



Practice Growth MASTERMIND

AI-Powered Tools in Practice: Enhancing Efficiency and Patient Care



Presented by:
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Dietician and Digital
Health Expert



Agenda

1. Introduction to AI in healthcare
2. Reducing time spent on client data analysis
3. Supporting clinical decision-making
4. Enhancing client engagement
5. Improving administrative workflows
6. Practical consideration for implementing AI
7. The future of AI in practice
8. Q&A



Who Am I? – Robbie Clark

- **Education** - Bachelor of Exercise Science & Nutrition, Masters of Nutrition & Dietetics, Sports Nutrition Course (SDA)
- **Accreditation** - Accredited Practising Dietitian, Exercise Scientist
- **Work** - Community Health Dietitian for NGO, Corporate Health Consultant, Over 17 years in private practice (2 x multi-disciplinary clinics)
- **Business** - Co-Founder & Director of [HealthBank.io](https://www.healthbank.io), Digital health educator & advocate for Allied Health and Functional Medicine practitioners
- **Awards** - President's award for Innovation, Finalist Allied Health Awards 2024, Westpac's top 50 most innovative digital companies

AI in Healthcare





AI in Digital Health - A Practitioner's Definition

- Artificial Intelligence (AI) in digital health refers to the use of machine learning, natural language processing, and predictive analytics to **analyse** complex health data, **automate** administrative workflows, and **support clinical decision-making**.
- AI enhances practitioners' ability to deliver personalised, evidence-based care by identifying **patterns** in patient data, streamlining diagnostics, optimising treatment plans, and improving patient engagement.
- Rather than replacing human expertise, AI acts as an intelligent assistant (co-pilot) - enhancing efficiency, reducing cognitive load, and enabling more proactive, data-driven healthcare interventions.



The Evolving Role of Practitioners in an AI-Powered World

The future of practice isn't about working harder - it's about working smarter, leveraging AI as an intelligent co-pilot to deliver more precise, proactive, and personalised care.

AI is not replacing practitioners - it's elevating them. By automating routine administrative tasks and enhancing clinical insights, AI-powered platforms are shifting the practitioner's role from *information provider* to *insight curator*, *real-time guide*, and *protocol architect*.



The Evolving Landscape of Private Practice



Personalised Care

Data-driven insights enable practitioners to create highly customised treatment plans, tailored to the unique needs and goals of each patient.



Streamlined Workflows

Advanced analytics and automation help streamline administrative & clinical tasks, allowing practitioners to focus more time on patient care.



Enhanced Collaboration

Shared data platforms foster seamless communication and collaboration between practitioner and patients.



Traditional Healthcare vs Modern Healthcare (Digital)

Traditional Healthcare	Modern Healthcare
Point of care is in clinic	Point-of-care is the patient
Based on populations	Based on the individual
Treatment ("Reactive")	Prevention ("Proactive")
Hierarchy	Partnership
Prescriptions and orders	Collaboration
Data owned by clinics	Data owned & shared with patient
Individual experience dominates	Limitless data analyses
Practitioners as authority	Practitioners as guides



Common Applications of AI in Healthcare

- Diagnostics and risk prediction
- Test summarisation and reporting
- Personalised nutrition and treatment planning
- Workflow automation
- Remote monitoring and client engagement



Common Misconceptions of AI in Healthcare

"AI will replace health practitioners"

