

# Advancements in Medical Device Engineering: Innovative Technologies for Early Diagnosis and Minimally Invasive Treatment

Mousa Yaseen Hameed, Haider Abdul Khaliq Qambar, Mohammed Hayder Qader, Ahmed Ayad Hussein, Noora Hazim Nadhim

Al-Kitab University, College of Engineering Technology, Department of Medical Technical Engineering

**Received:** 2025 19, Jan  
**Accepted:** 2025 28, Feb  
**Published:** 2025 11, Mar

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**Annotation:** Advancements in medical device engineering have significantly enhanced early disease diagnosis and minimally invasive treatments, improving patient outcomes and healthcare efficiency. Despite rapid technological progress, challenges remain in optimizing medical devices for accuracy, affordability, and integration with modern healthcare systems. This study reviews innovative medical technologies, including endovascular diagnostic tools, multimodal cancer detection, and intelligent surgical instruments, analyzing their impact on precision medicine. Findings indicate that these innovations enhance diagnostic accuracy, reduce recovery times, and improve treatment effectiveness. The results highlight the importance of interdisciplinary collaboration in medical engineering to drive further advancements, ensuring accessible and cost-effective healthcare solutions. Future research should focus on refining these technologies for widespread clinical adoption and global healthcare improvement.

**Keywords:** Medical device engineering, early diagnosis, minimally invasive treatment, precision medicine, healthcare technology, surgical innovations.

## 1. Introduction to Medical Device Engineering

### INTRODUCTION

1.1 Definition Medical Device Engineering (MDE) is an essential multidisciplinary field concerned with developing, optimizing, testing, and maintaining devices that diagnose, treat, monitor, or otherwise mitigate health conditions. Proficient MDE involves intertwining electrotechnical knowledge, material science, life science, and a careful understanding of patient needs. Medical devices range from simple sanitized tools to complex engineered systems, with the advent of medical robotics and IoT devices further broadening the field. The primary goal of proficient MDE is to develop technologies that maximize patient care efficiency and effectiveness, improving patient outcomes in the process. Academic research and public funding are essential in driving MDE progress, although notable innovations do come from the medical device industry. Overall, MDE remains a rapidly evolving, vibrant field with a massive impact on global healthcare.

1.2 Background The first recorded use of a medical device dates over two millennia, with the Roman Aulus Cornelius Celsus describing the use of a vaginal speculum as early as year 25. Since then, medical devices have evolved significantly. Modern ophthalmic lenses and dentures, for example, have little in common with their counterparts from a century ago. The most common medical devices in current use come from the broad category of in vitro diagnostic devices, but a plethora of other technologies have been developed. Technological innovation has driven the growth of medical device usage, with devices constantly becoming more complex, user-friendly, and cost-efficient. Since the 20th century, the branch of medical devices concerned with minimizing surgical procedures has been exponentially growing. Early dilation catheters, as an example, have made a significant impact on contemporary health care, revolutionizing angioplasty and stent placement.

#### 1.1. Definition and Scope

Despite numerous attempted definitions of Bioengineering (BE) or biomedical engineering, a concise definition does not exist. There appears to be a thin line between what can be exclusively labeled BE and what cannot. A case in point is the duality of medical devices, depending on whether they act directly on the structure, as in the case of a catheter, or whether they are somehow in contact with biostructures, such as an artificial heart valve [1]. This means that what is labeled as BE is a parting field, coupling medical devices to biotechnological processes or products requiring the latter for its function. As a consequence, it encompasses a broad scenario in terms of functions, as it is variously concerned with diagnostic, therapeutic or assisting tasks, all of which are related to the most various areas in healthcare.

Its extensive scope infiltrates all branches of traditional *medicina curativa*, since it can range from cordons or electrodes taking bioimpedance measurements to MRI-like scanners capable of reconstructions in 3D, or otoscopes producing spectroscopic analysis. In these terms, taking into account aspects related to either diagnosis (bioresonance) or surgery (telepresence) or vascular surgery (endo-patch), no one could identify what is not a medical device. It is, in fact, a category that contains either machineries, or pliers, or chemical compounds, or information systems, or all of those at the same time. This outline emerges in a technological environment composed by both electrical and mechanical, and by drugs and pharmacological agents as well. Much focus is placed upon informatics since these systems embody a technological plus that no other systems of medical investigation can offer. Conclusions are thus drawn to a definition determining what falls within the domain of medical devices, qua, strictly, engineering practice. This definition purports to have a clinical value, since in practice its authors are likely to be involved in any decision concerning such domains. This definition is outlined in a certain terminological and conceptual range that does not accurately match the topic. Broadly, this definition recognizes the category of unleached devices, that is likely to include in these years a growing number of biotechnological products. This limit are drogodes rejected as medical devices. This

technological progression has dramatic clinical consequences, as drogodes are likely to account for a huge part of healthcare efforts. Then, a scope in delineating frontier areas of mutual interest in this field is attempted. This is influenced by various aspects other than the strictly technical ones, such as considerations on control of biotech industry or insights on the impact of emerging technologies on devices per se or on healthcare in general. At the present state-of-the-art of devices in term of informatics systems, this is outlined so as to assume a much broader and more complex scenario than the original ideas.

