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# **The role of artificial intelligence in laboratory medicine: Enhancing diagnostic accuracy and efficiency**

**Ola Yousef Fadan**

Ksa, National Guard Health Affairs

**Abdullah Saad Abunaian**

Ksa, National Guard Health Affairs

**Mohammed Amaash Alanizi**

Ksa, National Guard Health Affairs

**Ahlam Nazez Alenezi**

Ksa, National Guard Health Affairs

**Mohammed Rashed Al Otaibi**

Ksa, National Guard Health Affairs

**Musab Abdulgader Alfares**

Ksa, National Guard Health Affairs

**Khalid Abdulrahman Alsharif**

Ksa, National Guard Health Affairs

**Motaeb Saqer Alenazi**

Ksa, National Guard Health Affairs

**Zainab Ali Alqarni**

Ksa, National Guard Health Affairs

**Ahmed Mufleh Alenazi**

Ksa, National Guard Health Affairs

**Abdulaziz Radi Alanazi**

Ksa, National Guard Health Affairs

**Bushra Mana Alshammari**

Ksa, National Guard Health Affairs

**Dima Ahmed Alharbi**

Ksa, National Guard Health Affairs

**Mohammed Abdullah Shujaa**

Ksa, National Guard Health Affairs

**Abstract**--Background \_ Precision medicine represents a significant shift in healthcare, moving away from traditional symptom-based approaches to a more individualized strategy that leverages advanced diagnostics. By focusing on early interventions and personalized therapies, precision medicine seeks to improve patient outcomes and optimize healthcare costs. The approach relies on comprehensive patient data analysis to differentiate between healthy and ill individuals, ultimately leading to a better understanding of biological markers related to health changes. Aim of Work – The primary aim of this research is to explore various artificial intelligence (AI) and machine learning (ML) solutions and methodologies that can enhance the implementation of precision medicine. The goal is to facilitate a data-driven healthcare model that improves clinical decision-making and patient outcomes. Methods – The research involves a thorough examination of current AI and ML technologies, analytic tools, and databases that can integrate diverse data sources, such as electronic health records (EHRs), clinical data, and public health information. The study also addresses the ethical and societal implications surrounding healthcare data privacy and security. Results – The findings suggest that advancements in AI and ML can significantly improve the categorization of patients and enhance the understanding of disease progression. By effectively analyzing extensive healthcare data, these technologies can aid physicians in making informed decisions tailored to individual patient needs. Conclusion – The integration of AI and ML in precision medicine holds great potential for creating a more efficient, cost-effective, and personalized healthcare system. This research emphasizes the importance of developing versatile machine learning systems and ensuring the interoperability of healthcare data to realize the full benefits of precision medicine.

**Keywords**---Precision Medicine, Artificial Intelligence, Machine Learning, Electronic Health Records, Data-Driven Healthcare.

**Introduction**

Throughout the years, our pursuit of knowledge has propelled us to make significant advancements. The liberation from several afflictions of the past was only achieved in the previous century with the advent of antibiotics. However, among the recent published literature available on PubMed, there are more than 138,000 studies that address medication mistakes and over 450,000 articles that mention delayed therapy. This information was retrieved on 2018, using search

query phrases such as 'medication error' and 'delayed treatment'. However, the issue of individuals perishing as a result of medical care errors has been significantly undervalued and little acknowledged. Presently, we find ourselves at the cusp of a significant and wide-ranging medical revolution, comparable in magnitude to previous breakthroughs. Although we possess extensive scientific information, a significant portion of medicine still relies on symptom-based therapy and conducting empirical trials using established medicines. This approach generally proves effective in providing symptom relief, minimizing the likelihood of problems, and enhancing survival rates for the majority of patients, although it may not be universally successful. In order to get novel perspectives on illness classification, causation, and development, it is crucial to comprehend the interconnections between different diseases. Advancements in pharmaceuticals, surgical procedures, and psychological therapies contribute to the extension of our lifespan. Currently, it is a laborious and prone to mistakes effort to accurately provide the appropriate treatment plan for patients, taking into account their present drugs and drug allergies **(1)**. The proliferation of prescribing and ingesting pharmaceuticals has heightened the need for apps that facilitate medication reconciliation. Moreover, prevalent healthcare challenges include misdiagnosis, excessive therapy, reduced efficiency, underutilized management of clinical data, substantial expenses and expenditures (Figure 1). By using developments in information technology across all levels of care, these miscalculations may be significantly minimized.

