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· 综述 ·

# ChatGPT 在口腔正畸教育和临床中的应用前景

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**【摘要】** 人工智能(artificial intelligence, AI)在口腔正畸临床中的应用逐渐增多,如影像识别、定点及数字化扫描等。ChatGPT是一种新兴的人工智能技术,自面市以来引起了社会各界的广泛关注。本文从教育和临床实践两个方面来探讨ChatGPT在口腔正畸领域的应用潜力,并分析其局限性。文献复习结果表明:ChatGPT在正畸教育领域能够提高教学效率、辅助完成医学模拟考试训练以及论文写作和学术研究等;在临床中能够进行医疗对话代理服务患者、简化临床流程并提高诊疗效率。但由于对ChatGPT的研究应用还处于较初级阶段,目前还存在数据量不足、回答问题精确度欠佳以及学术伦理和隐私等问题。未来,ChatGPT还需要进一步研究、训练和优化,确保其安全、道德和有益性,为人工智能更好地服务于口腔正畸领域奠定基础。

**【关键词】** ChatGPT; 人工智能; 正畸; 口腔; 教育; 临床; 医学; 局限性; 伦理; 应用前景



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**【Abstract】** In recent years, artificial intelligence (AI), such as image recognition and fixed-point and digital scanning, has been increasingly applied in dental orthodontics. ChatGPT is an emerging artificial intelligence technology that has attracted a considerable amount of attention from people of all walks of life since its introduction. This paper discusses the application potential of ChatGPT in the field of orthodontics from two perspectives—education and clinical practice—and analyzes its limitations. Current reports show that ChatGPT can improve the efficiency of teaching in orthodontic education as well as assist users in completing medical mock exams training, writing papers and conducting academic research, etc. In the clinic, ChatGPT can be used to engage patients in medical dialog, simplify clinical procedures and improve diagnostic and treatment efficiency. However, because ChatGPT is still in the early stages of research and application, there are problems such as insufficient data, inaccurate answers, and poor academic ethics and privacy. In the future, additional studies, training and optimization are needed to ensure the safety, ethics and benefit of AI, laying the foundation for improving the use of AI in the field of orthodontics.

**【Key words】** ChatGPT; artificial intelligence; orthodontics; stomatology; education; clinical; medicine; limitations; ethic; application prospect

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近年来,人工智能(artificial intelligence, AI)在医学领域取得了前所未有的繁荣。其主要通过机器学习(machine learning, ML)和深度学习(deep learning, DL)来实现疾病分类、早期诊断<sup>[1]</sup>、放射和病理学分析<sup>[2-3]</sup>、精准医学指导、改善临床护理<sup>[4]</sup>和评估疾病预后<sup>[4-5]</sup>等。口腔正畸学也紧随科技发展潮流,利用AI进行影像识别、头颅侧位片自动定点、数字化扫描、临床决策、疗效预测和生长发育评估等<sup>[6-7]</sup>。

ChatGPT(chat with generative pre-trained transformer)是由OpenAI公司开发的基于深度学习和自然语言处理技术的大型语言模型(large language models, LLM),能够回答连续问题、挑战错误前提并拒绝不适当的请求,颠覆了传统聊天机器人的功能,为用户提供了更好的交互体验<sup>[8]</sup>。这种强大的深度学习能力和高度拟人化的对话模式有望为口腔正畸教育研究和临床咨询诊疗带来新的革新。

因此,本文将探讨ChatGPT在口腔正畸教育和临床中的应用潜力,并分析其局限性,为人工智能高效地应用于正畸领域提供思路和方向,帮助更多正畸专业人员提升对AI的认知度,推动培养“面向世界科技前沿、面向国家重大需求、面向人民生命健康”的新医科专业人才<sup>[8]</sup>。

