PERSONAL ASSISTANCE FOR SENIORS WHO ARE SELF- RELIANT

IBM NALAIYA THIRAN

PROJECT REPORT

Submitted By

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ELECTRONICS AND COMMUNICATION ENGINEERING

CHAPTER - 1 INTRODUCTION

1.1 PROJECT OVERVIEW

In day-to-day life, most people need to take medicines which were not there in the past couple of years and the reason behind this is diseases are increasing in a large amount. So sooner or later many people encounter these diseases. Some diseases are temporary while many are permanent life-threatening diseases.Lifethreatening diseases get mixed with the human body in such a way that they can't leave the body ever and they increase in rapid time. The life span of humans became less because of such diseases and to overcome or to live a better life we need to take medicines regularly and also in the large amount. We need to be on the advice of a doctor who tells us to take desired pills in the desired way so that patients face problems like forgetting pills to take at right time and when the Doctor changes the prescription of medicine patients have to remember the new schedule of medicine. This problem of forgetting to take pills at right time, taking the wrong medicines and accidentally taking expired medicine causes health issues for the patient and this leads to suffering from unhealthy life. Our project is to make a software-based helping system, which connects the caretaker of the patient with the patient, to send timely SMS alerts to them at the specified time and with the specified note set by the caretaker. The patient can be duly monitored by the caretaker and hence his/her health can be monitored better with this software

1.2 PURPOSE

The purpose of this project is to keep people fit and safe from health-threatening diseases. The sole purpose of medicines is to treat the patients and control their metabolisms properly so that the health risk can be reduced and thus the patient can get a cure for the illness and can live a longer life.

People, especially senior citizens are facing so much trouble remembering the time and name of the medicines to be taken. Therefore, the problem could create severity among people when medicines are not taken or are wrongly taken.

When this proposed solution is set to work, the problem can be reduced, as the caretaker on the other side, set the note of the medicine to be taken and the time at which the patient must be alerted with the note. This software can alert the patient with clear information and hence the patient will not be forgotten to take medicine and will take the medicine at right time.

This solution can ultimately help the patients and caretaker to preset the schedule and he/she also need not remember the time to notify their patients, hence everything goes smoothly.

LITERATURE SURVEY

2.1 EXISTING PROBLEM

Smart Pill Box is based on the medicine bag concept to store pills, to remind and ensure timely intake of medicines. The system alerts if faulty medications are consumed. Each compartment of the box to organize pills can be separately programmed by specifying pill quantity, intake time and refill if necessary. The entire system is managed by some mobile applications which give connectivity between doctors, patients, and pharmacies. This system is connected to IoT, to regularly monitor patients' health details and to integrate it with the server for efficient record keeping and treatment.

2.2 REFERENCES

- 1. Huai-Kuei Wu1, CHI-Ming Wong, Pang-Hsing Liu1, Sheng-Po Peng, Xun-Cong Wng1, Chih-Hi Lin1 and Kuan-Hui Tu1 (2015) 'A Smart Pill Box with Remind and Consumption Confirmation Functions', IEEE 4th Global Conference on Consumer Electronics, 10.1109/GCCE.2015.7398716
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- 4. Obaidulla-Al-Mahmud1, Md.Kausar Khan, Rajdeep Roy, and Fakir and Mashuque Alamgir (2020) 'IoT based Smart Health Care Medical Box for

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- 5. Aakash Bharadwaj, Divyank Yarravarapu, Sadiparala Charan Kumar Reddy, Thirumalaraju Prudhvi, KSP Sandeep and Obulam Siva Dheeraj Reddy (2017) 'Enhancing Healthcare using m-Care Box(Monitoring non Compliance of Medication)', International Conference for Innovative Mechanisms for Industry Applications, 10.1109/ICIMIA.2017.7975594
- 6. R Al-Shammary, D.Mousa, S.E.Esmaeili (2018) 'The Design of a Smart Medicine Box', 26th Iranian Conference on Electrical Engineering, 10.1109/ICEE.2018.8472586
- 7. Aitor Almeida, Rubén Mulero, Piercosimo Rametta, Vladimir Urošević and Marina Andrić "A critical analysis of an IoT—aware AAL system for elderly monitoring."
- 8. Tae Hee Jo , Jae Hoon Ma and Seung Hyun Cha, "Elderly Perception on the Internet of Things-Based Integrated Smart-Home System".
- 9. Sultan Ahmad ,Mahamudul Hasan , Gouse Pasha Mohammed , Mohammad Shahabuddin , Tasnia Tabassum and Mustafa Wasif Allvi, "IoT Based Pill Reminder and Monitoring System."