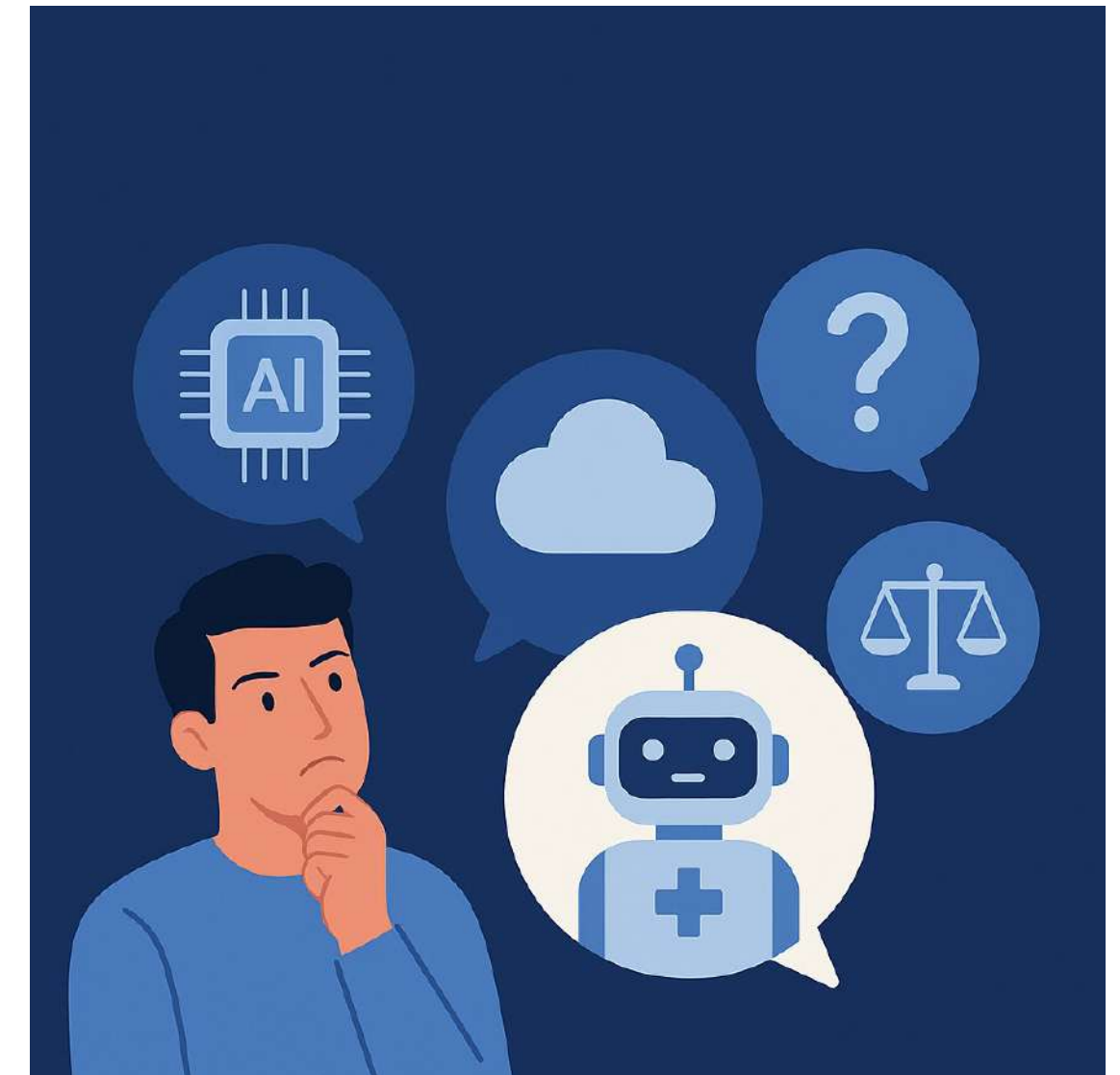
- *False.* It augments decision-making.

"AI is only for hospitals and primary care"

- *False.* Tools are accessible to solo practitioners too.

"You need to be tech-savvy to use AI"

- *False.* Most tools are user-friendly and intuitive.