## 1 ChatGPT在正畸教育中的应用

### 1.1 提高教育效率

ChatGPT可以根据教师需求生成临床模拟场景<sup>[8]</sup>、构建课堂测验和评估教学效果等<sup>[9-10]</sup>。同时,打破时间和地域的限制,让基层医务工作者有同等的机会接触最新的循证知识,提升信息获取效率,为患者提供连续性和同质化的医疗健康服务<sup>[8]</sup>。ChatGPT在培养医学生自主学习能力方面也具有优势,包括创建虚拟导师或助手,为学生提供基于情境的知识问答,引导其深入思考;安排个性化的学习计划,提高创新能力与学习效率<sup>[9-10]</sup>;生成病例场景,帮助医学生练习和增强临床思维能力等<sup>[8, 10]</sup>。

### 1.2 医学模拟考试训练

ChatGPT回答医学知识的准确率为60%~70%<sup>[11-12]</sup>。研究表明,ChatGPT在美国医疗执照考试(United States Medical Licensing Examination, USMLE)中的表现达到了三年级学生的及格分数<sup>[13]</sup>。Kung等<sup>[14]</sup>也证明ChatGPT在没有任何人工

协助的情况下完成了USMLE。同时,它还具有一定遗传学专业知识。Duong等<sup>[15]</sup>比较了ChatGPT与人类在回答85个和遗传学有关的多项选择题的表现,结果表明人类的准确率为66.6%,ChatGPT的准确率为68.2%,并且它的答案几乎是即时产生的。基于此,本文作者连续3次将20道正畸选择题输入ChatGPT中,每次题目不同,结果显示正确率为30%。这可能与预训练数据集未包含相关内容以及正畸本身的复杂性有关。但ChatGPT在进一步的强化训练下,回答正畸问题的准确性将会提高。

### 1.3 论文写作和学术研究

人类在全面阅读大量文献并将获得的信息连接起来存在局限性,相比之下,ChatGPT能够快速理解信息并连接证据得出结论<sup>[16]</sup>。因此,它可以辅助研究者进行论文写作、文献研究、生成研究问题等<sup>[17]</sup>。

ChatGPT具有指定标题下文本生成功能,还能将注释组装为连贯的文本,这在生成论文草稿方面有一定的潜力<sup>[17-18]</sup>。有学者将ChatGPT生成的摘要与高影响期刊的原始摘要进行比较,结果只能识别出68%的生成摘要来自ChatGPT<sup>[19]</sup>。同时,它还可以检查标点、语法、变换同义词等,并且根据释义修改文章的语气和风格<sup>[20]</sup>。这有助于消除语言障碍<sup>[21]</sup>、平衡竞争环境,使更多人写出高质量的文章<sup>[22-23]</sup>。值得注意的是,虽然大多数文章检测结果被认为是原创<sup>[11]</sup>,但其真实性和准确性还存在争议<sup>[18]</sup>。《Nature》等高影响力杂志已禁止将ChatGPT列为作者,因为它不能对自己的工作负责<sup>[24]</sup>。因此,研究者应该建立发挥自身创造力为主、ChatGPT为辅的科研态度<sup>[23]</sup>和严格的科学标准,防止科学论文的滥造以维护良好的学术环境。Dergaa等<sup>[23]</sup>认为ChatGPT可通过扫描论文和提取重要信息来进行文献研究。此外,它还可根据指定主题提供潜在的研究问题列表以减少研究者过多繁琐的操作而注重新的研究设计,从而加速创新和更多的学科突破<sup>[25]</sup>。

## 2 ChatGPT在正畸临床诊疗中的应用

目前,ChatGPT还未能实质性地改变正畸医生的工作方式<sup>[26]</sup>,但可以作为医疗对话代理、辅助临床诊疗和优化机器人模型进一步提升AI在正畸临床中应用的深度和广度。



