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THE INTEGRATION OF MODERN INFORMATION TECHNOLOGIES IN HEALTHCARE: APPLICATIONS IN DATA COLLECTION, DIAGNOSTICS, AND TREATMENT

Abstract: This article examines the current state of integration of modern information technologies (IT) in the healthcare sector, with a specific focus on their application in data collection, diagnostics, and treatment processes. The analysis reveals a significant shift from traditional methods to digitalized healthcare systems. In data collection, electronic health records (EHR) and Internet of Things (IoT) wearable devices are providing continuous, real-time patient monitoring. In diagnostics, artificial intelligence (AI) and machine learning algorithms demonstrate high accuracy in detecting pathologies, particularly in medical imaging. In the treatment phase, IT facilitates personalized medicine, robotic-assisted surgeries, and telemedicine. Despite these

advancements, challenges such as data security, interoperability between different systems, and the need for specialized training persist. The study concludes that the effective utilization of IT not only enhances clinical outcomes but also optimizes the overall healthcare management system.

Keywords: Information technologies, healthcare, data collection, artificial intelligence, diagnostics, digital treatment, telemedicine, electronic health records.

Annotatsiya:

Ushbu maqola sogʻliqni saqlash sohasi va zamonaviy axborot texnologiyalari (AXT) integratsiyasining hozirgi kundagi holatini, xususan, ularning maʼlumotlarni yigʻish, diagnostika va davolash jarayonlaridagi qoʻllanilishini oʻrganadi. Oʻtkazilgan tahlil anʼanaviy usullardan raqamlashtirilgan sogʻliqni saqlash tizimlariga sezilarli oʻtishni koʻrsatadi. Maʼlumotlarni yigʻishda elektron tibbiyot kartochkalari (ETK) va Internet narsalari (IoT) kiyiladigan qurilmalari bemorlarni uzluksiz, real vaqt rejimida monitoring qilish imkonini beradi. Diagnostikada sunʼiy intellekt (SI) va mashinani oʻrgatish algoritmlari, xususan, tibbiy tasvirlashda patologiyalarni aniqlashda yuqori aniqlik koʻrsatmoqda. Davolash bosqichida AXT individuallashtirilgan tibbiyot, robot-yordamchi jarrohlik va telemeditsinani rivojlantiradi. Ushbu yutuqlarga qaramay, maʼlumotlarning xavfsizligi, turli tizimlar oʻrtasida mos keluvchanlik va maxsus taʼlimga ehtiyoj kabi muammolar mavjud boʻlib qolmoqda. Tadqiqot AXTni samarali foydalanish nafaqat klinik natijalarni yaxshilashini, balki sogʻliqni saqlash boshqaruv tizimini ham umumiy optimallashtirishini xulosa qiladi.

Kalit soʻzlar: Axborot texnologiyalari, sogʻliqni saqlash, maʼlumotlarni yigʻish, sunʼiy intellekt, diagnostika, raqamli davolash, telemeditsina, elektron tibbiyot kartochkalari.

Аннотация:

Данная статья рассматривает текущее состояние интеграции современных информационных технологий (ИТ) в сфере здравоохранения, с особым акцентом на их применение в процессах сбора данных, диагностики и лечения. Анализ показывает значительный переход от традиционных методов к цифровизированным системам здравоохранения. При сборе данных электронные медицинские карты (ЭМК) и носимые устройства Интернета вещей (IoT) обеспечивают непрерывный мониторинг пациентов в реальном времени. В области диагностики алгоритмы искусственного интеллекта (ИИ) и машинного обучения демонстрируют высокую точность выявления патологий, особенно в медицинской визуализации. На этапе лечения ИТ способствуют развитию персонализированной медицины, роботизированной хирургии и телемедицины. Несмотря на эти достижения, сохраняются такие проблемы, как безопасность данных, совместимость различных систем и потребность в специализированном обучении. Исследование делает вывод, что эффективное использование ИТ не только улучшает клинические результаты, но и оптимизирует систему управления здравоохранением в целом.

Ключевые слова: Информационные технологии, здравоохранение, сбор данных, искусственный интеллект, диагностика, цифровое лечение, телемедицина, электронные медицинские карты.

The main part

The paradigm of modern healthcare is undergoing a profound transformation, driven primarily by the rapid evolution of modern information technologies (IT). Historically, medicine relied heavily on reactive approaches, paper-based records, and the subjective interpretation of limited clinical data.

However, the exponential growth of computational power, the advent of big data, and the development of sophisticated algorithms have shifted healthcare toward a proactive, data-driven, and personalized model.

