PERSONAL ASSISTANCE FOR SENIORS WHO ARE SELF-RELIANT

A PROJECT COMPONENT REPORT

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1.INTRODUCTION

1.1 Project Overview: -

- An app is built for the user (caretaker) which enables him to set the desired time and medicine. These details will be stored in the IBM Cloudant DB.
- If the medicine time arrives the web application will send the medicine name to the IoT Device through the IBM IoT platform.

• The device will receive the medicine name and notify the user with voice commands.

1.2 Purpose: -

Users can configure the medicine name, and time through a web application. The web application will send the medicine name to the IoT device at the desired time.

- After using medcare applications customers are taking their medicine properly at correct time.
- Blind people can get to know their time of taking pills.
- The users are satisfied with the proper remainder and intake of pills.
- Vast number of people who are aged can be provided with portable devices to ensure their health conditions by consuming medicines at correct time through audio and message with the help of data fed from the mobile applications which is initiated by web application which stores the user details.

2. LITERATURE SURVEY

As stated by the WHO Poor adherence can lead to serious health risk. For instance, a recent study found out that the risk of hospitalized patients, having diabetes congestive heart failure, mellitus, hypertension, or hypercholesterolemia who actually were non adherent to prescribed remedy was more in comparison with the general population. Non-adherence rate can vary widely, even in the rigid controlled and monitored environment of a clinical test. To mention, patients with long term conditions are questionable to follow prescription than those with acute state. The effectiveness of a therapy or treatment directly depends upon a patient's ability and willingness to follow a prescribed regimen. The patient's ability for reading and understanding the instructions for medication is a key factor. Patients who face difficulties in understanding the instructions in a prescription which ultimately results in decreased adherence and poor medication management and consumption. Issues of low literacy must be recognized and strategies designed with this limitation in consideration. A patient with heart failure problem not taking prescribed medication or who tents to forget to take their medicine, costs the U.S. health care system an average of almost \$8,000 annually, according to a 2011 analysis published in Health Affairs. The gures are high for other illnesses too almost \$4,000 per patient with high blood pressure, over \$3,700 per patient with

diabetes and about \$1,200 per patient with high cholesterol. Dr. Brennan and a team of researchers at Brigham and Women's Hospital, in Boston, have been studying this issue since 2010 by analyzing pharmaceutical insurance claims data. They've determined several reasons behind not taking proper medication and among those, one of them is: There is a high degree of complications for patients who takes several different drugs for a variety of conditions. There are currently around 80 million U.S. residents with several chronic conditions and multiple medications to manage. Patients who have a several different kind of prescriptions are dubious to follow medications because they may have difficulty managing schedule that involves taking several different medications schedule throughout the day.

2.1 Existing Problem:

Elderly people let slip the medications at the correct time and the existing solutions for this problem is setting reminders or using pill boxes, calendars, Personal Assistance. Though the solutions give reminders, the voice commands or assistance given by this system is more efficient.

2.2 References: -

- Visual Health Reminder: A Reminder for Medication Intake and Measuring Blood
 Pressure to Support Elderly People; René Baranyi; Sascha Rainer;
 - Stefan Schlossarek; Nadja Lederer; Thomas Grechenig
- 2) Cloud Computing based Medical Assistance & Pill Reminder; A. Chinnasamy; Ram Prasad J; Syed Rafeeq Ahmed; Akash S

