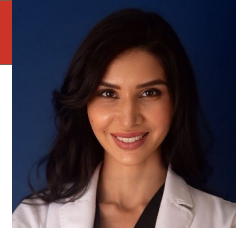


Preparing Nurses for the Future: AI, Precision Health, and the Evolution of Care

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Change has always been part of nursing.

From paper charts to electronic records, from bedside monitors to telehealth, our profession has continually evolved.

Yet today's transformation feels different. Artificial intelligence, wearable technologies, genomics, and predictive analytics are opening doors that many of us could not have imagined a decade ago.

Not long ago, the conversation centered on fear.

Would AI replace doctors and nurses? Would technology diminish the human connection that defines our profession?

Today, the conversation is changing.

The question is no longer whether artificial intelligence will outperform us. The question is whether we are preparing ourselves and the next generation of nurses for what comes next.

This is an exciting time for nursing.

Healthcare is shifting from reactive care to predictive care. Precision health,

wearable technologies, and genomics are creating opportunities to personalize healthcare in ways once thought unimaginable.

*"We cannot direct the wind, but we can adjust the sails."
— Dolly Parton*

These advances will require new skills.

Tomorrow's nurses will need to feel confident interpreting data, understanding digital health technologies, evaluating AI-generated insights, and using these tools responsibly to enhance, not replace, clinical judgment.

Yet amid all this innovation, one truth remains unchanged.

Patients are not looking for chatbots or AI agents. They are looking for trust.

And nurses remain one of the most trusted professions in the world.

Empathy, presence, critical thinking, and human connection remain the foundation of nursing.

Preparing nurses for the future does not mean having all the answers. It means embracing change with curiosity, committing to lifelong learning, and having the courage to lead our profession into its next chapter.

Because, as Dolly Parton reminds us, we do not have to control the wind.

We simply need to adjust the sails. ■

Juliet Interiano, MSN, APRN, FNP-BC, is a family nurse practitioner with more than 13 years of clinical experience and currently practices precision and longevity medicine in South Florida. She is a graduate of the Johns Hopkins Artificial Intelligence in Healthcare program and has served as an adjunct nursing faculty member, clinical preceptor, and guest speaker for nursing students and professional organizations. Her interests include artificial intelligence, wearable technologies, genomics, precision health, and preparing nurses for the future of healthcare.