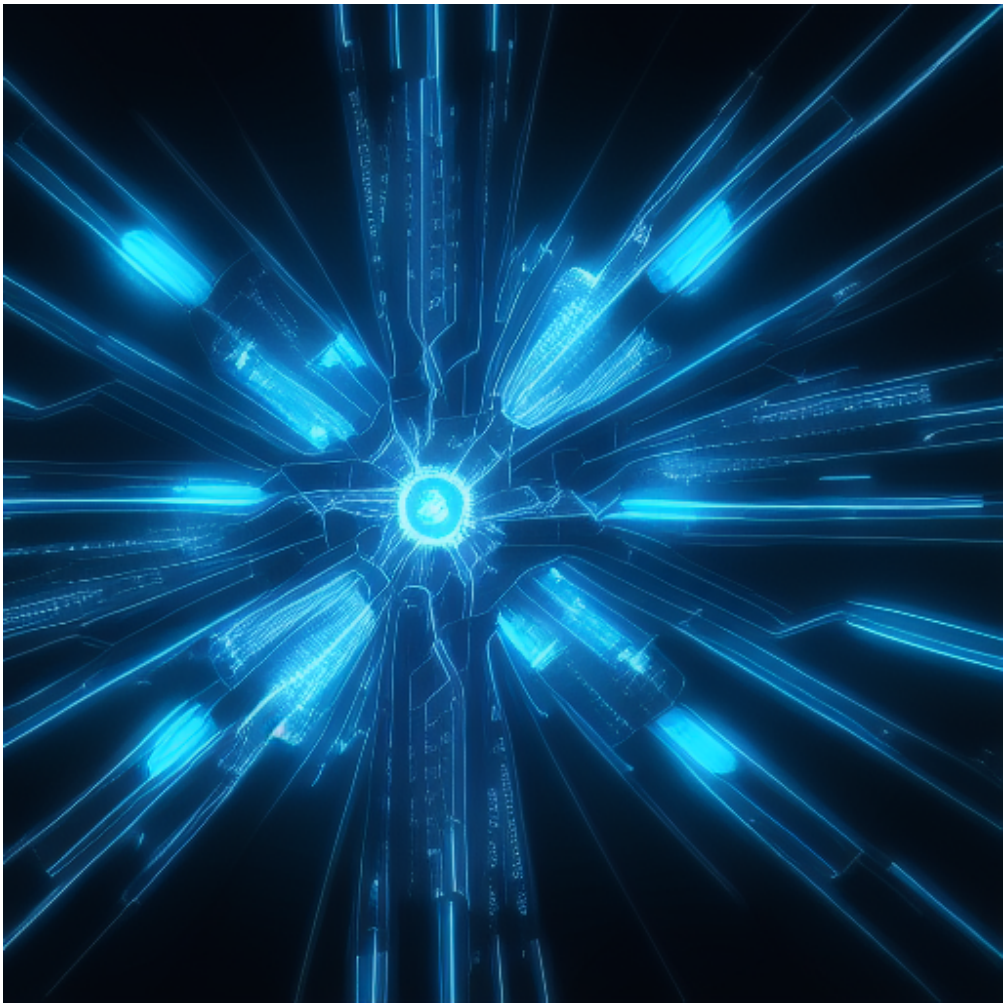
Practical AI Across Human Practice

Applying AI with judgment — across healthcare technology, filmmaking, holistic practice, and the ethics that hold it together

Devin Lockett — First Edition — July 2026



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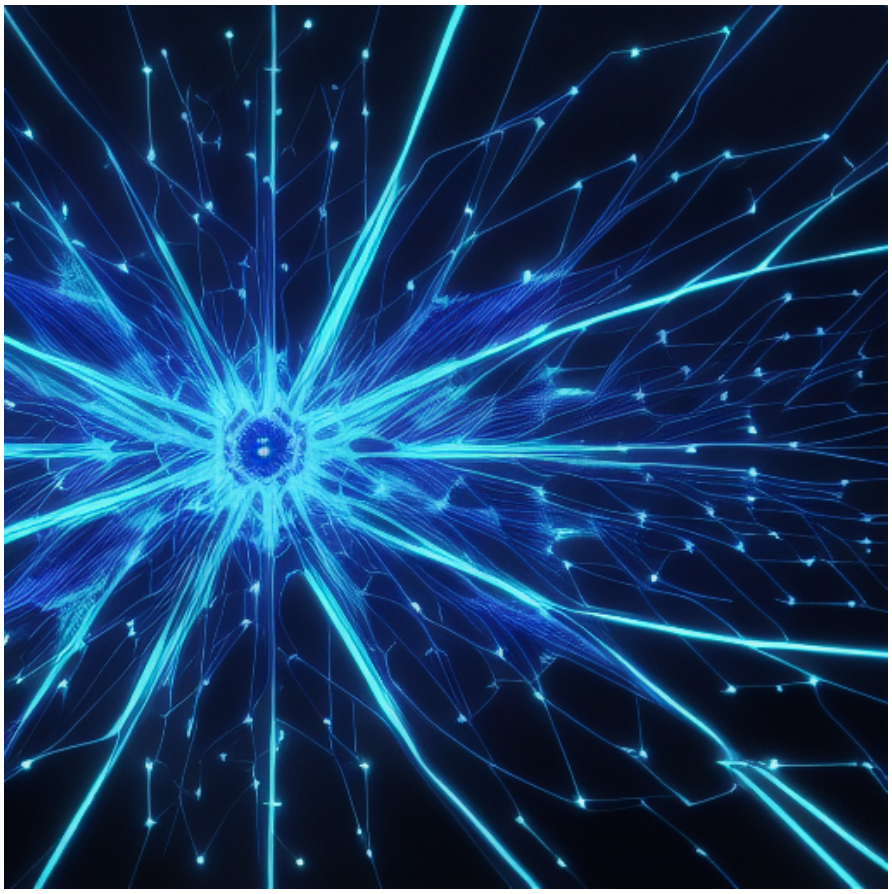

