PERSONAL ASSISTANCE FOR SENIORS WHO ARE SELF-RELIANT

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Chapter - 1
INTRODUCTION

Project overview

By analyzing the data, an internet of things (IoT) based reminder system has been developed. It is designed to assist the patient who forgets to take medicine. The system consists of an IoT enabled device with mobile application and web application. From both web application and mobile application get the data from user and store it in cloudant DB, those datas are stream in IBM watson IoT Platform, get those datas which stream in watson IoT platform and the Alarm remainder is done through simulation .

Purpose

- 1. Medication reminders serve as a good way to stay on track and uphold an appropriate schedule.
- 2. It is a strategy for engaging with patients and caregivers to create a complete and accurate medication list.
- It is designed to assist the patient who forgets to take medicine, patients will no longer have to worry about daily medication.
- 4. The application will remaind when it's time to take medicine.
- 5. The mobile application is used for keeping the record in medicine details and reminding the schedule of medicine.

Chapter - 2

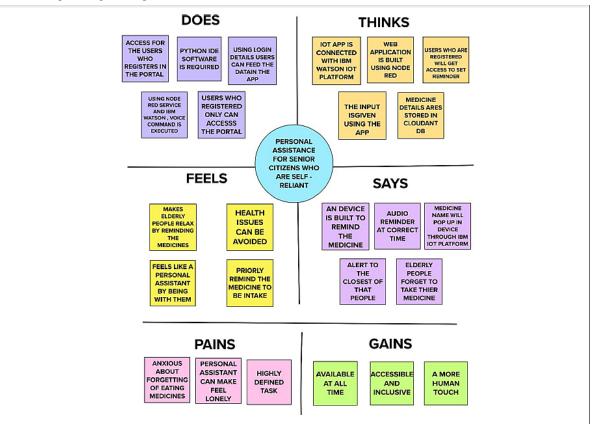
LITERATURE SURVEY

S.NO	Author	Title	Name of the	-	Merits/
			Journal/	Issue/Year	Demerits
			Conference		
		A N. B.		005 1	T1:
1	Constant	A New Personal	RevIntellArtif.	23September	This purpose-
	Companion	Assistant for	2019;33:435-40	2019	built solution
		Older Adults	2017,00.103 10		iscalled
					Constant
					Companion, a
					first-of- its-kind
					personal
					emergency and
					companion
					system that
					works hands-
					free with
					Amazon's Alexa.
					We invite you to
					experience how
					this voice-
					activated virtual
					assistant works.
					It's a
					revolutionary
					gamechanger
					for the
					caregiving
					industry and for
					families who
					need to monitor
					and
					communicate
					with loved ones
					that might be
					more
					vulnerable.
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2	ElenaBorelli,Gi	An IoT Solution	Published	2019 Mar	a flexible and
	ac	for Independent	online2019Mar1		extensive digital
	omoPaolini,Fran		2. doi:		platform for
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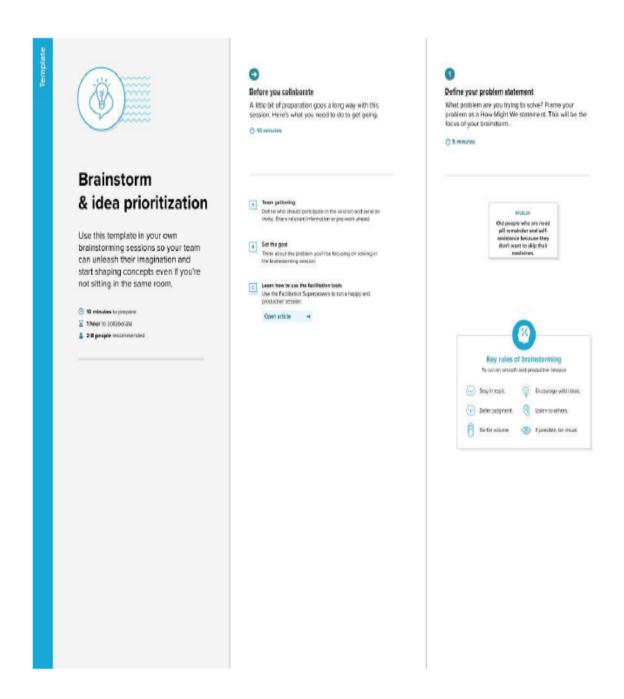
	cesco	Elderly	10.3390/s19051		Smart Homes is
	Antoniazzi,		258		presented,
	Marina Barbiroli				exploiting the
					most advanced
					technologies of
					the Internet of
					Things, such as
					Radio Frequency
					Identification,
					wearable
					electronics,
					Wireless Sensor
					Networks, and
					Artificial
					Intelligence.
					Thus, the main
					novelty of the
					paper is the
					system- level
					description of
					the platform
					flexibility
					allowing
					theinteroperabil
					ity of different
					smart devices.
	C II : I IV	ANLIGT DAGED)/ I 07	T
3	SathishKumar.R,	AN IOT BASED	ISSN 2515-8260	Volume 07,	There is a rising
	Nivedha.K, Anitha.K,Jayapra	HEALTH CARE SYSTEM FOR		Issue 09, 2020	concern in
					designing
	kash. D	ELDERLY PEOPLE			options for
					elderlies residing in a
					residing in a society with an
					increased
					population
					ageing.

