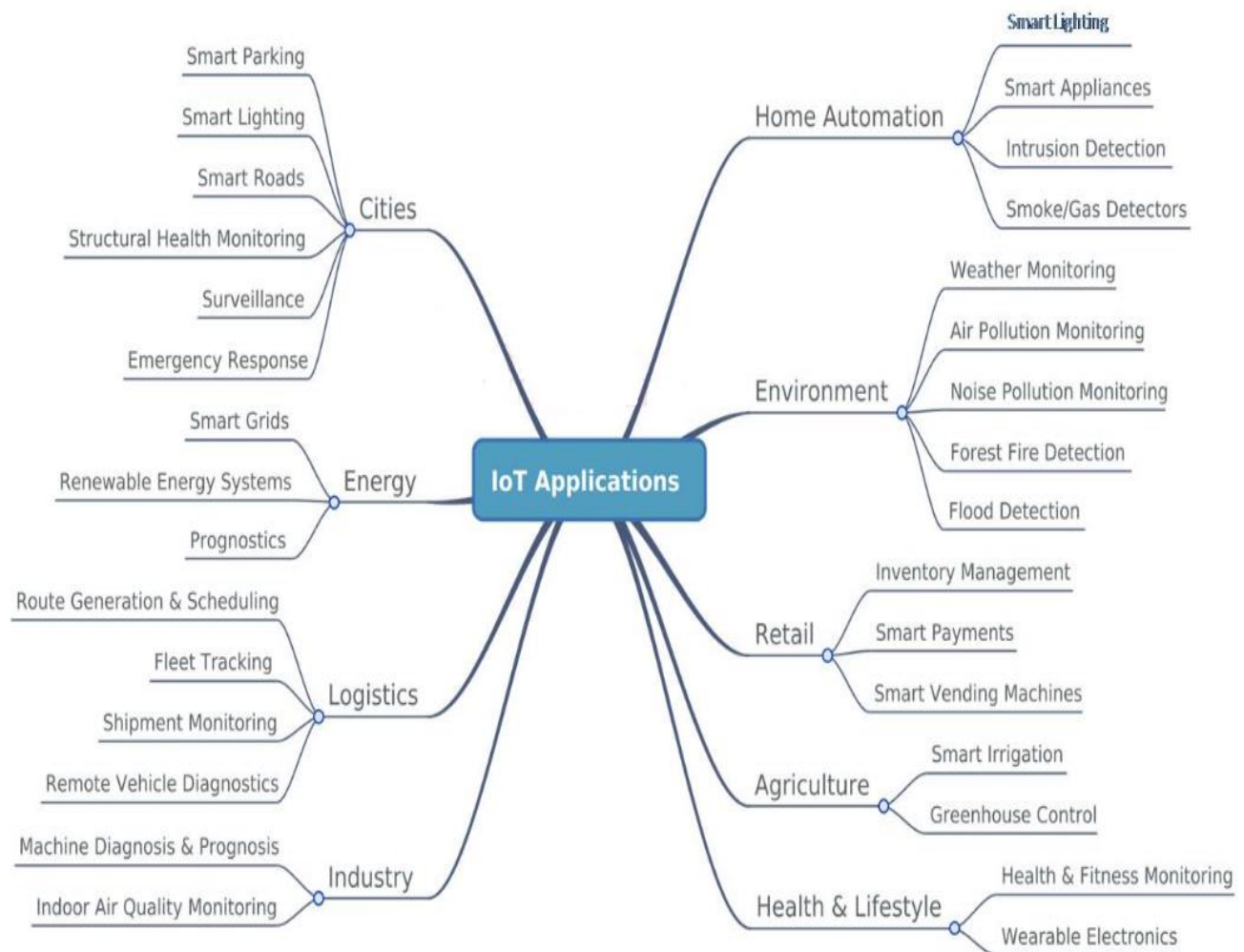


## Unit-5

### Case Study of IoT Applications

#### Introduction

The Internet of Things (IoT) applications span a wide range of domains including homes, cities, environment, energy system, retail, logistic, industry and health.





## **1. Home Automation**

Home automation has witnessed a significant transformation with the integration of Internet of Things (IoT) technologies. In the realm of home automation, IoT has enabled the creation of smart homes, where various devices and systems are connected and controlled remotely, enhancing convenience, energy efficiency, and security.

