

## Should AI Be Involved In My Medical Care?

Artificial intelligence, or AI, is a tool that is seeing increased use in healthcare to help medical professionals take notes, make decisions, plan treatments, and more. While AI can be helpful, it can also make mistakes, provide incomplete responses, or have biases.<sup>1</sup> For this reason, it is important for you to know when and how it is being used in your care.

You have the right to understand how AI might affect your health and to decide if you want it to be part of your care and to what extent. This tool will help you learn the facts, think about what matters most to you, and make choices that feel right for you in different situations.

### How to Use This Tool:

1. Follow the 5 steps in order:
  - Learn the facts about AI in healthcare.
  - Show your values using the sliders.
  - Quiz yourself to check understanding.
  - Make your decision about AI use.
  - Get your summary of all responses.
2. Save or print your summary.  
Download or print the summary so you can keep it for your records.
3. Use your summary in conversations.  
Share it with your care team, family, or anyone you choose.  
You can also use it as documentation to request full, limited, or no AI use in your care.

### 1. Get The Facts

#### Your Options

- 1) Agree to the use of AI in your medical care in full.
- 2) Request that AI tools are not used for certain aspects of your care (ex: taking notes, diagnostic help, etc).
- 3) Deny AI use in your care.

Some healthcare facilities let patients choose when and how AI is used in their care, but not all do. Knowing your options and how you feel about AI can help you avoid situations where tools you don't want are used without you knowing.

#### What is AI?

You have probably heard about artificial intelligence, or AI, especially as it becomes more common in healthcare. AI is a type of computer technology that looks at large amounts of data and predicts what is most likely to happen next. It does not think or feel like a human. Instead, it follows patterns it has learned from data to help make predictions or suggestions.<sup>1</sup>

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## **How Do AI Tools Work?**

AI tools use computer programs called algorithms to find patterns in large amounts of data. They are trained on this information and learn from it to make predictions and suggestions. AI developers follow six general steps when creating AI:

- 1) decide what AI should do,
- 2) gather information the AI will learn from,
- 3) teach the computer to find patterns in the data,
- 4) check if the tool works well,
- 5) put AI into real use to help people,
- 6) keep checking the tool and make updates over time.

Although these are the best practices for developing AI tools, there are currently no regulations to make these steps are followed.

## **Common Uses of AI in Medicine**

AI has been used in healthcare more and more since 2017.<sup>2</sup> Below are some common ways it helps doctors and patients today:

1. Helping doctors find and monitor health problems
  - Detect early signs of disease from lab results or medical images.<sup>3,4</sup>
  - Help read X-rays, CT scans, MRIs, heart tests, and other imaging results to spot issues faster.<sup>4,5</sup>
2. Supporting diagnosis and treatment decisions
  - Suggest possible diagnoses based on medical information.<sup>4</sup>
  - Offer treatment options that follow medical recommendations.<sup>4,6</sup>
  - Predict health risks, like complications, to help doctors plan the best care.<sup>6</sup>
3. Making medical notes and visit summaries
  - Turn doctors' or patients' speech into written visit summaries.<sup>7-9</sup>
  - Write drafts of clinical notes and hospital discharge summaries.<sup>10,11</sup>
  - Organize and update patient medical records more quickly.<sup>10,12</sup>
4. Reducing paperwork and administrative work
  - Suggest correct billing and insurance codes.<sup>13</sup>
  - Help order lab tests and/or medications more efficiently.<sup>14</sup>
  - Decrease time spent on forms so doctors can focus more on patients.<sup>15</sup>
5. Helping patients stay organized and involved in their care
  - Send appointment reminders and follow-up messages.<sup>16</sup>
  - Collect pre-visit information through virtual assistants or online forms.<sup>17</sup>
  - Translation of medical information for non-English speakers.<sup>18</sup>
  - Provide simple explanations or instructions to patients.<sup>19,20</sup>
  - Help patients manage medications and track symptoms at home.<sup>1,21</sup>

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## **Benefits of AI<sup>22</sup>**