## 1.2. Historical Overview

Medical device engineering has continuously been a field of inventiveness, innovative solutions, and the construction of new instruments. Technological advancements in medical devices shaped the way humans treat and cure diseases and injuries in continuous development from the beginning of organized health service. With the advance of new technologies, such as bionics, material and robotics sciences, the impact of 3D printing and miniaturization on medical devices, ideas smaller and more accurate are considered, solving problems that were beyond imagination in ancient times [1]. The aim of this overview is to highlight how former ideas and methodologies have changed, what kind of treatments patients received, what kind of tools and technologies were used by medical personal, and how past challenges have shaped today's health services. Throughout ages and centuries, many methods were tested to restore health, and many different sophisticated and unsophisticated medical devices were used. In ancient Greco-Roman times, leeches, surgical instruments, cupping instruments, syringes, balneae, and aesculapian rods were employed to heal different diseases. However, the effectiveness of those devices was questionable, first because of the limited knowledge in anatomy and biology, and the overrated value of superstition, second because devices were poorly designed and thus, despite the effort of a healer, some of the treatments could cause additional consequences to patients. The 'devices' were in many cases just metal pieces or piece of nature, poorly assembled, and their influence on the human body was not standardized. The continuous development of the applied sciences allowed for the design and production of better tools to process and handle biological matter. Early modern devices involved the invention of thermometers, the implementation of microscopes, and the creation of scientific medical item production 'companies'. Many of today's implemented medical devices—whether for treatment, for diagnosis, or for monitoring—have evolved over time, being refined and improved throughout a long maturation process. Between these, there are CMS machines, X-ray diagnostic machines, MRI, and PET, different kind of scalpels, laser operation machinery, materials for artificial hip and heart valves, and so on.

## 2. Importance of Early Diagnosis in Healthcare

The timely, accurate and safe identification of diseases has been recognised as vital to patient outcomes in healthcare systems. Countries with a strong primary care sector based around general practice have seen reductions in their overall costs of healthcare. Improvements in early diagnosis have been identified as a cost-effective way of improving the treatment and survival rates of patients. National Health Service (NHS) England estimates that around 11,000 lives could be saved each year if early diagnosis rates were to match the best in Europe. Despite its importance and close links to existing research and ongoing device development, developing nations significantly lack the research and industry infrastructure to innovate in the area of early diagnosis and cancer detection. Delayed diagnosis (of which the majority are called systemic delays, due to patient, primary care or secondary healthcare treatment schedules) was associated with significantly greater invasion of the smooth muscle within the bladder wall. A combination of systemic and technological research, development, regulatory changes, and resources for device manufacturers and capable facilities will thus be required to overcome these barriers to effective early diagnosis.

While the early diagnosis of a disease is the responsibility of patients and their General

Practitioners (GPs), as well as of researchers and related content used for screening, device developers and manufacturers, MRI technicians are not included in these stakeholder groups. The low sensitivity and cost-effectiveness of device-based technology requiring exposure to large cohort studies is a current barrier to manufacturers developing widely available MRI marker testing, but there is an emerging market for simpler, affordable, point-of-care devices with the more clinically validated blood-based endometrial cancer screening test [2]. Small numbers of high-income screenings combining clinical guidelines with advanced imaging were associated with a notable reduction in breast cancer mortality. These economic inequalities have expanded since emerging countries began to import large quantities of low-cost technologies in high-income countries, leading to a drop in global device costs and a surge in growing R&D spending in 2018 [3]. Further efforts are needed to improve device efficiency by decreasing false positive alerts and the guarantee of a well-functioning medical procedure to prevent infections.

### **2.1. Impact on Patient Outcomes**

Early diagnosis is a cornerstone of public health. A special focus is required on a set of diseases, like cancer, when timely diagnosis can be a life-saving act. Many times medical professionals face a situation that the patient's condition could have been controlled if detected at an early stage. Innovative engineering and advanced technological approaches in medical device design and process could greatly help non-invasive early diagnosis. The impact of early detection on the quality of life could be significant. Integrated treatment planning with timely diagnosis avoids complexity of treatment with the stressless approach to patients. A case studies showing the transformation of life due to timely diagnosis is highlighted. This is a particular interest for many developing countries and the role of continuous education and training is emphasized to increase the proficiency of medical professionals in using diagnostic tools along with the work culture. Cost benefits also arise from early detection which may not be directly visible but contribute greatly in the overall health economy. Indirectly, it also enhances the role of medical device engineering for affordable public health cancer screening and diagnosis separated by biomarkers, circulating DNA, and some novel innovative technological approaches in the recent period. However, early detection is a more complex matter. A patient and physician interface requires the patient's willingness to take a test and the physician's consideration of performing such a test. Similarly, technological approaches and test results need stringent processes for early diagnosis, especially in non-invasive diseases. Complementary with this, training highly competent medical professionals to identify the disease at the early onset is necessary [4]. In this chapter, a viewpoint on the importance and impact of early diagnosis ranging from early diagnosis transformed lives to overall health economy is outlined.

