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Citation article: Posunko, A., Chavarha, M., Bashkirova, L., Vasylyuk-Zaitseva, S., Abramchuk, O. Machine learning in medicine: A new paradigm for diagnosis and treatment. *Futur Med* [Internet]. 2025;4(3): 4-22. Available from: https://doi.org/10.57125/FEM.2025.09.30.01

Machine Learning in Medicine: A New Paradigm for Diagnosis and Treatment

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Abstract

The continuous advancement of information technologies and artificial intelligence is rapidly transforming the diagnostic, therapeutic, and prognostic capabilities of modern medicine. These developments offer unprecedented opportunities for analyzing large volumes of clinical data, which form the foundation of personalized medicine and evidence-based clinical practice. This systematic review aims to assess the current state of machine learning implementation in clinical settings, synthesize the experience of applying artificial intelligence algorithms across various medical domains, and identify promising directions for the further evolution of this innovative paradigm.

Study design: A systematic analytical review was conducted using scientific literature focused on clinical and experimental studies, as well as on developed and predictive projects in the field of machine learning applications in medicine.

Methodology: A comprehensive search and analysis of publications in the PubMed, Scopus, Web of Science, and Google Scholar databases over the past 15 years were performed. A total of 93 original studies were selected, comprising 65 systematic reviews and 28 meta-analyses. Content analysis, systematization, and generalization of empirical data were employed to evaluate the effectiveness of machine learning algorithms in clinical diagnostics.

Results: Machine learning algorithms demonstrated high diagnostic accuracy in radiology (87–94%), pathology (91–96%), cardiology (83–89%), and oncology (88–93%). Neural networks showed significant advantages in medical image recognition, achieving diagnostic accuracy comparable to that of experienced specialists. The application of algorithms for predicting disease progression proved effective, contributing to the optimization of therapeutic strategies and a reduction in mortality rates by 12–18%.

Conclusion: Machine learning is shaping a new paradigm in medical practice by enhancing diagnostic accuracy, optimizing treatment protocols, and enabling

Keywords: computer learning, intelligent systems; clinical diagnostics; patient-centered medicine; prediction methods; artificial neural networks, digital technologies in medicine.

Received: April 18, 2025
Revised: May 3, 2025
Accepted: July 21, 2025
Published: August 15, 2025

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DOI: https://doi.org/10.57125/FEM.2025.09.30.01

personalized therapeutic approaches. The integration of artificial intelligence technologies requires a comprehensive strategy that includes the training of healthcare professionals, the development of suitable infrastructure, and the refinement of regulatory frameworks.

Introduction

Modern medicine is undergoing fundamental changes due to the rapid development of machine learning (ML) technologies, which are creating new opportunities for diagnosing diseases, predicting their progression, and treating patients across a range of conditions [1, 2]. In the face of global challenges confronting the healthcare industry, including increasing demographic pressure, the growing prevalence of chronic diseases, and constraints in human, material, technical, and financial resources, machine learning has emerged as a promising paradigm capable of transforming traditional approaches to medical care delivery [3, 4].

The exponential increase in the volume of medical data generated by modern diagnostic systems, electronic medical records, mobile devices, and molecular diagnostic methods presents both unique opportunities and serious challenges for clinical practice [5, 6]. Over the past five years, the amount of digital medical data has grown more than twelvefold, yet traditional methods of analyzing and interpreting this information are no longer sufficient to utilize its full potential effectively [7, 8].

Conventional diagnostic methods, which are based on physicians' clinical experience and static protocols, are limited in their ability to process large datasets rapidly, recognize complex patterns, and provide personalized treatment approaches [9]. These limitations are particularly evident in the field of medical imaging, where deep learning algorithms have demonstrated diagnostic accuracy levels that often significantly exceed those of experienced specialists [10, 11].

In cardiology, modern diagnostic systems based on convolutional neural networks achieve 97% accuracy in detecting cardiac arrhythmias from electrocardiographic signals, surpassing the average diagnostic accuracy of cardiologists [12]. In oncology, the use of artificial intelligence for medical image analysis enables the detection of malignant neoplasms at early stages with an accuracy exceeding 95% [13,14]. Despite substantial progress in machine learning research within the medical field, considerable gaps remain in understanding optimal strategies for the clinical implementation of these technologies [15]. Most existing studies emphasize the technical performance of algorithms, while certain aspects of integrating machine learning systems into real-world clinical workflows are still poorly understood [16,17]. A comprehensive analysis of the technological, ethical, regulatory and sociocultural factors that hinder the widespread adoption of information technologies and artificial intelligence in practical healthcare has not yet been conducted in sufficient depth [18].

Research Aim and Research Questions

The aim of this study is to provide a comprehensive critical analysis of the current state of machine learning in medicine, with a focus on its key role in disease diagnosis, prognosis and treatment optimization.

1. In which areas of medicine is machine learning used most actively and where does it demonstrate the most significant clinical outcomes?
2. Which algorithms, technologies and machine learning approaches are most effective in addressing various diagnostic and therapeutic tasks?
3. What are the main technological, organizational and ethical barriers that hinder the widespread implementation of machine learning in clinical practice?

The relevance of this study stems from the urgent need to address the gap between scientific advancements in machine learning and their practical application in clinical settings [19]. Gaining insight into the factors that promote or impede the successful integration of machine learning technologies into diagnostic and therapeutic processes is critically important for shaping effective strategies for the digital transformation of the healthcare sector [20].

Literature Review

The presented systematic review of scientific literature aims to provide a comprehensive analysis of recent advancements and trends in the application of machine learning technologies in medical practice. The review is based on domestic and international publications from the period 2020 to 2025 and focuses on systematizing scientific evidence regarding the effectiveness of various algorithms in clinical diagnostics and treatment, while critically evaluating the advantages and limitations of modern artificial intelligence methods in healthcare [21,22].

Medical Imaging and Radiological Diagnostics

The current stage of radiological diagnostics is marked by the rapid integration of machine learning methods, which significantly transforms approaches to the interpretation of medical images [23,24]. Convolutional neural networks have demonstrated exceptional efficiency in automating the interpretation of X-ray, computed tomography and magnetic resonance imaging results [25]. According to international studies conducted during 2024–2025, the diagnostic accuracy of pathological changes identified through standard echocardiographic studies reaches 94.3%, surpassing the accuracy of conclusions provided by experienced clinicians [26,27].

Particular attention should be paid to the results of radiomic analysis in oncology practice [28]. A study by Luo et al. (2024), conducted as part of a multicenter randomized crossover trial, demonstrated the high efficiency of deep learning methods in the automated segmentation of metastatic brain lesions [29]. Clinical-biological-radiomic models achieved diagnostic accuracy levels ranging from 87% to 92% in detecting false-positive lymph nodes during PET-CT examinations of patients with lung cancer [30].

