

**RECENT ADVANCES IN HEALTHCARE TECHNOLOGIES: IMPLICATIONS FOR CLINICAL PRACTICE AND HEALTH SYSTEMS**Srikar Bairoju<sup>1</sup>, David Raj Edla<sup>1</sup>, Satyanarayana S. V. Padi<sup>1\*</sup>

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**ABSTRACT**

The global landscape is experiencing a major transformation in the delivery and management of healthcare, prompted by the swift advancement of digital technologies. Artificial intelligence (AI), telehealth, the Internet of Medical Things (IoMT), health wearables, robotics, and blockchain are several innovations that are integrating into clinical practice and the healthcare system. This review aims to critically assess recent developments in healthcare technology and analyze its influence on clinical care and healthcare systems. By employing the narrative review approach, the research relies on contemporary literature to offer an extensive perspective on technological innovations and their real-world effects. According to the results, AI significantly enhances healthcare by improving decision-making quality and diagnostic precision, while telemedicine expands access to healthcare, particularly in remote and underserved regions. Wearable devices and IoMT enable constant monitoring of patients, facilitating early detection and better management of chronic conditions. Additionally, automation and robotics employing AI significantly enhance healthcare by improving decision-making quality, diagnostic precision, and accuracy and effectiveness of the operations within healthcare systems. Despite these benefits, several challenges remain evident, including ethical concerns, data privacy issues, regulatory limitations, and infrastructure difficulties. Healthcare technologies possess the potential for transformation, yet their introduction must be balanced, underpinned by policy support, and continuously evaluated to ensure equitable and sustainable healthcare delivery.

**KEYWORDS:** Digital health, Artificial intelligence, Telemedicine, IoMT, Robotics, Health systems, Clinical practice.

**INTRODUCTION****1. HEALTHCARE SYSTEM**

According to the World Health Organization (WHO), a health system includes “*all the activities whose primary purpose is to promote, restore, and maintain health,*” which encompasses all organizational and individual efforts that impact health, beyond “*the pyramid of publicly owned facilities that deliver personal health services*”.<sup>[1]</sup> A functional healthcare system relies on six interconnected pillars, which are core components (WHO Building Blocks) that include (1) service delivery, which renders safe, effective, and quality personal and non-personal health interventions provided to those who need them; (2) a health workforce that comprises a sufficient, well-trained, and distributed staff

capable of delivering quality services; (3) health information systems that integrates reliable systems to produce, analyze, and use health data for decision-making; (4) medical products and technologies with equitable access to essential medicines, vaccines, and medical devices; (5) financing mechanisms that ensure people can afford needed care without suffering financial hardship, and (6) leadership and governance with effective oversight, coalition-building, regulation, and system accountability.<sup>[2,3]</sup>

**1.1. Healthcare quality**

Healthcare quality is the degree to which health services for individuals and populations increase the likelihood of desired health outcomes. It ensures care is safe, effective,

patient-centred, timely, efficient, and equitable. The field is designed to maximize positive medical benefits while minimizing risks and complications.<sup>[4,5]</sup> The framework of healthcare quality was famously categorized into three key components, which are the core pillars of quality, by Avedis Donabedian. These include (1) structure (the inputs), a basic foundation of care, including facilities, equipment, technology, qualified personnel, and organizational characteristics, such as hospital bed count and architectural layout, staff-to-patient ratios, and availability of electronic health record (EHR) systems. (2) Process, (the actions) which define what is actually done when giving and receiving care. It includes the activities carried out by both the healthcare provider and the patient, which include the procedures and methods by which care is delivered. Diagnosis, treatment, prevention, patient education, and the workflows encompassed in care delivery (e.g., prescribing correct medications, following diagnostic steps, ordering the correct laboratory tests, ensuring a patient receives the right dosage of medication, and the time taken to triage an emergency room patient. (3) Outcome (the results) is a direct reflection of the actual results of the care provided, such as patient survival rates, recovery from illness, or improvements in health-related quality of life (HRQoL) required for measuring recovery, patient satisfaction, mortality rates, and changes in health status. Outcome measures include (a) patient mortality and readmission rates, (b) recovery of function or symptom relief, and (c) patient-reported experience measures (PREMs).<sup>[5-7]</sup> The key characteristics of high-quality healthcare are generally evaluated by six main domains, namely (1) Safety: protecting patients from harm and preventable medical errors during care, (2) Effectiveness: providing services based on scientific evidence and professional knowledge that yield actual clinical benefits, (3) Patient-Centeredness: ensuring care is respectful of and responsive to individual patient preferences, needs, and values, (4) Timeliness: reducing harmful delays and wait times for both patients and providers receiving/giving care, (5) Efficiency: maximizing resources and avoiding waste, including the misuse of supplies, equipment, and ideas, (6) Equity: providing care that does not vary in quality based on personal characteristics such as gender, ethnicity, geographic location, or socioeconomic status.<sup>[5,8]</sup> Indeed, managing healthcare quality is crucial as modern healthcare shifts from volume-based services to value-based outcomes. By continuously measuring clinical performance, evaluating patient feedback, and tracking outcomes, healthcare organizations can identify deficiencies, mitigate risks, and successfully implement performance improvements.<sup>[5,9,10]</sup>

