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WORKING WITH AI CRITICALLY

A quick-reference checklist for using AI as an organizing and question-building tool without treating it as a clinician or a source of unquestioned truth.

Before you ask

- Remove names, account numbers, addresses, or other details you do not need to share.
- Describe the task clearly: summarize, explain, organize questions, compare information, or help you prepare for a professional conversation.
- Give relevant context, but do not assume the model has your complete medical record.

While you review the answer

- Separate facts from possibilities and suggestions.
- Ask what evidence or source type supports an important claim.
- Check dates when guidelines, medications, coverage, or recommendations may have changed.
- Verify consequential medical information with a qualified healthcare professional or authoritative source.
- Be especially cautious with exact doses, interactions, diagnoses, and urgent symptoms.

Before you act

- Do not start, stop, or change medication solely because AI suggested it.
- Do not let AI reassurance override urgent or worsening symptoms.
- Use AI to prepare better questions and organize information - not to replace professional judgment.