Journal of Carcinogenesis
Covering Genesis to Therapeutics

Journal of Carcinogenesis, ISSN: 1477-3163
2025; Vol 24: Issue 7s, https://carcinogenesis.com/

Evaluating Clinical Effectiveness of AI-Based Diagnostics: A Review of Real-World Evidence and Trials in Healthcare

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ABSTRACT

Artificial Intelligence based diagnostics have changed modern healthcare by improving the accuracy and efficiency of disease diagnosis in various specialties. The AI methods used many advanced algorithms and data analytics in order to make better clinical decision making and patient outcomes. This review study is very useful in current era as it addresses the issues related to urgent need to evaluate the real-world effectiveness of AI techniques and its integration into clinical processes. It also shows how AI support to fill the healthcare gaps, , especially in regions with limited resources. A systematic review process is applied, extracting evidence from clinical trials, observational cases, and real-world applications to evaluate AI based diagnostic accuracy, efficiency with privacy. The review also examines multidisciplinary performance and insights in several medical fields. The review also explores many interdisciplinary insights and performance metrics in different healthcare sectors. This study found that AI significantly improve diagnostic capabilities in radiology, oncology, cardiology, ophthalmology, and neurology, supporting early detection diseases and personalized care. It also highlights the AI's capabilities in handling diagnostic errors and improving the diagnostic workflow optimization. The study alert to the research communities regarding the challenges like algorithmic bias, data quality, regulatory hurdles, and lack of standardization, that must be addressed by farming ethical policies and frameworks, robust validation. The study put light on the future directions for longitudinal, multi-center trials and continuous clinician training to ensure safe and equitable AI deployment. This review study serves as a comprehensive resource for researchers, physicians, and decision makers, offering significant insights into the clinical utility and effectiveness of AI diagnostics and contributing to the evolution of data-driven, AI based healthcare..

Keywords: *AI-based diagnostics, clinical effectiveness, real-world evidence, medical imaging, healthcare innovation..*

How to Cite: Sandeep Kumar, Rakesh Roshan, Sanjeev Gour, Arpana Sinhal, Preety Shoran, Manjula Shanbhog, (2025) Evaluating Clinical Effectiveness of AI-Based Diagnostics: A Review of Real-World Evidence and Trials in Healthcare, *Journal of Carcinogenesis*, *Vol.24, No.7s*, 620-627

1. INTRODUCTION

1.1 The Promise of AI in Healthcare

AI improves diagnostic precision by detecting hidden patterns in complex large databases, enhancing patient outcomes in radiology, pathology, and cardiology [1][2]. The AI integration in clinical decision support systems makes very reliable personalised treatments and real-time decision-making in the medical domain [2]. Apart from this, AI enables various routine tasks in healthcare to be more automated and supports safe monitoring of patients, enhancing efficiency in healthcare and reducing diagnostic errors [3].

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1.2 Challenges in Assessing Clinical Effectiveness

Other than its benefits, implementation in AI is facing the challenges of regulatory complexities, integration issues, and the need for ethical patient data use [4]. [2]. There are concerns about bias in algorithms, insufficient capability in external validation, patient trust from rural areas, and adoption in a range of therapeutic settings [5]. Correct assessment of AI's effect in the real world needs clinical studies and strong evaluation methods that are designed to work with AI systems that are constantly changing [6].

1.3 Scope and Objectives of the Review

This review study evaluates AI-based diagnoses using clinical trials and real-world evidence, focussing on diagnostic accuracy, patient safety, and cost-effectiveness [2]. The objective is to address implementation problems, ethical issues, and the impact of AI in underserved medical communities. The study gives a roadmap for effective AI integrations in the diagnostic process, exploring major areas for future research and innovation in healthcare [2]

2. AI-BASED DIAGNOSTICS

AI-based diagnostics are reshaping healthcare by making disease detection more accurate, efficient, and accessible across various medical fields. Using machine learning and deep learning, these systems help doctors recognize subtle patterns in complex medical data, leading to earlier and more precise diagnoses. This section highlights how AI is being applied in fields like radiology, ophthalmology, cardiology, pathology, endocrinology, oncology, and neurology.