### **2.2. Current Challenges**

Designing and engineering systems for early diagnosis and minimally invasive treatment is a daunting research challenge. There are a lot of obstacles to overcome prior to execution on this nosy technological endeavor. There is a wide range of systemic obstacles to diagnosis and treatment which may unearth a future challenge for medical device engineers. Foremost among these obstacles are access (or lack of it) to healthcare services, and significant health disparities in the technologies available for diagnosis and treatment [5]. A quick review of the literature underscores the scale of the challenge to early diagnosis. It is also found out that it typically takes a substantial amount of time for diagnosable abnormalities to develop. Technological limitations are another serious obstacle to early diagnosis. Abnormalities often arise in tissues that lie beneath surfaces. Current tools for diagnosis are relatively crude in their ability to localize these abnormalities. Unfortunately, it is in the nature of a complex system, and of the diseases that develop within complex systems, that often by the time an abnormality of sufficient size to be diagnosable arises, it has already cascaded into a network of inter-locking pathologies that renders the disease untreatable. There is so much that can go wrong with the body, and so many ways things can go wrong, that most diseases are not amenable to treatment once established. Another challenge to early diagnosis is the patient. For a diagnosis to be made it is

generally the case that the patient must have reason to seek out medical services. This in turn requires some basic level of health literacy. But the time of a disease is often insidious and compatible with a wide range of comorbidities and unrelated life events. The complexity of disease challenges is a substantial issue. A very recent example of this is the manifestation of the so-called long-COVID in approximately 10% of COVID-19 patients. This new set of symptoms, involving issues of variable seriousness and duration, have no obvious common biological mechanism. This issue is then particularly difficult target. However, it is possible that the possible engineering solutions to diagnosing such issues might also be broadly applicable to other cases. [6][7][8]

### **3. Minimally Invasive Treatment Techniques**

Minimally invasive treatment techniques have been hailed as one of the most significant advancements in patient care, revolutionizing various medical specialties. They essentially allow surgical or otherwise invasive procedures to be performed through minor or no incisions or orifices. Such procedures have gained attention owing to a myriad of attractive patient-centric advantages. Typically, minimally invasive treatments have lower morbidity, quick recovery, and lesser post-operative pain compared to conventional surgery. As such, over the last few decades, there has been a hefty investment in innovative medical devices to facilitate minimally invasive treatment. It is anticipated that given continued innovation, this trend toward minimally invasive treatment will continue to grow. The primary focus remains on providing solutions that align with the value-based healthcare paradigm, shifting curative efforts from finding a cure to enhancing quality of life. The versatility and efficacy of minimally invasive treatment techniques are showcased across several medical specialties, demonstrating the vast landscape of their application. In the context of the proposed special issue on the advancements in medical device engineering, prominent examples of devices and instruments utilized in minimally invasive procedures are described.

#### **3.1. Definition and Benefits**

Minimally invasive treatment techniques have become popular worldwide today as they offer superior patient outcomes in various medical specialties with reduced length of operations, pain, hospital stay, and postoperative office visit requirements compared to traditional open surgeries. Smaller incisions and lesser damage to surrounding tissues have become the fundamental principles of these techniques. Recently used innovative technologies and manipulations have evolved these techniques increasingly diverse, ascending in numbers in each medical field day by day. Meanwhile, the quality of the devices in terms of patient safety and procedural performance has gained importance more than ever. Median savings of about 25.1% have been achieved in procedures conducted by innovative devices and techniques. This huge financial benefit combined with their medical and cosmetic advantages has been stimulating physician investment in these techniques more frequently over recent years. [9] Providing better, quicker, and safer treatment to the patients, innovative technologies are also helping healthcare services to be implemented more efficiently in general. The number of minimally invasive operations carried out by innovative devices has dramatically increased during the last few decades. Benefits reported by the patients lead these techniques to become more widespread. According to a study, postoperative pain is statistically significantly less in patients undergone part removal due to gallstone by means of a laparoscopic method compared to the open ones. Several studies reported that the recovery time of patients in a laparoscopic operation is about 24 days shorter than in the open operations. On the other hand, less need for postoperative antibiotics has been identified as a further important result of the mentioned operation. Patients that had undergone a breast operation due to benign or malign lesions strongly prefer the ones with a laparoscopic method for further operations. Besides all these, laparoscopic methods with only a few millimeter length incisions are inciting patients, since it leaves no visible mark on the body so are providing cosmetic superiority in comparison with open type surgeries. In addition to these patient outcomes, another study that had been conducted on anemia patients has shown fewer

resources used in such a laparoscopic surgery compared with those throughout open surgeries.

The technologies and procedures enhance the efficiency and rapidity and support the use of less extreme resources for the patients as possible.

