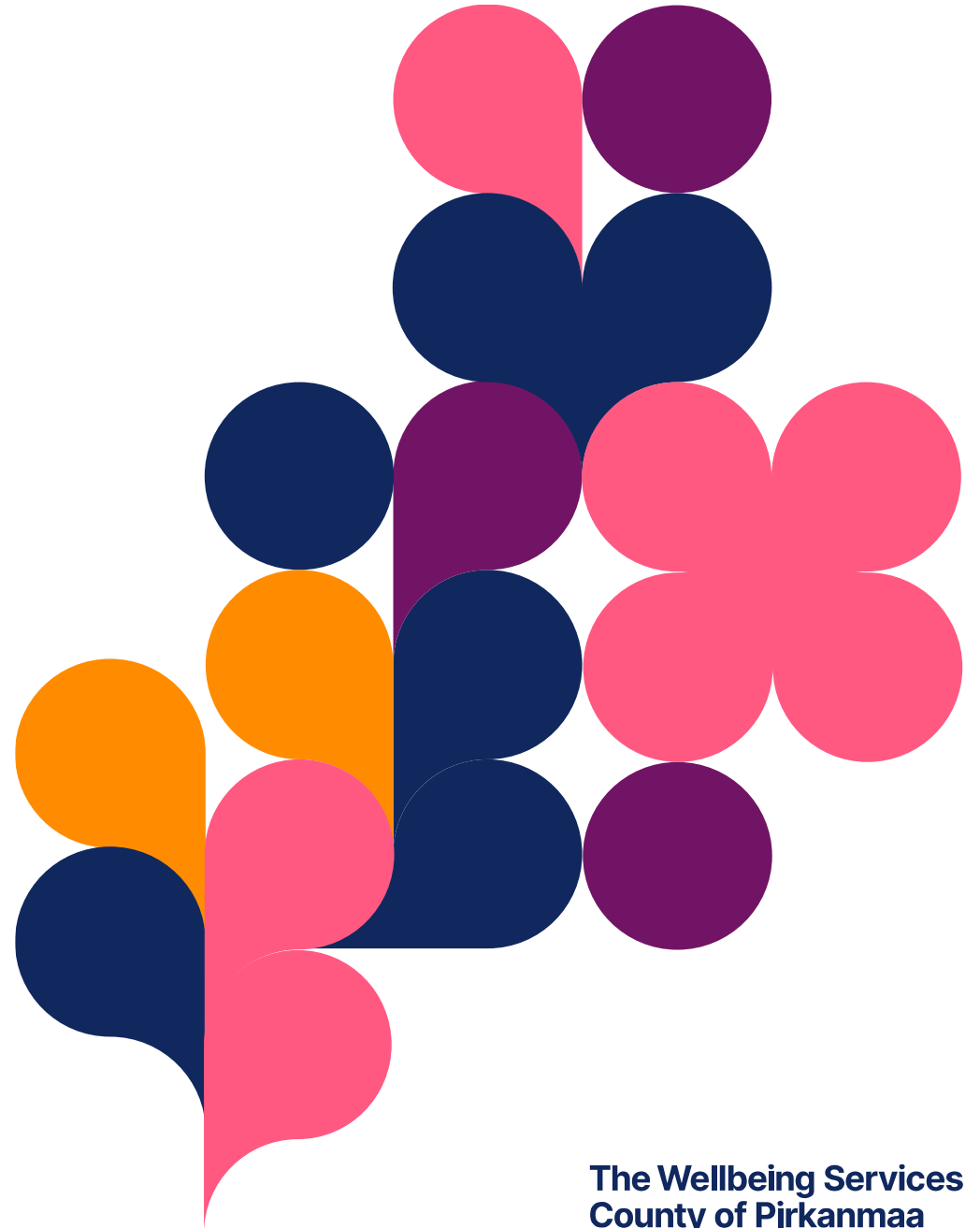# Views on digital/tele health and AI

Aleksi Reito, MD, PhD, assoc prof

Tampere University Hospital

Coxa Hospital for Joint Replacement

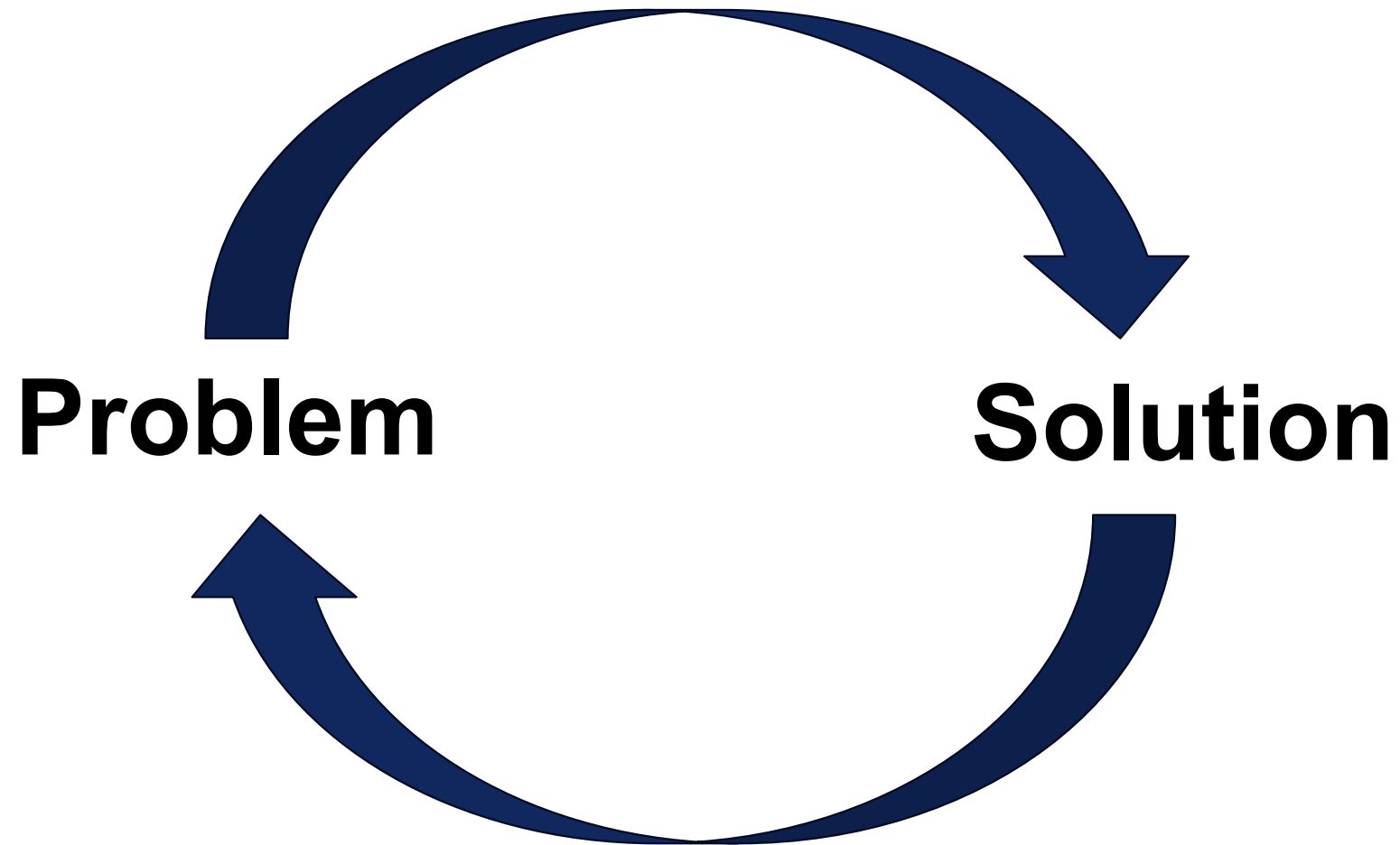Karolinska University Hospital

The Wellbeing Services
County of Pirkanmaa

My disclosure

- Clinical work
  - Pirkanmaa Wellbeing Area
  - Coxa Hospital for Joint Replacement
  - Pihlajalinna
- Research grant
  - Government research funding, Academy of Finland
- Article payments
  - Duodecim, Finnish Medical Journal

Main issue with telehealth and AI

Problem → Solution (cyclic diagram)

We are on a problematic pathway

- Covid gave us telehealth and remote care

- Then we ran out of money → telehealth and AI are the saviour

- *Digital health saves the money and AI improves productivity*

- WHERE IS THE EVIDENCE?