## 2.1 医疗对话代理 (conversational agents)

Strunga 等<sup>[27]</sup>认为 AI 是有希望改善患者护理和正畸效果的领域。ChatGPT 通过机器学习和自然语言处理 (natural language processing, NLP)<sup>[28]</sup>, 分析用户输入, 模拟人类语言行为生成自然合理的回答来提供咨询、筛查疾病、分诊、疗效监测以及培训医疗人员等。这对推进以患者为中心、鼓励患者自我管理、共享医疗过程以及提高满意度和就诊效率具有重要意义<sup>[28]</sup>。正颌手术是治疗骨性错颌畸形的一种有效手段<sup>[29]</sup>, ChatGPT 在为患者提供与手术相关信息方面具有巨大的潜力。Balel 等<sup>[30]</sup>通过向 ChatGPT 提出手术相关问题, 并由 33 名经验丰富的口腔颌面外科医生评估 ChatGPT 的答复, 结果显示, 除了回答与高级技术有关的问题时表现欠佳, 在其他问题方面 ChatGPT 能够提供十分准确且有用的答复。基于 NLP 模型, ChatGPT 还可处理复杂数据, 从医学文本如电子健康数据和临床笔记中提取有用信息并翻译成通俗易懂的语言来促进科学发现的传播<sup>[31]</sup>。此外, OpenAI 公司正逐步在 ChatGPT 中推出插件, 以便将其作为实体应用于现实生活中。如果将 ChatGPT 嵌入挂号小程序, 预约挂号、线上问诊和疗效监测三合一, 就能更好地实现定制化远程医疗服务, 最大程度降低矫治器损坏和治疗失败的潜在风险<sup>[27]</sup>。研究表明, 使用远程监测实现第一阶段治疗所需时间缩短 1.7 个月, 上下颌前牙运动表达的准确性也相对较高<sup>[32]</sup>。总之, 未来将是实体软件和语言模型强强联合的时代。

ChatGPT 还具有情感支持的功能, 通过分析患者的语言、语气, 判断其情绪状态, 如焦虑、悲伤或兴奋等。它可以开发自我评估工具, 通过提问评估患者的精神心理状态, 解答疑惑、舒缓情绪、提供心理支持, 使患者更加放松地面对治疗。同时, 它还能监测患者治疗过程中的情绪变化, 帮助医生提供针对性的支持和建议。

## 2.2 辅助临床诊疗

有学者向 ChatGPT 提供主题指定其编写虚拟案例, GPT 从这些概念中建立一致的因果关系, 输出一份包括主诉、病史、检查(包括体格、影像和病理学检查)以及治疗计划的完整的病例报告, 并进行讨论<sup>[11]</sup>。基于此, 笔者以中文形式将一份虚构的病例输入其中, ChatGPT 以患者主诉为中心设计方案, 对出现的问题逐次回复, 以较强的全科思维输出了一份较完整的矫治计划, 具体内容详见流

程图 1。尽管它没有为患者的病情提供具体的诊断或治疗建议, 但它在帮助正畸医生撰写病例、突出问题列表和提高医疗文档的速度和准确性方面具有很大的潜力, 这有利于简化工作流程、避免漏诊并改善患者护理<sup>[33]</sup>。

值得注意的是, 尽管 ChatGPT 可以根据患者病例资料设计治疗方案, 但最终决定权仍然掌握在专业的医疗人员手中<sup>[10]</sup>。同时由于人工智能目前尚不具有伦理主体地位和自我意识, 也不能独立承担相应的法律责任, 只是作为辅助决策的一种工具, 对其造成的错误应该追究使用者的法律责任, 而非人工智能本身<sup>[34]</sup>。

口腔正畸还是一门基于影像学资料制定治疗方案的学科。15 名放射科医生对 ChatGPT 生成的简化放射学报告进行质量评估, 结果表明, 这些报告“正确、完整, 对患者没有潜在的危害”<sup>[35]</sup>。尽管有一些不正确的陈述, 但研究者强调了它在放射学中的巨大潜力<sup>[35]</sup>。未来 ChatGPT 可直接整合到诊所或放射学中心, 自动生成简化的放射学报告有助于患者理解, 增加患者在治疗过程中的自主权, 并与原始报告一起交给病人, 这将是利用最先进的技术来改善以病人为中心的一种经济有效的方式<sup>[35]</sup>。此外, ChatGPT 还可通过给出合理的影像检查方式来筛查疾病, 避免了影像检查的过度使用<sup>[36]</sup>。