2.3 Problem Statement Definition: -

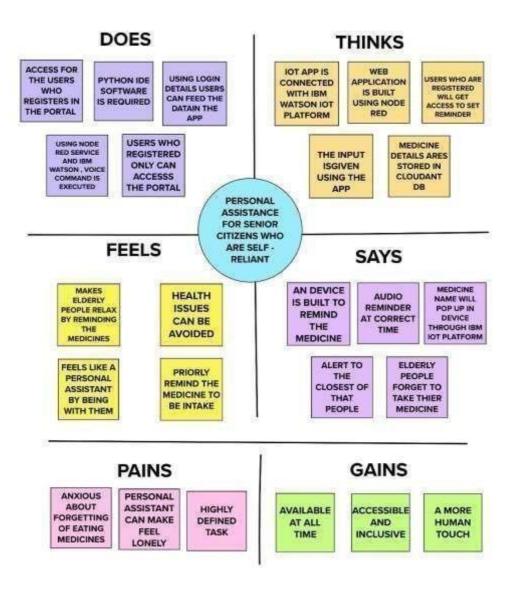
It is very difficult for the senior citizens (elder people) to remember their medicines. To avoid the skipping up the medicines, they can be remembered by using the voice commands of the medicine names at correct time specified. If the voice commands on the medicine name is not available, they are given the reminder of the medicine by SMS on their phone or to their closest person.



Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
PS-1	Senior citizen who Are SelfReliant	at correct	Fails to	No one is there to remind about medicines or forgot by themselves	anxious

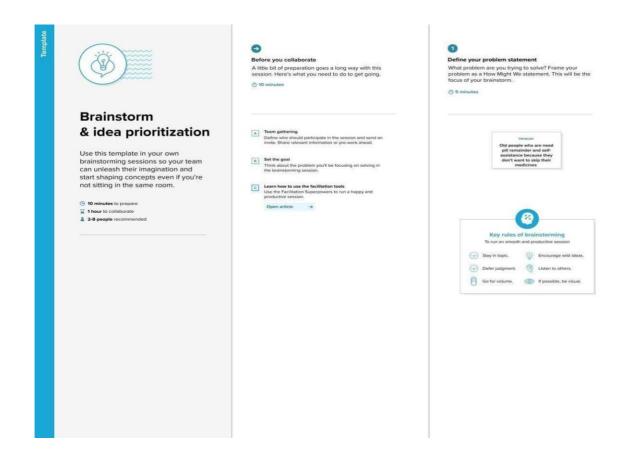
3. IDEATION & PROPOSED SOLUTION

3.1. Empathy Map Canvas:-



3.2 Ideation & Brainstroming:-

If a patient needs to take medicine at 6 a.m. In the morning the box will remind him by making sound and also by sending an alarm. If he forgets the actual time of taking medicine and goes to take medicine at any time the medicine box will not open as a servo motor will make the box locked. While it's the right time to take te medicine then the box will make sound and will give notification until the user takes medicine or open the drawer. Also, if the user is outside of the home, then the medicine box will use the Wi-Fi module to send notification to the user's fixed email address. The system contains also a temperature sensor to measure the temperature of the user as temperature can be a vital element of the monitoring patient's health condition. The temperature and taking medicine data will be stored in a server which can be accessed by both patient and doctor so that when it is time the doctor can review the medicine and can change if needed. Also, it will be helpful for doctors to keep updated about the patient's physical health condition.

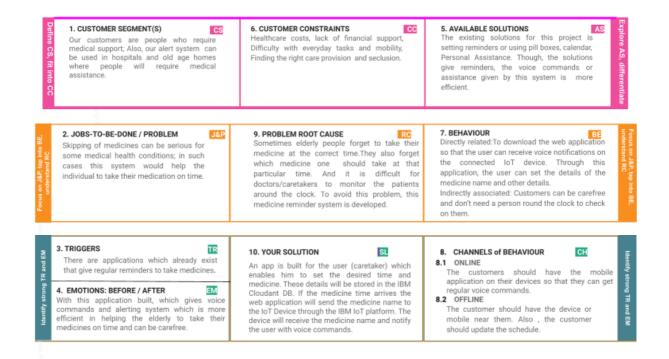


3.3 Proposed Solution:-

S.No	Parameter	Description
1	Problem Statement (Problem to be solved)	Senior citizens who are in need of medicine reminder and self-assistance because they don't want to skip their intake of medicine
2	Idea / Solution description	Creation of the web application which remind the medicine name and time through a voice alert
3	Novelty / Uniqueness	Blind people can get to know their time of taking pills
4	Social Impact / Customer Satisfaction	The users are satisfied with the proper reminder and intake of pills

