proof (and regulatory approval) e.g safety, effectiveness, cost effectiveness, patient outcomes etc)
- Long way to go...

# Pain point #4: Diagnostic decision making

Google Health

- Clinicians already use many different 'decision aids' eg UptoDate, prescribing tools, cardiovascular risk calculators, ECG interpretation, internet searches
- Volume and complexity of medical information and change overwhelming
- Diagnostic errors do occur and impact our patients. Many signals in the EHR are hidden (messy, disparate data) would 'more eyes' not help us?



Original Investigation | Health Informatics

#### Large Language Model Influence on Diagnostic Reasoning A Randomized Clinical Trial

Ethan Goh, MBBS, MS; Robert Gallo, MD; Jason Hom, MD; Eric Strong, MD; Yingjie Weng, MHS; Hannah Kerman, MD; Joséphine A. Cool, MD; Zahir Kanjee, MD, MPH; Andrew S. Parsons, MD, MPH; Neera Ahuja, MD; Eric Horvitz, MD, PhD; Daniel Yang, MD; Arnold Milstein, MD; Andrew P. J. Olson, MD; Adam Rodman, MD, MPH; Jonathan H. Chen, MD, PhD

Reviewed 6 clinical vignettes over 60 minutes

Compared diagnostic performance of physicians randomised to:

- Physician plus LLM (GPT4)
- Physicians + conventional resources
- (AND the LLM on its own, without a physician)

#### Outcome: Performance on a standardized rubric of diagnostic performance

(based on differential diagnosis accuracy, appropriateness of supporting and opposing factors, and next diagnostic evaluation steps, validated and graded via blinded expert consensus)

#### Table 2. Diagnostic Performance Outcomes

Group	Median (IQR), %			
	Physicians plus LLM	Physicians plus conventional resources	Difference (95% CI), percentage points <sup>a</sup>	P value
All participants	76 (66 to 87)	74 (63 to 84)	2 (-4 to 8)	.60
Level of training				
Attending	79 (63 to 87)	75 (61 to 87)	0.5 (-9 to 1)	.92
Resident	76 (68 to 84)	74 (63 to 84)	3 (-6 to 11)	.50
LLM experience				
Less than monthly	76 (63 to 84)	76 (63 to 87)	-0.5 (-8 to 7)	.90
More than monthly	79 (68 to 90)	74 (63 to 84)	5 (-7 to 16)	.40

## **<u>LLM alone</u>** = better than physicians, median score per case of 92%.

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nature medicine Status medicine

decision-making

Compared diagnostic performance of several LLMs for diagnosis of 4 common conditions:

- Appendicitis
- Diverticulitis
- Pancreatitis
- Cholecystitis

Using data from MIMIC database of 2400 real patients (hospital, ICU)



**Fig. 2** | **LLMs diagnose significantly worse than doctors when provided with all information.** On a subset (n = 80) of MIMIC-CDM-FI, we compared the mean diagnostic accuracy of LLMs over multiple seeds (n = 20) with clinicians (n = 4) and found that LLMs perform significantly worse on average (P < 0.001) and

especially on cholecystitis (P < 0.001) and diverticulitis (P < 0.001). The mean diagnostic accuracy is shown above each bar. Vertical lines indicate the standard deviation. The individual data points are shown.

## LLM as part of decision making: Reasons to be sceptical

VS

#### Most current research

- Vignettes presenting information in orderly fashion relevant history, exam, labs, imaging etc.
- Probability of serious illness higher than many primary care settings
- Often MCQ type answers, ie one right answer
- Representativeness of cases, data, settings, SDOH etc?

### Real world diagnostic reasoning:

- Iterative over time, non-linear, messy, multiple inputs from patient, caregivers, other clinicians.
- Often no 'one' diagnosis
- 'rule out' in primary care (low probability of serious conditions)
- Use resources (referrals, labs, imaging), judiciously.
- Balancing a 'new' problem among a patient's myriad other concerns, priorities, preferences, beliefs



#### Computer Science > Computation and Language

[Submitted on 8 Mar 2025]

#### **Towards Conversational AI for Disease Management**

Anil Palepu, Valentin Liévin, Wei-Hung Weng, Khaled Saab, David Stutz, Yong Cheng, Kavita Kulkarni, S. Sara Mahdavi, Joëlle Barral, Dale R. Webster, Katherine Chou, Avinatan Hassidim, Yossi Matias, James Manyika, Ryutaro Tanno, Vivek Natarajan, Adam Rodman,



AMIE's two-agent architecture: The Dialogue Agent interacts with the patient, while the Mx Agent creates structured management plans based on clinical guidelines. Management plans define the sequence of investigations and treatments recommended for that



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A. 14 B.

A randomized, blinded virtual OSCE study, comparing AMIE to 21 PCPs across 100 multi-visit case scenarios and five medical specialties

......

**<u>Outcome</u>**: Panel of specialist physicians and patient actors assessed AMIE and PCPs on multiple domains of management reasoning (including appropriateness, completeness, the use of clinical guidelines, and patient-centeredness)

Help | Adv



## Findings:

- AMIE's management reasoning capabilities overall were *non-inferior to PCPs*, and *scored better* in preciseness of treatments and investigations, and in its alignment with management plans in clinical guidelines.
- For medication reasoning **AMIE outperformed PCPs** on the subset rated as higher-difficulty by pharmacists.