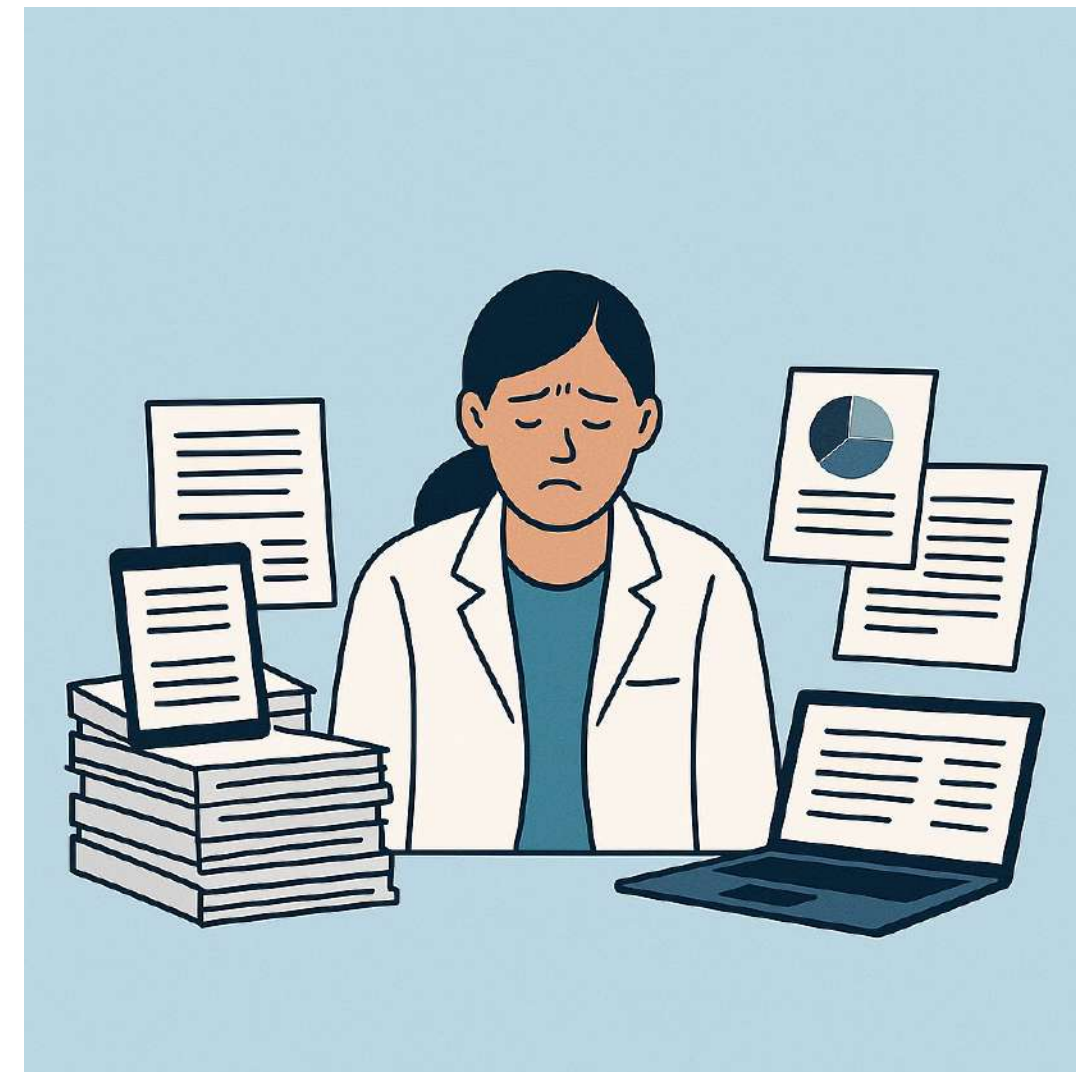




The Data Burden in Clinical Practice

Practitioners spend hours reviewing:

- Client history
- Body systems assessment
- Pathology results
- Food diaries
- Case notes



AI can help reduce this workload by analysing, summarising, and highlighting what's most relevant.



The Role of Data in Modern Healthcare

Data-driven healthcare refers to the use of data analytics and evidence-based insights to improve *patient care*, enhance *clinical decision-making*, and optimise *operations*.



Data empowers practitioners to make precise, personalised, and effective clinical decisions, ultimately leading to improved patient care and health outcomes.



Improving Client Outcomes

- Personalised treatment plans
- Predictive analytics
- Evidence-based care
- Monitoring & tracking



Improving Practice Efficiency

- Streamlined workflows
- Reduced errors
- Automated administrative tasks
- Performance metrics



Benefits of a Data-Driven Practice



Enhanced client care

through personalised treatment/nutrition plans



Improved client engagement

and adherence to treatment/dietary recommendations.



Better tracking

of patient progress and outcomes



Streamlined

administrative tasks and reduced paperwork



The Role of AI in Data Analytics

Clinical data analytics is the process of systematically examining healthcare data to derive actionable insights that can improve patient care, enhance clinical decision-making, and optimise operational efficiency.