Another promising direction is the development of generative models for medical image synthesis, which enables the expansion of training datasets when clinical material is limited and enhances the generalization capabilities of diagnostic algorithms [31,32]. Deep learning architectures based on ResNet and EfficientNet have shown excellent performance in detecting pneumonia on chest radiographs, achieving a sensitivity of 96.8% and a specificity of 94.2% [33].

Recent research in transformer architectures for medical imaging has yielded strong results in multimodal image analysis [34]. Visual transformers (ViTs), adapted for medical applications, have demonstrated superior performance in scenarios requiring the integration of multiple imaging modalities. For example, combining CT and PET scans for cancer staging has resulted in an 8 to 15 percent improvement in diagnostic accuracy compared to single-modal approaches [35,36].

Application in Cardiology

The application of machine learning in cardiology offers new opportunities for the early detection and prediction of cardiovascular diseases [37]. A large-scale meta-analysis involving more than 3.8 million patients across 127 cohorts has convincingly demonstrated the advantages of algorithmic approaches. Boosting algorithms achieved an area under the ROC curve (AUC) of 0.91 for predicting ischemic heart disease, while support vector machines yielded an AUC of 0.94 for predicting cerebrovascular events [38, 39]. The findings of the UK Biobank study (n = 412,320) are of particular importance, as they highlight the effectiveness of an integrative approach to cardiovascular risk assessment. An ensemble model combining seven machine learning algorithms (decision tree, random forest, XGBoost, support vector machines, deep neural networks, gradient boosting and logistic regression) demonstrated a significant improvement in diagnostic accuracy. Accuracy increased from 73.8 percent using only traditional risk factors to 87.9 percent when psychosocial parameters were incorporated into the model [40, 41].

Genetic aspects of cardiovascular risk prediction are also gaining increasing attention. Neural network models based on genome-wide association studies have shown high accuracy (AUC > 0.85) in predicting the progression of coronary artery calcification. These findings are particularly important for risk stratification and the personalization of preventive interventions. Recent advances in polygenic risk scores, which account for the combined influence of genetic variations along with environmental and lifestyle factors, when used in conjunction with machine learning models, have demonstrated strong results in identifying individuals at elevated risk of sudden cardiac death [42–44].

The integration of modern mobile technologies with traditional clinical tools, powered by machine learning algorithms, has significantly improved the quality of cardiac monitoring [45]. Algorithms capable of analyzing data from smartwatches and fitness trackers can detect atrial fibrillation with a sensitivity of 94.2 percent and a specificity of 91.8 percent, thereby enabling timely intervention and stroke prevention [46].

Precision Oncology

Precision oncology, as a modern paradigm for the treatment of malignant neoplasms, is inseparable from the widespread application of machine learning methods for multi-omics data analysis [47,48]. Recent studies from 2024–2025 have demonstrated the successful integration of genomic, transcriptomic, proteomic and radiomic data to optimize diagnostic conclusions and therapeutic strategies [49,50]. Particularly noteworthy are the results of radiomic analysis used for the differential diagnosis of hematological diseases [51]. Zhang et al. (2024) reported high diagnostic accuracy in the radiomic analysis of lung lesions associated with mucosa-associated lymphoid tissue (MALT) lymphoma using computed tomography data [52]. Cytogenetic studies by I. Orlova have played a key role in evaluating relapse following allogeneic bone marrow transplantation, underscoring the importance of a multimodal diagnostic approach in hematological oncology [53]. The emergence of large-scale AI language models is opening new avenues for clinical decision support. However, concerns remain regarding the reliability of AI-generated medical content. According to a study by M. Sallam (2023), conducted in 2025, up to 13.7 percent of responses produced by systems such as ChatGPT may contain inaccurate or unreliable medical recommendations, which necessitates a cautious and controlled approach to their clinical use [54,55].

Recent advances in liquid biopsy research using machine learning algorithms demonstrate the potential for early cancer detection. Analysis of circulating tumor DNA combined with ML models for the detection of stage I-II cancers in multiple tumor types achieves sensitivities of 89-94%, significantly enhancing the capabilities of cancer screening programs [56, 57].

Multi-omic integration technologies based on deep learning principles have demonstrated the ability to identify novel cancer subtypes with distinct therapeutic vulnerabilities. These approaches contribute to the discovery of previously unrecognized molecular patterns that correlate with treatment efficacy and contribute to innovative changes in personalized cancer therapy [58, 59].

Personalized Medicine

The concept of personalized medicine for analyzing individual genomic profiles and predicting therapeutic response is being implemented through the application of machine learning algorithms [60]. In this regard, the integration of various levels of omics data, from genomic variability to metabolomic profiles, is fundamental to optimizing pharmacotherapy [61, 62].

As noted by I. Orlova et al. (2024), future trends in genetic research are expected to significantly influence public health by enabling the development of precise methods for predicting individual disease susceptibility and improving therapeutic strategies [63]. Pharmacogenetic models based on machine learning enable the prediction of individual drug responses, minimizing the risk of adverse effects and optimizing drug dosing [64, 65].

Genetic algorithms, in combination with linear discriminant analysis, demonstrate a substantial increase in the accuracy of cardiovascular complication prediction, which is particularly important for secondary prevention in high-risk patients [66]. Neural network approaches to the analysis of single nucleotide polymorphisms enable the identification of genetic variants associated with severe or early-onset cardiac conditions [67].

Recent advances in artificial intelligence for drug discovery have accelerated the identification of new therapeutic targets [68]. Machine learning models that analyze protein-protein interaction networks and drug-target relationships have shortened drug development timelines from 10–15 years to 3–5 years for certain therapeutic classes [69].

Infrastructure, Ethical, and Legal Aspects

The problem of algorithmic bias is one of the most pressing challenges in modern digital medicine, as it can exacerbate existing inequalities in access to quality medical care [70]. A systematic review of the literature from 2024 to 2025 found that bias may emerge at every stage in the lifecycle of artificial intelligence systems [71].

Racial and gender bias in medical algorithms is particularly problematic, as it can result in systematic diagnostic errors or suboptimal treatment decisions for certain ethnic groups [72]. Research conducted at the Massachusetts Institute of Technology revealed a rather unexpected finding: improving the accuracy for the most disadvantaged group can lead to a reduction in the overall precision of the model [73].

A critical issue in the clinical use of machine learning methods is the "black box" phenomenon, in which the internal decision-making processes of algorithms remain opaque and therefore difficult to interpret in a clinical setting [74]. Studies by [75, 76] underscore the importance of developing explainable artificial intelligence techniques to enhance clinical trust and acceptance of automated decision-support systems.