IDEATION & PROPOSED SOLUTION

3.1 Empathy Map Canvas



3.2 Ideation & Brainstorming



3.3 Proposed Solution

S.No.	Parameter	Description

1.	Problem Statement (Problem to be solved)	Sometimes the elderly forgets to take their medication at the appropriate time. They also forget which medication He or she should take at that time. It is also difficult for doctors and caregivers to monitor patients around the clock. This medicine reminder system was created to address this issue. A user (caretaker) app is created that allows him to set the desired time and medicine
2.	Idea / Solution description	We present a smart Internet of Things-based medication reminder system. The suggested plan was specifically designed for the Android operating system. We use a reminder system for our system, which sounds an alarm when it's time to take your medication. Additionally, the user can set their medication time using an android application. There will be some features in the application that allow the user to learn more specifics about their medication. It keeps track of the medications, allowing the user to adjust how much medication to take within the application
3.	Novelty / Uniqueness	It is an easy-to-use app that reminds users to take their medications and get them refilled, warns about drug interactions, and assists caregivers in managing prescriptions for loved ones.
4.	Social Impact / Customer Satisfaction	I constructed these proto-personas, or names, based on the research findings from the user interview. They would be crucial to the rest of the design process. All design decisions may be assessed and reevaluated using these personas, keeping the user and their perspective in mind.
5.	Business Model (Revenue Model)	There is no one-size-fits-all answer when it comes to business. The model you select will depend on your target market, business objectives, and the resources you already have
		available.

6.	Scalability of the Solution	where the user can set the time for their			
		medication. There will be some features in the			
		application that allow the user to learn more			
		specifics about their medication. It keeps trac			
		of the medications, allowing the user to adjust			
		how much medication to take within the			
		application			

3.4 Problem Solution fit



Chapter - 4
REQUIREMENT ANALYSIS

4.1 Functional requirement

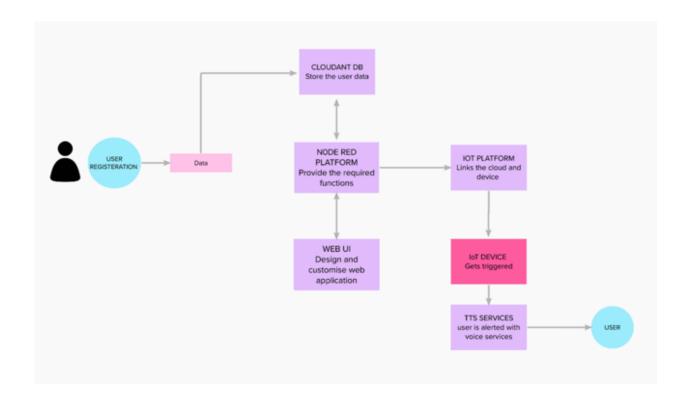
FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through Form in the application.
FR-2	User Confirmation	Confirmation within application.
FR-3	Internet Connectivity	Users should have a stable internet connection to access the app.
FR-4	Data management	All the data are managed & manipulated using the cloud.
FR-5	User Input management	All the user's data are gotten with the help of a text field in the dashboard in the app.
FR-6	Acknowledgement	All the data are stored in the cloud via the app and acknowledgment will be given to the user.