Foreword

Artificial intelligence has finally become boring in the best sense. It has moved from the demo stage — where every capability was a headline — to the working stage, where it is just another tool on the bench that either earns its keep or gets set aside. As of 2026, generative AI is mainstream in business, used in at least one function by a majority of organizations, roughly double the rate of not long before. The interesting question is no longer whether AI works. It is whether you are applying it with judgment.

This collection reflects on practical AI across a set of domains that rarely share a bookshelf: healthcare technology management, independent filmmaking, holistic-health practice, and the ethics of deploying any of it responsibly. What ties them together is a bias toward the practical — AI as a competent assistant to skilled human work, not a replacement for it, and not a magic trick.

Read it front to back once, then keep the checklists at the end of each chapter nearby. They are meant to be argued with, adapted to your own domain, and used to keep the tools honest.

Chapter 1 — Practical Beats Impressive

The most common mistake with AI is chasing the impressive over the useful. A flashy capability that solves no real problem is a distraction; a modest capability that quietly removes a recurring friction is a genuine gain. Practical AI starts from the problem, not the tool — what is slow, error-prone, or repetitive in the actual work — and asks whether a computational assistant can help, honestly.

The generative-AI market is large and growing fast, valued in the tens of billions in 2026 with projections into the trillions over the coming years, and content creation, code generation, and customer interaction lead the use cases. But market size is not a reason to adopt. The reason to adopt is a specific task that gets meaningfully better. The practitioner who asks "what problem does this solve for me today" gets more from AI than the one who asks "what can this do."

Start from the friction. Adopt what earns its place. Ignore the rest, no matter how impressive the demo.

Field Checklist

- Start from a real problem, not a shiny capability
- Adopt tools that remove specific, recurring friction
- Ignore impressive demos that solve nothing for you

Chapter 2 — AI in Healthcare Technology Management

Healthcare technology management is fertile ground for practical AI because so much of it is pattern and repetition. Predictive maintenance uses equipment data to flag a device drifting toward failure before it fails, turning an unplanned emergency into a scheduled fix. Workflow automation handles the documentation and scheduling overhead that otherwise consumes a technician's time. And diagnostic-system integration helps make sense of the data streaming off modern clinical equipment.

The essential discipline in this domain is that AI assists the clinical engineer; it does not replace their judgment or their accountability. A model can flag an anomaly, but a qualified professional decides what it means and what to do. In a field where the stakes are patient safety, the human in the loop is not optional — it is the whole point. AI that makes a skilled biomed faster and more proactive is valuable. AI that is trusted to decide unsupervised is dangerous.

Use AI to see problems sooner and to spend less time on paperwork. Keep the decisions with the human who is accountable for them.

Field Checklist

- Use predictive signals to schedule fixes before failures
- Automate documentation and scheduling overhead
- Keep clinical decisions with accountable professionals

Chapter 3 — AI in Independent Filmmaking

Independent filmmaking runs on constraints — time, budget, and crew — and that is exactly where computational tools help most. In post-production, AI can accelerate the tedious passes: rough cuts, transcription, and search across footage. Color science automation handles baseline grading so the artist starts from a sensible place rather than zero. Narrative analysis tools can surface structure and pacing in a way that informs, without dictating, creative choices.

The line to hold is that these tools expand what a small team can do; they do not make the creative decisions. The value in independent film has always been voice and vision, and no automation supplies those. What automation supplies is more hours for the human work that matters — freeing the filmmaker from the grind so the craft gets the attention. AI is a very capable assistant editor and colorist. It is not the director.

Let the tools carry the tedium and the setup. Keep the taste, the voice, and the final call with the artist.

Field Checklist

- Automate the tedious post-production passes
- Use color and analysis tools as starting points
- Keep creative decisions with the filmmaker

Chapter 4 — AI for Holistic-Health Practice

Holistic-health practice generates data — client histories, protocols, outcomes, patterns over time — and AI can help a practitioner see across it. Pattern recognition can surface correlations a busy human might miss. Personalized protocols can be informed by a fuller picture of what has worked. Practice-management systems can automate the administrative load so the practitioner spends more time with clients and less with spreadsheets.