## 2.3 优化机器人语言模型

目前, 与口腔正畸相关的机器人研究最多的是弓丝弯制和定制矫治器, 其次是诊断和正畸模拟, 以及辅助颌面外科手术和种植体植入等其他服务。在远程监测和正畸教育中的应用研究占比较少<sup>[37]</sup>。而 ChatGPT 作为一种 AI 聊天机器人, 很好地补充和拓展了机器人在正畸领域的应用。在未来, ChatGPT 和实体机器人的结合不仅延伸了正畸医生的眼和手, 展示出较精密的结果, 还能为正畸医生和患者提供更友好、更准确和更高效的服务。

## 3 ChatGPT 在正畸应用中的局限性

### 3.1 数据量不足

ChatGPT 训练数据不足主要体现在时间、专业范围和语言三方面。其训练数据的截止日期是 2021 年 9 月, 因此它无法提供关于口腔正畸技术、治疗方法和研究的最新信息。由于训练数据覆盖学科有限, 目前 ChatGPT 对理解复杂的人体解剖还存在局限性<sup>[38]</sup>, 在医学考试中的知识水平和解释



Enter virtual case data into ChatGPT

Please provide a complete treatment plan based on the following information:

Sex: female; age: 14 years

Chief complaint: protruding mouth and crooked teeth for several years, request for orthodontic treatment.

Present illness history: the patient and her family reported crooked teeth and protruding mouth for several years and requested orthodontic treatment.

Past medical history: the patient denies having any systemic diseases or drug allergies.

Dental history: the patient has a habit of biting the lower lip. The patient denied receiving any previous orthodontic treatment before seeking treatment here.

Family history: suspected maternal inheritance.

Physical examination:

(1) Oral hygiene: fair, mild gingival redness and swelling.

(2) Permanent teeth: narrow upper dental arch, upper anterior teeth inclined towards the lip, severe crowding of the upper and lower teeth; distal relationship of bilateral molars. Overjet: 6 mm. Overbite: II°.

(3) The upper middle line is positive, and the lower 1/3 of the face is slightly shorter in height.

(4) Side view: convex type.

(5) Temporomandibular joint tenderness, clicking, and normal range of motion.

Auxiliary examination: CBCT: bilateral condyle can be seen at different degrees of absorption; lateral skull radiograph showing protrusion of the upper jaw and retrusion of the lower jaw at equal angles.

ChatGPT outputs a treatment plan

Based on the provided information, a possible comprehensive treatment plan is as follows:

1. Initial assessment and diagnosis:

- A comprehensive oral examination of the patient is performed, including oral hygiene status and gum health assessment.
- Facial and maxillofacial clinical assessments are performed, including assessments of upper and lower dentition crowding, tooth inclination, facial pattern, and the occlusal relationship.
- Auxiliary examinations, such as cone beam computed tomography (CBCT) and cranial lateral radiographs, are performed to further evaluate the structure and relationships of the jaw.

2. Development of a treatment plan:

- Treatment goals and plans are determined based on the results of the initial evaluation.
- Goals may include reducing the extent of protrusion of the mouth, adjusting tooth alignment and occlusal relationships, and improving face shape.
- It is necessary to work with the patient to reduce the frequency of lower lip biting.

3. Orthodontic treatment:

- Orthodontic treatment is recommended to correct crooked teeth and mouth protrusion.
- Some teeth may need to be removed to address crowding.
- A fixed appliance (such as braces or invisible appliances) can be used to move the teeth and adjust the bite relationship.
- Treatment progress was monitored at regular follow-up visits, and necessary adjustments and corrections were made.

4. Maxillofacial surgery (if required):

- Due to maxillary protrusion and mandibular retraction, surgical correction may be needed.
- In addition, given the symptoms of the TMJ, maxillofacial surgical intervention may be required to improve joint function.
- Surgical treatment can be performed following consultation with an oral and maxillofacial surgery specialist.

5. Other adjuvant treatments:

- During orthodontic treatment, additional complementary treatments, such as orthodontic laser therapy or periodontal therapy, may be needed to promote oral health and improve treatment outcomes.