Sosiaali- ja terveysministeriö

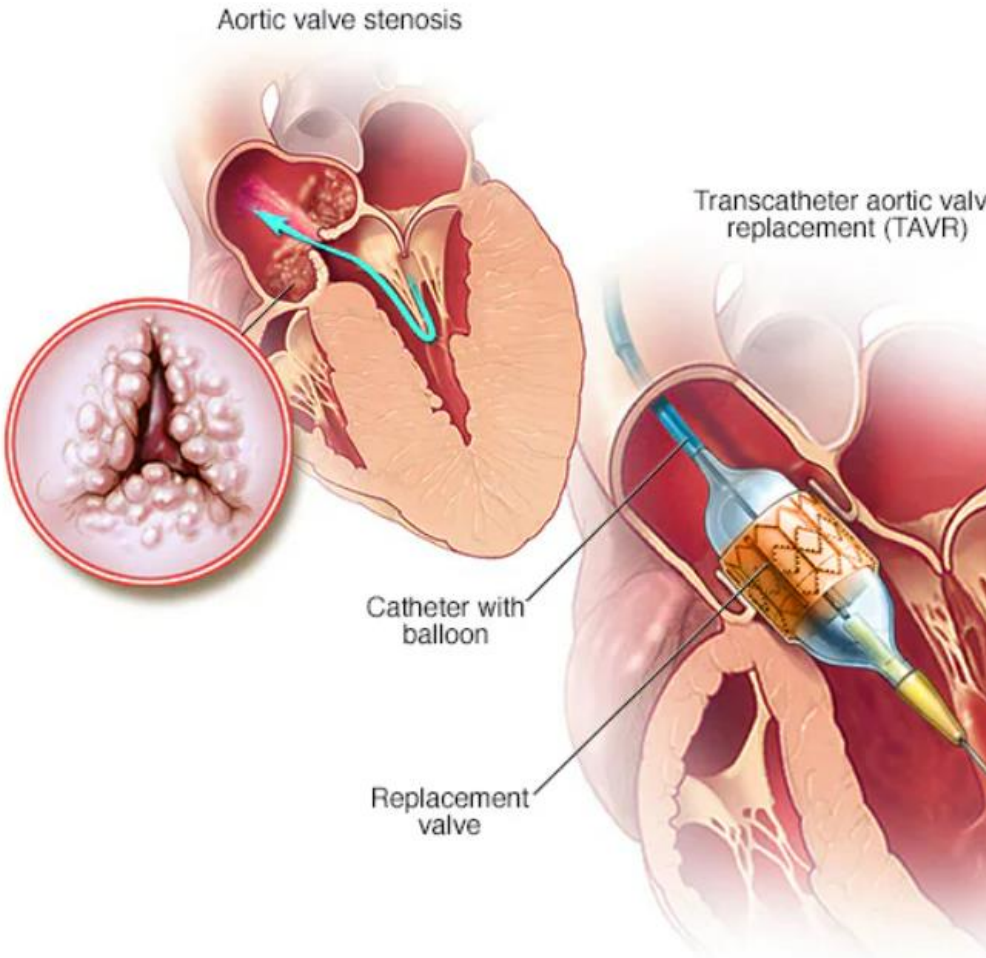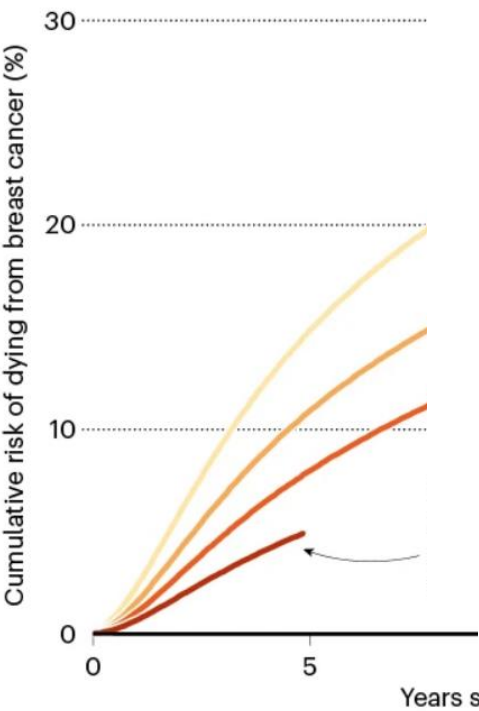Generatiivisen tekoälyn mahdollisuudet terveydenhuollossa ovat mittavat