6	Scalability of the Solution	Vast number of people who are aged can be provided with portable devices to ensure their health conditions by consuming medicines at correct time using web application
5	Business Model (Revenue Model)	By our web application the revenue can be made in the form of popping up of advertisements or by overlaying add from third party services

3.4 Problem Solution Fit:-



4. REQUIREMENT ANALYSIS

Functional Requirements:

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)

FR-4	User Login (mobile app)	Login with registered mobile number and password
FR-5	User's Medical Information	
		In the app, enter your medicine details with date. Then set the time in the app.
FR-1	User Registration	
		Registration through Gmail Registration by phone number
FR-2	User Confirmation	
		Confirmation via Email Confirmation through SMS/Messages
FR-3	User Login (Web)	Login with registered mail id and password

Non-functional Requirements:-

FR No.		
	Non-Functional Requirement	Description
NFR-1	Usability	
		The system should be user-friendly for the users.
		It is used to remaind the medicine names.
		It alerts the users through voice commands.
NFR-2	Security	
		The login information should not be accessed by anyother users than the respective. The data of the users should be kept confidential.
NFR-3	Reliability	Reminds on correct time The user data should be updated and examined after certain period of time.
NFR-4	Performance	The voice message will be delivered accurately to the
		given time.
		It works without any connection interruption
NFR-5	Availability	The system should be monitored 24X7 for the alert of medicines.
		It can be used by any registered users from any place.
NFR-6	Scalability	
		It is easily adaptable
		The device is compatible and portable The application can handle any number of registration.

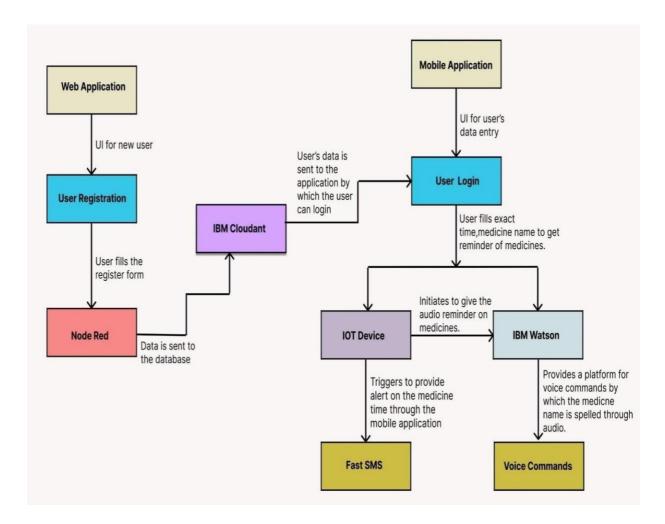
PROJECT DESIGN

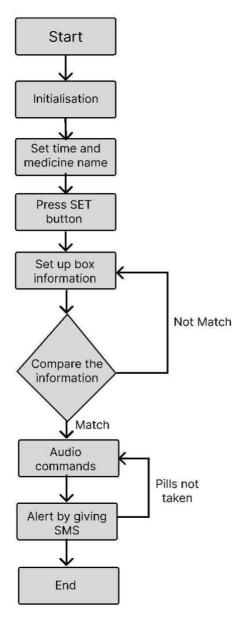
5.1 Data Flow Diagrams: - Data Flow

Diagrams:

- 1. The user should register on MedCare(web application) by using their mail ID, password and get verified.
- 2. User can set medicine name and time by MedCare (mobile application).
- 3. The data given as input by the user on mobile application is stored in IBM Cloudant database.

- 4. The IOT device is made to remind the medicine name at correct time by voice commands through IBM Watson platform.
- 5. The SMS is sent to the user to notify the intake of medicine which is initiated by mobile application.



