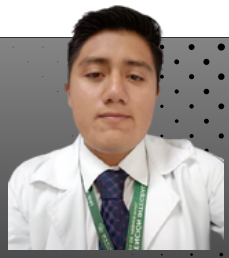
Critical Reflection on the Use of ChatGPT in Medical Education



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Future doctors, today I invite you to reflect on a tool that has stirred significant debate in academia: ChatGPT. This artificial intelligence, capable of answering questions, generating texts, and providing academic support, promises to be an ally in your education. But to what extent is its use truly beneficial? And what are the risks of relying on it?

A Tool, Not a Teacher

Let us begin with a fundamental truth: ChatGPT is not a teacher nor a replacement for your professors. While it can provide quick answers and help you grasp complex concepts, it lacks the ability to teach interactively or guide your critical thinking. Artificial intelligence operates based on patterns and pre-existing data, which means its responses may lack depth or, worse, be incorrect.

Imagine you are studying pharmacology and ask ChatGPT to explain a mechanism of action. It might provide a general description, but what if it omits a crucial detail or misinterprets the information? In medicine, where every piece of information matters, relying on a tool that cannot guarantee absolute accuracy is a risk we cannot overlook.

Promises and Realities of Personalized Learning

Many praise ChatGPT for its ability to adapt to individual needs. You can ask it to generate quizzes, summarize texts, or even create study plans. However, this personalization comes at a cost. By using a tool that fulfills your requests without questioning them, you risk limiting your ability to design your own learning strategies.

Medicine demands a proactive approach; over-reliance on artificial intelligence could lead you to adopt a passive role in your education, potentially hindering your development as critical thinkers and problem solvers.

"El impacto de la inteligencia artificial en la formación médica: ¿un aliado imprescindible o un riesgo para el pensamiento crítico y la ética profesional?

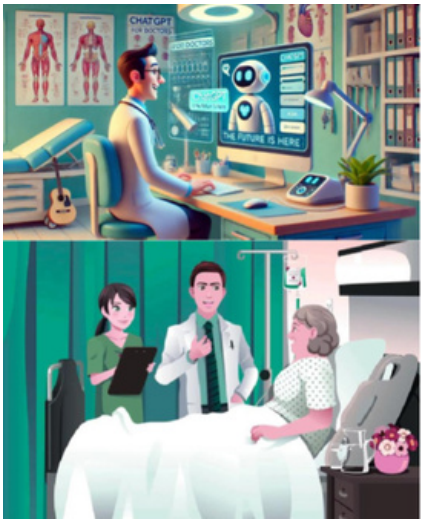
The Illusion of Knowing All the Answers

ChatGPT might seem like an endless well of knowledge, but it is not. Its database is limited to information available up to a certain point and cannot update itself with the latest medical advancements. This poses a significant problem in a field that evolves constantly. Blindly trusting its responses could perpetuate outdated or even incorrect information.

Furthermore, artificial intelligence lacks context and clinical judgment. It cannot differentiate between a reliable source and a questionable one, meaning you must act as critical filters to validate the information it provides. Are you prepared to take on that responsibility?

Technological Dependency and Ethics

Another aspect to consider is the impact of technological dependency on your professional development. If you become accustomed to relying on ChatGPT for every question, you may struggle to solve problems independently in situations where this technology is unavailable, such as in an operating room or during a remote consultation.



Additionally, the use of artificial intelligence raises ethical dilemmas. Is it appropriate to use ChatGPT to draft academic papers or prepare presentations without acknowledging its assistance? Integrity and transparency are fundamental values in medicine, and we must reflect on how the use of these tools affects our ethical responsibilities.

A Future with Balance

Do not misunderstand me—ChatGPT has tremendous potential. It can serve as a complementary tool to clarify doubts, explore complex topics, or practice clinical skills in simulated scenarios. However, the real challenge lies in using it judiciously, recognizing its strengths and limitations.

Future doctors, remember that artificial intelligence is a means, not an end. The foundation of your education must remain human learning, direct experience, and critical thinking. Use ChatGPT as an additional resource, but do not let it replace your curiosity, effort, or professional judgment.

Medicine is not just science; it is also art and humanity. No machine can replicate the connection you build with your patients or the satisfaction of solving a complex case on your own. At the end of the day, you are the future doctors the world needs—not only for what you know but for how you apply that knowledge with compassion and responsibility.