Table 1-AI-Based Diagnostics in Healthcare

AI-Based Diagnostics	Role of AI	Clinical Effectiveness	Reference Number
Radiology and Diagnostic Accuracy	Enhances diagnostic accuracy by detecting subtle anomalies in images.	Improves workflow efficiency and reduces turnaround time.	[5][7][8]
Ophthalmology and Retinal Disease Diagnosis	Diagnoses retinal conditions like DR and AMD using fundus and OCT imaging.	Enables early intervention despite ethical and integration barriers.	[9][10]
Cardiology and Cardiac Imaging	Assists in ECG analysis, risk prediction, and robotic-assisted procedures.	Streamlines workflows and enables early personalized treatment.	[4]
Enhancing Diagnostic Accuracy in Pathology	Detects anomalies in histopathology by learning tissue patterns.	Supports prioritization and reduces missed diagnoses.	[11]
Diabetes and Diabetic Retinopathy	Enables early detection and affordable screening of diabetic retinopathy.	Reduces risk of vision loss and improves care accessibility.	[24][26]
Cancer Diagnosis	Improves imaging analysis for early detection of various cancers.	Reduces false positives and improves diagnostic efficiency.	[12][22][27]
Neurological Disorders	Analyzes multimodal data to diagnose complex neurological conditions.	Supports better diagnosis and treatment planning in mental health.	[28]

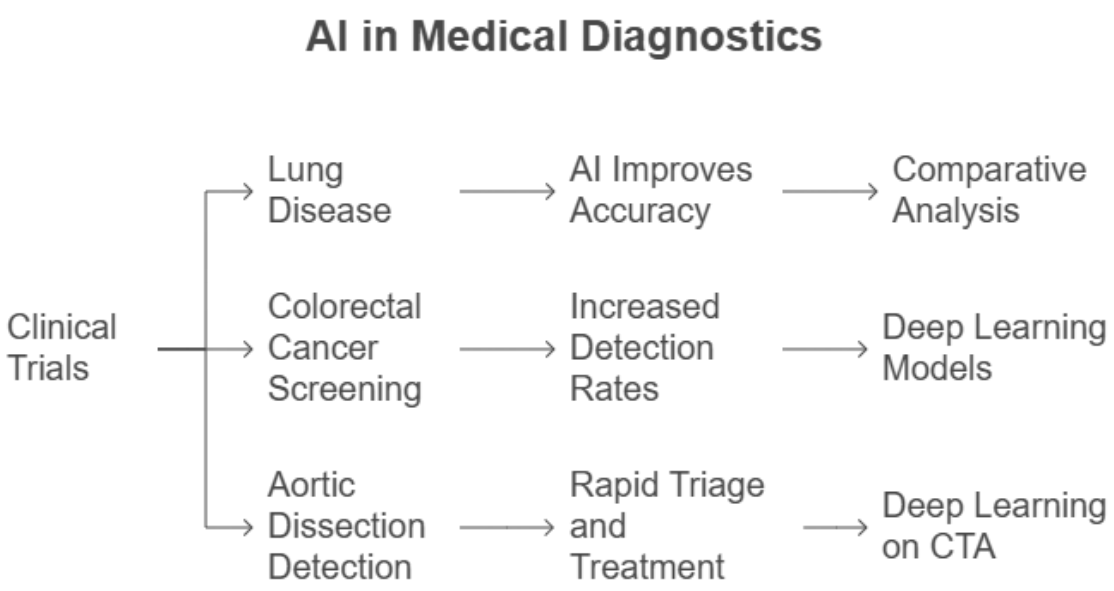

Figure 1: AI in diagnosis

3. AI-DRIVEN DIAGNOSTIC DECISION SUPPORT SYSTEMS

3.1 Clinical Decision Support Systems (CDSS)

AI-driven CDSS make clinical recommendations for diagnosis and treatment based on the analysis of patients' data, clinical policies, and medical literature [14][15]. AI-driven CDSS increase clinical accuracy, minimize errors, and facilitate decisions in personalized care. They also improve patient involvement through AI-based chatbots and virtual assistants with real-time advice and health services access [15].