The use of artificial intelligence in conventional healthcare data analytics and precision medicine. Addressing critical healthcare challenges such as misdiagnoses, overtreatment, standardized approaches, repetitive tasks, reduced productivity, underutilized data, and excessive costs, while identifying essential biomarkers to enable cost-effective and personalized treatment through intelligent analysis of diverse data sources.

Medical mistake ranks as the third most common cause of mortality, behind heart failure and cancer **(2)**. Recent studies indicate that an estimated 180,000 to 251,000 individuals in the United States are dying annually as a result of medical mistakes **(2)**. The upward trend of this figure may be attributed to the escalating intricacy and diminished standard of our existing healthcare system, characterized by breakdowns in communication, misdiagnoses, inadequate treatment coordination, and escalating expenses. Over the last several years, precision medicine has emerged as a key driver of innovation in healthcare research and has significant potential in improving patient treatment **(3,4)**. Precision medicine has the capacity to enhance the conventional symptom-based approach to medicine by intelligently combining multi-omics profiles with clinical, imaging, epidemiological, and demographic information. This integration enables a broader range of early interventions for advanced diagnostics and the customization of more effective and cost-efficient personalized treatments (Figure 1).

A progressive healthcare environment is necessary to allow clinicians and researchers to obtain a comprehensive understanding of the patient. This can be achieved by incorporating additional fundamental details from healthcare data, such as phenotypic information, lifestyle factors, and social determinants that

can influence treatment decisions. The approach is primarily centered around the '4Ps' - Predictive, Preventive, Personalized, and Participatory - in treating each patient individually. Its goal is to help clinicians effectively comprehend how personalized clinical data variations can impact health, and accurately diagnose and predict the most suitable course of action for a patient. Technological improvements have reduced some of the current limits in using healthcare information for clinical decision-making, notwithstanding the intricacy of illnesses at the individual level **(5,6)**. In order to achieve successful personalized and population health initiatives that can significantly improve patient outcomes, it is crucial to utilize electronic health records (EHR) to integrate various data sources and identify specific patterns of disease progression for individual patients. This will enable the provision of real-time decision support. The importance of healthcare data mining is undeniable, but, the difficulties of managing massive data are substantial.

Biotechnology has seen significant advancements throughout the years. Computers are seeing a rapid increase in processing speed and are getting smaller in size. Datasets are becoming more diverse and their volume is expanding significantly. These expansions are driving the advancement of artificial intelligence (AI) in uncovering many technological enhancements to address intricate challenges in various domains, such as research and medicine. AI, short for Artificial Intelligence, is a field within computer science that focuses on developing machines that can replicate and maybe improve upon intelligent human behavior. One of the anticipated responsibilities in the field of life and medical sciences is to conduct in-depth research studies with the goal of facilitating immediate decision-making and generating answers to intricate issues via the use of knowledge and data-intensive computational and simulated analysis **(7,8)**. Healthcare data include a patient's lifestyle, medical history, visits to healthcare facilities, laboratory and imaging tests, diagnoses, prescription drugs, surgical operations, and consultations with healthcare practitioners **(9)**. Efficient, systematic, and intelligent utilization of healthcare data has the capacity to transform the medical field by enhancing the standard and continuity of care, reducing expenses, identifying diseases at earlier stages, and advancing our comprehension of biological mechanisms through comprehensive integration and analysis of knowledge. The capacity to categorize patients, comprehend situations, and enhance decision-making would continually enhance depending on the multitude of data acquired throughout the process of delivering treatment. Advanced and resilient big data platforms are essential for enhancing the quality and transformation of healthcare via the analysis of diverse healthcare data, which may be extensive in terms of volume, speed, diversity, and reliability **(10)**.

