PERSONAL ASSISTANCE FOR SENIORS WHO ARE SELF-RELIANT

A PROJECT COMPONENT REPORT

Submitted by

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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: -

- 1) 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: -

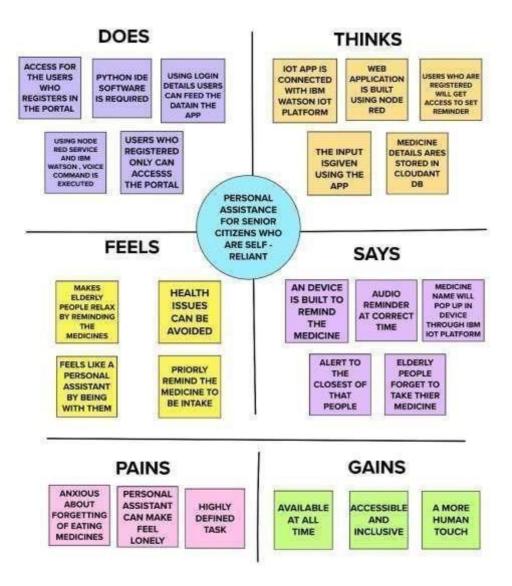
It is very difficult for the senior citizens (elder people) to remember their medicines. To avoid the skipping up the medicines, they can be remembered by using the voice commands of the medicine names at correct time specified. If the voice commands on the medicine name is not available, they are given 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 eat	No one is there to remind about medicines or forgot by themselves	anxious

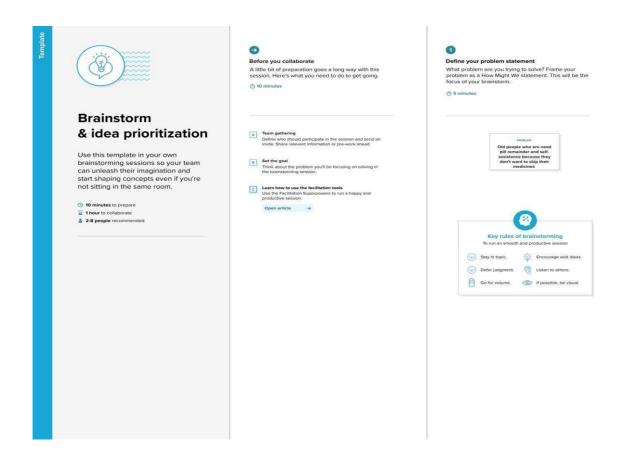
3. IDEATION & PROPOSED SOLUTION

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.

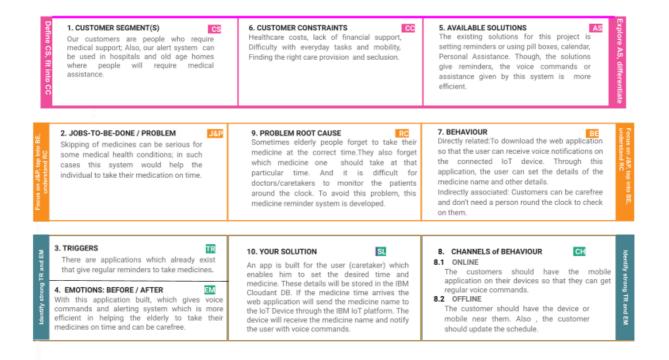


3.3 Proposed Solution:-

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
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

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
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3.4 Problem Solution Fit:-



4. REQUIREMENT ANALYSIS

Functional Requirements:

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

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.

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.