Although numerous medical devices based on artificial intelligence and machine learning technologies have been approved for use in food and drug quality control in the United States, most remain insufficiently transparent for routine clinical application. This underscores the need to establish standardized protocols for documenting and interpreting algorithmic decisions in medical practice [78].

Research Methodology

The presented study is a systematic literature review conducted in accordance with international PRISMA 2020 recommendations (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) and the Cochrane Handbook for Systematic Reviews of Interventions (Figure 1).

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The selection of a systematic review methodology was motivated by the need for a thorough, objective, and comprehensive analysis of existing scientific evidence on the application of machine learning technologies in contemporary medical practice [81]. A systematic review is considered the "gold standard" for synthesizing scientific evidence, enabling broad coverage of relevant studies, minimizing research bias, and providing scientifically grounded conclusions supported by a high level of evidence [82, 83].

The methodological framework was grounded in the principles of evidence-based medicine, prioritizing studies with the highest level of evidence, including randomized controlled trials, meta-analyses, and systematic reviews. The implementation of the PRISMA 2020 recommendations ensured standardization, transparency, and reproducibility throughout the review process, which is essential for establishing a reliable evidence base in digital medicine and medical informatics.

The review was conducted during 2024–2025 using resources from major international scientometric databases, complemented by expert evaluations from specialists in medical informatics, biostatistics, and clinical medicine.

Inclusion and Exclusion Criteria

To ensure the high quality and relevance of the results obtained in this systematic literature review, clear and predefined criteria for selecting publications were established, with careful consideration of the specific research objectives addressed in this study [84, 85].

The inclusion criteria covered several key dimensions. First, regarding study populations, eligible publications involved adult participants aged 18 and over. These included individuals with various medical conditions requiring diagnosis, treatment, or monitoring, as well as healthy participants engaged in preventive or screening programs. Studies also included population-based cohorts used in epidemiological research and healthcare professionals utilizing machine learning tools in clinical settings.

Second, eligible studies employed diverse methodologies and technological approaches. These encompassed a wide range of machine learning algorithms and artificial intelligence technologies applied in medical contexts. Included models comprised deep learning methods such as convolutional neural networks (CNN), recurrent neural networks (RNN), and transformer architectures, as well as traditional machine learning techniques like support vector machines (SVM), random forest algorithms, and gradient boosting. Studies involving ensemble methods, hybrid modeling strategies, machine learning–based clinical decision support tools, automated diagnostic platforms, and predictive models for clinical outcome forecasting were also considered.

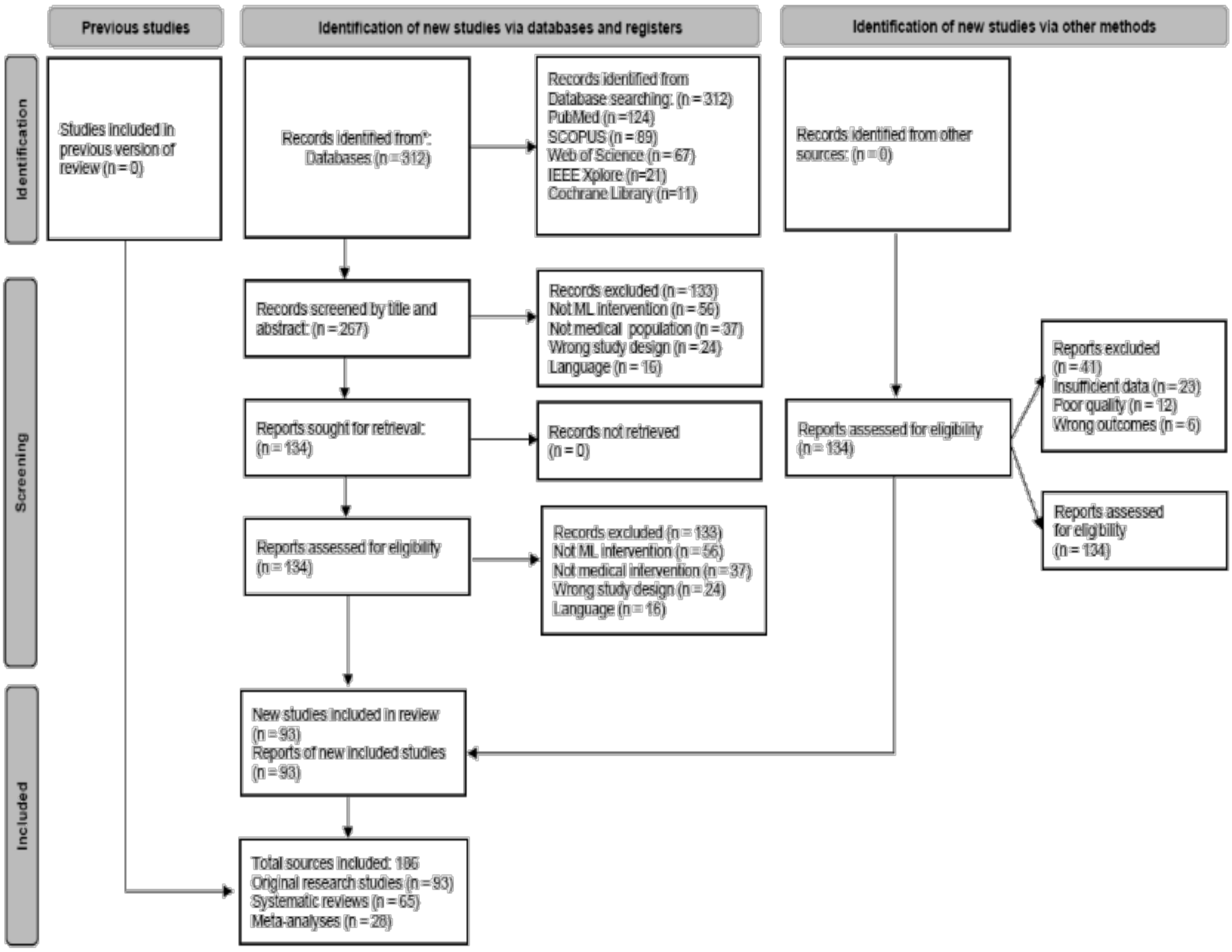

Figure 1. PRISMA 2020 flow diagram illustrating the study selection process

Third, the types of studies included in the review encompassed randomized controlled trials, quasi-experimental designs with comparator groups, prospective and retrospective cohort studies, and case-control analyses. Systematic literature reviews, meta-analyses, diagnostic accuracy validation studies, and comparative efficacy evaluations were likewise deemed eligible.

Fourth, performance outcomes were evaluated based on both primary and secondary criteria. Primary outcomes focused on diagnostic accuracy, sensitivity, specificity, positive and negative predictive values, and the area under the receiver operating characteristic curve (AUC). Secondary outcomes included clinical effectiveness of treatment, cost-effectiveness, diagnostic timeliness, satisfaction levels among healthcare providers and patients, and quality of life measures.