### Helps Doctors Do Their Jobs

- Gives clear and organized answers
- Helps doctors think through medical problems
- Helps connect and understand data
- Can help with diagnosing illnesses with
- Works well for reading medical images, like X-rays
- Can reduce human-error mistakes

### Helps Patients

- Explains medical information in simple ways
- Makes it easier for doctors and patients to talk
- Can help with many languages
- Supports more personalized care

### Saves Time and Energy

- Helps with writing medical notes
- Makes reports, like radiology reports, easier to read
- Helps clinics run more smoothly
- Can save staff time and hospital resources

## **Potential Harms and Risks of AI<sup>22</sup>**

### Accuracy Problems

- AI learns from data, which can include bias
- May not work well for rare or complex cases
- Can give answers that are partly wrong or incomplete
- Gets less accurate with harder questions
- Accuracy levels can be inconsistent

### Missing Human Qualities

- Does not understand feelings
- Could lead to less human involvement if overused
- Can lead to overreliance if medical professionals assume it is correct
- Still needs doctors to check its work

### Technology Challenges

- Sometimes it's hard to know how AI makes decisions ("black box")
- Quality of answers can change from case to case
- Hard to fit it smoothly into busy health systems

### Fairness and Access

- Could make gaps worse if some groups have less access to technology
- Some groups may not be well-represented in the data AI learns from

### Privacy and Legal Concerns

- There are risks of hacking and data leaks

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- It is not always clear who is responsible if AI makes a mistake

### **Patient Rights and Choice**

You should be told when AI tools are used in your care (for example diagnostics, translation, note taking, image analysis, etc.), and you should have the choice to accept or decline their use. Healthcare providers must explain what the AI tools do and what risks and benefits there are so you can decide based on full information.<sup>23</sup>

### **Summary / Key Takeaways**

- AI tools help doctors by organizing information, detecting health problems, and saving time, but doctors still make final decisions.
- AI has benefits, like faster results, simple explanations of medical information, support for non-English speakers, and more.
- AI also has risks, such as possible mistakes, bias, or privacy concerns, so it is important to ask questions about the AI tools being used.
- You have a right to choose if and how AI is used in your care. You can agree to full use, limited use, or none at all.

### **Additional Information Sources**

- [How is AI Used in Health Care — Mass General Brigham](#)
- [These Health Systems Are Using AI to Make Meaningful Change — AMA](#)
- [AI in Healthcare: The Future of Patient Care and Health Management — Mayo Clinic](#)
- [When It Comes to Health Care, Will AI Be Helpful or Harmful? — Stanford Medicine](#)
- [Do These 5 Things to Ensure AI Is Used Ethically and Safely in Care — AMA](#)
- [Video: Artificial intelligence in healthcare: opportunities and challenges by Navid Toosi Saidy — TEDxQUT](#)

## **2. Your Feelings**

Your personal comfort and priorities are just as important as the medical facts. Take a moment to think about what matters most to you, and use the sliders below to show how you feel about each statement. There are no right or wrong answers. This is about your own preferences.

	<b>Reasons to allow AI use in your care</b>	<b>Reasons to allow use in your care</b>
Detecting Medical Problems	I want AI to help find medical problems early because I value	I prefer only a human to check my tests and scans

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	getting the fastest, most accurate care possible.	because I value personal review and human judgment.
Diagnosis and Treatment Decisions	I want AI to help my doctor think through my diagnosis or treatment because I value having extra tools for safety and accuracy.	I prefer my doctor to make all decisions without AI because I value human experience and trust their judgment most.
Medical Notes and Visit Summaries	I am comfortable with AI helping write or organize my visit notes because I value clear and easy-to-read information.	I want only a human to handle my notes because I value personal control over my medical information.
Paperwork and Administrative Work	I want AI to help with forms, scheduling, and check-in because I value fast and easy visits.	I prefer people to handle my paperwork because I value human interaction.
Virtual Assistants	I want quick and easy access to information and am okay with using an AI assistant if it gives me that.	I prefer not to use an AI assistant because I value personal guidance and feel more comfortable speaking to a real person.
Privacy Concerns	I am okay with AI using my medical data if it can improve my care.	I do not want any of my medical data to be used by AI.
Technical Understanding	I want AI used even if I don't fully understand how it works.	I prefer only using tools I completely understand, even if AI could help.
Efficiency	I value efficiency and AI tools can help make my care faster and easier.	I would prefer slower care if it means less AI involvement.
Bias	I care about fairness and think that AI can do a good job treating all patients fairly.	I prefer humans making decisions when fairness is important.
	My other reasons (text box)	My other reasons (text box)

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### **3. Quiz Yourself**

This short quiz is here to help you see how much you've understood so far. It is not a test and there are no right or wrong scores. Think of it as feedback to help you learn and feel more confident about the information you just reviewed.

