

AI IN MEDICINE: A DOUBLE-EDGED SCALPEL

Artificial intelligence is reshaping medicine at a remarkable speed. It reads imaging, flags anomalies, supports diagnosis, and in many settings outperforms human specialists on specific tasks. The promise is real.

BUT

A study published in *The Lancet Gastroenterology & Hepatology* (1) should give us serious pause. Across four endoscopy centres in Poland, researchers found that continuous exposure to AI-assisted colonoscopy reduced the quality of standard, non-AI-assisted procedures. Adenoma detection rates dropped from 28.4% to 22.4% — a statistically significant 6-point fall — simply because endoscopists had grown accustomed to the AI doing the watching for them.

This is the deskilling effect: automation erodes the very cognitive skills it was meant to support. Fifteen out of nineteen experienced endoscopists performed worse once the AI was switched off.

The study suggests AI-induced deskilling may have direct patient-relevant consequences in clinical medicine.

Unchecked, AI may quietly degrade the competence we thought it was enhancing.

1. [https://www.thelancet.com/journals/langas/article/PIIS2468-1253\(25\)00133-5/abstract](https://www.thelancet.com/journals/langas/article/PIIS2468-1253(25)00133-5/abstract)