Practitioners obtain **objective data**



ing on **subjective data**



- Personalised nutrition plans
- Tracking progress
- Evidence-based recommendations
- Identifying trends
- Improved patient communication



- Improved patient outcomes
- Predictive analytics
- Operational efficiency
- Enhanced decision-making
- Patient engagement
- Real-time decision support



Benefits of AI for Data-Driven Insights



Improved diagnostics

accuracy through data analysis



Personalised treatment plans

based on patient data



Early identification

of health trends and potential health issues



Enhanced

patient monitoring and follow-up



Real-time health system



From Rigid Protocols to Adaptive Frameworks

- AI lets you create a structured protocol – but with real-time personalisation based on what’s working for the client.
- E.g. A fatigue protocol can adjust supplementation based on client-reported energy levels, wearable sleep data, or cycle tracking – within boundaries/target ranges you set.
- You remain the architect; AI is the builder that adapts the plan with every new data point.

Real-time Health System

BENEFITS

- Timely interventions
- Proactive care
- Personalised treatment plans
- Supplements/medication management
- Remote monitoring
- Patient empowerment and engagement
- Reduced errors
- Improves clinical decision support systems
- Improved patient outcomes





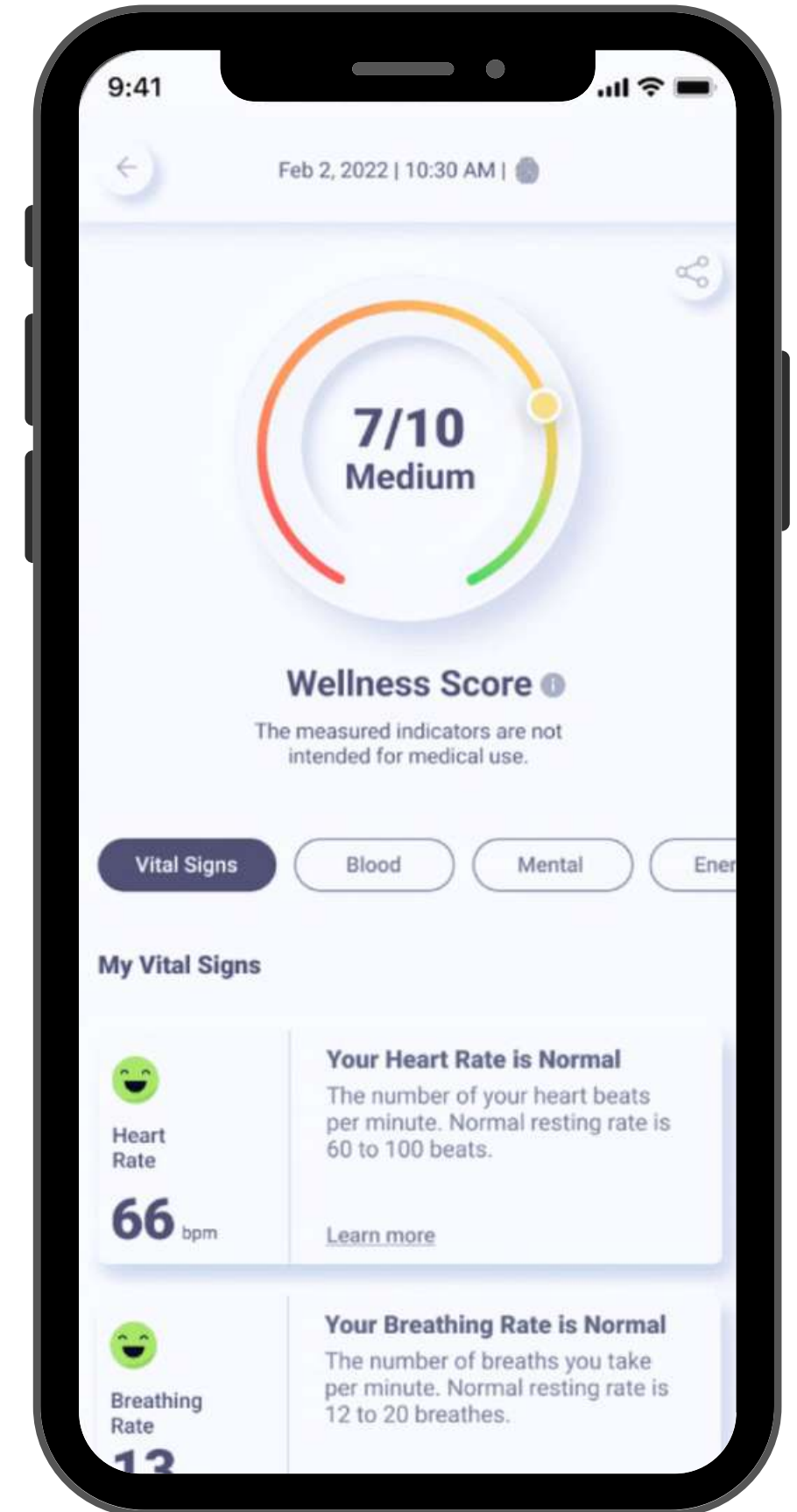
Real-Time Client Monitoring Enables Proactive Intervention