#### **Check The Facts**

1. What is artificial intelligence (AI) in medicine?
  - A type of robot that replaces doctors.
    - Incorrect: AI does not replace doctors. It is a tool that helps them.
  - **A computer tool that can learn and make decisions.**
    - **Correct: AI is a computer system that learns from data and helps make suggestions or decisions.**
  - I am not sure.
2. Which of the following is your right when it comes to AI in your care?
  - **You can choose if and how AI is used in your care.**
    - **Correct: You have the right to accept, limit, or decline AI use in your care.**
  - You must agree to the use of AI if the hospital uses it.
    - Incorrect: You do not have to accept AI, and the choice is always yours.
  - You cannot ask questions about AI.
    - Incorrect: You can always ask questions to understand how AI is being used.
3. Which is one common use of AI in healthcare?
  - Choosing your health insurance.
    - Incorrect: AI tools in medicine do not choose insurance plans.
  - Deciding if you can see a doctor.
    - Incorrect: AI does not decide whether you are allowed to see a doctor.
  - **Reading medical images like X-rays or CT scans.**
    - **Correct: AI can be used to help read and interpret medical images.**
4. Which is a benefit of using AI in medical care?
  - **It can help explain medical information in simple ways.**
    - **Correct: AI can break down medical information so it is easier to understand.**
  - It replaces your doctor.
    - Incorrect: AI supports doctors but cannot replace their judgment or care.
  - It never makes mistakes.
    - Incorrect: AI can make errors, especially with complex or unusual cases.

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5. What is one of the risks of using AI?
  - It can help predict your health problems.
    - Incorrect: This is a benefit, not a risk.
  - **It may give answers that are wrong or biased.**
    - **Correct: AI can make mistakes or show bias based on the data it learned from.**
  - It always understands your or your doctor's feelings.
    - Incorrect: AI cannot understand emotions or react the way humans do.
6. What do doctors still need to do when AI tools are used?
  - Let the AI make all final decisions.
    - Incorrect: Doctors must always make the final decisions in your care.
  - Stop using medical notes.
    - Incorrect: Doctors still review and use medical notes, even if AI helps write them.
  - **Check the AI's work and make the final decisions themselves.**
    - **Correct: Doctors oversee AI tools and remain responsible for your care.**
7. If you do NOT want AI used for certain tasks, like note-taking or diagnosis, what can you do?
  - **You can request that AI not be used for those parts of your care.**
    - **Correct: You can choose to limit or decline AI for specific tasks.**
  - You must accept full AI use if it is being offered.
    - Incorrect: You do not have to accept AI use if you are not comfortable with it.
  - You cannot choose.
    - Incorrect: You always have the right to make choices about AI use in your care.

#### 4. Your Decision

Now that you've learned what AI is, how it's used in medicine, and its risks and benefits, you might have a better idea of how you feel about it being used in your care. How do you feel about it right now?

Not comfortable with AI use in my care.	Comfortable with some AI use, but still have a lot of concerns.	Very comfortable with AI use in my care.
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Use the following space if needed to provide details about your decision:

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### **Certainty**

How sure do you feel about your decision right now?

Not sure at all.	Somewhat sure.	Very sure.
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Which of the following applies to you right now?

- I am confident in my decision and am ready to take action.
- I want to discuss options with others.
- I do not fully understand my options, and want to learn more.