14.4.2023 15.34

Modern medicine is VERY GOOD

Huge leap in rate

IMPROVED ODDS
The likelihood of dying from breast according to a study of half a milli

Year diagnosed — 1993–99

Cumulative risk of dying from breast cancer (%)

Years since diagnosis

©nature

Aortic valve stenosis

Transcatheter aortic valve replacement (TAVR)

Catheter with balloon

Replacement valve

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Transcatheter aortic valve replacement (TAVR)

MAKE GLP-1s WORK FOR YOU

THE Ozempic Revolution

A DOCTOR'S PROVEN PLAN FOR SUCCESS TO HELP YOU:

Reverse Obesity

End Yo-Yo Dieting

Protect Yourself from Disease

ALEXANDRA SOWA, MD

Our World in Data

Chile
Japan
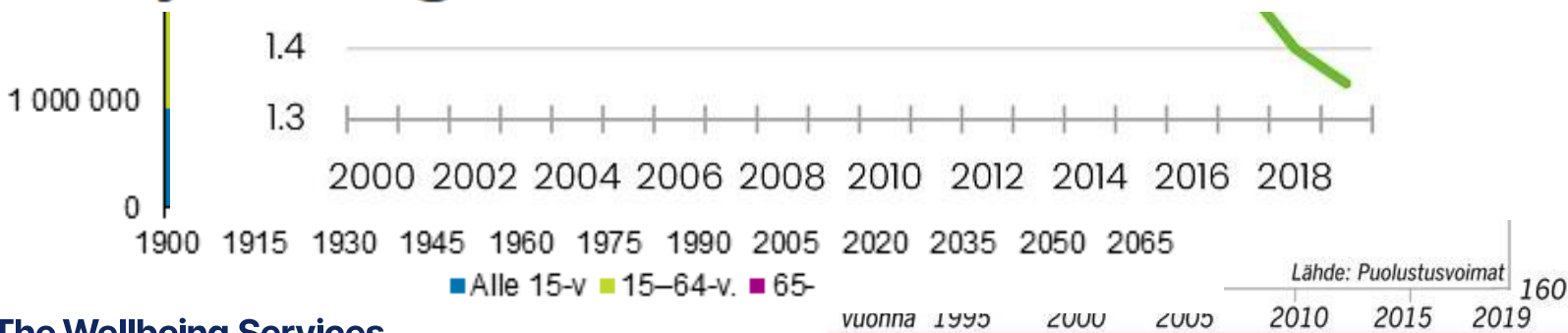Spain
France
Switzerland
United States