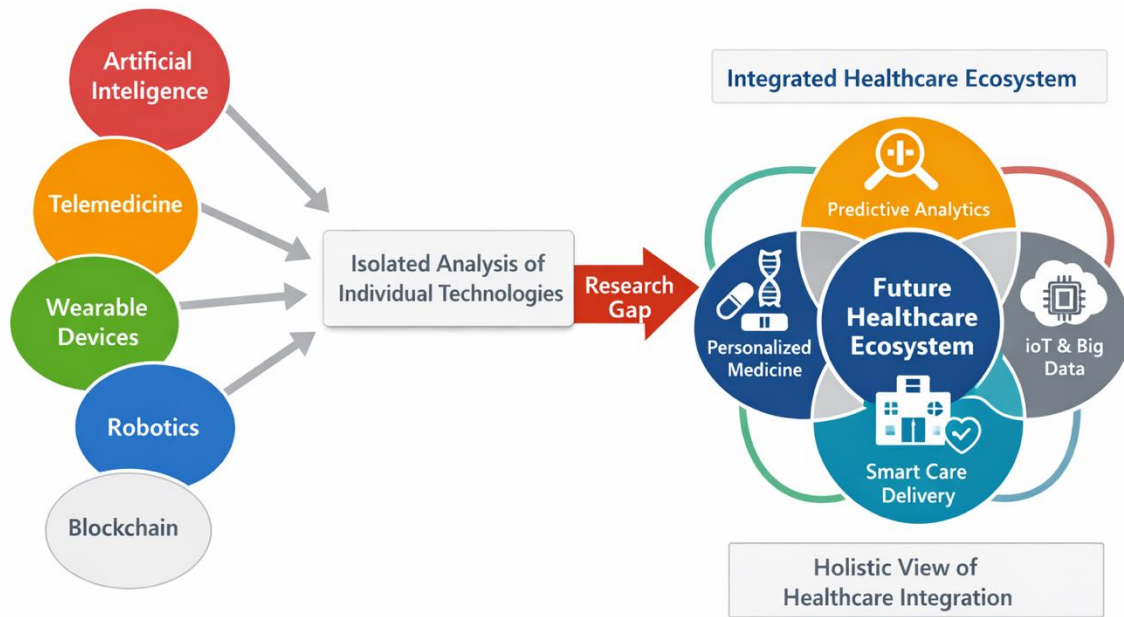
## 1.2. Emergence of Healthcare Transformation