- Wearables, apps, and AI tools now let you move beyond “What happened since your last appointment?” to “What’s happening right now?”
- For example, if sleep, glucose, or HRV data dips below a threshold, you can be alerted – and intervene before your client spirals into burnout or relapse.
- This is precision care at scale – timely, tailored, and responsive, without waiting weeks between consults.



Enhancing Clinical Intelligence With Integrated Data

- Imagine layering wearable data, functional pathology, genetic results, and client-reported behaviour — and having AI translate it into clear clinical insights.
- This isn't about more data; it's about *meaningful data integration* — giving you a 360°, real-time view of your client's health journey.
- It unlocks a level of personalisation we've never had before — and it's not about replacing judgment but *augmenting your clinical IQ*.



Source: Binah.ai

AI as a Clinical Decision Support Tool

Glucose - Fasting

Discussion **Ranges** Low High Other Interfering Factors Drug Associations

Ranges

	Standard U.S. Units	Standard International Units
Conventional Lab Range	65.00 - 99.00 mg/dL	3.61 - 5.50 mmol/L
Optimal Range	75.00 - 86.00 mg/dL	4.16 - 4.77 mmol/L

When would you run this test?

1. Screening for potential dysglycemia and blood sugar dysregulation in conjunction with a full chem. screen and Glucose Tolerance Test with or without insulin
2. Diabetes management- this test is a vital component of any diabetes management program.

Note: Single fasting blood glucose levels are not a good screening tool for diabetes. Follow-up abnormal readings with a glucose tolerance test with or without insulin to confirm a diagnosis.

AI-Powered Protocol Builder





AI Summit Protocol Builder Bot

By Rebekah Jones

Guides natural health practitioners through building structured, flexible protocols

Start Building Your Protocol

Ask anything



AI-Powered Protocol Delivery





HealthBank

An AI-powered digital clinic software solution designed to streamline clinical and administrative operations for health practitioners.

The image displays two views of the HealthBank interface. On the left is a mobile app dashboard for a patient named Leslie Alexander, showing adherence at 76% (1 Feb - 7 Feb), activity at 180 mns (target 150-180 mns), and sleep at 7.8 hrs (target 7-9 hrs). On the right is a desktop view of the patient's record, showing a completed insulin resistance condition with details, adherence at 76% (1 Feb - 31 Jul), progress at 5.3% (1 Feb - 31 Jul), and a summary table at the bottom.

Appointments	Length	Health condition
4/4	24/24 wks	

Improving Administrative Workflows



Using Technology to Streamline Your Practice

Administrative Workflows

- Appointment scheduling
 - Document management
 - Bi-directional communication
- Automation
 - Invoices
 - Appointment confirmation and reminders
 - Order tracking
 - Payments (pre, reimbursement, online claiming)
 - Intake forms
 - Reporting
 - Customer service bots



You cannot scale efficiently without automation



Using Automation to Streamline Your Practice

Why Automate?