ancer | CC BY
r not have

What is the problem
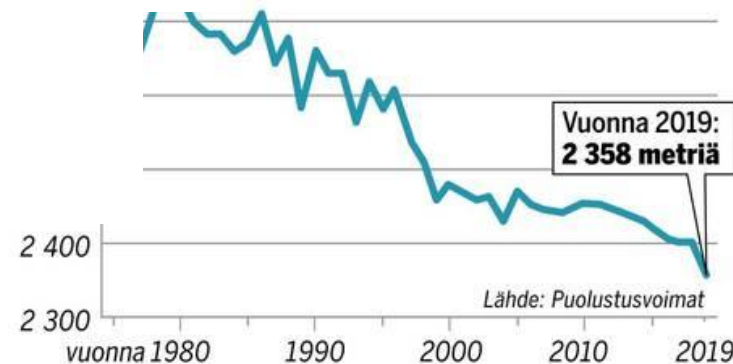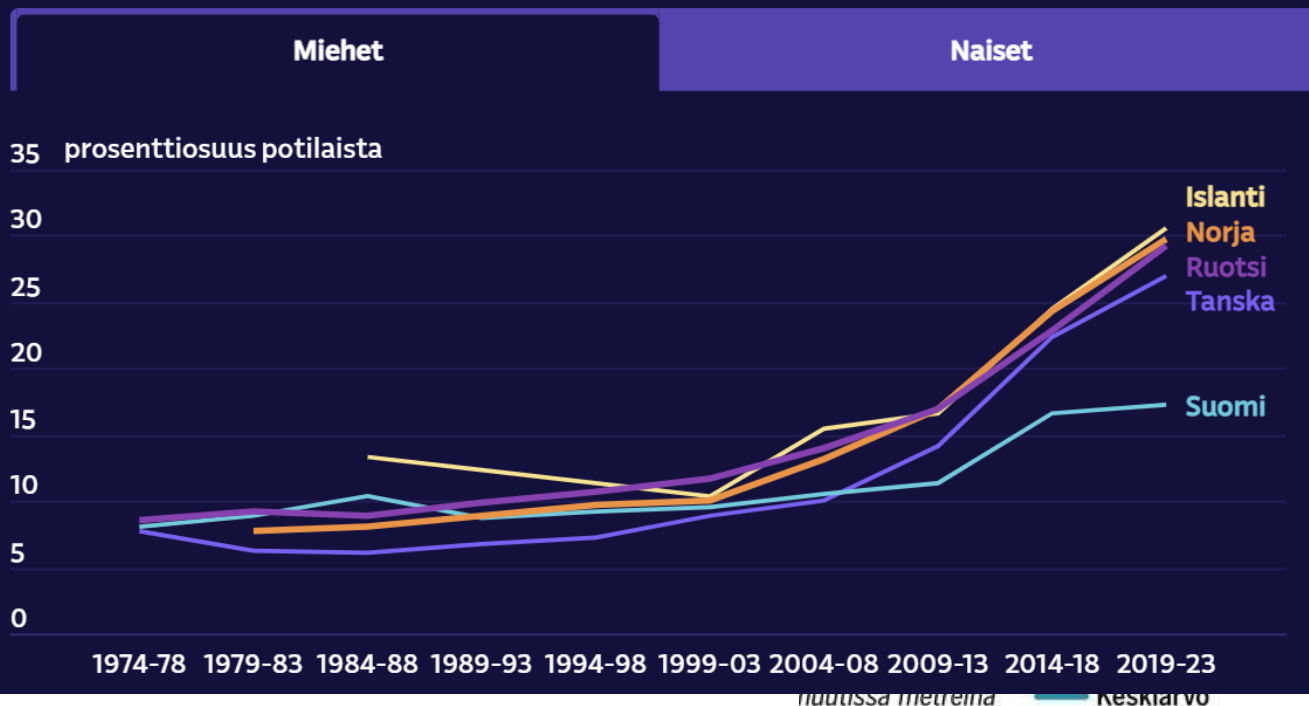
- *The test...*

Viewpoint

October 20, 2021

- N **Administrative Expenses i...**

System

Why So High?

