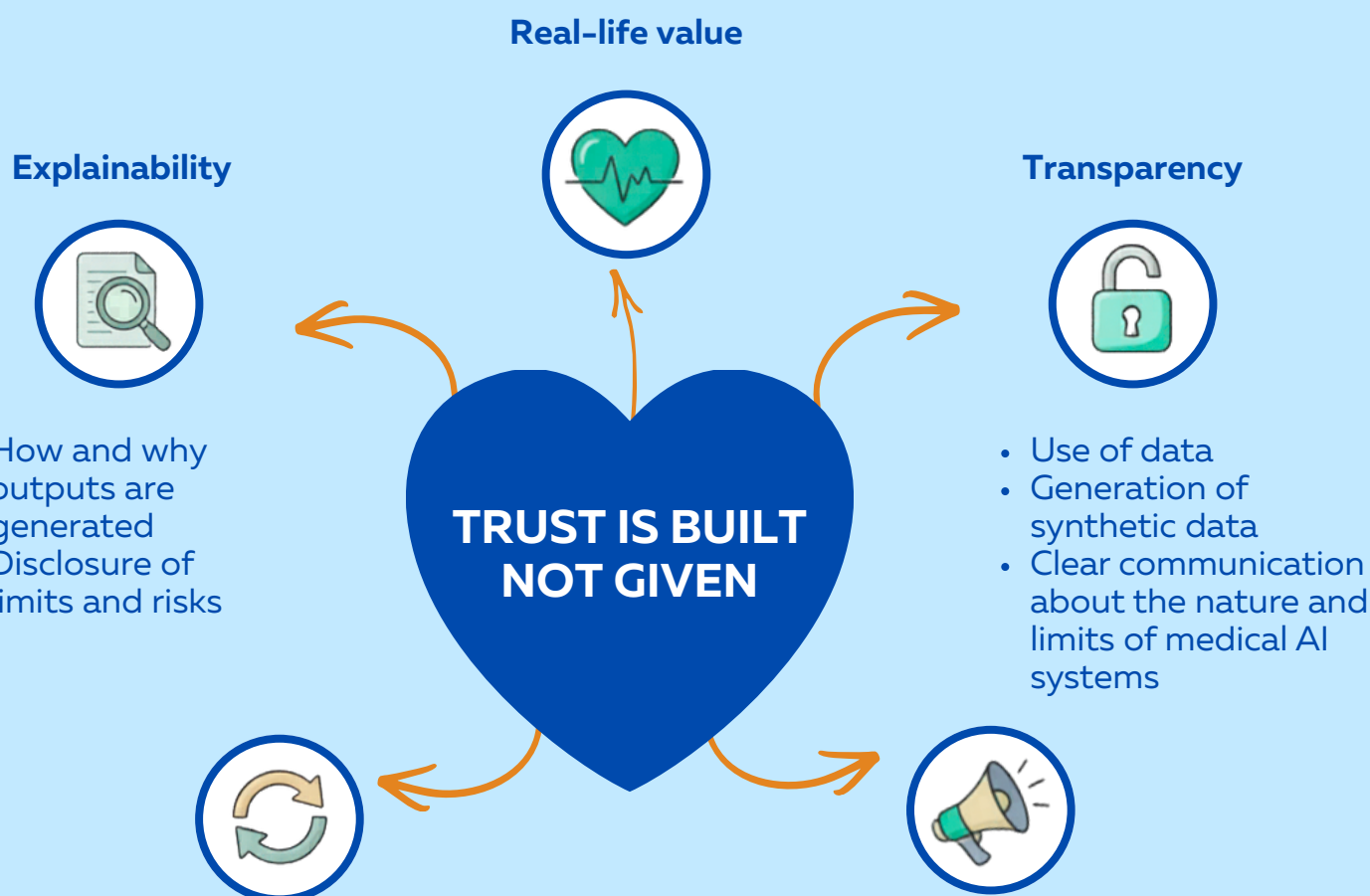


# MEDICAL AI: WHAT DO PATIENTS REALLY THINK?

REALM Workshop | Brussels, Belgium | 19 March 2026



- 9 participants
- 5 EU countries
- Patient organisations & medical charities



Trust grows via community leaders, ongoing engagement and visible impact

## Access versus Regulation

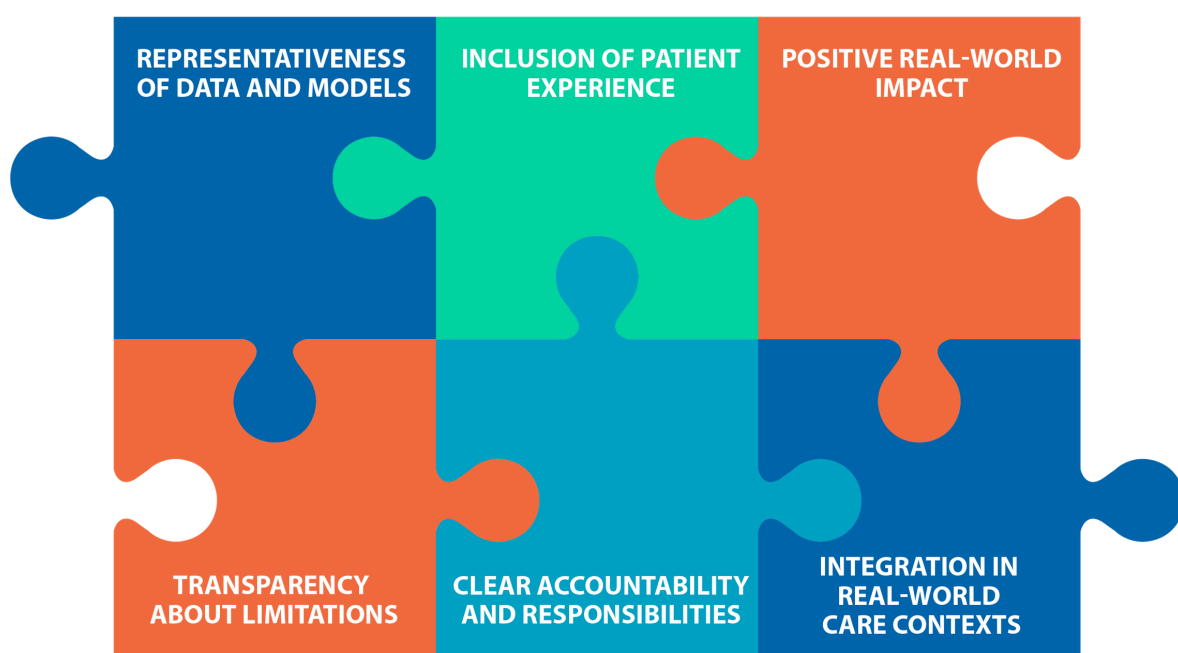
- Regulation not well adapted to technological innovation
- Overly bureaucratic
- Insufficiently responsive



- Faster and more adaptive regulatory processes
- Clearer distinctions between medical and lifestyle apps needed
- Greater involvement of patients in regulatory and policy processes

Better regulation not less regulation

## What matters to patients in evaluating medical AI?



“It is not about loosening regulation, but amending it for positive impact. We need flexible regulation in response to the innovation.”

“It’s easier to discuss what I don’t trust than what I trust. I don’t trust something if I don’t understand the context of a prediction.”

“Trust should be gained by emphasis how the system, device or model will have impact in their regular life.”



## What happens next?

- Insights shape REALM best practice guidelines
- Development of ethical, legal, and patient-centred evaluation criteria
- Importance of keeping the conversation going, in order to develop and evaluate medical AI for patients, with patients



Funded by the European Union



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