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Editorial

Tectonic shift from evidence based medicine to intelligence based medicine

Wilma Delphine Silvia CR^{1*} 

¹Dept. of Biochemistry, Akash Institute of Medical Sciences & Research Centre, Bengaluru, Karnataka, India.

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Evidence-Based Medicine (EBM) has truly revolutionized the healthcare system by firmly rooting clinical decisions in meticulous scientific research. It emphasizes the importance of blending clinical expertise and patient preferences regarding different aspects of their medical care, including treatment options, procedures, outcomes and quality of life with top-notch evidences from systematic reviews, meta-analyses, and randomized controlled trials. With this approach, there have been fewer medical errors, better outcomes and consistent care. However, EBM alone may not be enough to manage the unique variability seen in real patients, especially as healthcare becomes increasingly complex and data driven.^{1,2}

One of the primary limitations of EBM is its reliance on population-level statistics, which sometimes overlooks individual patient heterogeneity. Clinical guidelines obtained from average outcome may not be useful for the diagnosis of rare diseases, multiple health issues, or unique symptoms. Evidence based medicine often refers to the retrospective studies, which might not accurately capture the current or future health situations of patients.^{1,3}

Intelligence based medicine (IBM) serves as an innovative extension of EBM. This approach takes healthcare to the next level by personalizing it with the help of artificial intelligence (AI), big data analytics and machine learning. AI models are capable of sifting through volumes of data from wearables, imaging, genomics, electronic health records, and real-time monitoring. AI models can also spot intricate patterns, forecast disease progression, and aid in making

clinical decisions in real time⁴ For example: Artificial intelligence (AI) tools are emerging to assist for analyzing radiological pictures as accurately as skilled radiologists. Even before any clinical symptoms show up, they are able to identify early indicators of sepsis. These technologies at IBM are meant to support them in their decision-making not to replace the clinicians. This method enables medical practitioners to offer precise, proactive and personalized care.^{1,4}

It is also important to note that Intelligence Based Medicine will build upon Evidence-Based Medicine rather than replacing EBM. While EBM lays down the essential knowledge and ethical guidelines. However, the IBM adds dynamic, data driven layer that learns and adapts to each patient's unique profile and the ever-changing clinical landscape. This collaborative approach guarantees both scientific rigor and a personal touch.⁴

As health care evolves, medical education and healthcare systems should integrate Intelligence Based Medicine technology. Physicians must be equipped not just with knowledge and clinical skills, but also with the ability to understand data, interpret algorithms, and ethical considerations related to AI in medicine.³

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*Corresponding author: Wilma Delphine Silvia CR
Email: bowringbiochem@gmail.com

Conflict of Interest

None.

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