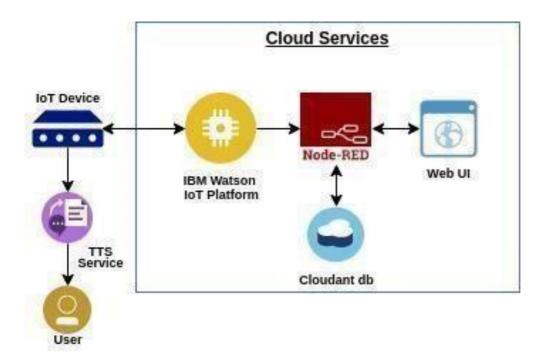


User Stories:

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 time so that I can my health.	I want to take medicine on time.	High	Sprint-1
Customer (Mentally idled patient)	Janitor	USN-2	As a user, my patient should maintain good health by consuming medicines on time.	My patient needs to take medicines at proper time.	High	Sprint-2

Customer (Disabled person)	Smart medicine box	USN-3	As a user, I need to take my medicines at correct time through nearby person via SMS.	I need to take medicines at accurate time by notification.	Medium	Sprint-4
Customer (Coma patient)	Virtual medikit	USN-4	As a user, my patient medication time and name should be loaded in database.	My patient's medicine name and time should be in database list.	High	Sprint-2
Customer (Alzheimer patient)	Digital medicare	USN-5	As a user, I want to take medicines on time by voice commands.	I want to take medicines on time by voice assist	Medium	Sprint-3

Solution Architecture:



IOT Device:

- Getting the information from the application about the time and name of the medicines.
- Sending an SMS to the persons.
- Gathering the user information from the web application in which the user registers.
- To accomplish this, we have to complete all the activities listed below:

Create and Configure IBM Cloud Services:

- Create IBM Watson IOT platform
- Create a device & configure the IBM IOT Platform
- Create Node-Red service
- Create a database in IBM Cloudant DB to medicine names and time.

Develop a web application using Node-RED service:

- Develop the web application using Node-RED.
- Develop a python script to publish the medicine names and time to remind details to the IBM IOT Platform.

Develop an application:

- Develop an application in which the user can feed the data on the medicine name and time.
- Develop an application which can transmit the signal on the reminder of the medicines at the time specified.

Technical Architecture:

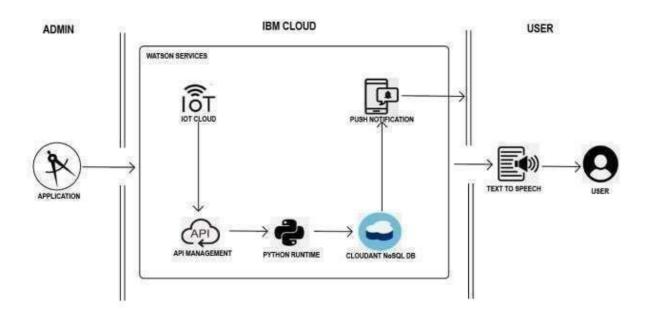


Table-1 : Components & Technologies:

S.No	Component	Description	Technology
1.	User Interface	Mobile App	HTML, CSS, JavaScript

2.	Application Logic-1	Mobile App to enter the Medicine details weekly	Python
3.	Application Logic-2	Gets the medication data from database	IBM Watson IOT API call data
4.	Application Logic-3	Converts the text to speech to pronunciation for the user	IBM Watson Assistant
5.	Database	Medication time and tablets name on daily basis	MySQL
6.	Cloud Database	Call the data IBM cloudant is used and user login credentials	IBM DB2, IBM Cloudant
7.	File Storage	App code and IOT credentials are stored and API keys	IBM Block Storage
8.	External API-1	To get the medicine box status Open or not	IBM box status API
9.	External API-2	To get the login credentials in IBMDB2	Username and Password API
10.	Machine Learning Model	To convert the text into speech for voice command the tablet details	•
11.	Infrastructure (Server / Cloud)	To host the server and application	Cloud Foundry, Node Red

Table-2: Application Characteristics:

S.No	Characteristics	Description	Technology
1.	Open-Source Frameworks	To develop the application interface, we use MIT App	
		inventor.	