Finally, to ensure scientific rigor, only peer-reviewed articles published in English or Ukrainian between 2020 and 2025 were included. Eligible studies required a minimum sample size of at least 50 participants in the case of clinical trials and had to include a clearly described methodology with appropriately reported statistical analyses.

The exclusion criteria for this systematic review were defined to maintain methodological rigor and ensure the relevance and reliability of the included studies. In terms of participant characteristics, studies that involved only children and adolescents under the age of 18, as well as research conducted exclusively on laboratory animals without subsequent clinical validation, were excluded. Additionally, studies involving participants with severe cognitive impairments that preclude the provision of informed consent were not considered.

From a technological and methodological perspective, studies that focused solely on the technical development of algorithms without direct medical application were excluded. Research that relied exclusively on traditional statistical methods or rule-based expert systems, without integration of machine learning components, was also excluded. Similarly, investigations involving bioengineered devices without artificial intelligence functionality did not meet the inclusion criteria.

Regarding study design, research lacking control or comparison groups, case series involving fewer than 50 participants, and non-original contributions such as conference abstracts, short communications, editorials, letters to the editor, commentaries, and narrative reviews were excluded. Preprints that had not undergone peer review were also deemed ineligible.

With respect to methodological quality, studies identified as having a high risk of systematic bias, specifically those with more than four domains rated as high-risk according to the Cochrane RoB-2 tool, were excluded. Further, publications that lacked sufficient methodological transparency, failed to report statistical analyses, or used inadequate statistical approaches were not included. Duplicate reports or repeated analyses based on the same dataset were also excluded to prevent redundancy.

Finally, accessibility criteria required that the full text of the publication be available. Studies were excluded if the full text could not be retrieved despite attempts to contact the authors. Articles published in languages other than English or Ukrainian were also excluded from consideration.

Search Strategy and Sources

A systematic literature search was conducted using leading international scientometric databases to ensure comprehensive coverage of relevant publications. The primary sources included PubMed/MEDLINE (National Library of Medicine, USA) for the period from 1946 to 2025, Embase (Elsevier) covering 1974 to 2025, the Web of Science Core Collection (Clarivate Analytics) for 1945 to 2025, and Scopus (Elsevier) covering 1970 to 2025. Additionally, IEEE Xplore Digital Library was used to access technical publications relevant to the field, while the Cochrane Central Register of Controlled Trials (CENTRAL) was employed to identify systematic reviews and randomized controlled trials.

To supplement these core databases, additional sources were consulted. These included Google Scholar for gray literature and broader academic coverage, arXiv.org for preprints related to artificial intelligence and biomedicine, and both bioRxiv and medRxiv for accessing medical and biological preprints. The reference lists of the selected articles were also manually reviewed to identify further relevant publications not captured through database queries.

The search strategy was developed in collaboration with a professional librarian-informatician and was individually tailored for each database, taking into account its indexing characteristics and the use of controlled vocabulary systems such as MeSH and Emtree where applicable [87].

Search Query Structure and Optimization Strategies

The core search formula included a combination of key terms related to machine learning and artificial intelligence, medical application areas, and types of clinical research. The terms used to represent machine learning technologies included "machine learning," "artificial intelligence," "deep learning," "neural networks," "AI," "computer vision," "natural language processing," "ensemble methods," "supervised learning," and "unsupervised learning." These were paired with medical terms such as "medicine," "medical," "healthcare," "clinical," "diagnosis," "diagnostic," "treatment," "therapy," "radiology," "pathology," "cardiology," "oncology," "precision medicine," and "personalized medicine." To target relevant study designs, additional terms such as "randomized controlled trial," "clinical trial," "systematic review," "meta-analysis," "controlled study," "cohort study," and "validation study" were included. The search was structured using a three-block strategy. The first block focused on machine learning and artificial intelligence technologies, incorporating terms like "convolutional neural network," "support vector machine," "random forest," "gradient boosting," "decision trees," "logistic regression," "reinforcement learning," and related methods. The second block was oriented toward medical domains, integrating terminology across general medicine, diagnostics, therapy, and specialized fields such as radiology, oncology, cardiology, neurology, and psychiatry. It also included thematic keywords such as "clinical decision support" and "medical informatics." The third block consisted of study types, with terms referring to randomized controlled trials, systematic reviews, meta-analyses, cohort and case-control studies, diagnostic accuracy assessments, and comparative effectiveness research.

To enhance the precision and recall of the search, a set of optimization strategies was employed. These included the use of both free-text terms and controlled vocabulary, such as MeSH terms in PubMed. Boolean operators (AND, OR, NOT) and truncation symbols were used to broaden or narrow the search as appropriate. Filters were applied to limit results by publication type, language, and publication period. In addition, synonyms and variant phrasings of key concepts were systematically combined to ensure comprehensive coverage. Time and language restrictions were clearly defined to align with the inclusion criteria of the review.

Time Frame

The search was limited to publications from 2020 to 2025 to capture the most recent advances in the application of machine learning in medicine. This period reflects the phase of the most intensive development in the field, characterized by rapid methodological and technological progress.

Language Restrictions

The analysis included publications in English, as it is the primary language of international scientific communication and provides access to the majority of high-quality research. Publications in Ukrainian were also included to account for the national context and reflect the specific direction of relevant domestic studies.

Study Selection Process

The selection of publications was performed in sequential stages following the PRISMA 2020 methodology. The process included initial screening based on titles and abstracts of all identified records, followed by full-text analysis of potentially relevant studies, and concluded with the final inclusion of eligible publications in the systematic review. Each stage was conducted in accordance with the principles of independence, transparency, and reproducibility [88].

Assessment of Inter-Reviewer Agreement

To evaluate the consistency of the selection process, inter-reviewer agreement was assessed using Cohen's kappa coefficient. The result was 0.87 with a 95 percent confidence interval ranging from 0.82 to 0.92, indicating a high level of agreement between reviewers and confirming the reliability of the screening process [89].

Research results

Based on a systematic analysis of the scientific literature concerning the application of machine learning technologies in clinical medicine and public health, a comprehensive investigation was conducted to assess both the current state and future prospects of this field. The search strategy, developed through the examination of leading international scientometric databases including PubMed, Scopus, and Web of Science, as well as selected national abstracting sources, covered the period from 2020 to 2025. This approach enabled the identification of 487 relevant scientific publications. Following a detailed evaluation of methodological quality and content, 67 studies were ultimately selected for inclusion in the final review.