In order to successfully carry out healthcare data analytics, several challenges related to big data management must be addressed **(11-15)**. These challenges include the lack of sufficient clinical data that can be analyzed, the presence of multiple data standards, structures, types, and formats, the rapid growth of diverse data sources, the need for understanding analysis algorithms for interpreting clinical data and drawing conclusions, the absence of effective open-source tools that can integrate various approaches for modeling biological interactions, the integration of clinical and analytic systems, the barriers between different disciplines, the high cost involved, the implementation of secure

frameworks for data collection, simplification, conversion from raw data to knowledge, management, and distribution, the automatic cleansing of faulty and error-prone electronic health records (EHRs), the accurate identification of prescription medication, and the implementation of predictive diagnostics **(16-20)**. Tracking and prospectively monitoring the clinical development and outcomes of patients over time, particularly in identifying crucial predictors of future clinical events, is challenging and not always achievable **(20-23)**. This includes the ability to detect early signs of a disease that may manifest months or even years later. Over the years, several systems have been created in both the commercial and academic fields to serve this objective. Academic systems prioritize the importance of analytics, while commercial systems concentrate on facilitating clinical operations **(11,24-30)**. Nevertheless, when using conventional methods separately, both sectors lack the ability to recognize issues based on their consequences and make a substantial contribution to clinical decision-making. Nevertheless, significant issues revolve around the management and assessment of electronic medical records (EMR), as well as repetitive tasks. Other concerns include patient medication adherence, ineffective therapeutic approaches for cancer and other serious illnesses, cost inefficiency, and the ethical considerations surrounding the implementation of AI and ML in healthcare.

### **Artificial Intelligence (AI) and Machine Learning (ML) are used in the fields of health intelligence, precision medicine, and resource management**

Intelligent big data platforms are essential for enhancing healthcare quality and facilitating the analysis of hidden factors in clinical data using machine learning algorithms. This enables the acquisition of actionable information about patients, aiding in the early detection and prevention of constitutional disorders such as cancer **(31-35)**. Additionally, these platforms streamline data sharing by establishing efficient communication between healthcare units and scientific laboratories. Its implementation in the healthcare sector has the potential to revolutionize medicine and serve as a transformative influence in steering customized and population-based medicine, offering several computational advantages. Recently, there have been many attempts to use artificial intelligence (AI) and machine learning (ML) to understand illnesses better. These efforts aim to forecast diagnoses and provide guidance for therapy by analyzing the links between diseases using clinical symptoms, electronic health records (EHR), and data collected via wearable devices. The purpose of this discussion was to examine the significant contributions of various AI and ML algorithms mentioned in the section titled "Theoretical background of AI, ML and examples in healthcare and approaches." We have provided a comprehensive and personalized overview of the approaches presented. In general, the review study and the contributions of AI and ML can be categorized into three groups: Health Intelligence, Precision Medicine, and Healthcare Resource Management and Ethical Challenges.

### **Methods for analyzing and understanding health-related information**

Health intelligence can play a vital role at various levels of clinical research and analytics that can lead to significant improvements in achieving goals for the provision of better personalized and population healthcare. In the past decade,

various operational and research-based healthcare data management and analytic systems have been developed in both academia and commercial sectors. Our interest includes comprehensive solutions that implement healthcare data analytics process; provide features to manage, analyze, visualize and share EHR in de-identified form; help in automatically capturing information about patient demographics, scheduled appointments, pre-exam questionnaire results, consulted providers, conducted lab tests, diagnoses, treatment plans, objective test results, medications, surgical procedures and claims; support the clinical decision-making process with AI techniques to create classifiers, which can be trained on structured clinical data generated from different clinical activities and can learn similar groups of subjects, associations between subject features and outcomes of interest; and apply natural language processing (NLP) methods to extract information from unstructured clinical data e.g. narrative text, such as physical examination, clinical laboratory reports, operative notes and discharge summaries (36-40).