The world's healthcare system is inevitably and rapidly changing because of the increased incidence of chronic diseases, the ageing population, the rapid rise in infectious diseases, unpredictable epidemics and pandemics, and evidence-based personalized and

precision medicine.<sup>[11,12]</sup> This is further amplified by randomised clinical trials, pragmatic clinical trials, and seamless vaccine clinical trials in developing evidence-based clinical practice guidelines and in getting recent breakthroughs in drug and vaccine approvals to promote the use of advances in molecular diagnostics, diagnostic and therapeutic devices, pharmaceutical drug delivery systems, nucleic acid therapeutics, biologicals, and drug repurposing.<sup>[13-16]</sup> Furthermore, a rise in public health expenditure, acceptance of insurance policies, access to global disease and clinical data, drug utilisation studies, stewardship programs, pharmacoeconomic analysis, and holistic and integrated multidisciplinary approaches to counter life-threatening diseases, cancer, age-related diseases, such as Alzheimer's disease and Parkinson's disease, drug resistance and antimicrobial resistance.<sup>[17,18]</sup> Globally, non-communicable diseases, such as diabetes, cardiovascular diseases, cancer, and age-related diseases, are highly stressful on healthcare, which is already limited because of constrained health systems.<sup>[19-23]</sup> Additionally, the improved life expectancy has caused the high demand in high-income countries, such as the USA and the UK, and growing demand in low-middle-income countries, such as India and Russia, for long-term care and the need for constant medical attention to be higher among the elderly.<sup>[24,25]</sup> These trends require the creation of cost-efficient, scalable, and efficient healthcare delivery frameworks, which would be able to handle increased patient volumes, improved health related quality of life, and maintain quality of care.<sup>[23]</sup>

## 1.3. Current Status of Technology in the Healthcare

The introduction of technologies is transforming healthcare to a paradigm of predictive and personalized care, rather than a reactive one, that responds to the clinical manifestation of the disease. Artificial intelligence, big data analysis, and interconnected devices are digital technologies that allow detecting diseases early, forecasting risks, and designing personalized ways of treatment.<sup>[9,10,26]</sup> The shift promotes active healthcare management and better clinical decision-making based on data-driven insights, which leads to better patient outcomes and system performance.<sup>[9,10]</sup> The analysis of the impact of technological innovations on clinical practice and performance across the entire health system is not done unanimously, accompanied by unfulfilled research gaps, even though considerable research has been carried out on each technology separately (Fig. 1). The available literature tends to discuss technologies separately, not considering their interdependence in developing the future healthcare ecosystems. This review has emphasized the latest trends in medical technologies, such as artificial intelligence, telemedicine, wearable devices, robotics, and blockchain and evaluated their potential impact on clinical practice and healthcare systems. However, unlike systematic reviews, the research uses a narrative and analytical methodology to generalize existing trends and conceptual understanding in various fields.



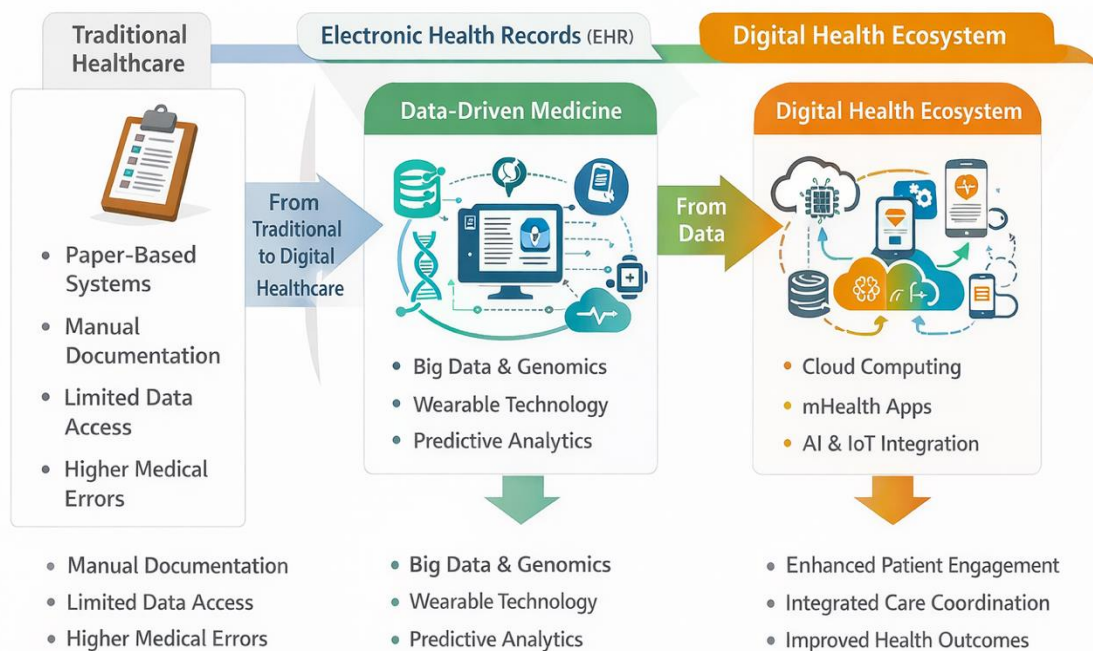
**Fig. 1: Research gaps in the integration of technological innovations into clinical practice and the health system.** <sup>[9,10,29,32]</sup>