Use the following space to list your thoughts, questions, or concerns:

## **5. Your Summary**

### **What Matters To You**

**Your Responses** - paste responses to section 2 here

### **Your Understanding of The Facts**

#### **Information That You Understand**

If the patient answered the quiz questions correctly, each of the following bullet points would appear for each question they got right:

1. AI is a computer tool that learns from information and helps doctors make decisions. It does not replace doctors, however, it supports them.
2. You have a choice in how AI is used in your care. You can agree to limit, or say no to AI, and you can always ask questions.
3. AI has a lot of uses in healthcare, some of which include reading medical images and helping doctors in finding medical problems.
4. AI can help explain medical information to patients in simple and easy-to-understand ways.
5. AI can sometimes give answers that are wrong or unfair because it learns from the data it is given.

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6. Doctors must always check the AI's work and make the final decisions about your care. The doctor stays in charge, not AI.
7. You can ask your care team to not use AI for certain parts of your care.

### **Information That You May Need to Review**

This section will include the same statements as the previous one but for the questions that the patient gets incorrectly.

### **Your Decision**

**Which Way You Are Leaning** - include the scale response for their decision and the comments they provided.

Comments you provided: \_\_\_\_\_

**How Sure You Are About The Decision** - include their scale response for the "how sure are you?" question

**Next Steps** - this will include one of the following statements based on their response to the next steps question in the certainty section

- You feel sure about your choice and are ready to request adjustments around AI use in your care.
- You feel unsure and want to talk with someone before deciding.
- You said you don't fully understand your choices yet and want more information.

Comments you provided: \_\_\_\_\_

Suggested wording to share with trusted persons or clinicians:

You can copy-paste one of these when talking or emailing your care team:

*"I completed a decision about AI use in my care. I would like [full / limited / no] AI use. Please see my summary for details and the specific tasks where I prefer AI [to be / not to be] used."*

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*"I want to discuss how AI may be used in my care. My patient decision aid summary says I'm concerned about [...]; can you explain which tools you use, how they are used, and whether I can opt out of specific uses?"*

### **Additional Resources**

- [How is AI Used in Health Care — Mass General Brigham](#)
- [These Health Systems Are Using AI to Make Meaningful Change — AMA](#)
- [AI in Healthcare: The Future of Patient Care and Health Management — Mayo Clinic](#)
- [When It Comes to Health Care, Will AI Be Helpful or Harmful? — Stanford Medicine](#)
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- [Video: Artificial intelligence in healthcare: opportunities and challenges by Navid Toosi Saidy — TEDxQUT](#)

If you want to look for your own information, here are simple steps to follow:

1. **Find good sources:** Use trusted sites like PubMed, major medical organizations, or government health pages. Try to avoid blogs, opinions, or sites that are selling something.
2. **Check study quality:** Choose articles that were peer-reviewed. See if the study had enough people, clear methods, and was done by reliable researchers.
3. **Understand what it means:** Think about whether the results apply to you. Notice if the findings are strong, unclear, or mixed. Look at more than one source before making a conclusion.
4. **Ask a clinician if you're unsure:** Bring any information you find to your doctor or care team so they can help explain what it means for your situation.

**Print Your Summary** - hyperlink to print

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**Data Usage Statement:** This patient decision aid does not collect, store, or transmit any personal or health information. All inputs are used solely in real time to support the patient's decision-making process. Once the patient finishes using the tool, all information is immediately deleted and cannot be retrieved or linked back to the user in any way.

**Evidence Rigor Statement:** The information in this tool was gathered through searches on Google Scholar and PubMed using key terms such as "patient decision aid for AI use," "informed consent for AI in medical care," "AI in healthcare," and "patient attitudes toward AI." Only peer-reviewed articles published in trusted journals and authored by qualified researchers were included. Studies were assessed for clear methods and reliable data. The key findings from each study were summarized and rewritten in plain language to make the information accessible and understandable for patients,

**Quality of Scientific Evidence Statement:** The information in this tool is based on peer-reviewed scientific articles and reputable academic sources. While all sources have been carefully selected, the quality and rigor of these studies may vary, and some may have limitations or gaps in available data. The content presented here reflects the best available evidence at the time of development and has been reviewed and summarized to the best of the developers' knowledge and judgment.

**Conflict of Interest:** The authors/developers of the tool report no conflicts of interest.

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