### **Artificial intelligence (AI) is being used in the healthcare industry to enhance the effectiveness of illness prevention, detection, diagnosis, and treatment**

The authors highlighted the need of embracing technological advancements, particularly the possible integration of AI, in the healthcare profession to benefit healthcare workers. Their main emphasis was on using AI to eliminate repetitive chores in order to improve the patient-physician connection and promote the practice of empathy and emotional intelligence. Authors concentrated on implementing deep learning algorithms that can handle vast amounts of data, enabling computers to autonomously build intricate functions with enhanced predictability. A deep convoluted neural network was created for the purpose of detecting skin cancer. Additionally, an image analysis system was established to evaluate diabetic retinopathy. Furthermore, a smartphone-based AI platform was designed to track adherence in patients using direct oral anticoagulants. Lastly, efforts were made to reduce the time spent on patient visits. This research has many notable characteristics. One is its ability to enhance healthcare access in regions where there may be a lack of physical availability of experts. Additionally, it demonstrates the possibility for AI and primary care physicians to collaborate in prescribing medicine, particularly in developing nations. Nevertheless, an area that needs attention is the issue of privacy infringement and the potential for exploitation of patient data. The possibility of obtaining protection under the Health Insurance Portability and Accountability Act (HIPAA) is quite probable (1,9).

### **Utilizing machine learning in the field of medicine to enhance patient-provider relations**

This method aims to analyze the fundamental structural modifications in healthcare systems that are required to fully harness the promise of machine learning in the field of medicine. The focus is on advancing the understanding of machine learning in the field of medicine, particularly in relation to individualized diagnosis and treatment. This involves using all available patient information and collective expertise. The authors provided reasons for their arguments,

emphasizing the proof-of-concept models that have been tested thus far. For instance, they discussed the challenges in establishing a connection between current machine learning models and traditional statistical models. They also highlighted the significant amount of data required to train machine learning classifiers in order to establish comprehensive and intricate associations. Additionally, they mentioned the importance of training clinicians in artificial intelligence to ensure accurate interpretation of data. In addition, they engaged in a productive discussion on the impact of expanded features (such as check boxes) in electronic health records (EHRs) on the important time of doctors. This might potentially hinder their ability to provide the highest quality treatment to their patients, as it may divert their attention towards administrative and billing tasks. Simultaneously, they said that incorporating machine learning (ML) into electronic health records (EHRs) might result in a concern of excessive dependence, less attentiveness to mistakes, and automation bias. The authors asserted that they developed a machine learning classifier to train electronic health records (EHRs) in identifying patterns. This classifier aims to help physicians predict future events in high-risk patients, improve the accuracy and comprehensiveness of diagnoses, and provide a more efficient search engine for locating relevant information within a patient's chart. Additionally, it aims to reduce the need for excessive clicking, enable voice dictation, and enhance predictive typing capabilities (32).

### **Integrating precision medicine aims to provide targeted and individualized therapy for each patient**

Considerable controversy surrounds the present condition of clinical decision assistance and its potential for enhancing precision medicine. Numerous scientists have examined the integration of machine learning (ML) in healthcare environments to enhance the diagnosis and treatment of chronic diseases in clinical, translational, and public health contexts. In addition, they have emphasized the need of managing large volumes of data, protecting privacy, anonymizing data, and sharing data. Emphasizing the early detection of chronic diseases by effectively extracting clinical information and utilizing computer-generated datasets could potentially replace the need for animal and human models in clinical trials. This approach involves creating virtual patients with specific traits that can improve the results of each study. They claim that 25% of drug discoveries happen serendipitously, which may be exceedingly fortuitous. They aim to improve healthcare by using artificial intelligence and clinical decision support systems to analyze large amounts of data and create accurate predictions about patients' future outcomes. This eventually helps clinicians make better decisions.