**2. EVOLUTION OF HEALTHCARE TECHNOLOGIES**

**2.1. From Traditional to Digital Healthcare**

The delivery of healthcare has changed a lot in terms of traditional paper-based systems to digitized structures focusing on Electronic Health Records (EHRs). The previous healthcare systems were based mainly on manual documentation with constraints on the availability of the data, the continuity of care, as well as on clinical effectiveness. The implementation of EHRs

has made it possible to access patient data in real time, enhanced communication between healthcare professionals, and minimized medical errors.<sup>[27]</sup> Interoperability and seamless sharing of information through the use of digital record systems are also in favor of better patient outcomes and more efficient systems, as well as to support smooth information sharing across healthcare institutions.<sup>[28,29]</sup> The development of data-driven medicine is an emerging field that has attracted considerable interest over the last few years (Fig. 2).



**Fig. 2: Evolution of healthcare technologies.** <sup>[9,10,29,32]</sup>

## 2.2. Data-Driven Medicine

Data-driven medicine is a relatively new area of interest that gained popularity in recent years. Big data analytics integration has been a paradigm shift in data-driven medicine. EHR-based large-scale healthcare data, genomic data, and wearable devices are now processed through the highly skilled skills of computational techniques to create predictive outputs. The predictive analytics allow to identify a disease at an early stage, rank risks, and consider an individual approach to treatment, therefore improving the process of clinical decision-making.<sup>[28,29]</sup> This has enhanced the capacity of the healthcare systems to detect trends within the complicated datasets using machine learning models to facilitate precision medicine and enhanced population health management.<sup>[27-29]</sup> (Fig. 2).

## 2.3. Digital Health Ecosystem

A digital health ecosystem that is integrated by cloud computing, mobile health (mHealth), artificial intelligence, and connected devices is becoming an important aspect of the modern landscape of healthcare. Cloud-based services allow scaling storage and real-time data transfer, whereas mobile health apps allow engaging patients and monitoring them remotely.<sup>[29,30]</sup> AI improves data interpretation and clinical decision support, resulting in a synergistic system that facilitates efficient healthcare delivery, which is patient-centred. This is an interconnected ecosystem that facilitates accessibility, better coordination of care, and leads to healthcare system innovation in different parts of the world (Fig. 2).<sup>[10,29,31]</sup>

## 3. KEY RECENT DEVELOPMENTS IN HEALTHCARE TECHNOLOGY

### 3.1. Artificial Intelligence and Machine Learning

Artificial intelligence (AI) and machine learning have become potentially disruptive resources in contemporary healthcare, especially within the field of diagnostic imaging, predictive analytics, and clinical decision support systems. Image interpretation is another area of AI application in radiology, dermatology, and ophthalmology to diagnose cases faster and more accurately.<sup>[9,32]</sup> Electronic health records are used to apply predictive analytics models to measure risk in patients, hospital readmissions, and assist with early intervention.<sup>[27,28]</sup> AI-run clinical decision support systems could help clinicians in choosing the right treatment and enhancing the efficiency of the workflow

(Table 1). Such developments are associated with better diagnostic accuracy and the elimination of human error. Nevertheless, lifetime issues like bias in algorithms, the absence of transparency, and changing regulatory policies are considerable obstacles to mass usage.<sup>[30,31]</sup>