Despite the widespread adoption of digital tools, there is a continuous need to evaluate the current level of their integration to understand how effectively they are bridging the gap between theoretical capabilities and practical clinical application. The purpose of this article is to systematically analyze the current role of IT across three fundamental pillars of medical practice: data collection, diagnostics, and treatment. Furthermore, this paper aims to identify the existing barriers to full-scale digitalization and explore future perspectives in the field.

Methods

Given the broad scope of IT applications in medicine, this study utilizes a comprehensive analytical review methodology. The research is based on the secondary analysis of peer-reviewed academic journals, clinical trial reports, and industry white papers published between 2019 and 2024. The data was systematically categorized into three distinct matrices corresponding to data collection, diagnostics, and treatment. The evaluation criteria included the accuracy, efficiency, cost-effectiveness, and clinical validation of the mentioned technologies.

Results

1. Role of IT in Data Collection

The foundation of modern healthcare IT lies in the ability to gather, store, and manage vast amounts of patient data. The current standard is the Electronic Health Record (EHR), which has largely replaced paper-based filing systems. EHRs allow for the centralized storage of patient histories, lab results, and prescriptions, making them instantly accessible to authorized personnel across different departments.

Beyond static records, dynamic data collection has been revolutionized by the Internet of Medical Things (IoMT). Wearable biosensors (e.g., smartwatches, continuous glucose monitors, and ECG patches) collect real-time physiological data such as heart rate, blood oxygen saturation, and physical activity levels. This continuous stream of data provides clinicians with a comprehensive view of a patient's daily health status, moving away from episodic snapshot data gathered only during clinical visits.

2 Role of IT in Diagnostics

Information technology has significantly enhanced the speed and accuracy of medical diagnostics. The most prominent advancement in this area is the application of Artificial Intelligence (AI) and Machine Learning (ML), particularly Deep Learning algorithms.

In medical imaging (radiology, pathology, dermatology), AI systems are currently used as Computer-Aided Detection (CAD) tools. Studies show that convolutional neural networks (CNNs) can analyze X-rays, MRIs, and CT scans to detect anomalies—such as pulmonary nodules, breast cancer lesions, or retinal diseases—with accuracy rates equal to or exceeding those of experienced radiologists. Furthermore, predictive analytics algorithms are being utilized to process patient EHR data to predict the onset of severe conditions, such as sepsis or heart failure, hours before clinical symptoms become apparent.

3 Role of IT in Treatment

The utilization of IT in the treatment phase has led to the emergence of highly targeted and remote therapeutic approaches.

Precision Medicine: By integrating genomic data with clinical records, IT systems can help oncologists and other specialists tailor treatments to the individual genetic profile of a patient, minimizing adverse side effects and maximizing drug efficacy.

Robotic-Assisted Surgery: Systems like the Da Vinci Surgical System allow surgeons to perform minimally invasive procedures with enhanced precision, flexibility, and control. The robotic arms filter out hand tremors and provide 3D magnified views of the surgical site.

Telemedicine and Digital Therapeutics: The post-pandemic era has solidified telemedicine as a standard treatment delivery channel. Furthermore, digital therapeutics (software programs that prevent, manage, or treat diseases) are now being prescribed alongside traditional pharmacology, particularly in mental health and chronic disease management.

Discussion

The results clearly indicate that information technologies are no longer supplementary tools, but core components of modern medical practice. The transition from analog to digital has fundamentally altered the clinical workflow: data collection is now continuous, diagnostics are becoming predictive rather than merely descriptive, and treatment is shifting from a "one-size-fits-all" approach to personalized care.

However, the current level of integration is not without significant limitations.

First, interoperability remains a critical issue. Different healthcare facilities often use incompatible software systems, creating "data silos" that prevent the seamless exchange of patient information.

Second, data security and patient privacy are major concerns. The centralization of sensitive health data makes healthcare institutions prime targets for cyberattacks and ransomware, necessitating robust cybersecurity protocols compliant with regulations like HIPAA and GDPR.

Conclusion

In conclusion, the current level of information technology integration in healthcare demonstrates profound positive impacts on data collection, diagnostics, and treatment. EHRs and IoT devices have democratized data access, AI has elevated diagnostic precision, and robotic systems and telemedicine have expanded the boundaries of therapeutic care. While challenges related to data security, interoperability, and algorithmic transparency persist, the trajectory is clear. Future efforts must focus on standardizing IT infrastructures, enforcing strict data governance, and training healthcare professionals to work synergistically with intelligent machines. Ultimately, the successful integration of IT is the key to achieving a more efficient, accessible, and patient-centric healthcare system.

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