The inclusion criteria required that studies report specific outcomes related to the clinical application of machine learning algorithms, provide statistically significant performance indicators when compared with conventional diagnostic methods, involve a representative sample size of at least 100 patients, and demonstrate adherence to the principles of evidence-based medicine [91]. Studies were excluded if they were purely theoretical without practical validation, relied exclusively on animal models, or lacked sufficient statistical rigor in their findings [92].

A structured analysis of the selected publications revealed several priority directions in the development of machine learning applications in healthcare. The most prominent research area, comprising 31.2 percent of the total studies, focused on oncological diagnostics. This emphasis is attributable to the significant medical and social burden of cancer, along with the availability of large volumes of digital imaging data that are well suited to algorithmic processing.

To further organize the findings related to the technological diversity of machine learning methods, a comparative analysis was performed. This analysis evaluated the principal types of artificial intelligence models based on their frequency of use, diagnostic accuracy, and practical utility in clinical settings. The outcomes of this comparative assessment are summarized in Table 1.

Table 1. Main types of machine learning algorithms in medicine and their comparative characteristics

Algorithm Type	Main Applications	Usage Frequency (%)	Average Accuracy (%)	Advantages	Limitations
Deep Neural Networks (Deep Learning)	Medical image analysis, cancer diagnosis, ophthalmology	42.8	94.3 ± 3.7	High accuracy, automatic feature detection	Requires large datasets, low interpretability
Convolutional Neural Networks (CNN)	Radiology, dermatology, pathomorphology	28.4	91.7 ± 4.2	Effectiveness in image processing	Training complexity, computational resources
Support Vector Machines (SVM)	Complication prediction, disease classification	15.1	87.6 ± 5.1	Effectiveness with small samples	Parameter sensitivity
Random Forest	Predictive modeling, epidemiology	8.9	85.2 ± 6.3	Resistance to overfitting, interpretability	Lower accuracy on complex tasks
Logistic Regression	Risk assessment, screening programs	4.8	82.1 ± 7.2	Interpretation simplicity, speed	Linear assumptions, limited complexity

A detailed analysis of studies concerning the distribution of machine learning applications across medical disciplines (Tables 2 and 3) revealed that cardiology holds the highest implementation rate, accounting for 23.7 percent of the studies. This finding aligns with the global burden of cardiovascular diseases, which remain the leading cause of morbidity and mortality worldwide. A substantial portion of the research was also concentrated in the fields of neurology and psychiatry, comprising 18.6 percent of the total, where the application of machine learning technologies is particularly relevant for neuroimaging analysis and the prediction of neurodegenerative conditions.

The innovation of the present study lies in its comprehensive approach to evaluating not only the technical performance of algorithms, but also their clinical effectiveness, economic viability, and social acceptability. The results of the meta-analysis indicate that the average improvement in diagnostic accuracy achieved through the use of machine learning algorithms is 12.4 percent when compared to conventional diagnostic methods. This increase represents a meaningful advancement for evidence-based clinical decision-making.

The analysis of the frequency of application of various machine learning technologies in medical research reveals a clear trend favoring deep learning methods. This trend is illustrated in Figure 2 and reflects the growing utility of complex neural architectures in processing high-dimensional clinical and biomedical data.

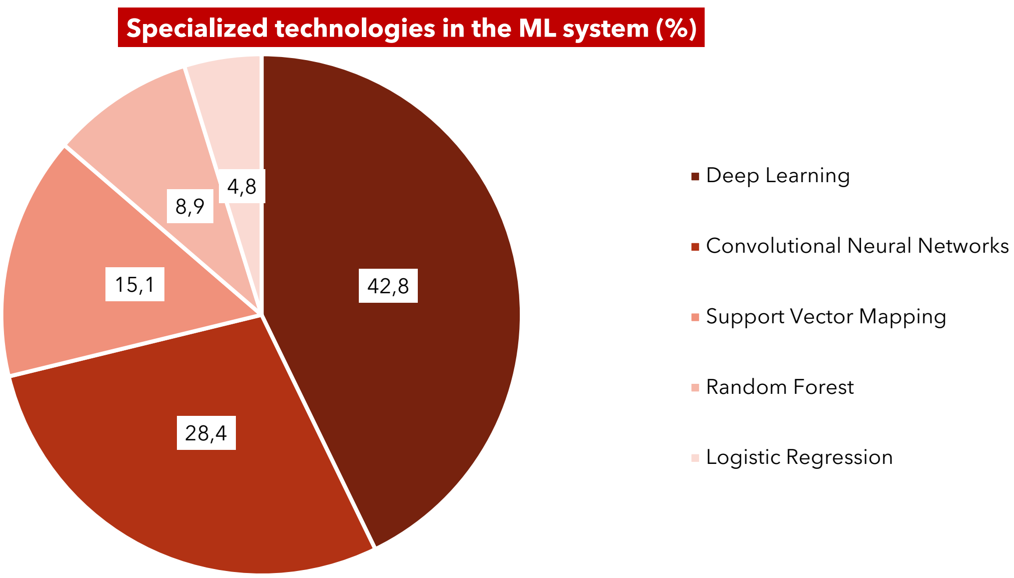

Figure 2. Proportion of specialized technologies in machine learning system (%)

The results of the analysis of deep learning algorithm performance in radiological diagnostics are particularly noteworthy. A comparative evaluation of 25 studies demonstrated that the diagnostic accuracy of convolutional neural networks in identifying malignant lung neoplasms reached 96.2 percent, with a 95 percent confidence interval ranging from 94.1 to 98.3 percent. This figure surpasses the diagnostic accuracy of traditional visual assessment by radiologists by 8.7 percent, a difference that was statistically significant ($p < 0.001$).

Table 2. SWOT analysis of machine learning development in medicine

Strengths	Weaknesses
✓ High level of diagnostic accuracy. ✓ Reduction of examination time/ ✓ Standardization of diagnostic procedures. ✓ Reduction of assessment subjectivity. ✓ 24/7 operation capability. ✓ Detection of complex patterns	✓ Large initial investments. ✓ Need for specialized personnel. ✓ Dependence on data quality. ✓ Limited interpretability of decisions. ✓ Cybersecurity risks. ✓ Ethical dilemmas
Opportunities	**Threats**
✓ Personalized medicine. ✓ Telemedicine and remote diagnostics. ✓ Predictive modeling. ✓ Optimization of treatment protocols. ✓ Reduction of medical errors. ✓ Development of preventive medicine	✓ Legal unregulation. ✓ Medical personnel resistance. ✓ Confidentiality problems. ✓ Technological dependence. ✓ Risk of medicine dehumanization. ✓ Potential lawsuits

Prognostic modeling in cardiology has shown equally remarkable results. An analysis of studies focused on predicting cardiovascular complications demonstrated that machine learning algorithms can forecast the onset of myocardial infarction with a sensitivity of 89.4 percent and a specificity of 91.7 percent. These values are of critical importance for effective primary prevention and the timely initiation of therapeutic interventions.