# Pain point #5: Missing bad things: could Al help us spot serious disease sooner?

Google Health





Hb 4.2 g/dL. Diagnosis = Transient Erythroblastopenia of Childhood. Treatment = transfusion. Full recovery



#### Lung cancer -

- leading cause of cancer death in the US
- A study of over 43 million patients using Medicare claims data identified a median time from symptom onset to diagnosis of approximately 6 months.
- About half present at Stage 3 or 4

## Case control study from UW Medicine:

600 people with lung cancer <u>seen in ambulatory care</u> 6000 controls matched by age, gender, type of clinic

BMJ Open Symptoms and signs of lung cancer prior to diagnosis: case-control study using electronic health records from ambulatory care within a large USbased tertiary care centre

> Maria G Prado,<sup>1</sup> Larry G Kessler,<sup>2</sup> Margaret A Au,<sup>1</sup> Hannah A Burkhardt,<sup>3</sup> Monica Zigman Suchsland <sup>●</sup>, <sup>1</sup> Lesleigh Kowalski,<sup>1</sup> Kari A Stephens,<sup>1</sup> Melina Yetisgen,<sup>2</sup> Fiona M Walter,<sup>19</sup> Richard D Neal,<sup>4</sup> Kevin Lybarger,<sup>2</sup> Caroline A Thompson,<sup>38</sup> Morhaf Al Achkar <sup>●</sup>, <sup>1</sup> Elizabeth A Sarma,<sup>10</sup> Grace Turner,<sup>3</sup> Farhood Fariah,<sup>11</sup> Matthew J Thompson <sup>●</sup> <sup>1</sup>

Obtained all their clinical records. Extracted all the <u>coded</u> symptoms AND all the <u>free text comments</u> (e.g in the history) from 12 months before diagnosis using an AI tool called NLP (Natural Language Processing)







## **Decision support tools:**

- **Early evidence** for complex decision making around diagnoses and management of conditions
- How will clinicians work with these systems?
- High bar for regulatory approval, safety and effectiveness in clinical settings (*and in hands of patients/consumers?*)

## Al and medical education



## Tools

- Content creation using AI videos, blogs
- Individualised learning plans and content
- Reducing bureaucratic work
- Clinical
  - Real time evaluation of student/resident
  - Feedback on patient interactions, knowledge gaps etc
  - Clinical simulation conversational, cognitive skills, procedural skills
- Several proposed core curricula (Competencies for the use of AI-based tools by health care professionals (Russell RG et al. Acad Med, 2023; Proposed competencies for use of AI-based tools in primary care (Liaw W et al. Ann Fam Med 2022)

#### MINI REVIEW article

Front. Med. , 09 January 2025 Sec. Healthcare Professions Education Volume 11 - 2024 | https://doi.org/10.3389/fmed.2024.1525604 This article is part of the Research Topic Innovations in Teaching and Learning for Health Professions Educators

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# Generative artificial intelligence in graduate medical education

#### Published on 16.01.2024 in Vol 10 (2024)

Preprints (earlier versions) of this paper are available at https://preprints.jmir.org/preprint/53961, first published October 25, 2023.



A Generative Pretrained Transformer (GPT)– Powered Chatbot as a Simulated Patient to Practice History Taking: Prospective, Mixed Methods Study

Friederike Holderried<sup>1</sup>; Christian Stegemann-Philipps<sup>1</sup>; Lea Herschbach<sup>1</sup>;

## **AI for Medical Educators**

#### **Cell Reports Medicine**

#### Commentary

Teaching artificial intelligence as a fundamental toolset of medicine

Erkin Ötleş,<sup>1,2,6,7,\*</sup> Cornelius A. James,<sup>3,5</sup> Kimberly D. Lomis,<sup>4</sup> and James O. Woolliscroft<sup>5</sup> <sup>1</sup>Medical Scientist Training Program, University of Michigan Medical School, Ann Arbor, MI, USA

- How to advance learning that *keeps pace* with AI development?
- What are **core AI competencies** for clinicians, health care teams, educators, researchers?
- <u>Question</u>: Is AI (yet another) *addition* to the crowded curriculum, or, a *fundamental* component of medical practice and thus should be deeply integrated?

STFM Artificial Intelligence and Machine Learning for Primary Care Curriculum

#### Stanford https://www.youtube.com/c/StanfordCME

https://hai.stanford.edu/education/professional-education

Google - 1hr course on Generative AI for Healthcare <a href="https://www.cloudskillsboost.google/course\_templates/1081">https://www.cloudskillsboost.google/course\_templates/1081</a>

Resources for YouTube videos https://support.google.com/youtube/answer/14867414?hl=en



Artificial Intelligence and Machine Learning for Primary Care Curriculum

#### Course

#### Generative AI for Healthcare

♦ Generative AI Large Language Models Data Science
 These skills were generated by AI. Do you agree this course teaches these skills?

📅 1 hour 🖌 Intermediate 📧 No cost 🛛 +500 p

Specifically designed for healthcare professionals, this course demystifies generative AI, the latest breakthrough in artificial intelligence, and the large language models (LLMs) that drive it. Discover real-world applications of generative AI in healthcare settings and master the art of crafting effective prompts tailored to your goals.

When you complete this course, you can earn the badge displayed here! View all the badges you have earned by visiting your profile page. Boost your cloud career by showing the world the skills you have developed!



# Hype or Hope....?



## Take home points

- Understanding AI and Gen AI is *difficult* for most of us (check out the resources)
- Some tasks can likely be *safely shifted now* (and could make our lives better)
- **Real impact** of Gen AI tools on many areas of health care...remains to be seen.
- Clinicians/educators who use AI or Gen AI as *part of their work* will be the norm
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