2.2 PROBLEM STATEMENT DEFINITION

Creating a problem statement to understand your customer's point of view. The Customer Problem Statement template helps you focus on what matters to create experiences people will love.

Our main aim is to make a Smart medicine box for those users who regularly take medicines and the prescription of their medicine is very long as it is hard to remember for patients and their caregivers.



Figure 2.1. Problem Statement

IDEATION AND PROPOSED SOLUTION

3.1 EMPATHY MAP CANVAS

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviors and attitudes. It is a useful tool to help teams better understand their users. Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

Empathy Map Canvas

Gain insight and understanding on solving customer problems.

1

Build empathy and keep your focus on the user by putting yourself in their shoes.

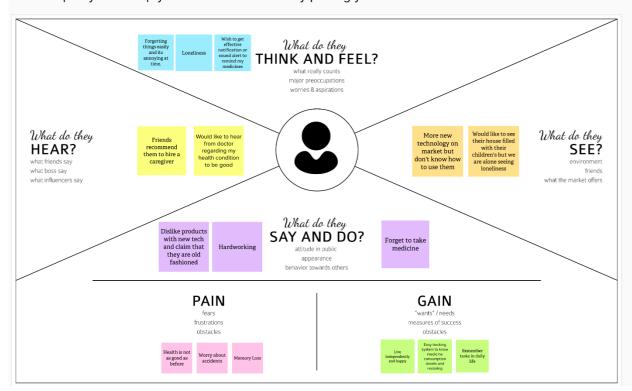


Figure 3.1. Empathy Map

3.2 IDEATION & BRAINSTORMING

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem-solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich number of creative solutions.

STEP-1 TEAM GATHERING, COLLABORATION AND SELECTING THE PROBLEM STATEMENT

This step includes the formation of a team, collaborating with the team by collecting the problems of the domain we have taken and consolidating the collected information into a single problem statement.

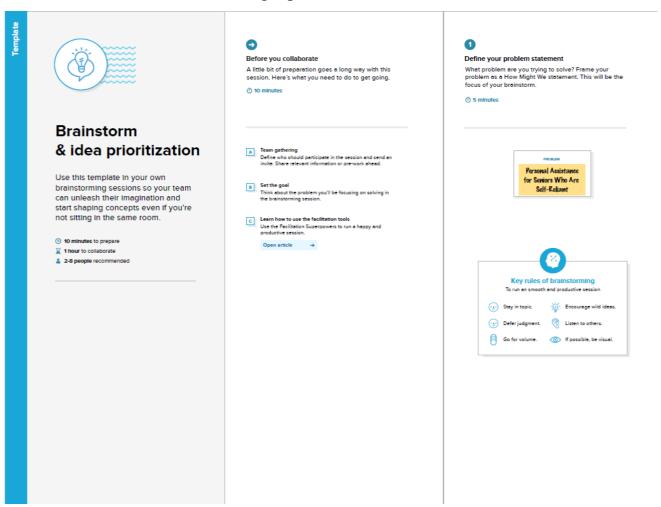


Figure 3.2. Ideation And Brainstorming

STEP 2 BRAINSTORM, IDEA LISTING AND GROUPING

This step of ideation includes the listing of individual ideas by teammates to help with the problem statement framed. All the individual ideas have been valued and made individual clusters.

Then discussed as a team and finally made an ideation Cluster A and concluded with the most voted ideas from all the clusters together and Cluster B with the least needed ideas.