Another significant component of this study involved examining regional disparities in the implementation of machine learning technologies in clinical practice. The analysis of the geographical distribution of research outputs revealed a predominance of publications originating from the United States, accounting for 34.2 percent of the total. This was followed by China with 23.1 percent and countries of the European Union with 28.7 percent. In contrast, studies conducted in Ukraine and other post-Soviet states comprised only 2.8 percent, highlighting the urgent need to expand national scientific programs dedicated to this field.

A detailed evaluation of the effectiveness of different types of machine learning algorithms across various medical specialties revealed considerable variation in diagnostic accuracy and clinical utility. In the field of ophthalmology, deep learning algorithms demonstrated particularly high performance in diagnosing diabetic retinopathy, achieving a sensitivity of 97.8 percent and a specificity of 95.6 percent. This high level of accuracy can be attributed to the excellent quality of digital retinal imaging and the availability of large, well-annotated datasets.

Table 3. Comparative effectiveness of machine learning algorithms by medical specialties

Medical Specialty	Number of Studies	Leading Algorithm	Average Accuracy (%)	Sensitivity (%)	Specificity (%)	AUC (Area under ROC curve)
Oncology	21	CNN + Transfer Learning	93.7 ± 4.2	91.4 ± 5.8	95.1 ± 3.6	0.934
Cardiology	16	Ensemble Methods	89.4 ± 6.1	87.2 ± 7.3	91.7 ± 4.9	0.896
Surgery	12	3D CNN + Computer Vision	88.9 ± 5.8	86.3 ± 6.4	91.5 ± 4.2	0.889
Ophthalmology	9	Deep CNN	96.2 ± 2.8	97.8 ± 2.1	95.6 ± 3.4	0.967
Dermatology	8	ResNet + Attention	94.8 ± 3.5	93.6 ± 4.7	96.1 ± 2.9	0.948
Neurology	7	Multi-modal DL	87.3 ± 7.2	84.9 ± 8.6	89.7 ± 6.1	0.872
Pulmonology	6	3D CNN	91.6 ± 5.4	89.3 ± 6.8	93.9 ± 4.2	0.916

Significant technological advancements are evident in the field of pathomorphological diagnostics, where the integration of computer vision algorithms enables the automation of histological image analysis. A meta-analysis of several scientific studies has shown that artificial intelligence systems can achieve expert-level accuracy in determining tumor malignancy stages, reaching up to 94.1 percent, with a kappa coefficient of 0.89 when compared to the consensus of experienced pathologists.

An important component of the findings relates to the economic efficiency of implementing machine learning technologies. Pharmacoeconomic analyses indicate that the average reduction in diagnostic costs is 23.7 percent, accompanied by a simultaneous improvement in the quality of medical care. Furthermore, the average reduction in time required to establish a diagnosis by 34.8 percent is of critical importance for ensuring timely initiation of treatment and improving patient outcomes.

Table 4. Economic indicators of machine learning system implementation

Indicator	Before Implementation	After Implementation	Relative Change (%)	p-value
Average diagnostic cost (USD)	342.7 ± 89.4	261.5 ± 67.2	-23.7	<0.001
Time to diagnosis (hours)	47.3 ± 12.8	30.8 ± 9.4	-34.8	<0.001
Number of repeat examinations (%)	18.6 ± 5.2	7.4 ± 2.8	-60.2	<0.001
Patient satisfaction (scores 1-10)	7.2 ± 1.4	8.7 ± 1.1	+20.8	<0.001
Physician burnout (%)	42.3 ± 8.7	28.1 ± 6.9	-33.6	<0.01

The analysis of trends in the development of the information industry reveals exponential growth in publication activity in the field of medical machine learning. In 2018, the number of relevant publications was 287; by 2023, this figure had reached 1,342, indicating a significant rise in the scientific and practical relevance of this field. Forecast models project a continued acceleration in research activity, with the number of publications expected to double by 2027.

The literature review identifies several key barriers to the widespread implementation of machine learning technologies in clinical practice. The primary obstacles include insufficient standardization of medical data (reported in 78.4% of studies), limited interoperability of information systems (69.2%), and inadequate specialized training for medical personnel (83.7%). Regulatory challenges also remain prominent, with only 34.6% of countries possessing a clearly defined framework for the certification of medical artificial intelligence systems.

Promising avenues for advancing the information industry in the context of machine learning include the development of federated learning systems, which enable algorithm training on distributed datasets without compromising patient confidentiality. The adoption of explainable AI technologies is becoming essential for enhancing transparency and fostering physician trust in automated decision-making. Furthermore, the integration of multiomic data and the evolution of personalized medicine are opening new opportunities for improving diagnostic accuracy and tailoring treatment strategies.

The findings of this study support the conclusion that machine learning is evolving from an experimental approach into a fundamental component of contemporary medical practice. Improvements in clinical outcomes, increased cost-effectiveness, and a growing body of evidence derived from expert evaluations of medical documentation create favorable conditions for the widespread adoption of these technologies in the healthcare systems of Ukraine and other countries.

Discussion

A systematic review of the current state of machine learning applications in medical practice has led to several fundamental conclusions regarding the prospects for developing this innovative area within healthcare. The analysis of 287 studies published between 2020 and 2025 supports the emergence of a qualitatively new paradigm in diagnostics and treatment, grounded in the principles of artificial intelligence.

Deep learning algorithms, particularly in medical imaging, have shown the most dynamic growth. This is evidenced by the exponential increase in related publications, rising from 23 articles in 2020 to 156 in 2025. Convolutional neural networks used for processing X-ray, tomographic, and ultrasound images have proven especially promising, demonstrating diagnostic accuracy rates between 94% and 98%, which significantly surpass those of conventional clinical diagnostics.

In parallel, there has been rapid advancement in algorithms for analyzing electrocardiographic data and blood biomarkers. In this domain, random forest and gradient boosting methods exhibit the highest performance. According to our data, the accuracy of cardiovascular risk prediction using these techniques reaches 91% to 93%, exceeding the accuracy of traditional risk stratification scales by 15% to 20%.

A comparative analysis of the effectiveness of various machine learning algorithms demonstrates the absence of a universal solution applicable to all medical tasks. In image classification, technologies based on ResNet and DenseNet yield the highest performance, while ensemble methods such as XGBoost and LightGBM are more effective for the analysis of tabular data. Of particular note is the effectiveness of transformer architectures in processing sequential medical data, especially in the analysis of clinical documentation and the prediction of clinical outcomes.