Researchers have examined and documented an analysis of various clinical decision support systems, advancements in patient outcomes, and the limitations and challenges in different areas of healthcare, such as Laboratory, Medication, Diagnosis, Radiology, Pathology, Clinical Evidence & Outcomes, and Procedures. These assessments were based on the utilization of different data structures and standards in healthcare systems. The primary challenges in the laboratory revolve around integrating genetic findings into the electronic medical record (EMR) in a manner that allows for easy searching. The inability to incorporate tests

conducted at external laboratories is primarily due to a lack of standardization, specifically the absence of encoding lab tests with Logical Observation Identifiers Names and Codes (LOINC). Additionally, there is a deficiency in genetic information within the electronic health record (EHR). Medication challenges include issues such as the prolonged use of drugs and the ineffectiveness of pharmacological combinations. Diagnosing challenges arise from the management of International Classification of Diseases (ICD) codes, since not all codes are eligible for billing and certain diagnoses are not even included in the coding system. The main challenges in Radiology are the mostly unformatted information that does not adhere to the Digital Imaging and Communications in Medicine (DICOM) standards, as well as the unstructured nature of reports. The challenges in Pathology include the production of unstructured reports and the frequent use of non-standardized terminology. The challenges in Clinical Evidence & Outcomes include a lack of diverse data kinds and the absence of broadly accepted data models. The challenges in procedures mostly pertain to the process of authorizing new procedural codes. Authors have analyzed the progression of electronic health records (EHR) in order to efficiently provide tailored medical care. The authors highlighted the use of precision medicine in delivering tailored care by analyzing two case studies. They focused on tailoring treatment based on individual patterns of illness development and identifying particular medicines.

### **A machine learning knowledge base with an ontology is developed for the purpose of pattern detection in customized medicine**

Personalized medicine is a rapidly evolving specialty in healthcare that focuses on using disease-related clinical, genetic, metabolomics, and environmental information to tailor medical treatments to individual patients. Nevertheless, the inability to accurately recognize a disease is a significant factor contributing to inaccurate diagnosis, treatment, and prognosis for the patient. A study group introduced crucial elements (pattern recognition, knowledge base, ontology, and patient profile) necessary for precise illness diagnosis, which is required for the seamless integration of customized medicine into routine clinical practice. Implementing machine learning techniques for identifying patterns and constructing statistical models (based on sample size and effect size), establishing a comprehensive database of all known phenotype categories and diseases, organizing clinical datasets of large populations, and developing an open software platform for analyzing complex healthcare and multi-omics data are essential for the practical implementation of precision medicine (40).

### **The classification of cancer is performed by visually assessing the tumor cells**

Microscope-based research played a crucial role in advancing the detection of brain cancers. A group of writers addressed the use of machine learning (ML) as a precise solution for correct diagnosis by evaluating molecular data, which overcomes the visual limitations of other approaches used by various persons to classify different samples. In a recent work, an ML classifier was trained using a large number of tumor pictures that were identified by clinicians. This was done since it is difficult to draw accurate judgments, particularly when tumors are histologically identical. The authors examined the use of supervised machine



learning techniques to analyze genome-wide methylation data of central nervous system (CNS) tumors in order to discover specific methylation patterns. Their discussion focused on using unsupervised machine learning techniques to identify patterns within datasets and create categorization groups. The authors proposed the use of machine learning (ML) for the examination of molecules and visual inspection, since diseases may arise from both molecular and cellular alterations (41).