### **3.2. Examples in Various Medical Specialties**

The evolution of surgery traditionally goes towards less invasive techniques. Today, minimally invasive techniques are used for most structural and cancer surgeries, such as laparoscopic surgeries, where heart valve surgery is played using a keyhole approach placing instruments through small incisions between the ribs [1]. The minimally invasive technique in surgeries goes hand in hand with the technology of instruments used. The application of minimally invasive solutions results in precise, reliable and cost-effective medical devices, which are a milestone in patient safety and medical outcome. Additionally: education and getting the user involved, combined with easy-to-use technologies, will allow a further spread of such medical phenomena, increasing health service efficiency. Orthopedics, damaged but irreparable meniscus of the knee joint is valid evidence for stem cells application. These patients were inoperable, they were injected by growth factors, and stem cells were pulled out of the fat tissue freshly processed from the patient - they regenerated themselves so that the patient doesn't need the operation anymore. In orthopedics, a significant milestone is the production of 3D-printed reinforcements that could replace missing bones, while not causing rejection and fostering the bone-stem connection. Cardiology, in Poland every minute stroke patients are diagnosed, with the perspective of a golden hour to minimize reparation damage. If TIA has been diagnosed, patients were immediately examined in interventional cardiology rooms, where in case of any defect in treated arteries the symptoms will not be seen. Gynecology, from year to year it is more fashionable and accepted by female patients to increase the physical appearance of cultured human cells, both negative low self-esteem element and aesthetic reasons. Another interesting, significant and accepted breast regeneration milestone of this kind occurred in Gdansk, they did epidermis, skin tissue, then a layer of muscles ended with a thin layer of fats, instead of injecting silicone. It took a whole year and was followed by two retransplantations.

### **4. Innovative Technologies in Medical Devices**

This article aims to provide an overview and discussion on innovations in medical device engineering by exploring the scope and innovation process areas and by addressing relevant metrology and standardization needs for certain medical devices. It is a long established fact that technology plays a critical role in enhancing the safety, efficacy, and desired performance characteristics of medical devices. It has a direct influence on both patient outcomes and the regulatory pathways that can best be used to demonstrate that desired outcomes are met. At the same time, the landscape of medical devices has witnessed rapid and substantial advancements in recent years along an increasingly broad front which ties the performance of these devices ever more closely to specific technologies. Progress in enhancing diagnostic capabilities has been particularly striking with an ever-increasing capacity to measure biomarkers at the nanogram level faithfully and rapidly. Such developments provide devices with unprecedented sensitivity and reliability in the analysis of indicators that previously could only be observed with great difficulty at much higher concentration levels. In consequence, the numbers of conditions for which novel diagnostic criteria can now be identified and applied in a straightforward way have expanded enormously. A number of such technologies have been the subject of the emergence of commercial platforms. Generalization of such measurements for other conditions or physiological processes should be possible with sufficient advances in technologies. By following metrics related to ongoing health, it should also be possible to delineate a strategy such that corrective intervention or minimally invasive treatment can be applied. The task thus becomes one of putting these desired outcomes into practice and will likely involve major ongoing efforts in such domains as bioprocess engineering, nanotechnology, novel coatings, machine learning algorithms, robotics, and the like. It is hoped that related

technologies will not only match the need but will outperform it by a large margin. In addition, participation in related areas is also encouraged as there remains an extensive set of needs for standards, measurements, and new technologies in non-trivial areas that are important for the commercial success of partner technology.

#### **4.1. Nanotechnology and its Applications**

The transformative impact of nanotechnology within medical devices and treatments has been investigated. Such technology, which involves the design, characterization and application of materials, structures, systems, and devices by controlling shape and size at nanoscale, is strategically interdisciplinary. Thus, the science to manipulate materials at nanoscale has the potential to provide remarkable advancement into a range of discrete research. Early technologies, which are rapidly growing, have been intensively unleashed, aiming at tackling numerous serious medical conditions. Examples will cover nanodiagnostics, involving disease management for personalized treatment. An outline of nanoparticles, their specific functions and their associated therapeutics will be highlighted. At the heart of nanotechnology lies scope to engineer new materials and devices on a very small scale—a nanometer or billionth of a meter—measurement smaller than cells of living organisms [10]. Such technology has the capacity to pervade a range of industries, such as textiles, health, safety, environment, electronics, robotics and computing. Modifications of this has the power to revolutionize healthcare with the advent of man-made devices that may simply cure diseases.

Current developments of such medical devices and conceptual issues will be explored. The anticipated implications of this technology on enhancing the capabilities to deal with potential harms and benefits regarding improved patient outcomes will be foregrounded. The ethical, legal and social dilemmas surrounding this innovative stimuli to include the nature of engineered phenomena will be uncovered, underscoring potential tension impacting on attempts to manage or alleviate various grievances [11]. Broadly framed within the complex challenges facing healthcare, this section engages with contemporary developments, applications and social implications of such phenomena emerging from nanoparticles. Promising considerable headway in diagnosing and treating diseases on a highly accurate and localized basis, nanotechnology is being enthusiastically pursued by diverse groups of researchers. Many hope that innovative devices and applications employing nanoparticles will yield specific breakthroughs in managing certain health conditions that have long frustrated conventional approaches. Given the disciplines and interests at stake, estimates of the economic impact of such advances have been substantial. In the United States alone, the National Nanotechnology Initiative has suggested that investments in the field will have a \$1 trillion payback by 2015. With 10 million jobs worldwide projected in the industry by 2020, it is anticipated that transnational competition will flourish in bringing breakthroughs to market.