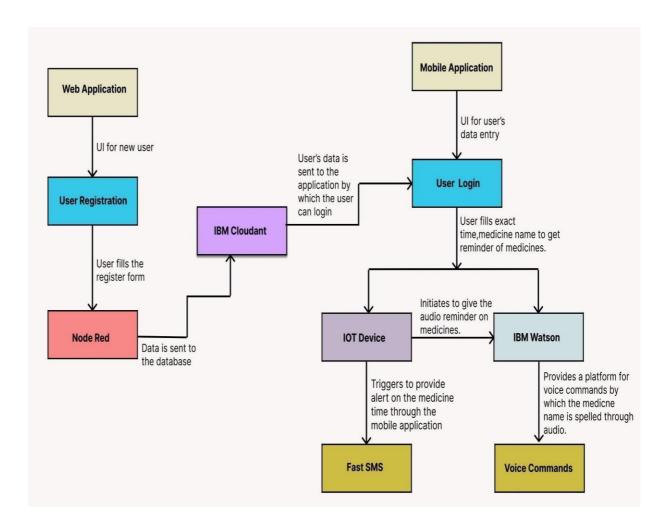
PROJECT DESIGN

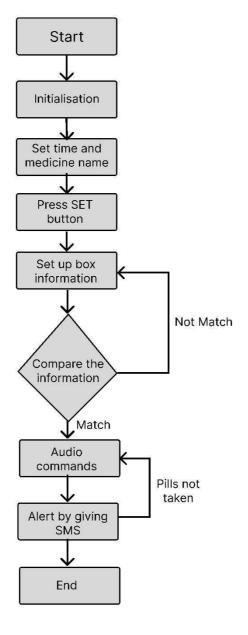
5.1 Data Flow Diagrams: - Data

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.



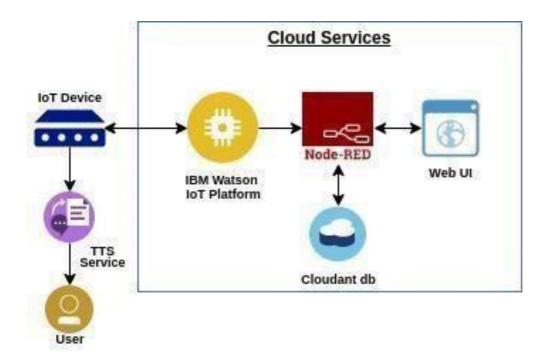


User Stories:

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:

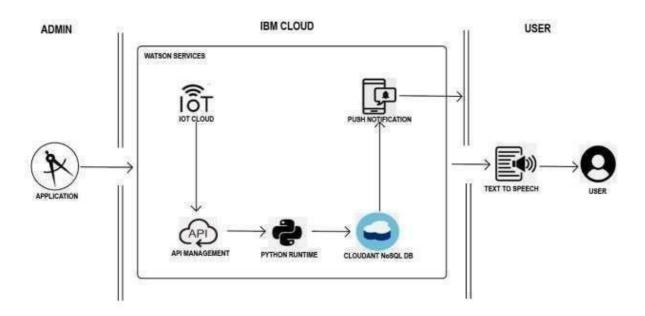


Table-1: Components & Technologies:

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

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

Table-2: Application Characteristics:

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

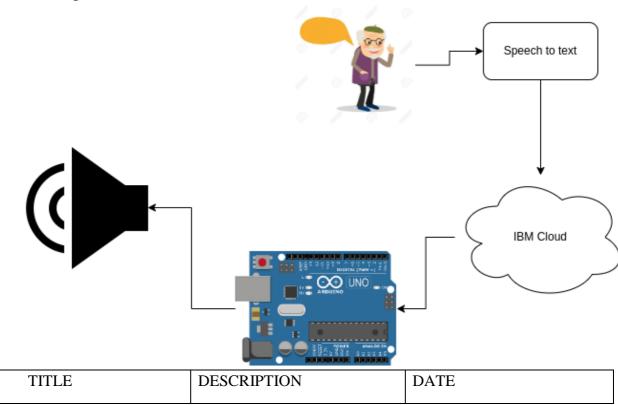
2.	Security Implementations	To secure the users login credentials and personal	,
	'	information.	
3.	Scalable	To scale the application	IBM auto scaling
	Architecture	database	
4.	Availability	To make use the application	IBM Cloud load
		and data are available 24x7	balancer
5.	Performance	To increase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

6.PROJECT PLANNING AND SCHEDULING

Project Planning:

Milestones:

- 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 &	Gathering information by refering	10 october 2022
Information Gathering	technical papers research publications which describes	
	literature survey.	
Prepare Empathy Map	To establish users pain and gain	11 october 2022
	prepare the empathy map canvas on problem statement.	
Ideation	Establishing brainstorm sessions	13 october 2022
	and emphasize the top ideas based on the importance of	
	scalability and feasibility.	
Proposed Solution	Prepare the proposed solution	14 october 2022
	which describes idea,uniqueness,customer	
	satisfaction, business model and	
	scalability of solution.	
Problem Solution Fit	Prepare problem solution fit	17 october 2022
	which describes the existence of problem.	
Solution Architecture	Defining process of developing solution based on predefined	18 october 2022
	processes.	
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	21 october 2022
	requirement document which specifies the requirements.	
Data Flow Diagrams	Draw the data flow diagrams	22 october 2022
Zam 11011 Diagrams	based on problem statement.	500000. 2022
Technology Architecture	Prepare a technology architecture	24 october 2022
	diagram which describes the working.	
Drangra Milastona Pr. Astivity	Prepare the milestone and activity	24 october 2022
Prepare Milestone & Activity List	list of the project.	24 00100001 2022
Project Development -	Develop and submit the	In progress
\bot Delivery of Sprint- \bot 2 3 & \bot	developed code by implementing	
	and testing it.	

6.1 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 node- red	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

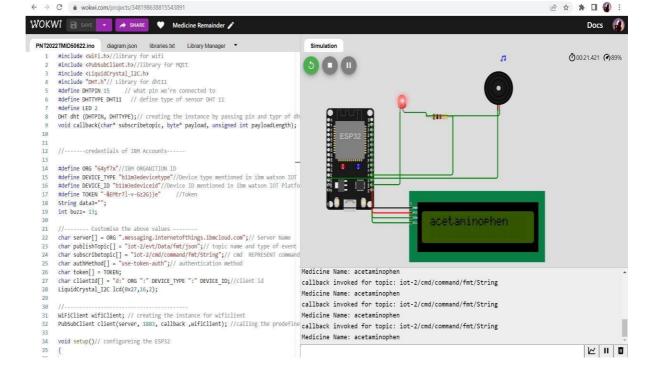
7.1Code for Simulation:

```
#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 "64vf7x"//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 "-&EMtr71-v-Gz2G))e"
                                    //Token
String data3=""; int buzz= 13;
```

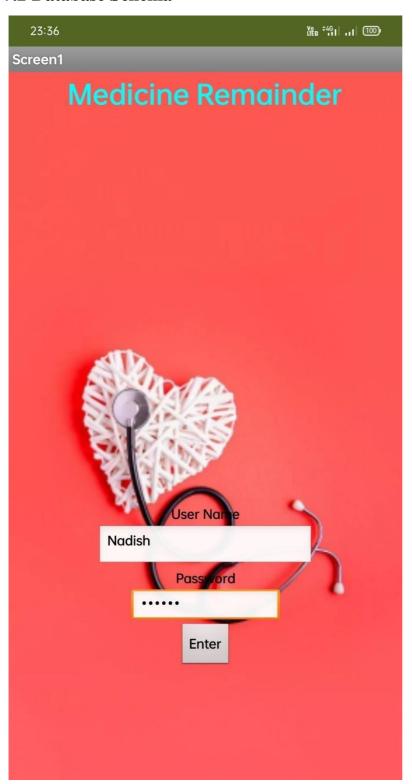
```
//---- Customise the above values ----- char server[] = ORG
".messaging.internetofthings.ibmcloud.com";// Server Name
char publishTopic[] = "iot-2/evt/Data/fmt/json";// topic name and type of
event perform and format in which data to be send char subscribetopic[] =
"iot-2/cmd/command/fmt/String";// 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....*/
PublishData(float temp, float humid) {
mqttconnect();//function call for connecting to ibm
   } void mqttconnect() {
(!client.connected()) {
   Serial.print("Reconnecting
                                client
                                                      ");
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 =
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);
noTone(buzz); delay(1000);
    }
else
       {
digitalWrite(LED,LOW);
   } data3="";
}
```