### **Machine learning (ML) and genomics play a crucial role in the field of precision medicine**

The authors examined significant issues related to data security, such as breaches in patient confidentiality, and also discussed the most recent advancements in the area of computational data protection. The participants engaged in a conversation on the progress made in the age of extensive data for computer-assisted diagnosis, as well as the emerging idea of precision medicine, which aims to provide tailored treatment based on clinical, environmental, and genetic factors. Authors prioritized the creation of novel machine learning methods for computational analysis of genomic data in order to streamline the identification of genetic commonalities among patients with comparable prognosis or response to a therapy. In addition, they emphasized the need of including sophisticated protocols to safeguard data privacy. They argue that just anonymizing data is insufficient to assure that it cannot be linked back to individuals, given the presence of auxiliary information. The explored methods include de-identification by data suppression, k-anonymization, learning from noisy data, homomorphic encryption, multi-party computing, cryptographic hardware, and securing genetic datasets. Authors recognized the present contributions of machine learning (ML), but they anticipate considerable advancements to tackle issues related to the security of clinical data. Additionally, they foresee the creation of novel ML models to handle the obstacles posed by gene variants and similarities across patients. The proposal was to integrate contemporary computational data protection concepts with legal and ethical viewpoints in order to provide a robust framework for safe data exchange.

### **Management of healthcare resources and the ethical dilemmas associated with it**

Effective resource allocation is crucial in many aspects of life, particularly in the healthcare sector. Aligning people and technology with the objectives of an organization may have a favorable effect on the effective execution of planned work processes, leading to timely and high-quality outcomes. Nevertheless, ineffective allocation of resources might result in an exaggerated use of organizational resources, encompassing time, money, human resources, and computing, laboratory, and infrastructural resources. Moreover, it is crucial to tackle the ethical and data privacy obstacles that arise when adopting conventional cutting-edge and sophisticated healthcare data analytics.

### **Application of data science, artificial intelligence (AI), and machine learning (ML) in the field of laboratory medicine**

Data science has shown its efficacy in laboratory medicine and is further substantiating its worth in revolutionizing the healthcare system. This review focuses on the various applications of data science in addressing current challenges in healthcare. These challenges include the requirement for substantial computational power to effectively solve data optimization problems, the issue of overfitting in experimental designs, the absence of standardized data, the need for large-scale datasets to train machine learning classifiers, and other concerns specific to clinical laboratories such as protected health information challenges, financial limitations, and ethical considerations. The authors explored the notion that data science and AI emulate human processes and enhance the decision-making process. The use of predictive modeling can facilitate better collaboration between hospitals without the need to share data and while complying with privacy regulations. This can be achieved through the application of machine learning techniques, such as supervised and unsupervised learning, to healthcare data, including clinical data, imaging, and laboratory tests. By mining, analyzing, and optimizing this data, it becomes possible to identify large patient clusters with specific disease characteristics. This approach can help reduce medical errors and costs, as well as improve the efficiency of staff and resources **(40)**.

Data science offers distinct practicality and ethical dilemmas, particularly with the integration of artificial intelligence. When AI is implemented, it may enhance human cognitive abilities by using data science techniques such as machine learning algorithms, data mining, and knowledge discovery. This can lead to more effective decision-making, improved performance in complicated analytical tasks, and the ability to calculate treatment routes. The authors of a study recognized the achievements of machine learning (ML) in various fields such as healthcare (specifically radiology, pathology, dermatology, and genomics), weather forecasting, structural recognition, natural language processing (NLP), games, analysis of financial transactions, and enhancements in industrial processes. ML has demonstrated its effectiveness in identifying patterns, uncovering inefficiencies, making predictions, and facilitating data-driven decision-making. The examples they provided include the use of neural networks for detecting cervical cancer, artificial neural network-based decision-support scoring systems for predicting histological diagnoses, and analyzing gene expression, DNA, and RNA data for radical hysterectomies. Machine learning is enhancing personalized treatment by monitoring patient activities through the analysis of data collected by sensors for continuous measurement, such as glucose levels. It also involves analyzing molecular biomarkers, predicting the effectiveness of drugs, treatment responses, and disease pathways, as well as identifying molecular factors and genetic variants. The authors introduced a machine learning framework that encompasses the definition of tasks, matrices, models, and datasets. At the 1948 United Nations General Assembly, they expressed apprehensions about the execution of human rights as outlined in the Universal Declaration of Human Rights, specifically in relation to data privacy, protection, de-identification, and encryption for data management, gathering, and sharing. Authors stressed the need of addressing important ethical challenges, such as obtaining patient

permission, ensuring AI human warranty, and regulating healthcare data in accordance with principles of bioethical legislation.