4.2 Non-Functional requirements

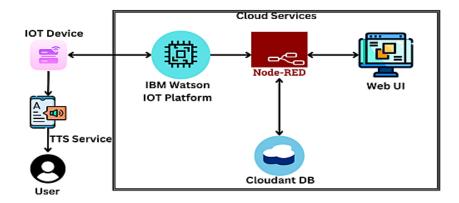
FR No.	Non-Functional Requirement	Description
NFR-1	Usability	The app is made with a simple UI, so the elders can easily use the app.
NFR-2	Security	All the data are stored in the IBM cloudant DB, so the user's data will be secured.
NFR-3	Reliability	As the data are stored in the IBM cloud, the user's data will be reliable and confidential.
NFR-4	Performance	As the app uses virtual sensors, so the accuracy and performance will be high.
NFR-5	Availability	The data stored in the cloud is available for all the time, So the users can avail the app all the time.
NFR-6	Scalability	Even though the users count increases, the app will be more scalable.

PROJECT DESIGN

5.1 Data Flow Diagrams



5.2 Solution & Technical Architecture



5.3 User Stories

User	Functional	User	User Story /	Acceptan	Priori	Relea
Туре	Requireme	Story	Task	ce	ty	se
	nt	Numb		criteria		
	(Epic)	er				
Custom er (Senior user)	caretaker	USN-1	As a user, I want to take Medicines on time and monitor my health	I want to take medicines on time	High	Sprint- 1
Custom er (Diabet es Patient)	Smart medicine box	USN-2	As a user, I want to take my tablets on time by voice command	I want to take my tablets on time by voice command	High	Sprint- 1
Custom er (Thyroid Patient)	Smart medicine box	USN-3	As a user, my patient needs to take medicines on time and monitoring the activity	My patient needs to take medicines on time	Medi um	Sprint- 2
(Coma Patient)	Caretaker	USN-4	As a user, my patient needs medication time and prescription should load indatabase for upcoming	My patient medicati on time and prescripti on should be in	low	Sprint- 4

			week	database list		
Custom	Smart	USN-5	As a user ,i	I need to	Medi	Sprint-
er	medicinebox		need to take	take my	um	3
(Disabl			my medicine	medicine		
ed			in nearby	in nearby		
People'			places with	places		
s)			light	with light		
5)			notification	notificati		
				on		

PROJECT PLANNING & SCHEDULING

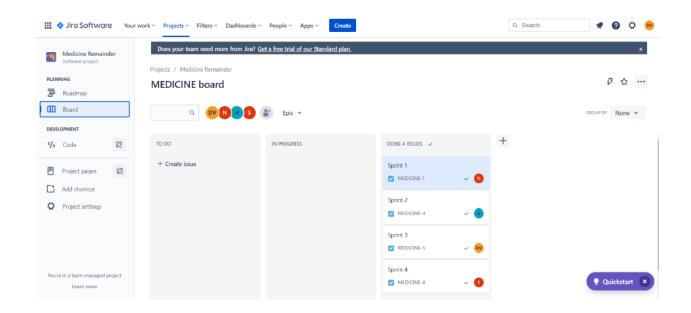
6.1 Sprint Planning & Estimation

Sprint	Functional	User Story Number	User Story / Task	Story	Priority	Team Members
	Requirement (Epic)			Points		
Sprint-1	Registration	USN-1	As a user, I can register for the application by	3	High	Parkavi V
			entering my email, and password, and confirming my password.			
Sprint-1	Confirmation Email	USN-2	As a user, I will receive a confirmation email once I have registered for the application	4	High	Niranjana Devi V
Sprint-1	Authentication	USN-3	As a user, I can register for the application through Gmail and mobile app.	4	Medium	Dharshanapriya V
Sprint-1	Login	USN-4	As a user, I can log into the application by entering email & password	3	High	Revathi M
Sprint-1	Dashboard	USN-5	As a user, I need to be able to view the functions that I can perform	4	High	Dharshanapriya V Niranjana Devi V
Sprint-2	Notification	USN-1	As a user, I should be able to notify my parent and guardian in emergency situations	0	High	Parkavi V Revathi M
Sprint-2	Store data	USN-2	As a user, I need to continuously store my location data into the database.	1 0	Medium	Niranjana Devi V
Sprint-3	Communication	USN-3,1	I should be able to communicate with user	6	Low	Revathi M
Sprint-3	IoT Device - Watson communication	USN-1,4	The data from IoT device should reach IBM Cloud	7	Medium	Niranjana Devi V
Sprint-3	Node RED- Cloudant DB communication	USN-5,2	The data stored in IBM Cloud should be properly integrated with	7	High	Dharshanapriya V
Sprint-4	User - WebUI interface	USN-1,4	The Web UI should get inputs from the user	6	High	Dharshanapriya V Revathi M
Sprint-4	Alarm	USN-2,3,5	The Alarm of the remainder should be done based on the medication time	7	High	Parkavi V Niranjana Devi M