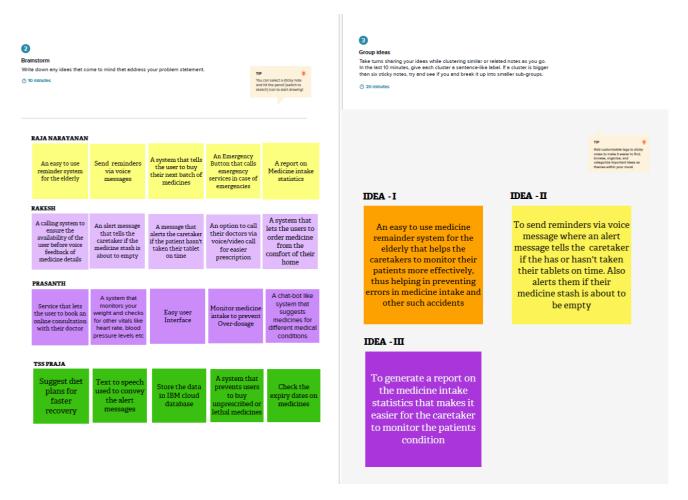


Figure 3.3. Brainstorm, Idea Listing and Grouping

STEP 3 IDEA PRIORITIZATION

This step includes the process of listing necessary components to come up with the working solution and making a hierarchy chart by prioritizing the components based on importance, say from the higher being backend and lower being the user interfacing components.

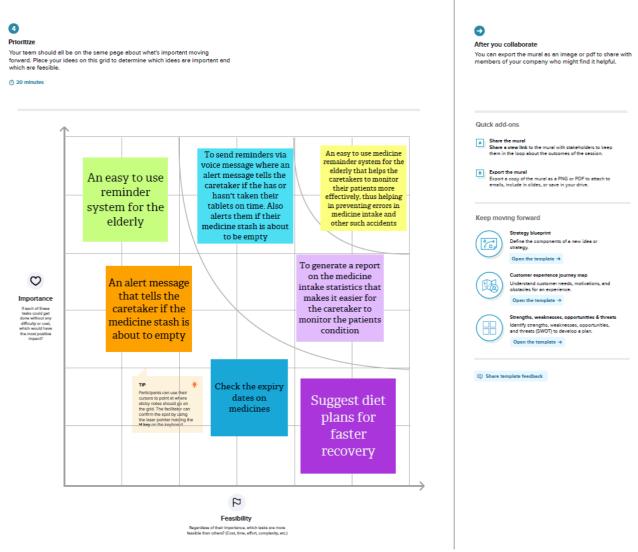


Figure 3.4. Idea Prioritization

3.3 PROPOSED SOLUTION

Problem statement (problem to be solved)

Our project's main aim is to make a Smart medicine box for those users who regularly take medicines and the prescription of their medicine is very long as it is hard to remember for patients and their caregivers.

Idea / Solution description

A Smart medicine Box which remains us to take tablets regularly and the information have been fed to the backend of the Cloud database by the caretaker through a Mobile application that triggers the IOT device to take medicines to patients with a voice command and lights up.

Novelty / Uniqueness

A compact Device which can be carried out anywhere else and Emergency SOS System for the patients.

Social Impact / Customer Satisfaction

A handy product which is used to remain takes regular doses of tablets or insulin for the patient or the senior citizen in society.

3.4 PROBLEM-SOLUTION FIT

The Problem-Solution Fit simply means that you have found a problem with your customer and that the solution you have realized for it solves the customer's problem. It helps entrepreneurs, marketers and corporate innovators identify behavioural patterns and recognize what would work and why.