#### **4.2. Robotics in Surgery**

The integration of robotics in surgery has brought revolutionary advances in the medical field. The precision and control facilitated by robotic assistance lead to fewer complications, making it safer than traditional surgery [12]. This is key in surgery of sensitive areas or structures where even a small mistake can have devastating consequences. Besides, robotic systems result in less invasive surgery and shorter hospital stays. Surgeons have greater visual access to the operating area, thanks to a high-definition 3D camera that provides a magnified view of the organs. That allows them to perform complex operations through small incisions that would otherwise require a large open one [13]. After comparing 379 diverse metrics for hysterectomy, it was found that the robotic-assisted procedure greatly outperformed both laparoscopic and open methods. Robots can perform thousands of repeated operations with the least deviation in each, which is highly beneficial for surgery that demands sportive and precise procedures.

Moreover, in the oncology field, it has been observed that the robotic procedure results in a lower cancerous score than the laparoscopic approach. Robotic-assisted surgery can be applied to

nearly every field of surgery, from head and neck to colorectal, and from urology to even thoracic and orthopedic surgery. Ophthalmologic surgery remains one of the few specialties where traditional instruments remain widely used due to the sensitivity of the area. It was only in the late 1980s that computer-assisted surgical systems were approved and became available for clinical use. After the first experiences, a number of systems were developed for application in a variety of surgical fields, giving rise to an exponential increase of the literature on the topic. In more recent years the applications of robotic surgery have also been complemented by tele-robotic and micro-robotic systems, as well as by advancements in the field of software tools. However, several hurdles are at present halting a wide and successful application of surgical robotics.

## **5. Biosensors and Wearable Devices**

Biosensors, an analytical device made up of a biological sensing element, play a vital role in healthcare. As a requirement for preventative medical devices, biosensor usage is expected to continue increasing in the healthcare field. Biosensors nowadays are not just an instrument for disease diagnosis. For instance, continuous glucose monitoring biosensors are indispensable for the treatment of diabetic patients, because diabetes is a chronic disease characterized by an increase in sugar levels. Regular measurement of glucose levels is very important; hence, non-invasive testing methods have a huge impact in the growth of biosensors. Heart and pulse rate monitoring biosensors are also important in treating elderly patients. Based on pulse rate monitoring in non-invasive biosensor technologies, snoring and apnea syndrome were detected using two flexible piezoelectric sensors attached to the patients' neck [14]. Since healthcare combines numerous issues, it is challenging to assess the overall impact. It could be said that this work provides a growth model for a new preventative medical device field, the biosensor field, thereby providing important information about how to create inventive biosensors. Furthermore, thanks to advances in the medical industry, the increased demand for healthcare services has led to the development of wearable technology; biosensors are a vital part of that area. The biosensor and wearable market is expected to grow by \$36.3 B, exhibiting a CAGR of 7.1% during 2019–2025. Since wearable devices can be used for immediate real-time disease diagnosis, growth in medical expenses can be predicted. Industrial business applications triggered the origin of biosensors, and further expansion is expected to rise noticeably in the future. Thanks to the convenience of use, the wearable market is expanding rapidly. Recently, the market has been focusing on smartwatches, estimated to be around \$1.2 B by 2025. The wearable device is comprised of numerous sensors, and by gathering all time-series data in a database, the patient's health condition can be monitored on a daily basis. When comparing services with conventional periodic hospital checkups, continuous service is essential for precise management of at-risk patients. Detection of a chronic disease is important, as this could help the doctor to make the necessary emergency measures. According to this data, the doctor can assess the patient's health condition, applying the preventative medical measures. [15][16][17]

### **5.1. Applications in Monitoring and Diagnosis**

With the advancement of medical device engineering, various innovative technologies have been developed to monitor physiological signals and provide early and minimally invasive treatments. Biosensors and wearable devices are capable of continuously monitoring physiological signals for timely diagnosis of health conditions and accurate treatment plans, offering a number of new applications in the fields of monitoring and diagnosing serious chronic diseases, personalized health tracking and remote care. For instance, wearable devices, such as continuous glucose monitoring systems and electrocardiogram sensors, monitor health conditions in real time and continuously provide health data to healthcare providers. Various biosensors can also be integrated smartly, enhancing early diagnosis of diseases. This continuous health monitoring is especially useful for the elderly, patients with chronic diseases, and those in critical health conditions [14]. In the event of anomalous detection in physiological signals, the reassessment of health status can be automatically initiated, and informed alert warnings can be provided, thus

guaranteeing the safety of the monitored subject. The connection of wearable medical devices to the health information system can also allow a patient's health data to be seamlessly transferred, and shared among multiple health information systems, ensuring collaboration in the health care provider-community, patient, and healthcare provider. However, there has been an ongoing debate about practical effectiveness of wearable biosensors and continuously monitored health data. Sensors strongly associated with efforts in accuracy and robustness are in high demand, as they possess the capability to monitor health data precisely. Moreover, the data should be effectively interpreted, enabling precise health monitoring and establishing a real-time treatment plan. Wearable biosensors can be beneficial to the diagnosis and treatment of diseases, as they establish and promote the growth of next-generation precision medicine. In this scenario, various efforts of development have been carried out to enhance measurement accuracy, health data interpretation, and sharing skills typically in wearable medical devices. In the era of emerging personalized healthcare, biosensors and wearable devices will play a vital role, transforming to a new method of reconstructing health assessment and treatment. [18][19][20]