Elossa 5 vuoden kuluttua keuhkosyövän toteamisesta

Miehet	Naiset

35 — prosenttiosuus potilaista

30

25

20

15

10

5

0

1974-78 1979-83 1984-88 1989-93 1994-98 1999-03 2004-08 2009-13 2014-18 2019-23

Islanti
Norja
Ruotsi
Tanska

Suomi

2.3
2.2

1.4
1.3

1 000 000

0

1900 1915 1930 1945 1960 1975 1990 2005 2020 2035 2050 2065

■ Alle 15-v ■ 15–64-v. ■ 65-

2000 2002 2004 2006 2008 2010 2012 2014 2016 2018

vuonna 1995   2000   2005   2010 2015 2019

160

Lähde: Puolustusvoimat

Vuonna 2019:
2 358 metriä

2 400

2 300

vuonna 1980   1990   2000   2010   2019

Lähde: Puolustusvoimat

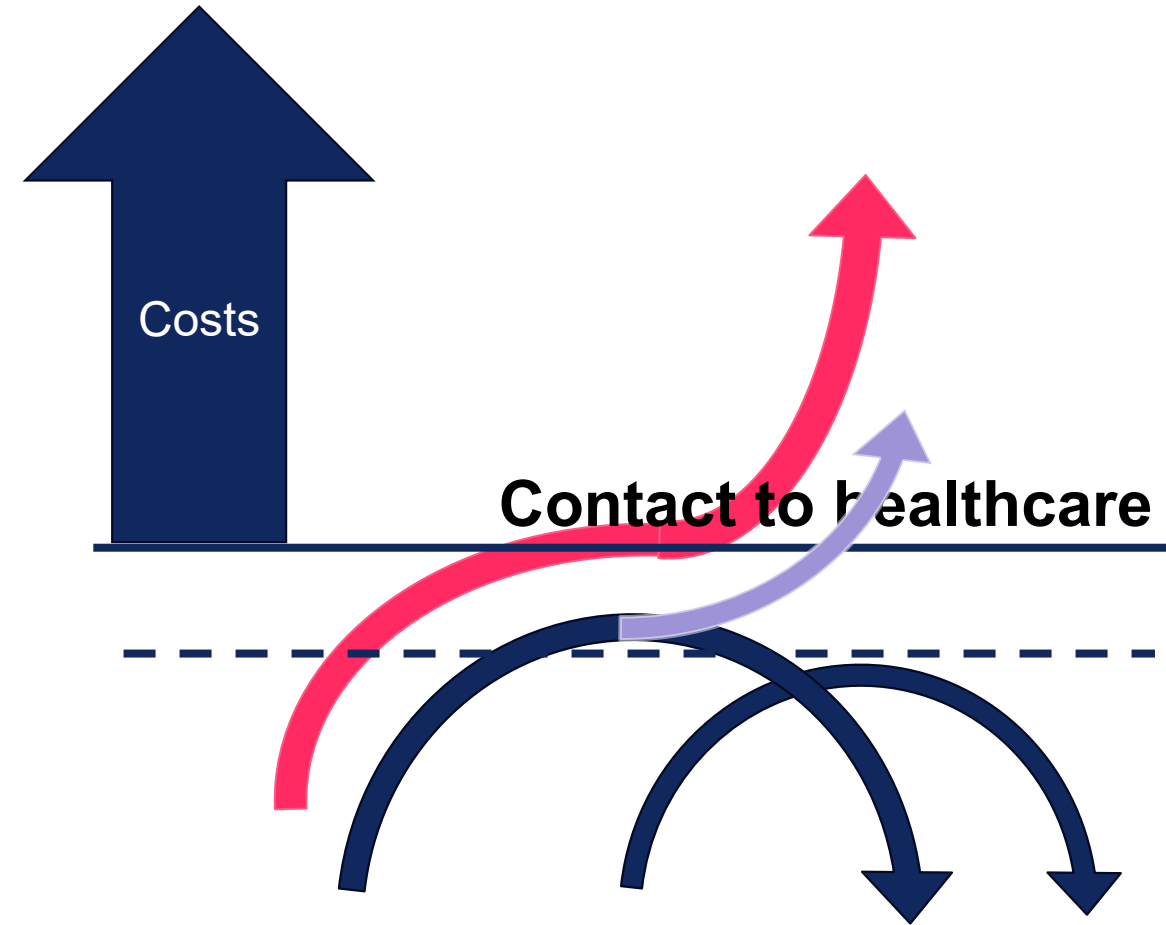**The Wellbeing Services County of Pirkanmaa**

We already know very well

- Smoking kills

- Sugar and fat are bad for your health

- Don´t do drugs

- Exercise improves both mental and physical health

- Bad life habits causes cancer

- Stress is bad for your

→Yet people are sicker than ever

→Are digital health and AI really THE solution?

Digital health and remote care

- Just lowering the threshold for contact for healthy, high SES and literate patients?

- Just an echo-chamber for low-value care and unintended variation?

- Wearables?
  - Healthy people measuring their wellness?

- Failure demand
  - More contact possibilities?

Costs

Contact to healthcare

AI based "transformation"

- Will genAI just create a goo and sludge of needless and unnecessary information in EHRs?

- Are AI-based decision tools just way to practice medicine according to clinical guidelines and structurally?

- Cost of maintaining third-party software?

  - Training? Dataset shift?

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LLM chatbot to facilitate primary-to-specialist care nsitions: a randomized controlled trial

Tao, Shuya Zhou, Kai Ding, Sairan Li, Yanzeng Li, Boyou Wu, Qirui Huang, Wangyue Chen, Muzi Shen, ng, Xiaowang Chen, Hong Hu, Jinchao Zhang, Jie Zhou, Lei Zou, Libing Ma ✉ & Shasha Han ✉

The NEW ENGLAND JOURNAL *of* MEDICINE

CURRENT ISSUE ∨   SPE

CORRESPONDENCE

The Clinician and Dataset Shift in Artificial Intelligence

Not just negativity

- Disease-specific or (subspecialty) stratified telehealth

- AI as a safety net to reduce outliers and deviations in a clinical work-flow

  - Diagnostic specialties

- AI agent-based data collection registries

→Urgent need for trials and well-thought-out prospective efficacy studies

→If this works, let´s do it! ←→ Let's do this and maybe later see if it worked

- Kiitos!