6.2 Sprint Delivery Schedule

Sprint	Total Story Points	Durati on	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

6.3 Reports from JIRA



CODING & SOLUTIONING

7.1 Feature 1

Node-Red

It is built on Node. js, which is a none-blocking, lightweight I/O model, making it lightweight and efficient. Flows created in Node-RED are stored using JSON, and can imported and exported and shared with ease

json code:

```
[{"id":"25e80d5f7eabd726","type":"tab","label":"Flow
6","disabled":false,"info":"","env":[]],{"id":"5f4d0ada73cc55c1","type":"inject","z":"25e80d5f7eabd72
6","name":"
","props":[{"p":"payload._id","v":"","vt":"date"},{"p":"topic","vt":"str"}],"repeat":"1","crontab":"","on
ce":false,"on
ceDelay":0.1,"topic":"","x":110,"y":60,"wires":[["9c8adefc6d1779c4"]]],{"id":"9c8adefc6d1779c4","ty
pe":"functio n","z":"25e80d5f7eabd726","name":"","func":"var d= new Date();\nvar utc=d.getTime()
+ (d.getTimezoneOffset() * 60000);\nvar offset=5.5;\nnewDate = new Date(utc +
(3600000* offset));\nvar n=newDate.toISOString()\nvar date = n.slice(0,10)\nvar time =
n.slice(11,16)\nglobal.set('time',time)\nmsg.payload=date+\" \"+time\nreturn
msg;","outputs":1,"noerr":0,"initialize":"","finalize":"","libs":[],"x":180,"y":200,"wires":[["8f7d76639d
5f94dd"]]},{
"id":"8f7d76639d5f94dd","type":"cloudant
in","z":"25e80d5f7eabd726","name":"","cloudant":"f42e6b50.00d088","database":"medicinedata","s
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42012", "search": "_id_", "design": "", "index": "", "x": 330, "y": 60, "wires": [["2fb55de161698808"]]}, {"id": "
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msg", "rules":[{
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```

```
1d9e1b711"]
["551edaf7fb9ec70d"]]},{"id":"551edaf7fb9ec70d","type":"function","z":"25e80d5f7eabd726","name
":"","func":"
msg.payload={\"medicine\":msg.payload.medicine}\nglobal.set(\"medicine\",msg.payload.medicine);
\nreturn
msg;","outputs":1,"noerr":0,"initialize":"","finalize":"","libs":[],"x":620,"y":180,"wires":[["1e02d85ab7"]
4e642c","10
2f967d15928f52"]]},{"id":"1e02d85ab74e642c","type":"debug","z":"25e80d5f7eabd726","name":"","
active":true,"t
osidebar":true, "console":false, "tostatus":false, "complete":"payload", "targetType": "msg", "statusVal":"
","statusType":
"auto","x":930,"y":160,"wires":[]},{"id":"102f967d15928f52","type":"ibmiot
out","z":"25e80d5f7eabd726","authentication":"apiKey","apiKey":"25ef956a02333189","outputType"
:"cmd"."devic
eld":"b11m3edeviceid","deviceType":"b11m3edevicetype","eventCommandType":"command","form
at":"String","d ata":"medicinedata","qos":0,"name":"IBM
IoT", "service": "registered", "x":940, "y":220, "wires":[]], {"id": "6da02a687e43c04b", "type": "function", "z
":"25e80d5f
7eabd726","name":"Funtion to store the data in Cloudant", "func":"var d=msg.payload.date\nvar
t=msg.payload.time\nmsg.payload={\n \"medicine\": msg.payload.medicine,\n \" id\":d+\"
\"+t\n}\nreturn
msg;","outputs":1,"noerr":0,"initialize":"","finalize":"","libs":[],"x":250,"y":340,"wires":[["7b0e41295a
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42012", "payonly":true, "operation": "insert", "x":550, "y":280, "wires": []], ["id": "d71162549c2fa8a3", "typ
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\"medicine\":\"\",\n \"time\":\"\"\n}\nreturn
msg;","outputs":1,"noerr":0,"initialize":"","finalize":"","libs":[],"x":690,"y":340,"wires":[["a7adca4476f
505c9"]]},{
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meout":"14","t
imeoutUnits":"seconds","rate":"1","nbRateUnits":"1","rateUnits":"second","randomFirst":"1","rando
mLast":"5","ra
ndomUnits": "seconds", "drop": false, "allowrate": false, "outputs": 1, "x": 180, "y": 460, "wires": [["66b58e94
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ar":true,"conso
le":false,"tostatus":false,"complete":"payload","targetType":"msg","statusVal":"","statusType":"auto",
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```

