

# Health Personalisation: From Wellbeing to Medicine

Shlomo Berkovsky  
shlomo.berkovsky@mq.edu.au  
Macquarie University  
Sydney, Australia

## ABSTRACT

Current agenda of health personalisation and recommendation research mainly revolves around lifestyle and wellbeing. A number of works on personalised technologies for physical activity, food intake, mental support, health information consumption, and more have been presented at the HealthRecSys workshops and related conferences. While these mainly addressed the patient as the recipient of the personalised service, strikingly little attention has been paid to personalised medical applications targeting clinical users. In this talk, we turn the spotlight to such medical use cases and the advantages personalisation can bring there. We will overview the established health care processes and highlight the touch points, where personalised support can improve the clinician's decision making. Also, we will discuss the differences between patient- and clinician-facing personalisation, particularly focussing on transparency and explainability. All these will be exemplified with recent and ongoing projects in personalised health.

## KEYWORDS

personalisation, health, medicine, decision making, clinician

## ACM Reference Format:

Shlomo Berkovsky. 2020. Health Personalisation: From Wellbeing to Medicine. In *Proceedings of the 5th International Workshop on Health Recommender Systems co-located with 14th ACM Conference on Recommender Systems (HealthRecSys'20)*, September 26, 2020, Online, Worldwide. , 1 page.

## BIO

Shlomo Berkovsky is a Computer Scientist, with theoretical and applied expertise in several areas related to human-centric applications of artificial intelligence. He leads the Precision Health stream of the Australian Institute of Health Innovation, which focusses on the application of machine learning methods to develop patient models and personalised predictions of diagnosis and care. He also studies how sensors and physiological responses can predict medical conditions, and how clinicians and patients interact with health technologies.

---

*HealthRecSys'20, September 26, 2020, Online, Worldwide*

© 2020 Copyright for the individual papers remains with the authors. Use permitted under Creative Commons License Attribution 4.0 International (CC BY 4.0). This volume is published and copyrighted by its editors.