### 3.2. Digital Health and Telemedicine

Telemedicine has witnessed a fast growth, especially after the Coronavirus disease 2019 (COVID-19) pandemic, where it has emerged as a key element of the healthcare delivery systems. Online platforms can be used now to offer remote consultations, tele-intensive care units (tele-ICUs), and electronic prescriptions, thus ensuring continuity of care without physical visits.<sup>[20,32,33]</sup> Such technologies have a significant effect on rural and underserved areas and healthcare accessibility, which is enhanced.<sup>[31]</sup> On a health system level, telemedicine will lead to a decrease in patient load in hospitals and more efficient resource allocation, which further improves the efficiency of the system in general (Table 1).<sup>[33]</sup>

### 3.3. Wearable Technologies and IoMT

The Internet of Medical Things (IoMT) and wearable devices are transforming the medical field by providing the opportunity to monitor patients even outside a hospital environment. Smartwatches, biosensors, and remote monitoring systems are devices that monitor physiological parameters, like heart rates, glucose levels, and sleep patterns.<sup>[10,34]</sup> The technologies aid in the prompt detection of clinical deterioration, as well as, enhance the management of chronic diseases. IoMT encourages the transition to preventive and proactive healthcare models at the system level that will decrease hospitalisation rates and long-term care expenditures (Table 1).<sup>[9,10]</sup>

### 3.4. Robotics in Healthcare

Surgical practice has also been improved with the advancement of robot technologies that allow surgeons to perform minimally invasive and very precise surgical operations. The most popular fields in which robotic-assisted surgeries have been applied include urology and orthopaedics, where they have enhanced surgical outcomes and shortened recovery times.<sup>[9,29]</sup> Some of the benefits realized in the clinical setting are improved accuracy, minimized complications, and decreased hospitalization. Nevertheless, the use of robots is prohibited due to their high prices, infrastructure, and the necessity of complex training (Table 1).<sup>[35,36]</sup>

**Table 1: Key recent developments in healthcare technology.**<sup>[9,10,29,32]</sup>

Technology	Applications	Clinical Implications	Challenges
Artificial Intelligence & Machine Learning	Diagnostic imaging, predictive analytics, decision support	Improved accuracy, reduced errors	Bias, lack of transparency, regulation issues
Telemedicine & Digital Health	Remote consultation, tele-ICU, e-prescriptions	Improved access, continuity of care	Digital divide, infrastructure limitations
Wearables & IoMT	Smartwatches, biosensors, remote monitoring	Continuous monitoring, early detection	Data accuracy, patient adherence
Robotics	Robotic surgeries in urology, orthopedics	Precision, faster recovery	High cost, training requirements

Blockchain	EHR sharing, drug supply chain, clinical trials	Data security, transparency	Scalability, regulatory issues
Other Technologies	3D printing, genomics, VR	Personalized care, improved training	Cost, adoption barriers

**3.5. Blockchain Technology**

The healthcare data can be managed with the help of blockchain technology in a decentralized and secure manner. It allows sharing electronic health records safely, provides transparency of pharmaceutical supply chains, and improves integrity in managing clinical trial data.<sup>[37,38]</sup> Blockchain can solve the most significant challenges of patient privacy and trust towards the digital health system by enhancing the level of data security and interoperability (Table 1).<sup>[29,38]</sup>

**3.6. Other New Technologies**

Other technologies that are currently changing the way healthcare is delivered include 3D printing, genomics, precision medicine, and virtual reality (VR), which is used to create customized prosthetic and implants.<sup>[29,39]</sup> VR has found systems in rehabilitation and medical training and positively affects patient outcomes and clinical training (Table 1).<sup>[39]</sup> All these innovations are part of a more sophisticated, customized and efficient healthcare ecosystem.