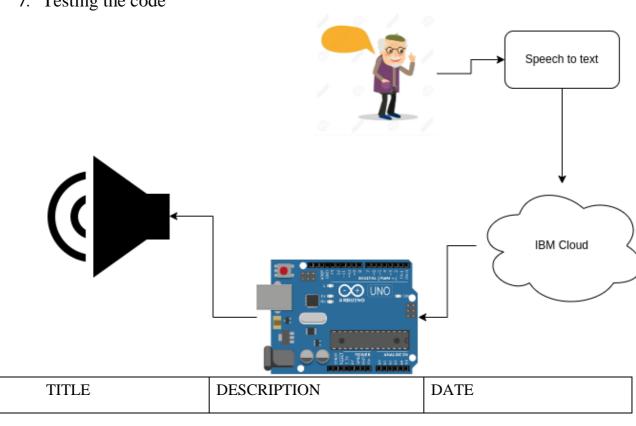
6.PROJECT PLANNING AND SCHEDULING

Project Planning:

Milestones:

2.	Security Implementations	To secure the users login credentials and personal information.	•
3.	Scalable Architecture	To scale the application database	IBM auto scaling
4.	Availability	To make use the application and data are available 24x7	IBM Cloud load balancer
5.	Performance	To increase the performance of the application hosted in the high performance instance.	IBM instance

- 1. Configure IBM cloud
- 2. Connect device with IBM Watson Iot
- 3. Create Node red service
- 4. Create text-to-speech service
- 5. Create a database in cloudant db
- 6. Create code for alert in IOT device
- 7. Testing the code



Literature Survey & Information Gathering	Gathering information by refering technical papers research publications which describes literature survey.	10 october 2022
Prepare Empathy Map	To establish users pain and gain prepare the empathy map canvas on problem statement.	11 october 2022
Ideation	Establishing brainstorm sessions and emphasize the top ideas based on the importance of scalability and feasibility.	13 october 2022
Proposed Solution	Prepare the proposed solution which describes idea, uniqueness, customer satisfaction, business model and scalability of solution.	14 october 2022
Problem Solution Fit	Prepare problem solution fit which describes the existence of problem.	17 october 2022
Solution Architecture	Defining process of developing solution based on predefined processes.	18 october 2022
Customer Journey	Prepare a customer journey map which understand the customers on users interaction and experiences from scratch to finding solution.	
Functional Requirement	Prepare the functional requirement document which specifies the requirements.	21 october 2022
Data Flow Diagrams	Draw the data flow diagrams based on problem statement.	22 october 2022
Technology Architecture	Prepare a technology architecture diagram which describes the working.	24 october 2022
Prepare Milestone & Activity List	Prepare the milestone and activity list of the project.	24 october 2022
Project Development - Delivery of Sprint-1, 2, 3 & 4	Develop and submit the developed code by implementing and testing it.	In progress

Sprint Planning:-

Sprints are the backbone of any good Agile development team. And the better prepared you are before a sprint, the more likely you are to hit your

goals. Spring planning helps to refocus attention, minimize surprises, and (hopefully) guarantee better code gets shipped. The main event during agile methodology is the sprint, the stage where ideas turn into innovation and valuable products come to life. On one hand, agile sprints can be highly effective and collaborative. At the same time, they can be chaotic and inefficient if they lack proper planning and guidance. And for this reason, making a sprint schedule is one of the most important things you can do to ensure that your efforts are successful.