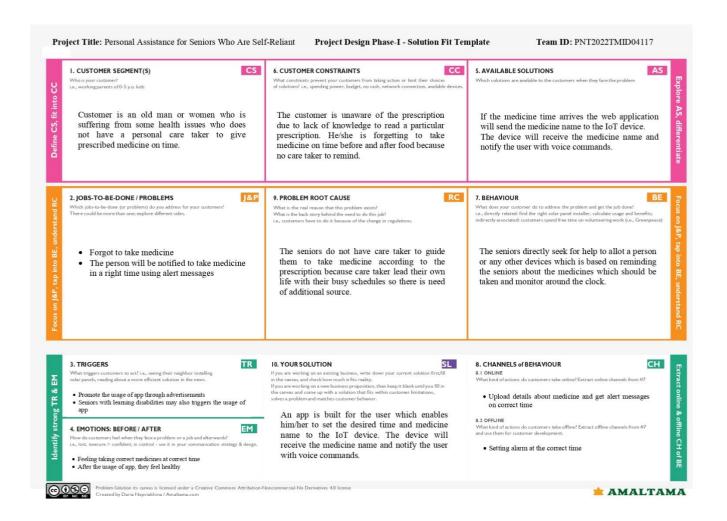


Figure 3.5. Solution Fit

REQUIREMENT ANALYSIS

4.1 Functional Requirements

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through our web application.
FR-2	User Confirmation	Confirmation within the web application.
FR-3	User Input Medication Data	Data should be fed to the dashboard text fields in the application.
FR-4		Data will be saved in the application and acknowledgement will be given to the user.
FR-5	Internet Connectivity	User should have a stable internet connection to accessthe functionality of our project via web application.
FR-6	Actuators	Speakers are required to notify the users.

4.2 Non-Functional Requirements

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	The whole system can be accessed through webapplication. Hence it is very easy to use.
NFR-2	Security	The data will be stored in the cloud so the user'sdata is secured.
NFR-3	Reliability	As the data is stored in cloud, the data cannot bemanipulated externally so it is highly reliable.
NFR-4	Performance	As virtual sensors are used for sensing operations its values are quite accurate. Hence performance would be considerably good.
NFR-5	Availability	The Cloud server is active all the time the user canavail it anytime.
NFR-6	Scalability	The application can be used in any kind of operating system either in small or large OS so the scalability isvery high.

PROJECT DESIGN

5.1 DATA FLOW DIAGRAMS

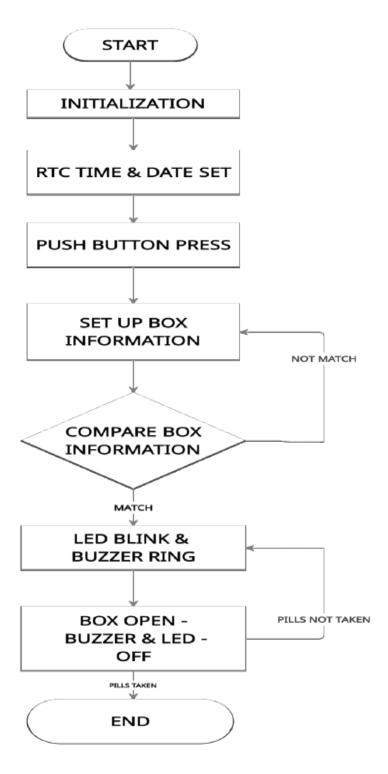


Figure 5.1. Data flow Diagram

5.2 SOLUTION AND TECHNICAL ARCHITECTURE

The solution architecture includes the components and the flow we have designed to deliver the solution.

Here, the application is planned to be designed, where the caretaker of the patients can feed the medicinal details to the database connected with the help of python and API calls. By monitoring that information in the program, timely message alerts are given to the patients to intake the medicine.

