

Tales from the Trenches:

When Patients Ask ChatGPT First

Names changed, but story is real

"A new sentence is showing up in clinic: "I asked ChatGPT, and it said..."

One patient, 32 weeks pregnant, asked whether gaining 22 pounds was "too much." The response she received was not neutral guidance. It told her she had gained too much and should lose weight and diet. That is exactly the kind of answer that sounds authoritative but misses the clinical context. At 32 weeks, weight gain has to be interpreted in light of prepregnancy BMI, fetal growth, edema, nutrition, diabetes screening, blood pressure, and the overall pregnancy course. A blanket instruction to lose weight in the third trimester can create anxiety, worsen disordered eating behaviors, and distract from the actual clinical question: is this pregnancy healthy?

Another patient asked about yellow vaginal discharge. ChatGPT told her to call her doctor. In that case, the answer was not sophisticated, but it was safe. Yellow discharge can be benign, but it can also reflect infection, ruptured membranes, cervicitis, or an STI. "Call your doctor" was the right direction, even if it lacked nuance.

A third patient asked about interrupted IVC and received a confident, nonsensical answer. This is another AI trap: rare anatomy plus confident language. Patients may leave with an explanation that sounds medical but is disconnected from embryology, imaging, associated anomalies, or actual pregnancy implications.

The lesson is not that patients should stop using AI. They will use it. The lesson is that AI answers vary from helpful triage to harmful oversimplification to polished nonsense.

Clinicians should ask, without judgment: "Did you look this up or ask an AI tool?" That question opens the door to correcting misinformation before it becomes fear, guilt, or delayed care.

For patients, AI is best used to organize questions, translate terminology, or prepare for a visit. It should not be the final authority on pregnancy, infection symptoms, fetal anatomy, medication decisions, or whether to diet.

The new counseling point may be: bring the AI answer with you. We can review it together."

Apply in Practice

5 Minute Teaching Snapshot for a Medical Learner

[Link to Prompt](#)

Evaluate the Tools

Uptodate

Uptodate has an online AI tool called "UpToDate Expert AI"

Available in personal UpToDate Pro Plus subscriptions and trainee subscriptions in the UA and Canada. There is also an Enterprise Edition.

"Support safe care with the GenAI solution built by clinicians, for clinicians."

UpToDate Expert AI delivers trusted insights grounded in the evidence-based recommendations from over 7,600 clinicians, and built with rigorous AI standards that prioritize transparency, evidence, and clinical integrity. Ask questions and get clear, traceable answers that include inline links to UpToDate topics.

Features that connect responses to UpToDate content and clinical expertise:

- Succinct answers for faster action, with the option to refine questions or ask a follow-up.
- UpToDate Sources and inline links provide clear citations and displays the supporting UpToDate content without leaving the AI search interface.
- Assumptions provide context and inline nudges help guide clinicians toward asking improved questions for better answers.
- Drug linking provides relevant drug information in a side panel.
- Voice input for hands-free questions.

[Link to Uptodate](#)

Research Articles

Smart Pregnancy: AI-Driven Approaches to Personalized Maternal and Fetal Health—A Scoping Review

This scoping review article is about how artificial intelligence could transform obstetric care.

It reviews how AI is being used in OB/GYN to:

- Predict pregnancy risks, such as preterm birth and other complications.
- Improve fetal monitoring by analyzing complex fetal and maternal data.
- Support labor and delivery decisions with more objective, data-driven tools.
- Move obstetrics toward personalized care, where risk assessment is tailored to the individual patient rather than based only on broad clinical judgment.

The main message is that AI has strong potential to improve maternal and neonatal outcomes, but it is not yet ready for widespread clinical use without better validation, more diverse datasets, clearer reporting standards, and more transparent models.

[Link to Article](#)

Correia V, Mascarenhas T, Mascarenhas M. *Smart Pregnancy: AI-Driven Approaches to Personalised Maternal and Foetal Health-A Scoping Review*. J Clin Med. 2025 Oct 1;14(19):6974. doi: 10.3390/jcm14196974. PMID: 41096056; PMCID: PMC12524951.

Chat GPT Fastest App to Get to 1 Billion Users

Environmental challenges in AI:

Google has laid out a [five-part pledge](#).

- Replenish more water than it uses at each site by 2030
- Report annual usage
- Pursue alternatives to freshwater

Four tech leaders have [signed](#) the Data Center Innovation Initiative, offering to pay startups working on cooling and energy technologies.

[Link to News Article](#)



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Upcoming Conferences:

INFORMS 2026
Healthcare
Conference

July 28-30, Raleigh, NC
Exploring the innovation and integration of technology, policy, operations, and AI in the world of healthcare.

Artificial
Intelligence and
Digital
Transformation in
Women's
Healthcare

August 25-26, Barcelona, Spain
A niche international congress explicitly focused on how machine learning algorithms, remote monitoring, and automated diagnostics are altering clinical workflows in modern gynecology. Learn more about the program via the [Gynecology Health Conferences list](#).

AIMed26

November 10-13, Renaissance Orlando at Seaworld
AIMed26 is the premier meeting where the brightest minds in artificial intelligence and medicine converge to shape the future of healthcare.

AI and Women's
Health
Symposium

Save the Date for Spring 2027 (Prior event: April 30, 2026), Pittsburgh, PA
Co-hosted by Magee-Womens Research Institute, Carnegie Mellon University, and the Allegheny Health Network. It bridges physical and mental health AI applications for women, including fetal monitoring and reproductive biology. Future schedules can be tracked on the [Magee-Womens Research Institute events page](#)

Advanced OB-
GYN Ultrasound
Symposium in
Music City 2027

January 15-17, Nashville, TN
Geared heavily toward imaging, focusing on how AI-driven automated tools assist sonographers and physicians with structural anomalies and fetal echo imaging. This event offers 18.5 AMA PRA Category 1 / Cognate Credits. Agenda details are on the [World Class CME platform](#).