## **6. Artificial Intelligence in Medical Devices**

Medical devices are entering a new era of advanced engineering, expanding both capabilities and the range of applications. At the initial stages, medical devices had a limited capacity for only a few tasks dedicated to a narrow field. Now there are devices being engineered capable of autonomous activities, with AI analyzing and making decisions on raw data. When talking about medical AI, the first thing usually comes to mind are special systems spotting diseases in images or predicting risks. However, these are only the visible surfaces. They rely on many complex processes starting from data collection on thousands of patients up to exceptionally intricate machine learning mechanisms analyzing these data. From behind, this is not an easy task, requiring a very high level of engineering and multidisciplinary knowledge.

Artificial intelligence is revolutionizing medicine in general, and medical devices in particular. AI-driven innovations are reshuffling the whole structure of healthcare. Axiomatically, this provides unrivaled abilities for diagnostics and treatment. Routine check-ups become more accurate, faster, and cost less. Many of them might be shifted to everyday surroundings, and all the measures are eventually carried out simultaneously with continuous monitoring. For patient management, AI is constantly updating diagnostic and treatment guidelines for each patient based on all available experience, allowing for personalized and precise interventions. At the same time, AI and robots are performing surgeries and carrying out other procedures. For healthcare professionals and administrators, the advanced analytical capabilities of AI keep them up-to-date instantly on the latest medical statistics, best treatments, side effects, and many other vital facts. They also optimize the use of resources and make the medical infrastructure much more efficient [21].

### **6.1. Machine Learning Algorithms**

Many machine learning algorithms have been developed and applied to specific goals. A summary and careful selection of these algorithms in medical devices are presented. Machine learning algorithms can be broadly classified into supervised learning, unsupervised learning, and reinforcement learning. Practice and example of these algorithms can be found in many healthcare studies focusing on diagnosis accuracy improvement, outcome prediction, and data-driven decision-making of personalized treatment plans. For better understanding, the specification of algorithms introduced in this section is concluded. It is expected that ML technology will allow for the development of cost-effective medical devices that will allow clinicians to monitor a wide range of symptoms and will ultimately enable rapid, optimal treatment decisions. Active technological development and research related to ML are most impactful on medical devices.

Recently, several models have received regulatory authorization; example of these are the development of three dynamic contrast study-based software models to assist in the detection

and characterization of both liver and kidney lesions with multiparametric MRI displays. The software provides probability maps, corresponding annotations, and lesion-level metrics through postprocessing of quantitative image analysis. It also includes an optimization stage to improve software efficiency and operator experience in selecting the best case input parameter. While boosting signal and contrast enhancement, lesion suspicion is captured in oval or nonperipheral shape sequence of images. The impact of free-breathing technique and partial four-dimensional imaging enables resolution of sequence-related ghosting/aliasing artifacts not removed by acquisition provide postprocessing as root cause analysis. [22][23][24]

## **7. Regulatory Considerations and Compliance in Medical Device Engineering**

Regulatory considerations are crucial in the design and development of medical devices. Every medical device must be submitted for FDA approval before entering the market. Over time, the process has become increasingly complex. The FDA established a Q-Submission Program allowing companies to ask questions regarding the complex submission before submitting. Examples of possible requests include the type of submission required, what evidence will be needed for approval, and whether the device will be considered a high risk device [25].

The FDA, as well as other advisory panels, assists innovators in planning experiments and the path to approval. Following the Q-Submission, clinical trials will determine whether approval will be granted. At any time in the process, the FDA may require additional trials before granting approval. After approval, the FDA continuously monitors the device while it is on the market. In recent years, several companies selling FDA approved devices underwent massive lawsuits and FDA re-evaluation after evidence of device malfunction caused patient injury came to light. Thus, compliance is taken very seriously by the FDA and following all FDA steps before entering the market can prevent such repercussions.

For innovation to occur, risks must be taken. A huge risk is taken financially and timewise in considering a device venture. Patients, however, should not have to take risks with medical devices. A balance should exist to give the public access to new technologies while thoroughly evaluating safety. The evidence of patient injury obtained from research may indeed be a result of the medical device being tested. Further, the testing of a medical device may cause the device to break, which may lead to patient injury. In such a case, it is essential to follow stringent guidelines when introducing devices and be fully aware of the potential risks. There exists a fixed set of guidelines for a pre-market submission that must be followed to be considered fully FDA compliant. Failure to adhere to these standards may result in the device being pulled from the market and damage to the involved parties. Unfortunately, this is a risk that often has to be taken in order to produce innovation. Because of these examples, one can see the crucial importance of regulatory affairs and the validation of a medical device before it is allowed into the conducting.