3.2 AI Symptom Checkers

AI symptom checkers apply NLP as well as machine learning algorithms to create differential diagnoses from inputs by patients that aid early triage as well as clinical assessment [16]. Unless updated continuously as well as trained, their diagnostic performance could suffer. Extending their training to rare conditions helps in minimizing misdiagnosis as well as enhancing holistic support [16].

3.3 Artificial Intelligence in Personalized Medicine

AI supports precision medicine by analyzing diverse datasets—including genomics, lifestyle, and EHRs—to create individualized treatment plans [17]. Machine learning and NLP facilitate predictive modeling and personalized diagnostics by identifying key biomarkers and patient-specific risks. These capabilities help optimize therapies and improve long-term outcomes in personalized healthcare [17].

4. REAL-WORLD EVIDENCE FROM CLINICAL TRIALS

4.1 Lung Disease in Human Clinical Trials

There have been some improvements in diagnosing lung diseases through AI tools, but the majority of clinical trials have remained observational, restricting causal inferences [18]. Increased randomized trials are required in order to create definite impact on patient outcomes.

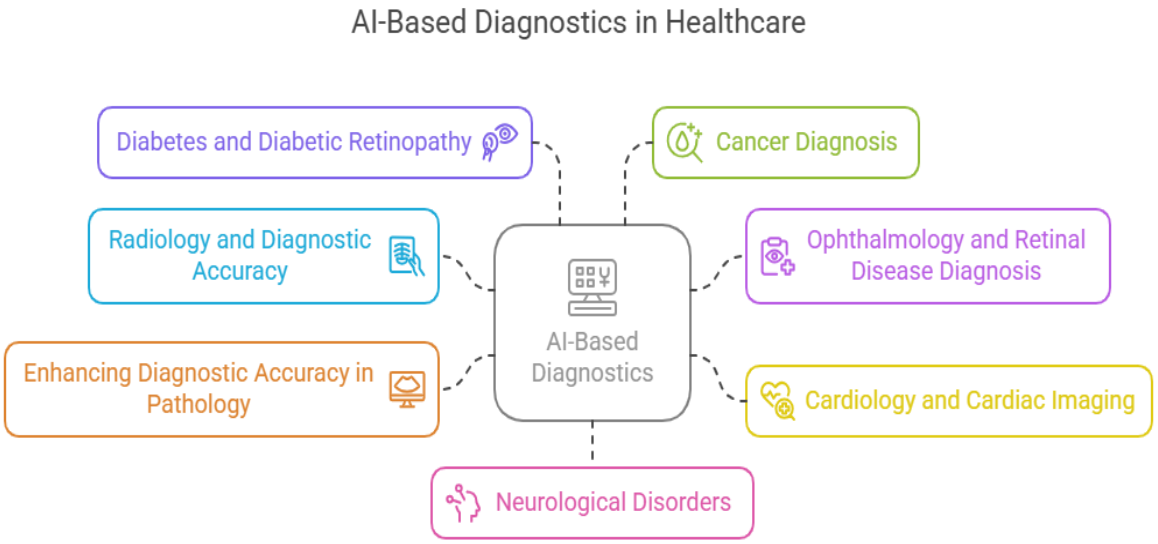

Figure 2: AI i n clinical trials

4.2 AI in Colorectal Cancer Screening

AI-enhanced colonoscopy greatly increases adenoma detection rates (ADRs), supported in their effectiveness by RCTs, justifying their incorporation into screening protocols [19]. Such technologies maximize early detection with decreased incidence of cancer.

4.3. AI in Detection of Aortic Dissection

AI facilitates detection of life-threatening aortic dissection with early classification through CTA scans for rapid triage and treatment planning [20]. Type A and B dissection differentiation with high accuracy enhances management of the patient.