**4. IMPLICATIONS FOR CLINICAL PRACTICE**

**4.1. Transformation of Clinical Decision-Making**

The combination of innovative technologies and especially artificial intelligence (AI) has caused a major shift in the process of clinical decision-making. Clinicians can use AI-assisted diagnostic tools to analyze a large and complex amount of data, such as medical imaging and electronic health records, faster and more accurately.<sup>[10,29]</sup> These systems facilitate the process of making evidence-based decisions, as they can be used to find patterns that might be overlooked in other approaches (Table 2). Owing to this, clinicians will be able to make better and more prompt decisions, which

enhances diagnostic accuracy and minimizes clinical practice variability.<sup>[9,34]</sup>

**4.2. Precision and Personalized Medicine**

The transition to the field of personalized and precision medicine, where the treatment plan is designed to reflect the specific features of the patient, is enabled by technological progress. Adaptive and predictive analytical solutions, such as genomic analysis and predictive analytics, can enable clinicians to develop a customized form of therapy depending on genetic, environmental, and lifestyle data.<sup>[9,10,29]</sup> Such a one-on-one treatment approach leads to a greater number of successful treatments, reduces adverse effects, and leads to improved patient outcomes (Table 2).<sup>[9,32]</sup>

**4.3. Patient-Centred Care**

The digital health technologies have empowered the idea of patient-centred care through improved patient engagement and involvement in healthcare processes. Patients can now manage their health and interact with healthcare providers more efficiently with mobile health applications, wearable devices, and telemedicine platforms.<sup>[31-33]</sup> The involvement of the patient increases adherence to treatment plans and health outcomes (Table 2).

**4.4. Improvements in Workflow and Efficiency**

The use of automation and digital resources has facilitated clinical processes by lessening the administrative loads on clinicians. Electronic health records, AI-based documentation systems, and robotic process automation help to enhance the efficiency of operations and enable clinicians to pay more attention to patients.<sup>[10,29]</sup> These result in better productivity, less burnout, and quality of healthcare delivery (Table 2).

**Table 2: Implications for clinical practice.**<sup>[9,10,29,32]</sup>

Area	Technological Applications	Clinical Implications	Outcomes
Clinical Decision-Making	AI diagnostics, EHR analytics	Faster analysis, evidence-based decisions	Improved accuracy, reduced variability
Precision & Personalized Medicine	Genomics, predictive analytics	Tailored treatment plans	Better outcomes, fewer side effects
Patient-Centered Care	mHealth apps, wearables, telemedicine	Enhanced patient engagement	Improved adherence, satisfaction
Workflow & Efficiency	EHR systems, AI documentation, automation	Reduced administrative burden	Higher productivity, reduced burnout

**5. IMPLICATIONS FOR HEALTH SYSTEMS**

**5.1. Healthcare Accessibility and Equity**

Digital health technologies, and especially telemedicine, have made a major contribution to the accessibility and equity of healthcare by removing geographical obstacles. Remote consultation services can provide patients in rural and underserved localities with access to

specialized medical services without requiring them to physically attend these services.<sup>[28,30]</sup> This boost in access minimizes inequality in healthcare provision and promotes more inclusive health systems, particularly in low-resource environments.<sup>[30]</sup>

## 5.2. Economic Resourcefulness and Efficiency

Predictive analytics combined with AI-driven applications has improved cost-efficiency and resource optimization in healthcare systems. Predictive models can be used to help with preventive care and prevent unnecessary hospitalization by identifying high-risk patients early enough.<sup>[9,29,30]</sup> Also, the automation of the administrative work and better management of the working process can lead to a decrease in the operational expenses and enhancement of the distribution of healthcare resources.<sup>[9,10]</sup>

## 5.3. Health Data Management

The growing levels of health data digitization have increased the significance of efficient health data management. Although the use of technologies like electronic health records and cloud solutions makes it possible to store data and share it on a large scale, interoperability is still a major issue. Discontinuity in the communication of data and the absence of standard data formats complicate the process of communication among healthcare institutions.<sup>[10,38,40]</sup> These challenges will need to be addressed in order to have integrated and efficient healthcare delivery.