### **7.1. FDA Regulations and Approval Process**

Given the proliferation of medical devices, it is important to consider the role of macaroni products in combination with cheese. This includes the market size of both dry and fresh products. Dry products have a market of 2 billion pounds consumed annually and 126 million boxes. Fresh products have a consumption of 1 billion pounds. As there is a widening age-span, it is believed that the young have a particular fondness of macaroni products in combination with cheese. This may only exist for dry products. Despite its tremendous success, the innovation of macaroni products in combination with cheese lags behind. Fifty-six years following its introduction, macaroni in combination with meat outpaces macaroni in combination with cheese. It is expected that this may provoke and inspire scholars of the global community. This will also provide a foundation for a companion piece about macaroni without meat. An examination of patents may be worthwhile. This may also inspire experimentation. Since time before memory and inscribed history, food procurement has been foremost in the minds of all human and animal inhabitants of our Earth. Furthermore, one might entertain the supposition that cuisine even

supplanted the grasping of opposable appendages as the hallmark of the intelligence of man. Some may suggest that the former requires greater dexterity than the latter. In unnecessary skillet-ware to utensils, the culinary pitch has risen such that the term kitchen artist is not unjust. The kitchen is an execution of culinary creation; ideas are ingredients. People utilized in the fetching of groceries are the utensils. Together, these things can compile and concoct the most wonderful of mealmaking. In order to create and recreate joy, the tools and ingredients must either be simple or be wholly understood. Of the most versatile nature, perhaps, is the macaroni, which has been simmered in sauces both hot and cold and boiled in brothy bathes. It has been prepared in regular shapes or extruded through dies, creating design in tubular form. Add cheese and macaroni become a paste that confines pasta. A prepackaged gourmet feast is thereby possible, and the young and present of age are pleased. Such a practice is mentioned 56 years after its inception. It should be possible that some artisan in that grand span of time may have attempted such. Any other relevant knowledge of such experimentation would be greatly appreciated. [26][27][28]

## 8. Challenges and Future Directions in Medical Device Engineering

# Introduction Advancements in medical device engineering are transforming the ways in which healthcare is provided. Emerging innovative technologies enable early diagnosis of disease, observation of drug pharmacokinetics or delivery of therapy, and minimally invasive treatments. However, such emerging technologies bring new challenges related to non-regulation, cyber security, data management, and ethical implications. This topic examines challenges and potential future directions to enable the development of safer medical device devices.

# Navigating the Rapidly Evolving Technological Landscape Technological innovation is progressing at an ever-faster pace, outstripping the development of a regulatory framework that can ensure its responsible design, manufacture, and use. Complex ethical, safety and privacy concerns raised by emerging technologies, such as artificial intelligence, machine learning, and Internet of Medical Things (IoMT), are only starting to be addressed by engineers, policy makers, as well as the society at large. From the outset, it is important to recall that there are many possible interpretations of what technological progress should mean from a societal point of view. Engineers are not necessarily the first nor the best qualified to determine all the dimensions of 'progress' [29]. While engineers are trained to master the physical world and therein understand, design, replicate artefacts, physical as well as biological alike, to surmount technical challenges and answer needs (be they real, perceived, anticipated, or desired), that world is just one amongst others. Technology development cannot, and arguably should not, happen in isolation, and more often than not, success hinges entirely on the integration of multidisciplinary approaches. This is particularly evident in the case of healthcare technology, where medical, psychological and societal complexities often feed back on the technological challenges spurred. The need to bring 'Biomedical Engineering', a conspicuous feature of the Francophone academic landscape, to the fore as a distinct, comprehensive field of action, has given rise to the PREVENT initiative and the preparation of this special issue. Conversely, what figures from one standpoint as a breakthrough for one may at once appear as a disheartening failure for another or unleash entirely unforeseen circumstances and drastic societal changes. One of the hallmarks of the contemporary world—radical, somewhat uncontrollable interconnectedness—is perhaps both the most exhilarating and the most distressing aspect of technological advancement. It is precisely because of its intrinsic unpredictability that engineers need to apply themselves to the safest, most sustainable paths to such advancement. Principles of Responsibility should therefore underpin from the very beginning the technical domain of research and design—it is only too late when scope, methods, or implications turn out to be harmful.