Table 2 : Real-World Evidence from Clinical Trials on AI in Diagnostics

Reference Number	Real-world Evidence	Evaluation (Clinical Effectiveness)	AI Technology Used
[18]	Clinical Trials in Lung Disease	AI improves diagnostic accuracy and outcome assessment, though most trials are observational, limiting causal inference.	Comparative analysis in lung imaging and diagnostic algorithms
[19]	AI in Colorectal Cancer Screening	RCTs confirm increased detection rates, feasibility in workflows, and up to 50% improvement in adenoma detection.	Deep learning models for colonoscopy image analysis
[20]	AI in Aortic Dissection Detection	AI detects and classifies dissection types from CTA scans with high accuracy, enabling rapid triage and treatment.	Deep learning on computed tomography angiography (CTA)

5. CHALLENGES AND LIMITATIONS IN AI DIAGNOSTICS

AI diagnostic solutions have major issues with data quality, regulation uncertainty, and integration within workflow. Diagnostic accuracy is jeopardized by poor data quality and algorithmic bias, whereas lack of explainability lowers clinicians' confidence [2], [4], [21], [22]. Ethical issues such as transparency and informed consent create additional complexity for AI adoption [21], [23]. Generalizability issues as well as integration barriers in clinical workflow hinder effective deployment as well as constrain real-world use [4], [24].

Breaking Down Barriers for AI Adoption

To counteract such impediments, sound validation in external, prospective, and real-world trials guarantees wider applicability as well as clinical significance [5], [10], [25]. Diverse datasets, explainability AI models, as well as ongoing assessment, counteract algorithmic bias [9], [17], [21]. Augmenting data safety through strong protective methods, moral safeguards, and compliance with the regulation helps foster patient trust as well as ethical deployment of AI [14], [22]. These strategic measures are important in order for AI potential to be translated into useful and morally sound healthcare applications.

Table 3: Challenges, Descriptions, Solutions, and References

Challenges / Limitations	Description	Overcoming Barriers to AI Implementation	Reference Number
Data Quality and Bias	Biased or low-quality data impact accuracy; black-box models reduce trust; privacy and security concerns hinder adoption	Diverse datasets, explainable AI, and continuous monitoring help reduce bias and enhance trust [9], [17], [21]	[2], [4], [21], [22]
Regulatory and Ethical Considerations	Ambiguous regulations and ethical issues (e.g., consent, discrimination, transparency) complicate AI deployment	Regulatory compliance and ethical principles ensure responsible and trustworthy AI usage [22]	[21], [23], [22]
Integration into Clinical Workflows	Limited generalizability; difficulty integrating AI into routine workflows; clinician resistance	Real-world validation and multi-center studies support effective integration and demonstrate AI's relevance [5], [10], [25]	[2], [4], [24]

6. FUTURE DIRECTIONS AND RESEARCH OPPORTUNITIES

6.1. Combination of AI with Future Technological Advancements

AI with IoT can make laboratory operations optimized through increased monitoring, accuracy of data, and workflow efficiency [29]. AI-based personalized diagnostics with telehealth integration provide personalized attention and distant care, enhancing accessibility as well as treatment outcomes [17][14].

