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Medical Students' Osler Society and the Board of Curators of the Osler Library of the History of Medicine Essay Contest:

A Reflective Piece

Over the course of the past couple months, I have been put in a position to reflect on the past, present and future of medicine and its relationship to technology. I observed that medicine has evolved with technology to benefit patients and improve their lives. However, we now stand at a cross-road where physicians must do what others have done before them: they must weigh the benefits and dangers of using new technology to improve patient care. I am grateful to have had the opportunity to participate in the Medical Students' Osler Society and the Board of Curators of the Osler Library of the History of Medicine Essay Contest. Writing this essay proved to be a thought-provoking experience. It allowed me to expand my knowledge and appreciation on aspects of medicine which are difficult to appreciate in an academic environment. Despite not having a wide knowledge base on my topic of choice, I purposefully chose to write about Artificial Intelligence in Medicine (AIM) to expand my horizon in a field which I do not have experience in. We live in a world growing with technology, and I cannot ignore that this technology not only contributes to medical practice, but also plays an essential role in both the physician and patient's life at any healthcare institution.

Doing research on AIM was the challenge. I wanted to learn as much as I could on the subject, along with exploring the ethical and social challenges that surround it. During my preliminary research, I found that there was a lot of information regarding AIM, and I wanted to include as much of it as I could in my paper. Firstly, I researched the history, then the applications of AIM, and finally, I looked into the ethical and social aspects were explored. The main challenge of writing this essay was to look into the social and societal impacts of AIM. There exists many academic research papers because it is

an up-and-coming field, however few papers exist on the ethics and public reaction to the applications of such technology. To do my research, I read books such as *To Err Is Human: Building a Safer Health System* by Linda Kohn and Janet Corrigan, and online articles such as “Artificial intelligence and modern healthcare: A mindful controversy?” by Anne Bruce and Dolly Hinshaw. I also explored the opinions of experts in the field, like Dr. Larry Smarr and Dr. Leo Celi. I was able to watch video-conferences where they presented the latest data and findings about AIM. Hence, by looking at research articles, news articles, books and video-conferences, I was able to gather all relevant information I wanted to deliver in my essay and fully appreciate how much AIM is pushing forward as a field.

“Tell me and I forget, teach me and I may remember, involve me and I learn” –Benjamin Franklin

The Osler Essay contest gave me an opportunity to get involved in an aspect of learning that is not necessarily linked to the classroom. As a McGill medical student, we are often involved in academics, patient care and follow up. Since Medicine is a field that not only encompasses the physiological sciences, it also encompasses the arts, humanities and social studies; it is important for students to go on their own and involve themselves in independent projects of interest where they can learn aspects in the medical field not taught in classes. That is the reason why I wanted to participate in the essay contest. I found writing this essay widened my knowledge base on a subject that is on the cutting edge of the medical field. Not being a stranger to writing basic science research papers, I wanted to explore writing essays encompassing a different style. Due to the insurmountable amount of information on my subject of choice, either online or in print; I learned how to take better notes, prioritize what ideas I wanted to deliver to the reader and enhance my understanding of a subject that is on the forefront of medical innovation. I found the opportunity to participate in this contest not only gratifying, but also thoroughly enjoyable and educational.