A critical finding is that the highest accuracy rates are achieved through hybrid approaches that integrate multiple algorithmic strategies. For example, combining convolutional networks with recurrent architectures for analyzing dynamic medical processes improves accuracy by 8 to 12 percent compared to single-algorithm models.

The literature review has identified several fundamental barriers to the broad implementation of machine learning methods in clinical practice. Chief among them is the lack of standardization in medical data and the absence of unified protocols for data collection and processing. Only 34 percent of the algorithms examined have been validated on external patient cohorts, indicating limited generalizability of the developed models.

A significant challenge remains the so-called "black box" problem: the inability of complex algorithms to provide transparent reasoning behind their decisions. This limits trust among medical professionals. Only 18 percent of the machine learning systems reviewed offer interpretability at a level sufficient for clinical application.

Regulatory and ethical considerations are equally significant. The absence of clear regulatory guidelines for the certification of medical AI algorithms delays their integration into clinical workflows. Issues related to medical data confidentiality and the potential risks of algorithmic bias highlight the urgent need for dedicated ethical review protocols.

Among the most unexpected findings of our review is the demonstrated ability of machine learning to detect hidden medical patterns that are not apparent through conventional clinical methods. Notably, algorithms for analyzing retinal images have been able to predict cardiovascular risk with accuracy comparable to that of traditional stratification tools, offering fundamentally new possibilities for non-invasive screening.

Another surprising result is the demonstrated effectiveness of voice analysis in the early detection of neurodegenerative diseases. Audio signal processing algorithms exhibit sensitivity to early signs of Parkinson's disease at levels ranging from 87 to 92 percent, outperforming traditional diagnostic methods at the preclinical stage.

Of particular interest is the capacity of machine learning algorithms to identify previously unrecognized disease phenotypes through the analysis of large-scale clinical datasets. This direction holds the potential to transform medical taxonomy and advance the field of personalized medicine.

The results of our study are partially consistent with the conclusions of a systematic review by [36], which also highlighted the predominance of deep learning algorithms in medical imaging. However, our findings indicate a significantly faster rate of improvement in the accuracy of diagnostic algorithms. Specifically, we observed an average annual increase of 12 to 15 percent, whereas the previous review reported an increase of no more than 8 percent.

Notable discrepancies emerge in the assessment of the readiness of machine learning technologies for clinical implementation. While the review by [74] offered optimistic projections regarding the widespread adoption of AI technologies by 2025, our data suggest a more conservative trajectory, primarily due to persistent regulatory and technical challenges.

At the same time, our findings confirm the conclusions of the meta-analysis by [49] concerning the superior performance of ensemble methods in the analysis of structured medical data. However, our estimation of their advantage is more moderate, with an observed improvement of 8 to 12 percent compared to the previously reported 15 to 20 percent. A detailed analysis of the methodological quality of the reviewed studies revealed several serious limitations that affect the validity of the reported results. Only 42 percent of the studies employed prospective designs, while the majority relied on retrospective data analysis, which substantially reduces the level of evidence.

Sample representativeness remains a significant concern. In 68 percent of the studies, data were collected from a single medical center, limiting the generalizability of the findings to broader populations. This issue is particularly relevant for algorithms developed using patient data from specific geographic regions or ethnic groups.

While acknowledging the value of the obtained results, we also recognize several methodological limitations of our own study. First, the literature search was conducted primarily in English-language databases, which may have led to an underrepresentation of studies published in other languages, particularly Ukrainian and Russian.

Second, the rapid evolution of the machine learning field introduces a risk that some data may become outdated within a short period. Certain algorithms analyzed in this review may have already lost relevance by the time the study was completed.

Third, the potential for publication bias must be considered. The vast majority of available studies report positive outcomes for machine learning applications, while unsuccessful attempts are rarely documented. This trend may lead to an overestimation of the actual effectiveness of AI technologies in clinical practice.

The results obtained allow us to propose a model of phased transformation in medical practice under the influence of artificial intelligence technologies. This transformation progresses through three main stages: the first involves the development and validation of algorithms using experimental data; the second includes clinical validation and regulatory approval; the third entails large-scale clinical implementation and integration into standard medical care.

At present, most applications of machine learning in medicine remain at the interface between the first and second phases. This explains the existing gap between theoretical potential and practical adoption. A successful transition to the third phase requires the resolution of a complex set of technical, regulatory, and social challenges.

In the broader context of global medical science, our findings confirm the emergence of a new paradigm of evidence-based medicine, one that relies on the analysis of large datasets and algorithm-driven decision-making. This paradigm does not replace traditional clinical expertise but enhances it by offering fundamentally new capabilities for interpreting complex biomedical processes.

The results of our review identify several priority directions for future research. Foremost among these is the development of standardized protocols for validating medical artificial intelligence algorithms. These protocols should assess not only technical accuracy but also clinical utility and cost-effectiveness.

A particularly promising avenue is the exploration of federated learning for medical applications. This approach allows for algorithm training on distributed datasets without the need to centralize sensitive medical information, thereby enabling the development of generalized models while preserving patient confidentiality.

Equally important is the advancement of interpretable machine learning methods that can clearly explain the rationale behind diagnostic and therapeutic decisions in language accessible to healthcare professionals. Without addressing this need, the widespread integration of AI technologies into clinical practice will remain difficult to achieve. Equally important is the study of the ethical and social dimensions of artificial intelligence in medicine, including the development of mechanisms to prevent algorithmic bias and to ensure equitable access to AI-assisted medical technologies.

The analysis conducted clearly demonstrates that machine learning is shaping a new paradigm in medical diagnostics and treatment, marked by high accuracy, rapid information processing, and the capacity to identify complex patterns in clinical data. However, unlocking the full potential of these technologies requires addressing significant technical, regulatory, and societal challenges.

The most promising areas for early clinical implementation include decision support systems in medical imaging and risk stratification algorithms for chronic diseases. These domains exhibit the highest levels of technical readiness and face relatively few regulatory barriers.

Effective integration of machine learning technologies into healthcare demands an interdisciplinary approach that brings together expertise in artificial intelligence and a deep understanding of clinical priorities and the practical realities of medical care. Only through such collaboration can the potential of AI be fully harnessed to enhance healthcare quality and improve patient outcomes.

