# AI and technology transforming healthcare for better patient outcomes



In a landscape increasingly defined by technological advancements, the healthcare sector is witnessing a significant transformation driven by artificial intelligence (AI) and emerging technologies. As revealed in interviews with industry leaders and a series of surveys conducted by GeeksultD, the integration of these innovations stands at the forefront of improving patient care, operational efficiency, and cost-effectiveness.

Leading this initiative is a Chief AI Officer at Hackensack Meridian, a healthcare network prominent for its commitment to integrating AI into medical practice. In an exclusive conversation with Healthcare IT News, this officer elucidated the methods through which AI is being harnessed to enhance patient outcomes while simultaneously fostering business growth. The dialogue underscored the importance of data-driven decision-making as healthcare professionals navigate the intersection of business and technology.

Recent findings indicate that 87% of healthcare professionals believe that emerging technologies will substantially impact the industry over the next five years. Among these innovations, virtual and augmented reality (VR/AR) technologies have garnered particular attention. Research indicates that such technologies could revolutionise patient experiences by offering immersive therapies that not only mitigate pain but also enhance engagement through interactive education. In a survey conducted, 75% of patients reported significant reductions in pain and anxiety when utilising VR/AR therapy.

The advent of the Internet of Things (IoT) is another significant development that has facilitated remote patient monitoring through wearable devices and sensors. This technological shift allows healthcare providers to monitor vital signs in real-time, proactively identify health risks, and tailor personalised care plans, which have been shown to reduce hospital readmissions by up to 30%.

Telemedicine and digital health platforms are further reshaping how healthcare services are accessed and delivered. A recent survey indicated that 90% of patients are open to utilising these platforms for non-emergency care, reflecting a growing trend towards convenience and efficiency in healthcare.

However, the integration of AI in healthcare is not without its challenges. Key obstacles include overcoming data silos and ensuring the seamless integration of AI systems into existing infrastructures. Reports show that 80% of healthcare organisations struggle with these data integration issues. Furthermore, bias within AI systems has been highlighted as a critical concern, with 95% of professionals recognising it as a significant issue in AI decision-making.

Healthcare organisations are advised to employ diverse datasets that accurately reflect the populations they serve to mitigate such biases. Moreover, implementing transparent AI algorithms and fostering an environment conducive to innovation and experimentation are essential strategies for successful AI adoption. According to survey results, 85% of healthcare organisations prioritise explainability and transparency in their AI approaches.

As the healthcare sector continues to evolve, the implications of AI and emerging technologies remain profound. Stakeholders are encouraged to leverage AI to not only enhance the patient experience through personalised care but also drive operational efficiencies that lead to significant cost reductions. GeeksultD findings suggest that AI can decrease healthcare costs by up to 20%, underlining its potential to reshape the economic landscape of healthcare services.

In conclusion, as the healthcare industry navigates this critical transformation, the intertwining of technology and healthcare services presents a unique opportunity for practitioners and patients alike, paving the way for a future where innovative solutions become the cornerstone of medical care.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://healthtechmagazine.net/article/2022/12/ai-healthcare-2023-ml-nlp-more-perfcon> - This article highlights AI's role in enhancing patient outcomes and operational efficiency in healthcare, with a focus on data-driven decision-making and the potential for AI to address healthcare challenges.
* <https://www.weforum.org/stories/2025/03/ai-transforming-global-health/> - It discusses how AI is transforming healthcare globally, including improving diagnostics and addressing accessibility issues, which aligns with the impact of AI on patient experiences and operational efficiency.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC8285156/> - This research highlights various AI applications in healthcare, including precision diagnostics and therapeutics, which support the transformative potential of AI in enhancing patient care and operational efficiency.
* <https://www.ucsf.edu/news/2023/11/426716/how-artificial-intelligence-could-transform-health-care> - The article explores the transformative potential of AI in healthcare, focusing on generative AI tools and their capability to improve clinical efficiency and patient care, which aligns with the integration of AI in healthcare.
* <https://www.tractiontechnology.com/blog/ais-impact-on-healthcare-in-2023-pioneering-technologies-disruptive-startups-and-future-directions> - This blog post discusses AI-driven innovations in healthcare, including diagnostics, virtual assistants, and predictive analytics, which contribute to enhanced patient care and operational efficiency.