- Deliver consistent experiences
- Reduce manual work
- Avoid repetitive tasks
- Increase efficiency and accuracy
- Reduce errors
- Increased productivity
- Speed up processes
- Free up time for patient-facing work
- Save money
- Scalability
- Enhanced compliance and security
- Reduce burnout



You cannot scale efficiently without automation

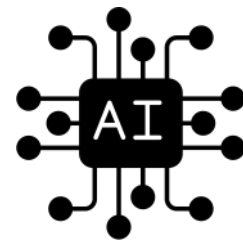


Improving Patient Outcomes through AI & Data-Driven Decisions



Comprehensive Data Collection

Gathering a wide range of patient data, from dietary intake to biometrics and biomarkers, provides a holistic view for informed decision-making.



Advanced Algorithms

Sophisticated data analytics tools uncover hidden patterns and trends, revealing valuable insights to drive improved outcomes.



Real-Time Monitoring

Continuous data tracking enables practitioners to quickly identify and address changes in patient health status.



Predictive Modelling

Predictive analytics empower practitioners to anticipate patient needs and proactively tailor interventions for optimal results



Improving Patient Outcomes through AI & Data-Driven Decisions



Personalised Nutrition Plans

Data-driven insights enable the creation of individualised meal plans that address each patient's unique dietary requirements and health goals.



Targeted Interventions

Analysing patient data helps identify the most effective interventions, allowing practitioners to deliver more impactful and efficient care.



Proactive Care

Real-time data monitoring and predictive modeling empower practitioners to anticipate and address potential health issues before they escalate.



Improved Patient Engagement

Transparent data sharing and collaborative decision-making strengthen the patient-practitioner relationship, fostering trust and better health outcomes.



Real-Time Client Monitoring Enables Proactive Intervention

- Wearables, apps, and AI tools now let you move beyond “What happened since your last appointment?” to “What’s happening *right now?*”
- For example, if sleep, glucose, or HRV data dips below a threshold, you can be alerted – and intervene *before* your client spirals into burnout or relapse.
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Set your patients targets



Current **7.2 hrs** Target 8.5 hrs

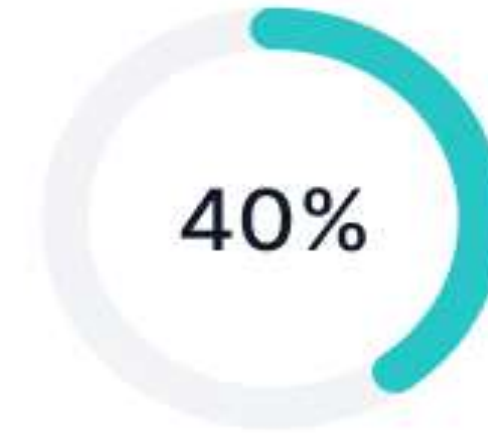


Current 211 min Target -



Current 211 min Target -

Treatment score ⓘ



Data from World Health Organization

Start date

1 May 2022

End date

1 Aug 2022 2022

Treatment methods

Activity



Sleep



Stress



Fasting insulin

8.5 mmol/L

Above range
> 10
In range
5-10
Below range
< 5



↓ +5.2%



Your patient's stress has increased significantly this month



Morning Steve, we have reviewed your sendatry times, we recommend you book an appointment with Robbie Clark



Electa Borer
Initial Dietitian Appointment
Online · Today 8:30am

CONFIRMED

Sleep

7.2 hrs

Stress

72 HRV

Activity



@Leslie if you're having a busy day at the office, book in some walking meetings or walk and talk at lunch to keep your activity on track.

Reply to Debbie

Order - Female Hormone Test

3 items · Tues, 8 March

\$154.50



Kimberly Kushner

COMPLETED



Pathology.pdf

Thurs 14/02/21, 1:39 PM



shared with **3 practitioners**



AI Tools for Practitioners

- ChatGPT
- Claude
- Chat bots
- **AI scribe & transcripts** - Heidi Health, Lyrebird Health, DeepScribe, Suki
- **Pathology reporting** - OCR technology for reading pathology results – TryTerra, Optimal DX
- **Data analytics** – Heads Up Health, TryTerra
- **Nutritional analysis** – Cronometer, Nutritics, SmartDietitian, Foodvisor, BiteSnap
- **Meal planning** – Wholesum, Meal Garden
- **Research** – Perplexity AI, ResearchRabbit, Scite, Elicit, Consensus, Connected Papers
- **Client communication & support** – Tidio, ManyChat (build basic health-support chatbots)