## Conclusion

The advancement of precision medicine is hindered by several challenges. To overcome these challenges, it is necessary to incorporate valuable analytic tools, technologies, databases, and approaches (4,6). This will enhance the connectivity and compatibility of clinical, laboratory, and public health systems, while also addressing ethical and social concerns regarding the privacy and security of healthcare and omics data in a balanced and effective manner. This will also need the use of more streamlined techniques for handling vast quantities of created data, as well as the utilization of previously extracted consensus and actionable data at an earlier stage. The current efforts primarily rely on manual and time-consuming processes. These include extracting healthcare data from operational clinical systems, identifying common and rare functional variants, determining the penetrance of metabolites using listed features and abnormalities, investigating the relationships between genomic variations and metabolite levels, analyzing biochemical pathways in metabolites with patterns of multimodal distributions for candidate genes, and managing and assimilating healthcare, epidemiological, and omics data generated at each stage of entry, production, and analysis. The development of an advanced artificial intelligence and machine learning-based platform for big data has the potential to revolutionize the field of medicine. By intelligently analyzing large amounts of structured clinical data, this platform can greatly improve the quality and efficiency of healthcare. However, this development also presents significant challenges in terms of data storage, processing, exchange, and curation, as well as in gaining a deeper understanding of biology.

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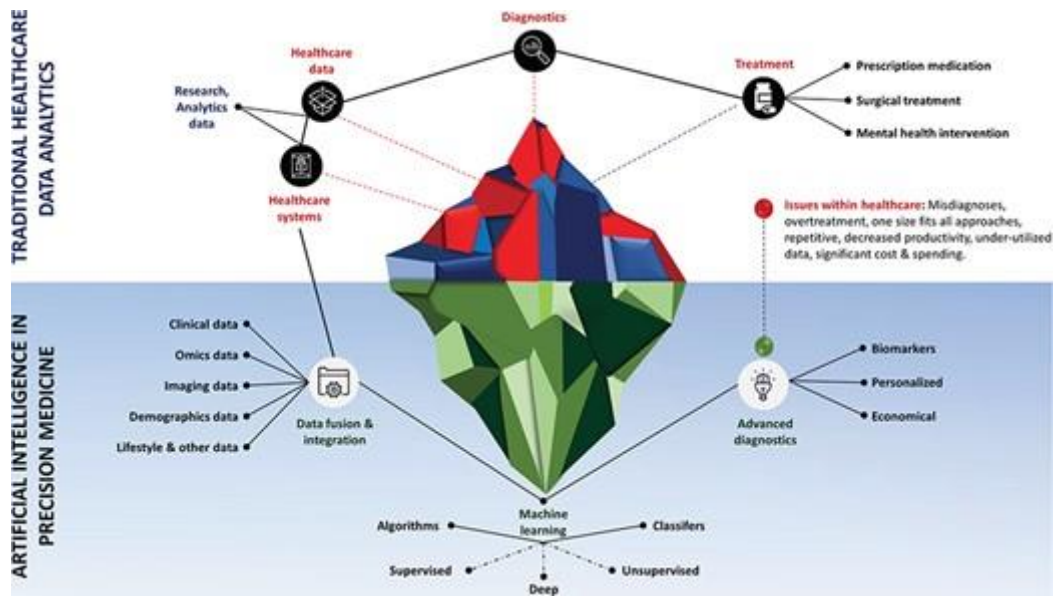


Figure 1 depicts the use of artificial intelligence in both standard healthcare data analytics and precision medicine