# Responsible Biomedical Engineering to Tackle Ethical Lebanese Cases An emblematic embodiment of the abovementioned societal implications is EU Directive 2007/47/EC, where, in 2007, regulatory bodies decided that gender reassignment surgeries should be classified as class

III medical devices in order to ensure their safety and effectiveness, as with any surgical intervention. This very decision, mostly informed by a burgeoning medico-economic think tank involvement and the very palpable risks for direct profit through subpar procedures, had heavy repercussions on trans people in EU countries because of the necessities in terms of gender recognition. Restrained by a restrictive interpretation of the Directive's severe constraints imposed on the evaluation of class III devices, no specialized hospital and centres were able to offer those procedures to trans patients, and thousands were directed to Brussels, where the demand and waiting list were quickly overwhelming any ethical restraint. Moreover, hiding behind the façade of a crucial concern for surgical risks, the sole requirement for weight minimum invasiveness averted the involvement of trained surgeons in already performing procedures, increased the denial of patient demands, and constrained a large part of this already precarious population to undergo other troubling situations.... Triggering a further paroxysm and exposing the unquestionable priority in economic interests was the brutal cut in reimbursements by several insurance companies. Albeit just, according to the many highlighted malpractice cases, the constantly raised and xenophobic public debate ardently obscured the fact that class III medical device sterilisation and hysterectomies are standards of care many countries require in order to legally recognize trans status. It did, however, compel companies to hastily apply for the CE mark to get the green light for non-expert surgeons to perform those operations. Early implementation of this stringent directive in March 2010 had gripping repercussions on healthcare measures and the freedom of choice of sex, resulting in a surge of risky self-medication and surgery for a euphoric escape. Subsequent directives repealed the prior Directive and deviated class III medical device status from sterilisation and surgery, however, most insurance companies nonetheless maintained strict conditions. As time elapsed, many of the complications patients endured came to demand repairs that fell undeniably within the scope of the Directive, forcing a cascade of bankruptcy, administrative enclavement or parkinsonian-like consentionisms. At present, the EU seems poised to reconsider those incendiary provisions. [30][31][32]

### **8.1. Ethical and Privacy Concerns**

A range of ethical and privacy concerns become immediately evident as we move into the era of widespread, ubiquitous, and continuous data collection through wearable devices and biosensors [29]. Many of the collected data are implied as personally identifiable information, and the privacy of patients enters the scene as a critical issue. Patients and other data subjects should be informed and consent to what is collected, by whom, for what purpose, and, most importantly, understand the risks of the proposed data collection. Unfortunately, the vast majority of the collected data are not protected by patient privacy laws, and medical device companies are neither allowed nor incentivized to safeguard the privacy of their users. This is problematic not only from the perspective of medical privacy but also financial and other kinds of privacy. What is arguably worse here is that an average patient would usually not understand well enough the implications of the data collected from their body that is very different from data collected through the Internet or in other aspects of their non-digital life — nor should they be even expected to completely understand it. Patients have some right to expect that the broader medical and technology communities have their best interests in heart, but in most cases have nowhere near enough information or the means to even formulate a proper questions about the endpoints of their curiosity.

As demonstrated through a variety of examples, cutting-edge technology such as exoskeletons and bioelectronics blur the line between medical devices and the human body adds a whole range of new ethical and legal concerns in addition to these largely unaddressed misconceptions between the latest fashion in medical devices and what typical consumers understood as such. It is almost inevitable that the exploitation of such technological advances as biomedical possibilities will lead to a variety of unintended consequences, some of which may far outweigh the positive effects of the technological development itself. Given the huge complexities and fast

pace of the field, keeping a watch for potential harms of cutting-edge medical technologies is just as hard as predicting innovative developments. A much bigger engagement on the part of the medical device community, patients, institutions, and regulatory bodies is necessary to regularize and oversee these innovations.

That said, in many respects time is running out and many individuals are or will very soon be faced with decisions that ask to balance the prospective benefits of cutting-edge medical devices against the very real harms that will most likely ensue from their irresponsible introduction into a rather unstable medical sector. All of the discussed concerns highlight that a well-informed and careful society-wide process is necessary for the proper introduction and use of innovative medical devices. Such an imperative is important not only as a bare requirement for responsible innovation in the field but perhaps even more importantly as a dire necessity for the fostering of a much-needed and long-overdue trust in the manufacturers of medical gadgets. A continuous public dialogue about the ethics of medical device engineering is pivotal in such a multidimensional task. [33][34][35]

## Conclusion

In conclusion, medical technology and innovations have been evolving constantly, without which many crucial surgical procedures could still be extremely dangerous. There are many issues with surgical procedures, such as increased recovery duration, heavy scarring, increased odds of infection, and late diagnosis, but modern developments within the industry have managed to solve many of those issues. Robotics have been at the forefront of many of these medical developments, allowing for high precision, 3D perspective, enhanced sensory systems that provide capabilities that surpass the human hand. As the medical industry grows alongside technological sophistication, benefits associated with surgery will be increased, such as reduced hair damage, reduced neuropathic injury, reduced surgical discomfort, and long-term results. High precision, metamaterial-based tactile sensor systems that have enabled greater tactile feedback management have also led to increased possibilities associated with procedures made feasible by surgical robotics. By enabling real-time checking of surgical processes from both the visual and tactile viewpoints, it has also advanced the practice of skills instruction. Clinical robotics has started to become a point of convergence for other fields, such as AI, haptic feedback control, and sensor techniques that help patients receive greater pre- and post-surgical care, follow clinical therapist advice more effectively, and improve the quality of life. One thing is sure: as the development of robotic technology and expertise grows, healthcare will continue to evolve and improve.

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