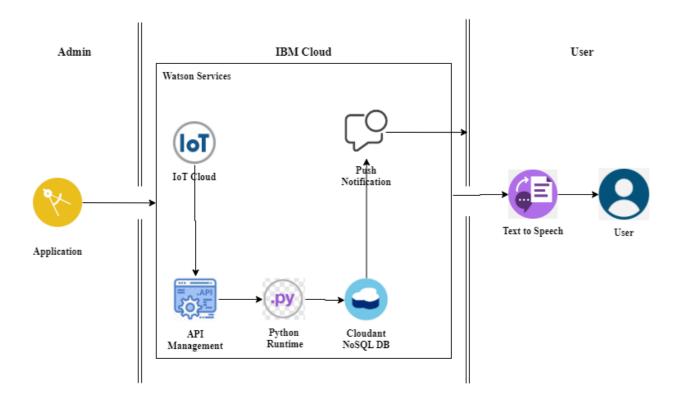


Figure 5.2. Technology Architecture

5.3 USER STORIES

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Senior citizen)	Caretaker	USN-1	As a user, I want to take Medicines on timeand monitor my health	I want to take medicines ontime	High	Sprint-1
Customer (Alzheimer patient)	Smart medicinebox	USN-2	As a user, I want to take my tablets on time byvoice command	I want to take my tablets ontime by voice command	High	Sprint-1
Customer (Mentally idledpatient)	Caretaker	USN-3	As a user, my patient needs to take medicineson time and monitoring the activity	My patient needs to take medicines on time	Medium	Sprint-2
Customer (Coma patient)	Caretaker	USN-4	As a user, my patient medication time and prescription should load in database for upcoming week	My patient medication time and prescription should be in database list	Low	Sprint-4
Customer (Disabled people's)	Smart medicinebox	USN-5	As a user, I need to take my medicine in nearby places with light notification	I need to take my medicinein nearby places with light notification	Medium	Sprint-3

Table 5.1. User Stories

PROJECT PLANNING AND SCHEDULING

6.1 SPRINT PLANNING & ESTIMATION

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint- 1	Notification Pop-up screen	USN-1	As a user, I want to take Medicines on time andmonitor my health	3	High	Raja Narayanan Prasanth TSS Praja
Sprint- 2	Text to Speech	USN-2	As a user, I want to take my tablets on time byvoice command	2	Medium	Raja Narayanan Rakesh Prasanth TSS Praja
Sprint- 3	Dashboard	USN-3	As a user, my patient needs to take medicineson time and monitoring the activity	2	Medium	Raja Narayanan Rakesh Prasanth TSS Praja
Sprint- 4	Data Storage	USN-4	As a user, my patient medication time andprescription should load in database for upcoming week	1	Low	Raja Narayanan Rakesh Prasanth TSS Praja

 Table 6.1. Sprint Planning & Estimation

6.2 SPRINT DELIVERY SCHEDULE

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date(Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	29 Oct 2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	05 Nov 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	12 Nov 2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	19 Nov 2022

Table 6.2. Sprint Delivery Schedule

6.3 REPORTS FROM JIRA

BURNDOWN CHART:

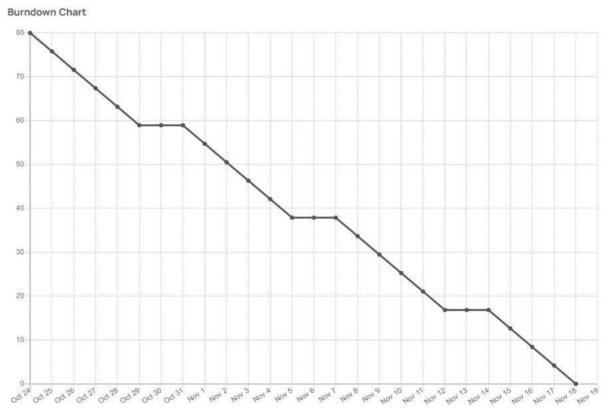


Figure 6.1. Burndown Chart

ROAD MAP:



Figure 6.2. Road Map

CODING AND SOLUTIONS

7.1 FEATURE 1

CREATING AN ALARM REMINDER USING PYTHON

Code:

```
import time
print("What medicine should I remind youabout?")
text = str(input())
print("In how many minutes?")
local_time = float(input())
local_time = local_time * 60 time.sleep(local_time)
print(text)
```