Product Backlog, Sprint Schedule, and Estimation (4 Marks)

Use the below template to create product backlog and sprint schedule

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	IBM Watson IOT platform	USN-1	Creating devices and board and generating data	1	medium	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V
Sprint-2	Storing Data using nodered	USN-2	Storing the data in IBM Cloudant DB through node-red functions	2	High	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V
Sprint-3	IoT device/ Microcontroller Board	USN-4	The board connect with the cloud and retrieve the information and remain the peoples	2	Low	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V
Sprint-4	Reminder (TTS)	USN-5	Getting the speech reminder to users to take their tablet	1	High	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	IBM Watson IOT platform	USN-1	Creating devices and board and generating data	1	medium	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V
Sprint-4	Reminder (TTS)	USN-5	Getting the speech reminder to users to take their tablet	1	High	Priyanka.S Aarthi.M Priyadharshini.B Vijayalakshmi.V

Project Tracker, Velocity & Burndown Chart: (4 Marks)

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	31 Oct 2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	07 Nov 2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	14 Nov 2022

Velocity:

Imagine we have a 10-day sprint duration, and the velocity of the team is 20 (points per sprint). Let us calculate the team's average velocity (AV) per iteration unit (story points per day)

$$AV = \frac{sprint\ duration}{velocity} = \frac{20}{10} = 2$$

7. CODING & SOLUTIONING

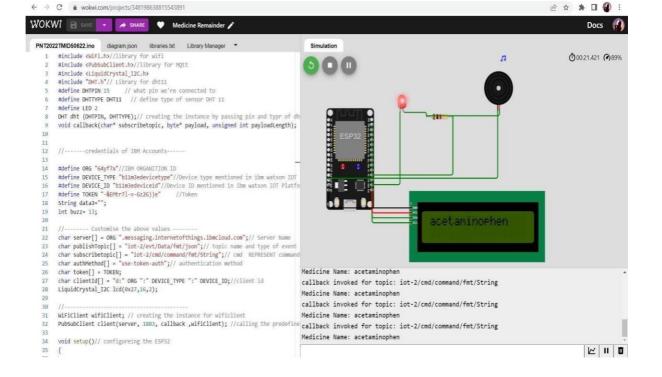
7.1Code for Simulation:

```
#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
#define TOKEN "-&EMtr71-v-Gz2G))e" //Token
```

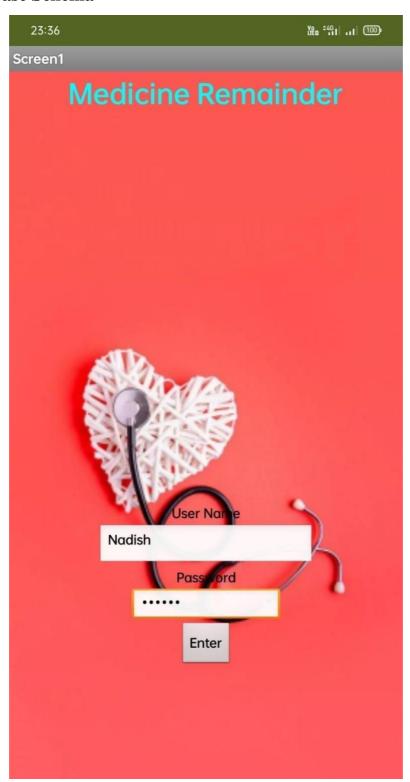
```
String data3=""; int buzz= 13;
//----- Customise the above values ----- char server[] = ORG
".messaging.internetofthings.ibmcloud.com";// Server Name char
publishTopic[] = "iot-2/evt/Data/fmt/json";// topic name and type of
event perform and format in which data to be send char subscribetopic[] =
"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(0x27,16,2);
//----
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())
     mqttconnect();
 }
}
/*....retrieving to
Cloud....*/ void PublishData(float
temp, float humid) { mqttconnect();//function call for
connecting to ibm
  } void mqttconnect() {
   if
(!client.connected()) {
   Serial.print("Reconnecting client
                                            to
                                                    ");
Serial.println(server);
                                                  while
(!!!client.connect(clientId, authMethod, token))
                                                   {
Serial.print(".");
                  delay(500);
   }
                 initManagedDevice();
    Serial.println();
 {
 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 =
0; i < payloadLength; 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);
               delay(1000);
noTone(buzz);
    }
         else
{
digitalWrite(LED,LOW);
   } data3="";
}
```

Output:

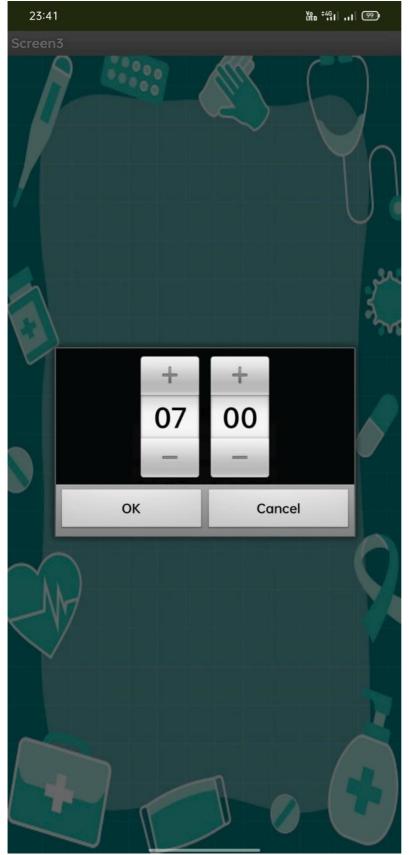


7.2 Database Schema



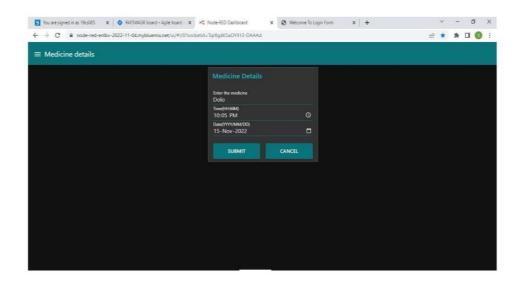


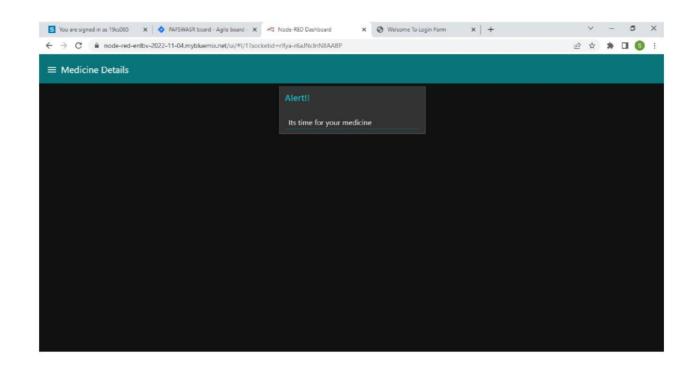




8. RESULT Screen Layouts







9. ADVANTAGES & DISADVANTAGES

Advantages

- > Help the elderly people to take their medicine at the correct time.
- Avoid personal assistants or caretakers needed for medically sick people.
- ➤ Cost efficient.
- ➤ Can store multiple data and many notifications can be generated.
- ➤ Since it includes voice assistance, even blind people can use our device.

Disadvantages

- ➤ Makes people lethargic and makes them dependent always on others.
- > Requires a stable internet connection.

11. Conclusion

The project offers the elderly or medically sick people a personal assistant which reminds them of the medicines to be consumed at the particular time. Skipping tablets may lead to serious problems if the person has a severe illness and this can be avoided. Since the cloud is integrated with the mobile application, numerous data can be fed into the database and notifications can be generated. The mobile application developed is highly customisable by the user and easy to use.

12. Future Scope

The project can be further developed by bringing into the feature of informing the medicine name during the notification. The voice assistance which is given can be customized by adding the user's voice or the caretaker's voice. Further the mobile application can update medicines by taking voice commands as an input from the user.

13. Appendix

Appendix:

GitHub link:

https://github.com/IBM-EPBL/IBM-Project-50992-1660963100

Demo link:

https://drive.google.com/file/d/1TxuO6AxkKOMUIs3ZTJCVXkQnMfMJftZT/view?usp=drivesdk