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ype":"text","r
equired":true,"rows":null},{"label":"Date","value":"date","type":"date","required":true,"rows":null},{"
label":"Time"
","value":"time","type":"time","required":true,"rows":null}],"formValue":{"medicine":"","date":"","tim
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ad":"","submit":"submit","cancel":"cancel","topic":"topic","topicType":"msg","splitLayout":"","classN
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var d=msg.payload.date\nvar t=msg.payload.time\n\nmsg.payload={\n\"medicine\":
msg.payload.medicine,\n
\" id\":d+\" \"+t\n}\nreturn
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mplete":"false","
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```

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ion","z":"25e

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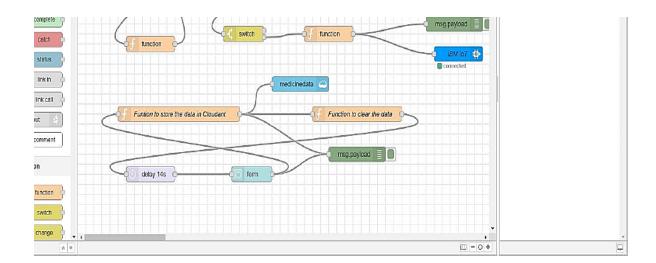
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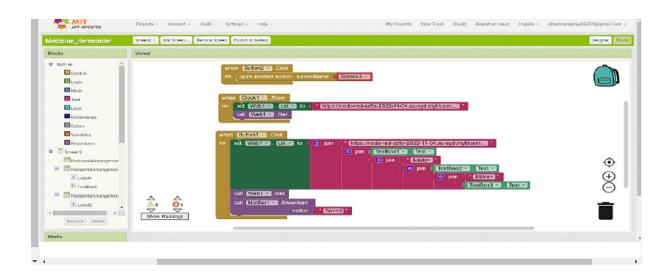
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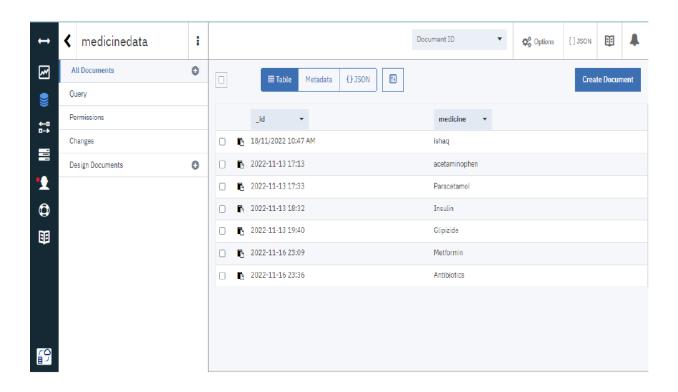
7.2 Feature 2

MIT App inventor

MIT App Inventor is an online platform designed to teach computational thinking concepts through development of mobile applications. Students create applications by dragging and dropping components into a design view and using a visual blocks language to program application behavior



7.3 Database Schema (if Applicable)



TESTING

8.1 User Acceptance Testing

1. Purpose of Document

The purpose of this document is to briefly explain the test coverage and open issues of the project-personal assistance for seniors who are self reliant at the time of the release to User Acceptance Testing(UAT).