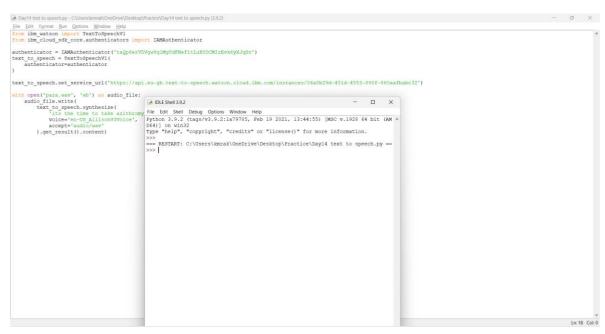
```
| Import time | Import | Impor
```

7.2 FEATURE 2

PROGRAM FOR ACESSING APIS OF TTS SERVICE

Code:

```
from ibm_watson import TextToSpeechV1
from ibm_cloud_sdk_core.authenticators import IAMAuthenticator
authenticator =
IAMA uthenticator ('taQp6erVDVgw9q1MgUdFNef1tLuBYOCMIzEvk6yXJqSname, and the property of the
')
text_to_speech = TextToSpeechV1(
           authenticator=authenticator
)
text_to_speech.set_service_url('https://api.eu-gb.text-to-
speech.watson.cloud.ibm.com/instances/06a8b29d-451d-4553-890f-
860aafbabc32')
with open('para.wav', 'wb') as audio_file:
           audio_file.write(
                     text_to_speech.synthesize(
                                'its the time to take azithromycin now',
                               voice='en-US_AllisonV3Voice',
                                accept='audio/wav'
                     ).get_result().content)
```



7.3 DATABASE SCHEMA

In this Project, we used Physical Database Schema. Physical schema is a term used in data management to describe how data is to be represented and stored (files, indices, et al.) in secondary storage using a particular database management system (DBMS)

Schema Login

```
from pymongo import MongoClient
client = MongoClient(
'mongodb+srv://pancham:pancham@niggaballs.tjmtx.mongodb.net/myFirstDat
abase?retryWrites=true&w=majority')
db = client['medicine_schedule']
users = db['users']
scheduledb = db['schedule']
def get_all_medicines(user):
     document = scheduledb.find_one({"_id": user.lower()})
     medicines = document['medicines']
     list = []
     for medicine in medicines:
           list.append(medicine.title())
     return list
def medicine_card(medicine, price, href):
  card = f"""<div class="flex flex-col card rounded-lg my-5 p-3 shadow-md">
          {medicine.title()}
          <div class="flex">
          <a href='{href}' target='_blank'>
           <button class="bg-primary-blue-light text-white p-1 rounded-lg"</pre>
flex">
            <i class="fas fa-external-link-alt mt-1.5 mx-1"></i>
            ₹{price} | Buy now
           </button></a>
          </div>
         </div>"""
  return card
```

TESTING

8.1 TEST CASES

A test case might be created as an automated script to verify the functionality per the original acceptance criteria. After doing manual exploratory testing, QA testers might suggest other functionality be added to the application as well as updated test cases be incorporated in the automated test suite.

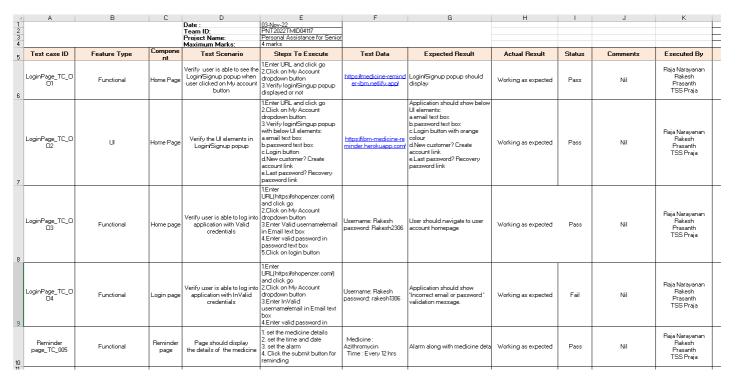


Table.8.1 Test Report

8.2 USER ACCEPTANCE TESTING

The purpose of this document is to briefly explain the test coverage and open issues of the Medicine reminder project at the time of the release to User Acceptance Testing (UAT).

Defect Analysis

This report shows the number of resolved or closed bugs at each severity level, and howthey were resolved.

Resolution	Severity 1	Severity 2	Severity 3	Severity 4	Subtotal
By Design	10	4	2	3	20
Duplicate	1	0	3	0	4
External	2	3	0	1	6
Fixed	11	2	4	20	37
Not Reproduced	0	0	1	0	1
Skipped	0	0	1	1	2
Won't Fix	0	5	2	1	8
Totals	24	14	13	26	77

Table 8.1. Defect Analysis

Test Case Analysis

This report shows the number of test cases that have passed, failed, and untested.