## 5.4. Policy and Governance

Healthcare technologies are swiftly being implemented, and this requires solid policy frameworks and governance structures. Strict regulations are crucial to make sure that data privacy, cybersecurity, and the ethical application of digital health technologies are guaranteed.<sup>[31,41]</sup> Policymakers should formulate dynamic policies that would balance innovation and patient safety as well as enhance fair access and sustainability in various healthcare systems.<sup>[42]</sup>

## 6. CHALLENGES AND BARRIERS

### 6.1. Ethical and Legal Issues

The introduction of digital technologies in the healthcare sector is highly ethically and legally problematic, especially concerning the privacy of data, patient consent, and ownership of data. The healthcare information is the most sensitive type of data, and the increasing use of AI and cloud-based systems raises the risks of data breach and the probability of its misuse.<sup>[42]</sup> Informed consent in online settings and particularly in predictive analytics and secondary data is a complicated issue to ensure. Furthermore, there is the ethical aspect of the bias and accountability of algorithms in AI-based decision-making, which also complicates the regulatory compliance.<sup>[41,43]</sup>

### 6.2. Technological Barriers

The barrier to effective implementation of healthcare technologies remains technological inefficiencies, especially interoperability. Healthcare systems, in most cases, are based on non-standardized digital infrastructures in which the data is not expressed in standardized format, which means that data cannot be easily shared across institutions.<sup>[9,10,29]</sup> The adoption of

various technologies, including EHRs, IoMT, and AI, demands well-developed infrastructure and standard protocols, which are not always applicable to emerging healthcare infrastructures.<sup>[41]</sup>

### 6.3. Financial Constraints

Implementation of new and modern healthcare technologies is associated with huge financial cost; it includes the expenses on the development of infrastructure, purchase, maintenance and training of the software. The high initial implementation costs may act as a significant obstacle especially to the low- and middle-income countries and other smaller healthcare facilities.<sup>[29,44]</sup> Also, gauging the degree of uncertainty on return of investment and sustainability can be a deterrent to mass adoption.

### 6.4. Workforce Adaptation

The willingness and flexibility of the healthcare workforce are instrumental in the successful implementation of healthcare technologies. There is an increased demand for training courses to enhance technical skills and digital literacy among healthcare workers.<sup>[9,44]</sup> Aversion to change, technical incompetence, and work overload during change periods may also hinder adoption. To effectively integrate digital technologies in clinical practice, constant learning and interdisciplinary collaboration are the keys.<sup>[45,46]</sup>

## 7. FUTURE DIRECTIONS

### 7.1. AI-Driven Healthcare Systems

Semi-autonomous and autonomous diagnostic systems are likely to become more prevalent and are also expected to guide the future of healthcare via artificial intelligence. AI models are under development to read medical images, predict disease outcomes, and prescribe the treatment pathway with a high level of accuracy on their own.<sup>[9,32,41]</sup> The systems can also enhance clinical knowledge, cut down on diagnostic time, and enhance the speed of decision-making. Nevertheless, human control cannot be eliminated to guarantee the safety and moral responsibility.

### 7.2. The integration of technologies

One of the directions in the future is the coexistence of various technologies, such as AI, the Internet of Medical Things (IoMT), and big data analytics. These technologies can be integrated to enable the collection of the data in real-time, constant observation, and predictive data, forming a highly connected and entire healthcare system.<sup>[10,29,32,45]</sup> This kind of synergy contributes to proactive healthcare management, better strategies of early intervention and generally, better patient outcomes.

### 7.3. Digital Ecosystems and Smart Hospitals

Smart hospitals are a significant innovation in healthcare facilities. These plants operate by laying down a network of systems, automation and electronic devices in order to streamline clinical processes, patient care, and resource allocation.<sup>[44,45]</sup> Smart hospitals use technologies like AI,

robotics, and cloud computing to develop efficient, data-driven environments that improve patient care and operational efficiency. The world is shifting toward universal digital healthcare systems that prioritise accessibility, efficiency, and equity.<sup>[29,33]</sup> Digital platforms, telemedicine, and mobile health technologies are likely to be at the centre of the argument to expand access to healthcare, especially in low-resource settings.<sup>[9,26]</sup> This transformation will be achieved through powerful policy frameworks, cooperation at the international level, and the continuous investment in digital infrastructure that will guarantee the provision of inclusive and sustainable healthcare.