Practical Considerations for Implementing AI

- Is it secure and compliant?
- Does it integrate with your systems?
- Can it be customised to your workflow?
- Does it actually save me time?
- Ensure tools are AHPRA-, HIPAA- and GDPR-compliant
- Get informed consent if AI is used in analysis or communication
- Maintain transparency with clients



The Road Ahead: Embracing an AI-Driven Future

Improved
Outcomes

AI & data-driven insights lead to more effective interventions and better long-term health outcomes for patients.

Streamlined
Operations

Automated workflows and data-powered decision-making optimise practice efficiency and reduce administrative burdens.

Enhanced
Patient
Experience

Personalised, technology-enabled services foster stronger patient-dietitian relationships and higher levels of patient satisfaction.

Competitive
Advantage

Embracing AI-supported practices positions practitioners as leaders in the evolving healthcare landscape.



The Future of AI in Practice

Emerging trends to watch:

- Voice-activated clinical notes
- Predictive AI linked to wearables
 - Early warnings from HRV, sleep, CGM, or movement data (e.g. Oura, Levels, WHOOP)
- AI-generated client education tailored to their test results
 - Automatically explains labs/genetics in client-friendly language
- AI-driven protocol personalisation at scale
 - Auto-adjust care plans based on inputs (genetics, pathology, lifestyle, progress)
- Multimodal AI in practice
 - Tools that combine text, voice, image, and video inputs (e.g. analysing a photo of a rash + symptom description)

Summary





How a Practitioner's Role Will Evolve

From Information Source → To Insight Curator

Today:

Practitioners spend a huge portion of time educating, repeating dietary and behavioural advice, and manually interpreting test results.

Tomorrow:

Practitioners will review *pre-digested* summaries, flags, and personalised prompts generated by their chosen software.

Their job shifts to **curating**, validating, and fine-tuning the protocol based on context.



How a Practitioner's Role Will Evolve

From Manual Tracking → To Real-Time Monitoring & Intervention

Today:

Progress is reviewed every few weeks (or months), often based on vague self-reporting.

Tomorrow:

The practitioner is looped into a live stream of **event-triggered insights** — sleep dips, protocol deviations, habit wins — and can intervene *proactively*, not reactively.



How a Practitioner's Role Will Evolve

From Appointment-Based → To Continuous, Asynchronous Guidance

Today:

Care is episodic. Once the session ends, clients are often left on their own.

Tomorrow:

Practitioners operate in a **hybrid model** — with automated tasks, AI messaging prompts, and practitioner-guided nudges all running concurrently.



How a Practitioner's Role Will Evolve

From Protocol Author → To Protocol Architect

Today:

Practitioners build protocols from scratch and chase clients to follow them.

Tomorrow:

Practitioners build and set a protocol skeleton, and AI **dynamically adapts the day-to-day execution** through behavioural prompts, tasks, and rewards.



How a Practitioner's Role Will Evolve

From Gut Feeling → To Augmented Clinical Intelligence

Today:

Most practitioner decisions are based on snapshots — results, assessments, partial data.

Tomorrow:

Practitioners will have access to a **continuous health graph**:

- Wearable and biomarker trends
- Symptom patterns
- Behavioural adherence data
- AI-suggested interventions

This amplifies their diagnostic accuracy, treatment timing, and individualisation capacity — not through guesswork, but through signal-rich patterns.



How a Practitioner's Role Will Evolve

Practitioners become:

Strategic thinkers, not data wranglers

- **Guides, not gatekeepers**
- **Pattern recognisers, not lecturers**
- **Human connectors, when the machine needs a soul**

And most importantly:

They spend more time where they're irreplaceable – interpreting nuance, supporting change, and holding space for the human condition.

Be Bold

Be Curious

Be Informed

Work smarter, Not harder

Q & A

robbie@healthbank.io

AI Protocol Builder Bot



Thank you!





designsforhealth.com.au