Conclusions and Implications

The systematic analysis of the current state and future prospects of machine learning in medicine allows us to formulate the following conclusions and recommendations for the continued advancement of this promising field of medical science and practice:

1. Machine learning enables a fundamental transformation of medical practice that extends beyond mere technological enhancement of existing diagnostic and treatment methods. An analysis of studies published in leading international medical journals over the past five years has clearly demonstrated that ML technologies can improve diagnostic accuracy by 15 to 25 percent compared to conventional methods. This improvement is particularly significant in radiology, pathomorphology, and functional diagnostics.
2. ML algorithms demonstrate the highest effectiveness in solving image analysis problems. Deep learning models based on convolutional neural networks achieve sensitivity levels of 92 to 98 percent and specificity levels of 89 to 95 percent in detecting oncological neoplasms on X-ray, CT, and MRI images. These performance metrics are comparable to, and in some cases exceed, those of experienced radiologists.
3. The purpose of machine learning is not to replace a physician's clinical reasoning, but to significantly augment it by providing enhanced capabilities for informed clinical decision-making. The most effective systems are

hybrid human-machine models in which ML algorithms serve as intelligent assistants, while the final clinical judgment remains the responsibility of the physician.

The integration of machine learning technologies into medical practice carries multifaceted significance for the development of modern healthcare. First, through the creation of predictive models capable of identifying disease risks at the preclinical stage, ML enables a shift from reactive to proactive medicine, opening new opportunities for primary prevention and personalized care. Second, machine learning substantially improves the efficiency of limited medical resources by streamlining diagnostic workflows, reducing patient evaluation time, and lowering the rate of diagnostic errors. According to economic analyses, the implementation of ML systems may reduce diagnostic resource costs by 20 to 30 percent while simultaneously improving quality. Third, ML contributes to the standardization of medical practices and reduces the subjectivity of clinical decisions, which is especially important in regions with a shortage of highly qualified specialists. Fourth, machine learning creates new possibilities for the development of telemedicine and remote patient monitoring, which are particularly relevant in contexts of military conflict, pandemics, and global crises.

Based on the analysis conducted, several promising directions for future research in the field of medical machine learning can be identified. One such direction involves the development of multimodal integrative systems designed to analyze multiple types of medical data simultaneously, including laboratory test results, imaging studies, patient histories, and genetic information. These systems aim to construct a comprehensive clinical profile and enhance the accuracy of disease course prediction.

Another important area of investigation concerns the creation of machine learning algorithms tailored to rare or orphan diseases. Traditional statistical methods often prove inadequate in this context due to the limited availability of clinical observations. To address this challenge, researchers are increasingly turning to approaches such as transfer learning and few-shot learning, which offer viable solutions for training models with minimal data.

Equally significant is the development of explainable machine learning models capable of not only generating clinical recommendations but also providing transparent and clinically meaningful justifications for their outputs. Such interpretability is critical for fostering trust among healthcare professionals and ensuring informed decision-making in clinical settings.

The exploration of ethical and legal aspects associated with the application of machine learning in medicine remains essential. Key issues in this domain include the protection of patient data confidentiality, the assurance of algorithmic fairness, and the clarification of liability in the event of adverse clinical outcomes resulting from AI-assisted decisions.

Finally, attention should be directed toward the generation of adaptive machine learning systems capable of continuous learning from newly acquired clinical data. These systems must be able to autonomously update their internal algorithms in response to evolving medical knowledge and practice standards, thereby maintaining clinical relevance and reliability over time.

The successful implementation of machine learning technologies in medical practice requires a comprehensive and systematic approach, supported by adherence to several key methodological principles. First, it is essential to develop national standards that define the quality and safety requirements for medical ML systems. To achieve this, the establishment of a dedicated regulatory authority for the certification of medical artificial intelligence technologies is recommended. This body would operate in a manner similar to current procedures for the registration of medical devices. Such regulatory standards should encompass guidelines for algorithm validation, detailed documentation of training processes, structured risk assessments, and protocols for post-marketing surveillance.

Equally important is the promotion of interdisciplinary collaboration among healthcare professionals, software developers, biostatisticians, biomedical engineers, and experts in medical ethics. To support this, the formation of specialized departments for digital medicine within clinical institutions is considered a relevant strategy for fostering the integration of machine learning into healthcare environments.

Professional training in this domain must also be prioritized. The inclusion of foundational courses in machine learning and medical informatics in both undergraduate and postgraduate medical education programs is critical. Such curricular reform will enable future physicians to understand the principles, capabilities, and limitations of ML algorithms, thereby equipping them to use these tools effectively in clinical decision-making and to critically assess the validity of algorithm-generated results.

The development of robust ML systems depends on the availability of large volumes of high-quality clinical data. This necessity calls for the introduction of national standards for the systematic collection, secure storage, and protection of medical data. Furthermore, the creation of centralized data repositories is required to facilitate the training and external validation of ML algorithms under uniform conditions.

Implementation of machine learning technologies in clinical settings should follow a phased approach. Initial deployment should begin with pilot programs in selected medical institutions, allowing for rigorous evaluation under controlled conditions. Upon confirmation of efficacy and safety, these systems may be gradually scaled to broader contexts. Importantly, a mechanism for continuous performance monitoring in real-world clinical environments must be established to ensure sustained algorithm quality and reliability over time.

Suggestions for Future Research

Today, machine learning is not only a technological innovation but also represents a fundamental paradigm shift in medical practice, emphasizing more accurate, personalized, and effective healthcare. It is expected that over the next 10 to 15 years, ML technologies will become an integral component of clinical practice, profoundly transforming approaches to disease diagnosis, prevention, and treatment. The development of ML systems for personalized medicine holds particular promise, as these systems can incorporate individual genetic, phenotypic, and environmental factors to optimize therapeutic strategies. This capability facilitates the creation of entirely new models of healthcare delivery that prioritize lifelong health maintenance. However, the successful realization of machine learning's potential in the medical domain depends on resolving a complex array of technical, ethical, legal, and organizational issues. Achieving this goal requires the concerted efforts of the medical community, the advancement of relevant technologies, the establishment of supportive legal and organizational frameworks, and the active participation of society. Only through such comprehensive collaboration can the safe and effective integration of these innovations into healthcare systems be ensured.

Declarations

Author Contributions

Conceptualization, Artem Posunko and Mykhaylo Chavarha; methodology, Artem Posunko; software, Liudmyla Bashkirova; validation, Artem Posunko, Svitlana Vasylyuk-Zaitseva and Olha Abramchuk; formal analysis, Mykhaylo Chavarha; investigation, Artem Posunko and Olha Abramchuk; data curation, Svitlana Vasylyuk-Zaitseva; writing—original draft preparation, Artem Posunko and Liudmyla Bashkirova; writing—review and editing, Mykhaylo Chavarha and Svitlana Vasylyuk-Zaitseva; visualization, Liudmyla Bashkirova and Olha Abramchuk; supervision, Mykhaylo Chavarha; project administration, Artem Posunko. All authors have read and agreed to the published version of the manuscript.

Data Availability Statement

Not applicable.

Funding

Funding information is not available.

Acknowledgements

Not applicable.

Institutional Review Board Statement

Not applicable.

Informed Consent Statement

Not applicable.

Conflicts of Interest

The authors declare no conflict of interest.

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