•		<u>.</u>		
Section	Total Cases	Not Tested	Fail	Pass
Print Engine	2	0	0	2
Client Application	2	0	0	2
Security	1	0	0	1
Outsource Shipping	1	0	0	1
Exception Reporting	2	0	0	2
Final Report Output	1	0	0	1
Version Control	1	0	0	1

Table 8.2. Test Case Analysis

RESULTS

9.1 Performance Metrics

NFT - Detailed Test Plan

S.No	Project Overview	NFT Test approach	Assumptions/Dependencies/Risks	Approvals /SignOff
1	Medicine Reminder Web -UI	Stress	App Crash/ Developer team/ Site Down	Approved
2	Medicine Reminder Web -UI	Load	Server Crash/ Developer team/ Server Down	Approved

Table 9.1. NFT - Detailed Test Plan

9.2 End Of Test Report

Project Overview	NFT Test approach	NFR - Met	GO/NO-GO decision	Identified Defects	Approvals /Sign Off
Medicine Reminder Web -UI	Stress	Performance	GO	Closed	Approved
Medicine Reminder Web -UI	Load	Scalability	NO-GO	Closed	Approved

 Table 9.2. End Of Test Report

ADVANTAGES AND DISADVANTAGES

ADVANTAGES

- The software can help people set free from remembering the medication time and names.
- It helps the caretaker to determine the medication time, which can be variable sometimes, depending upon the patient's severity.
- The software is very user-friendly; the need not install any external app by the patient, economic for the caretaker too.
- The single software can be used by the caretaker for managing multiple patients at the same place.
- The details of the time scheduled, and patients' intake is stored in the database for future reference easily.
- The overall stress of patients and caretakers is reduced and maintainedunder control by the software.

DISADVANTAGES

- The software currently can only alert the patient to take medicine, we cannot ensure whether they have taken it or not.
- The software currently can only alert people with SMS, it cannot makephone calls to help the illiterate.

CONCLUSION

The project can help senior citizens who forget to take their mandatory medications on time. As such situations can put them into trouble like an instant increase in blood pressure, heart rate, etc. Therefore, our project helps them by acting as a virtual assistant which can give them timely reminders to take the specified medicines. Thus, the problem of missing the timely intake of medicines is reduced and the health of the patient is well monitored by the caretaker. This project is economic and easy to use by anybody with a client, and caretaker connectivity.

The project helps private users and their connected caretakers by procuring the medication details from the caretaker and securely processing the data for the desired result of SMS alerts. Senior citizens are properly monitored by their caretakers and thus, caretakers can make sure that their patients are taking the right medicines at the right times without delay.

With this solution, the problem can attain an economic and easily usable way to overcome the difficulties faced by senior citizens. Thus, the result of our system provides fast curing of patient health by using our advantageous system.

FUTURE SCOPE

The project can be enhanced with many other features that can serve senior citizens even better. The product currently is a simple basic version which can only send SMS alerts on time. Some other additional features that are planned to be incorporated with this existing product are listed below:

- The dashboard can be made more versatile for the caretakers to manage patients medicine intake time and to monitor how it changes every day, by this a new or speculated time can be scheduled individually.
- The system can be enhanced with a smartwatch or health devices so that the health conditions can be continuously connected with the hospitals, and doctors to supervise and help them during emergencies.
- The system can relate to hardware product that stores and automatically opens the container and alerts with a voice message
- The system can further relate to the medical shop so that the hardware system automatically senses the tablet counts and alerts the medical shop to deliver the medicine.