6. Regular review and follow-up treatment:

- After orthodontic treatment and maxillofacial surgery, regular reviews are needed to ensure the stability of the teeth and bite.
- Retainers (such as removable retainers or fixed retainers) may be needed.

Figure 1 Virtual case data entered into ChatGPT and treatment plan created by ChatGPT

图1 向ChatGPT输入虚拟病例资料以及ChatGPT输出的治疗计划



能力低于医学生<sup>[12]</sup>。正畸患者数量有限和数据收集难度较大可能会成为该模型发展的瓶颈。此外,由于预训练主要以英文语料为主,因此ChatGPT在面对中文语境时的理解和表达能力较弱。例如对于“苹果比梨多1/6”类似含义的语句,ChatGPT可能会生成“苹果是梨的1/6倍”或“苹果是梨的1/6”等错误的表述<sup>[9]</sup>。但是,ChatGPT的知识和解释能力会通过深度学习迅速提高,有望更好地为医疗健康和教育等领域服务。

### 3.2 精确度欠佳,给出错误信息

在临床应用中,ChatGPT的精度可能会受影像拍摄技术和用户精准表达需求能力的影响,这决定能否与ChatGPT更好地契合以输出更精确和满意的结果。同时,ChatGPT并不总是完全了解提出的问题或上下文<sup>[39]</sup>,对提示的微小变化很敏感,即使输入相同的文本,也可能会得到不一样的结果<sup>[19]</sup>。甚至有时生成错误且不合理的答案,并以事实的结果呈现,误导不具备专业知识或相关常识的学习者,引起学习迷航与认知障碍<sup>[9]</sup>。研究者通过提供前部缺血性视神经病变和非动脉炎性前部缺血性视神经病变的眼底照片来测试ChatGPT-4的最新图像分析功能(可以提出视觉问题),结果ChatGPT错误地认为眼底照片是CRISPR-Cas系统(一种基因编辑技术)的示意图,然后提供了对CRISPR-Cas系统阶段的解释,与提供的图像完全无关<sup>[40]</sup>。这在复杂的医学领域需要引起足够的重视,专业人员必须对其结果进行科学的评估和验证以确保信息的准确性。

在学术研究中,ChatGPT的可靠性也遭到了一定的质疑<sup>[24]</sup>。Dashti等<sup>[41]</sup>为了验证ChatGPT能否为科研写作提供准确的学术参考,要求ChatGPT在*Journal of prosiddentistry*(JPD)中找到一篇包含特定关键词(如:龋病)的文章,然后确定这些文章是否真的发表过。结果表明ChatGPT提供的所有75篇文章都不能准确地在JPD或Google Scholar数据库中找到。因此,ChatGPT目前还不足以提供准确的文献来源。

### 3.3 学术伦理及隐私问题

ChatGPT强大的文本处理能力使教育资源更容易获得且更为高效<sup>[42]</sup>。学生通过表达需求来快速获取答案、撰写论文和轻松生成实验报告<sup>[43]</sup>,得到不属于自身的作品。这种极大的便利可能会磨灭学生的创造力,导致无意的作弊<sup>[23]</sup>和破坏公平的竞争环境<sup>[42]</sup>。因此,这可能需要教师提供需要

批判性思维的作业,以超越AI的实际能力,从而发挥学生的创造力。

在正畸临床中使用ChatGPT可能涉及个人和医疗信息的收集和存储<sup>[40]</sup>。这引发了人们对隐私和数据安全的担忧。因此,在ChatGPT应用于临床之前,必须实施最先进的数据保护措施,包括敏感信息的加密、安全数据传输和存储以及访问控制。OpenAI公司也在努力从训练数据中删除个人信息、微调模型以拒绝对私人信息的请求来最大限度地保护用户的隐私安全。

## 4 小结

ChatGPT在不久的将来可能在口腔正畸教育和临床实践领域产生重大影响。由于其处于初级阶段,因此还需进一步研究、训练和验证,以实现在正畸领域的积极作用。此外,还要考虑到ChatGPT带来的负面影响和无法代替正畸工作者的性质,从而进一步优化和发挥其辅助作用。

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