## 8. CONCEPTUAL FRAMEWORK

The theoretical framework used in this review shows the interrelationship approach by which healthcare technologies can affect clinical practice, patient outcomes, and system efficiency. The central aspect of such a framework is the adoption of sophisticated technologies like artificial intelligence, telemedicine, wearable devices and data analytics, which are the primary drivers of change in healthcare provision. The initial effect of these technologies on clinical practice is the increased accuracy with the help of diagnoses, clinical decision-making, and the individual approach to the treatment process.<sup>[10,42-45]</sup> The move towards the old models of care to technology-enabled practice would result in the optimization of the workflow and the minimization of clinical errors.

In the future, better clinical practice translates into improved health outcomes, which can be early detection of diseases, chronic disease management, and patient satisfaction.<sup>[32,33,41,47-49]</sup> Grounded on continuous monitoring with the help of the IoMT gadgets, forecast analytics further reinforce preventative healthcare, decreasing the number of complications and hospital rehospitalizations. All such improvements result in efficiency improvement in the health system through the optimization of resource use, lowering healthcare expenses, and enhancing service availability to various populations.<sup>[9,10,29,48,49]</sup> The framework draws a dynamic and circular relationship in which effective health systems enhance the uptake and implementation of new and sophisticated technologies. On the whole, this combination model underlines the fact that the real worth of the healthcare technology is not only in innovation but in enabling a smooth connection between technology, clinical practice, patient outcomes, and system-level performance.

## 9. CONCLUSION

The dynamism of healthcare technologies has greatly remodelled the clinical practice and health system in the world. Artificial intelligence, telemedicine, wearable technologies, robotics, and blockchain are just some examples of unconventional technologies that have transformed the traditional healthcare model into more effective, data-driven, and patient-centred systems. Such

innovations have made it possible to have more accurate diagnoses, better clinical decision-making, and disease management, thus improving patient outcomes and overall healthcare quality. The introduction of digital tools in clinical workflows has also lowered the operational inefficiency and aided in the process of moving towards the preventive and personalized healthcare models.

One of the major changes witnessed is the change between to reactive healthcare provision and proactive healthcare provision. Predictive analytics and remote monitoring are examples of technologies that enable early disease diagnosis and constant control over patients to decrease hospitalization and enhance the long-term quality of health. Moreover, telemedicine and mobile health solutions have broadened healthcare access to rural and underrepresented areas, which have been facing the long-standing problem of healthcare inequity. These advances underscore the possibilities of technology to fill the healthcare access disparities and to improve the effectiveness of the entire system.

Nevertheless, with these opportunities, several challenges need to be met to have sustainable and fair implementation. Data privacy, algorithmic bias, and informed consent are three ethical issues that are still pressing in the implementation of digital health technologies. There are also technological barriers, including interoperability and infrastructure constraints, high implementation costs, which are a major hindrance, especially in low-resource environments. The medical staff has to keep up with the new level of fast-changing technologies by acquiring and updating their skills and training to be able to utilize the new technologies to the full extent.

To go ahead, effective integration of healthcare technologies will require sound policy frameworks, ethical governance and interdisciplinary interaction between healthcare professionals, technologists and policymakers. The governments and regulating organizations have to develop strict guidelines that guarantee patient safety, confidentiality of data, and the fair use of digital health solutions. Meanwhile, interdisciplinary work is a necessity to develop user-friendly technologies that correspond to clinical demands and the capabilities of the system.

## CONSENT

It is not applicable.

## ETHICAL APPROVAL

It is not applicable.

## DISCLAIMER (Artificial intelligence)

Author(s) hereby declares that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc) and text-to-image generators have been used during the writing or editing of manuscripts.

**COMPETING INTERESTS**

We, the authors, declare no competing interests.

**AUTHORS' CONTRIBUTIONS**

All authors contributed to the review design and plan. SB and DE contributed to the data search, collection, extraction, and quality assessment for this review. SB created the figures for the manuscript. All authors (SB, DE, and SP) wrote the text, created the tables, reviewed and edited the manuscript, and made substantial contributions to discussions of the content.

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