2. **Defect Analysis**

This reportshows the number of resolved or closed bugs at each severity level, and how they were resolved

Resoluti on	Severi ty 1	Severi ty 2	Severi ty 3	Severi ty 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
Skipped	0	0	1	1	2
Won't Fix	0	5	2	1	8

3. Test Case Analysis

This report showsthe number of test casesthat have passed, failed, and untested

Section	Total Cases	Not Tested	Fa il	Pass
Print Engine	2	0	0	2
Client Application	2	0	0	2
Security	1	0	0	1

Chapter - 9 RESULTS

9.1 Performance Metrics

	NFT - Risk Assessment							
Scope/feature	Functional Changes	Hardware Changes	Software Changes	Impact of Downtime	Load/Voluem Changes	Risk Score	Justification	
New	Low	Moderate	Moderate	Low	>10 to 30%	GREEN	As we had made this project in	
							MERN stack With industry Mentor Aproval	
	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			
	End Of Test Report							
					Identified Defects			
FT Test approach	NFR - Met	Test Outcome	GO/NO-GO decision	Recommendations	(Detected/Closed/Open)	Approvals/SignOff		
Stress	Performance	CPU -01	GD	High Performance Netlify Cloud server	Closed	Approved		

Chapter - 10 ADVANTAGES & DISADVANTAGES

Advantages:

- Remote monitoring: Real-time remote monitoring via connected IoT devices and smart alerts can diagnose illnesses, treat diseases and save lives in case of a medical emergency.
- Prevention: Smart sensors analyze health conditions, lifestyle
 choices and the environment and recommend preventative measures,
 which will reduce the occurrence of diseases and acute states.
- 3. **Reduction of healthcare costs**: IoT reduces costly visits to doctors and hospital admissions and makes testing more affordable.
- 4. Medical data accessibility: Accessibility of electronic medical

records allow patients to receive quality care and help healthcare providers make the right medical decisions and prevent complications.

 Improved treatment management: IoT devices help track the administration of drugs and the response to the treatment and reduce medical

error.

- 6. **Improved healthcare management**: Using IoT devices, healthcare authorities can get valuable information about equipment and staff
 - **Disadvantages:**
- 1. Security and privacy: Security and privacy remain a major concern deterring users from using IoT technology for medical purposes, as health monitoring solution have the potential to be breached or hacked. The leak of sensitive information about the patient's health and location and meddling with sensor data can have grave consequences, which would counter the benefits of IoT.

- 2. Risk of failure: Failure or bugs in the hardware or even power failure can impact the performance of sensors and connected equipment placing healthcare operations at risk. In addition, skipping a scheduled software update may be even more hazardous than skipping a doctor checkup.
- 3. **Integration**: There's no consensus regarding IoT protocols and standards, so devices produced by different manufacturers may not work well together. The lack of uniformity prevents full-scale integration of IoT, therefore limiting its potential effectiveness.
- 4. **Cost**: While IoT promises to reduce the cost of healthcare in the longterm, the cost of its implementation in hospitals and staff training is quite high.

Conclusion

It is an advanced digital era, we can also opt for expert agencies without thinking much about the distance. For example, suppose we stay in the European region. In that case, we can look for a healthcare app development company in the USA or a healthcare mobile app development firm in other states.

IoT is already practicing most of these technologies to assist healthcare in developing, and this development will proceed. Promptly than later, healthcare and the Internet of Things will become intertwined, ultimately modifying how we approach our healthcare.

FUTURE SCOPE

IoT has a lot of potentials and it's not only in healthcare. In future challenges of IoT in healthcare, many companies are working on new ways to solve the challenges with the help of this technology to help our medical world.

It can reach every patient from all over the world and connect doctors with patients. There is no denying that IoT has already made a huge impact and is only set to grow further.

It is a matter of time before the future use of IoT in healthcare medical industry will be run mostly by IoT technology and will be treating patients in less time and low cost of treatment.