APPENDIX

13.1 SOURCE CODE

CLIENT

```
import './App.css'
import React, { useState, useEffect } from "react"
import axios from "axios"
import DateTimePicker from "react-datetime-picker"
function App() {
 const [ reminderMsg, setReminderMsg ] = useState("")
 const [ remindAt, setRemindAt ] = useState()
 const [ reminderList, setReminderList ] = useState([])
useEffect(() => {
axios.get("http://localhost:9000/getAllReminder").then( \=>setReminderList(res.data))
 }, [])
 const addReminder = () => {
axios.post("http://localhost:9000/addReminder", { reminderMsg, remindAt })
.then( res =>setReminderList(res.data))
setReminderMsg("")
setRemindAt()
 }
 const deleteReminder = (id) => {
```

```
axios.post("http://localhost:9000/deleteReminder", { id })
. then( res =>setReminderList(res.data))
 }
 return (
<div className="App">
<div className="homepage">
<div className="homepage_header">
<h1>Medicine Reminder </h1>
<input type="text" placeholder="Reminder notes here..." value={reminderMsg}</pre>
onChange={e => setReminderMsg(e.target.value)} />
<DateTimePicker
      value={remindAt}
onChange={setRemindAt}
minDate={new Date()}
minutePlaceholder="mm"
hourPlaceholder="hh"
dayPlaceholder="DD"
monthPlaceholder="MM"
yearPlaceholder="YYYY"
     />
<div className="button" onClick={addReminder}>Add Reminder</div>
</div>
<div className="homepage_body">
```

```
{
reminderList.map( reminder => (
<div className="reminder_card" key={reminder._id}>
<h2>{reminder.reminderMsg}</h2>
<h3>Remind Me at:</h3>
{String(new Date(reminder.remindAt.toLocaleString(undefined,
{timezone:"Asia/Kolkata"})))}
<div className="button" onClick={() =>deleteReminder(reminder._id)}>Delete</div>
</div>
      ))
</div>
</div>
</div>
 )
export default App;
SERVER
require('dotenv').config()
const express = require("express")
const mongoose = require("mongoose")
const cors = require("cors")
//APP config
const app = express()
app.use(express.json())
```

```
app.use(express.urlencoded())
app.use(cors())
//DB config
mongoose.connect('mongodb://127.0.0.1:27017/IBM-Prototype_DB', {
useNewUrlParser: true,
useUnifiedTopology: true
}, () =>console.log("DB connected"))
const reminderSchema = new mongoose.Schema({
reminderMsg: String,
remindAt: String,
isReminded: Boolean
})
const Reminder = new mongoose.model("reminder", reminderSchema)
//Whatsapp reminding functionality
setInterval(() => {
Reminder.find({}, (err, reminderList) => {
    if(err) {
       console.log(err)
    }
    if(reminderList){
reminderList.forEach(reminder => {
         if(!reminder.isReminded){
           const now = new Date()
```

```
if((new Date(reminder.remindAt) - now) < 0) {
Reminder.findByIdAndUpdate(reminder._id,
                                       {isReminded:
                                                      true},
                                                               (err,
remindObj)=>{
             if(err){
               console.log(err)
             }
             const client =
d7ed5f656b2');
client.messages
.create({
                       body: reminder.reminderMsg,
                       to: '+919025253871',
                       from:'+12182978628',
                     })
.then(message => console.log(message.sid))
.done();
           })
         }
       }
     })
   }
  })
},1000)
```

```
//API routes
app.get("/getAllReminder", (req, res) => {
Reminder.find({ }, (err, reminderList) => {
    if(err){
       console.log(err)
    }
    if(reminderList){
res.send(reminderList)
    }
  })
})
app.post("/addReminder", (req, res) => {
  const \{ reminderMsg, remindAt \} = req.body
  const reminder = new Reminder({
reminderMsg,
remindAt,
isReminded: false
  })
reminder.save(err => {
    if(err){
       console.log(err)
     }
Reminder.find({}, (err, reminderList) => {
```

```
if(err){
          console.log(err)
        }
       if(reminderList){
res.send(reminderList)
       }
     })
  })
})
app.post("/deleteReminder", (req, res) => {
Reminder.deleteOne({_id: req.body.id}, () => {
Reminder.find({ }, (err, reminderList) => {
       if(err){
          console.log(err)
        }
       if (reminder List) \{\\
res.send(reminderList)
        }
     })
  })
})
app.listen(9000, () => console.log("Be started"))
```

GitHub & Project Demo Link

GitHub Link: https://github.com/IBM-EPBL/IBM-Project-21871-1659794053

Project Demo Link: IBM-Project-21871-1659794053/Final Deliverables/Project

Video at main · IBM-EPBL/IBM-Project-21871-1659794053 (github.com)