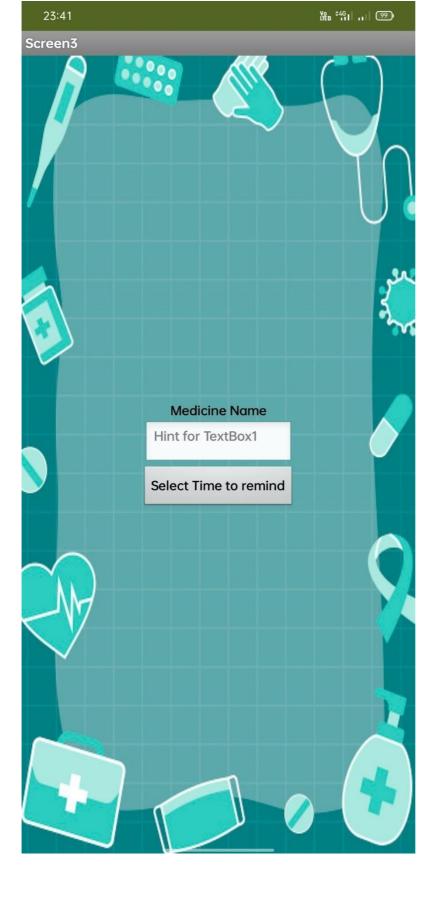
Output:

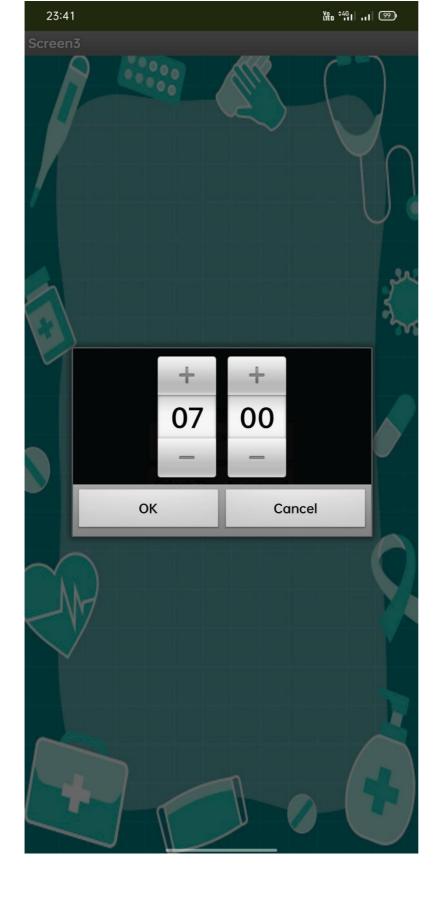


7.2 Database Schema





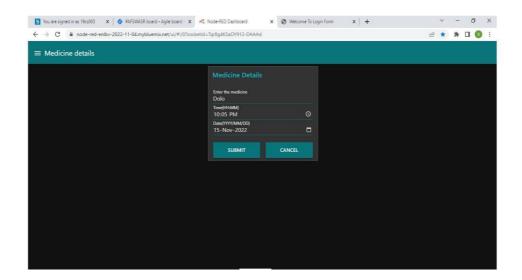


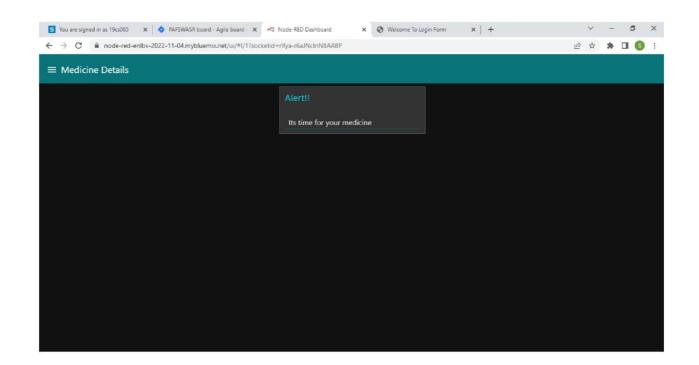


8. RESULT Screen

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