APPENDIX

Source Code:

```
#include <WiFi.h>//library for wifi

#include <PubSubClient.h>//library for MQtt

#include <LiquidCrystal_I2C.h>

#include "DHT.h"// Library for dht11

#define DHTPIN 15 // what pin we're connected to

#define DHTTYPE DHT11 // define type of sensor DHT 11

#define LED 2

DHT dht (DHTPIN, DHTTYPE);// creating the instance by passing pin and typr of dht connected

void callback(char* subscribetopic, byte* payload, unsigned int payloadLength);
```

//----credentials of IBM Accounts-----

#define ORG "64yf7x"//IBM ORGANITION ID #define DEVICE TYPE "b11m3edevicetype"//Device type mentioned in ibm watson IOT Platform #define DEVICE ID "b11m3edeviceid"//Device ID mentioned in ibm watson IOT Platform #define TOKEN "-&EMtr7l-v-Gz2G))e" //Token String data3=""; int buzz= 13; //----- Customise the above values ----- char server[] = ORG ".messaging.internetofthings.ibmcloud.com";// Server Name char publishTopic[] = "iot-2/evt/Data/fmt/json";// topic name and type of event perform and format in which data to be send char subscribetopic[] = "iot-2/cmd/command/fmt/String";// cmd REPRESENT command type AND COMMAND IS TEST OF FORMAT **STRING** char authMethod[] = "use-token-auth";// authentication method char token[] = TOKEN; char clientId[] = "d:" ORG ":" DEVICE TYPE ":" DEVICE ID;//client id LiquidCrystal I2C lcd(0x27,32,2);

WiFiClient wifiClient; // creating the instance for wificlient
PubSubClient client(server, 1883, callback ,wifiClient); //calling the
predefined client id by passing parameter like server id,portand
wificredential

```
void setup()// configureing the ESP32
{
 Serial.begin(115200);
 dht.begin();
 pinMode(buzz, OUTPUT);
 pinMode(LED,OUTPUT);
 delay(10);
 Serial.println();
 wificonnect();
 mqttconnect();
}
void loop()// Recursive Function
{
 if (!client.loop()) {
 mqttco
 nnect();
 }
}
```

```
/*.....*/
void PublishData(float temp, float humid) {
mqttconnect();//function call for connecting to ibm
} void
mqttconne
ct() {
if (!client.connected()) {
 Serial.print("Reconnecting client to ");
 Serial.println(server);
 while (!!!client.connect(clientId, authMethod, token)) {
   Serial.print(".");
   delay(500);
  }
  initManagedDevice();
  Serial.println();
} } void wificonnect() //function defination
for wificonnect {
Serial.println();
Serial.print("Connecting to ");
WiFi.begin("Wokwi-GUEST", "", 6);//passing the wifi credentials to
```

```
establish the connection
 while (WiFi.status() != WL_CONNECTED) {
  delay(500);
  Serial.print(".");
 }
 Serial.println("");
 Serial.println("WiFi connected");
 Serial.println("IP address: ");
 Serial.println(WiFi.localIP());
}
void initManagedDevice() {
 if (client.subscribe(subscribetopic)) {
  Serial.println((subscribetopic));
  Serial.println("subscribe to cmd OK");
 } else {
  Serial.println("subscribe to cmd FAILED");
 }
}
void callback(char* subscribetopic, byte* payload, unsigned int
payloadLength) {
 Serial.print("callback invoked for topic: ");
```

```
Serial.println(subscribetopic);
 for (int i = 13; i < payloadLength-2; i++) \{
  //Serial.print((char)payload[i]);
  data3 += (char)payload[i];
 }
 Serial.println("Medicine Name: "+ data3);
 if(data3 != "")
 {
  lcd.init();
  lcd.print(data3);
  digitalWrite(LED,HIGH);
  tone(buzz, 100, 1000);
  delay(2000);
  digitalWrite(LED,LOW);
 noTone(buzz);
 delay(1000);
 }
 else
 {
digitalWrite(LED,LOW);
```

```
}
da
ta
3=
"";
}
```

GitHub & Project Demo Link:

GitHub Link: https://github.com/IBM-EPBL/IBM-Project-28211-1660108936

Demo Link: https://photos.app.goo.gl/eDftR34zPN9qwx1SA