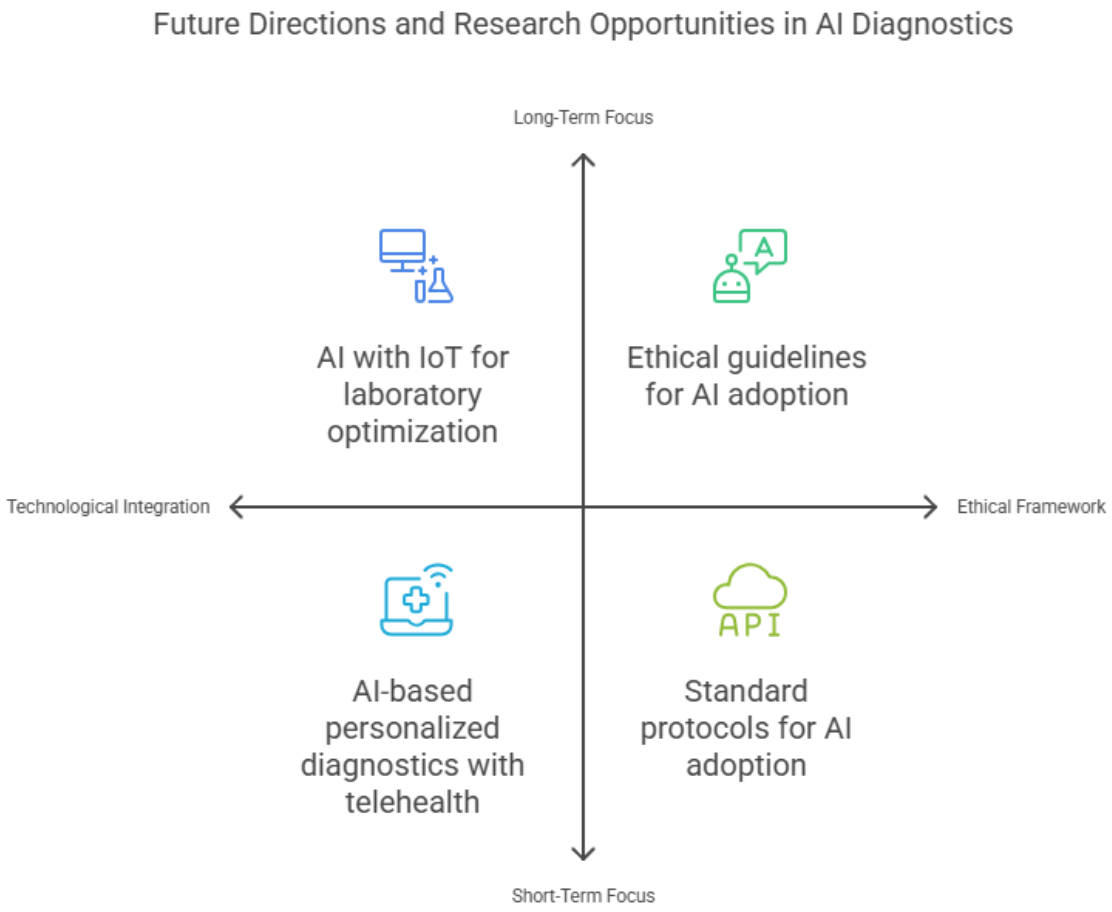

Figure 3: classification of AI based model for future applications

6.2. Longitudinal Studies and Real-World

Long-term, real-world evaluations are necessary in order to determine the long-term efficacy of AI as well as its clinical applicability [17]. High-quality comparative studies, with rigorous validation, will provide reliability and facilitate data-driven clinical decision-making regarding deployment [26][8].

6.3 Ethical Framework for AI

Implementing ethical guidelines guarantees responsible and transparent usage of AI in healthcare and diagnostic activities [1]. AI adoption is supported by standard protocols as well as clear guidelines for providers in order to facilitate regulated clinical environments [17][28].

7. CONCLUSION

This review emphasizes the potential of AI-driven diagnostics in enhancing accuracy, efficiency, and access in areas such as radiology, oncology, cardiology, ophthalmology, and neurology. Clinical trials, as well as real-world experience, confirm that AI can detect diseases earlier, minimize diagnostic errors, and improve personalized treatment planning. Decision support systems, symptom checkers, and predictive analytics augment clinical results with timely, evidence-based advice. Responsible adoption is also challenged by issues of data quality, bias, ethics, and workflow integration. Investment in infrastructure, clinician training, and multi-disciplinary collaboration is necessary for promoting AI adoption and optimization. Future studies must prioritize multi-center, standardized studies as well as ethical standards in order to deliver AI in diagnostics in an equitable, accurate, as well as safe manner. Taken together, these actions will create a reliable roadmap for AI in the future of healthcare.

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