The care required here is real, because this domain touches people's health and wellbeing. AI in holistic practice must be a support to evidence-informed judgment, not a substitute for it, and never a source of unverified claims. A pattern is a hypothesis to examine, not a conclusion to act on blindly. The practitioner's responsibility to their client is not something an algorithm shares. Used well, AI helps a thoughtful practitioner be more attentive and better organized. Used carelessly, it manufactures false confidence.

Let AI help you notice and organize. Keep the judgment, the evidence standard, and the client relationship human.

Field Checklist

- Treat surfaced patterns as hypotheses, not conclusions
- Keep protocols grounded in evidence and judgment
- Use automation to add client time, not replace care

Chapter 5 — The Ethics You Can't Bolt On Later

Ethics is not a feature you add after the system ships. It is a design constraint you build in from the start, or it is absent. Responsible AI deployment, human-centered design, and clear boundaries about what a system should and should not decide are not afterthoughts — they are the difference between

a tool that serves people and one that quietly harms them. Talks and panels on AI ethics exist precisely because these questions get harder, not easier, as the tools get more capable.

The practical version of AI ethics is a set of questions asked early and often. Who is accountable when the system is wrong? What data trained it, and whose interests does it serve? Where is the human in the loop, and can they actually override the machine? What happens to the person on the receiving end of a bad output? A team that asks these questions before deployment builds systems people can trust. A team that asks them after a failure is doing damage control.

Build the ethics in. Ask the hard questions before the system ships, not after it fails.

Field Checklist

- Define accountability before deployment
- Keep a human able to override the system
- Ask who is harmed by a bad output, and plan for it

Chapter 6 — What Forty Years of Practice Teaches About New Tools

A long career spanning medical equipment work, creative production, and health practice offers one durable lesson about new technology: the tool changes, the discipline does not. Every generation brings a new capability that promises to transform the work, and every generation the practitioners who thrive are the ones who adopt the tool without abandoning the fundamentals. The people who chase every new thing without judgment burn out; the people who reject everything new fall behind. The middle path is discernment.

AI is the current version of an old story. It is genuinely powerful and genuinely useful, and it is also over-hyped in places and misapplied in others. The practitioner with decades of pattern-matching behind them has an advantage here: they have seen tools come and go, and they know the difference between a fad and a fundamental shift. Apply that experience. Let AI earn its place through results, not promises, and keep the craft that no tool replaces.

The tool is new. The discipline of judgment is not. Bring the experience; let the AI prove itself.

Field Checklist

- Adopt new tools without abandoning fundamentals
- Judge AI by results, not by hype
- Bring hard-won discernment to every new capability

Chapter 7 — Building an AI Practice Worth Sharing

The value of thinking carefully about AI compounds when it is shared. Essays, talks, case studies, and honest field notes turn private practice into public knowledge, and public knowledge into a body of work that helps other practitioners and invites collaboration. The goal is not to be a guru with all the answers; it is to be a working practitioner documenting what actually happened when the tools met the real problems.

A practice worth sharing is specific and honest. It reports the applications that worked and the ones that did not. It resists the temptation to overclaim. It stays open to research partnerships, speaking, and deep conversations with other practitioners, because the field is moving fast enough that no one has the whole picture. Consistency matters more than brilliance — the practitioner who shows up regularly with useful, grounded reflection builds trust that the occasional viral take never earns.

Share the real work, honestly and consistently. Invite the conversation. That is how a practice becomes a contribution.

Field Checklist

- Document what actually worked, and what didn't
- Resist overclaiming; report honestly
- Stay open to collaboration and inquiry

Conclusion: The Human Stays in the Loop

Across every domain in this collection — biomedical equipment, independent film, holistic practice, and the ethics threading through all of them — the same principle holds. AI is a powerful assistant to skilled human work, and it is at its most dangerous when it is trusted to be more than that. The predictive-maintenance flag still needs an accountable engineer. The rough cut still needs a director's taste. The surfaced health pattern still needs a practitioner's judgment. The system still needs a human who can override it.

The 2026 landscape makes this easy to forget. AI is mainstream, the market is enormous, and the pressure to adopt is everywhere. But mainstream is not the same as wise, and adoption is not the same as good judgment. The practitioners who get the most from these tools are the ones who stay practical, stay honest, and keep themselves in the loop — using AI to see sooner, work faster, and spend more time on the human parts that no algorithm replaces.

Start from the problem. Adopt what earns its place. Build the ethics in. Keep the human accountable. Do that across any domain, and AI becomes what it should be: a very good tool in the hands of a thoughtful practitioner, and nothing more mystical than that.

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ABOUT THE FOUNDER

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Devin Lockett is the founder and entrepreneur behind this title and the wider BiomedRx family of companies-spanning healthcare technology, wellness, media, and community initiatives. He builds brands focused on quality, service, and independent ownership.