### **1.1 Key Components of IoT Home Automation:**

- **Smart Sensors:** These devices form the foundation of IoT home automation. They collect data from the environment, such as temperature, humidity, light, motion, and presence, and transmit it to a central control hub or cloud-based platform.
- **Central Control Hub:** This hub acts as the brain of the smart home system. It receives data from sensors, processes it, and sends commands to various connected devices based on user-defined rules. It also provides a user interface for remote control and monitoring.
- **Connected Devices:** These encompass a wide range of appliances, systems, and gadgets, including smart thermostats, lighting systems, security cameras, door locks, entertainment systems, and more. These devices can be controlled remotely through smartphones, tablets, or voice-activated assistants.
- **Cloud-Based Platform:** Cloud services play a vital role in IoT home automation. They enable data storage, analysis, and remote access from anywhere with an internet connection. Cloud platforms also facilitate over-the-air updates and data synchronization across devices.

### **1.2 Application Scenarios:**

- **Energy Management:** IoT-enabled smart thermostats and lighting systems adjust settings based on user preferences and occupancy patterns. They can optimize energy consumption, thereby reducing utility bills and minimizing environmental impact.
- **Security and Surveillance:** Smart security cameras, doorbell cameras, and motion sensors provide real-time monitoring and alerts. They can send notifications to homeowners' devices when suspicious activity is detected, allowing for immediate action.
- **Home Entertainment:** IoT devices allow users to control audio and video systems remotely. Home theaters, music systems, and streaming devices can be integrated, enabling seamless entertainment experiences.



- **Appliance Control:** Smart plugs and switches enable users to remotely control household appliances, such as coffee makers, ovens, and washing machines. This functionality enhances convenience and efficiency.
- **Healthcare and Assistive Living:** IoT devices can monitor the health and well-being of residents. For example, wearable devices can track vital signs and send alerts to caregivers in case of emergencies.

### 1.3 Benefits:

- **Convenience:** Remote control and automation of various tasks enhance comfort and ease of living.
- **Energy Efficiency:** Optimized control of lighting, heating, and cooling systems reduces energy consumption.
- **Security:** Real-time monitoring and alerts enhance home security and deter potential intruders.
- **Customization:** Users can personalize automation routines to fit their preferences and schedules.
- **Data Insights:** IoT devices provide data insights that can lead to informed decisions about resource usage and lifestyle patterns.

### 1.4 Challenges:

- **Security Concerns:** The interconnected nature of IoT devices can create vulnerabilities if not properly secured.
- **Compatibility:** Ensuring seamless communication between devices from different manufacturers can be a challenge.
- **Privacy Issues:** IoT devices collect and transmit data, raising concerns about data privacy and ownership.
- **Complexity:** Setting up and configuring multiple devices to work harmoniously can be daunting for non-technical users.



## 2. Smart Cities

The concept of smart cities has gained prominence as urban populations grow and technological advancements reshape urban living. IoT technologies have emerged as a driving force behind the transformation of traditional cities into smart cities.

### 2.1 Key Components of IoT in Smart Cities:

- **Sensors and Devices:** IoT-enabled sensors are strategically deployed throughout the city to collect data on various parameters, such as air quality, traffic flow, waste management, energy consumption, and more.
- **Data Collection and Processing:** The collected data is transmitted to a central platform for analysis. Advanced analytics and machine learning algorithms process the data to generate actionable insights.
- **Communication Infrastructure:** High-speed and reliable communication networks, including 5G, LoRaWAN, and Wi-Fi, enable seamless data transmission between sensors, devices, and the central platform.
- **Central Command Center:** Smart cities often have a central command center where data is monitored, analyzed, and used to make informed decisions and optimizations.

### 2.2 Application Scenarios:

- **Traffic Management:** IoT sensors in roadways, intersections, and vehicles provide real-time traffic data. This data can be used to optimize traffic flow, reduce congestion, and improve overall transportation efficiency.
- **Energy Management:** Smart grids equipped with IoT devices monitor electricity consumption and distribution. This allows for better energy management, load balancing, and integration of renewable energy sources.
- **Waste Management:** IoT sensors in waste bins can indicate their fill levels, enabling more efficient waste collection routes and reducing unnecessary trips.
- **Environmental Monitoring:** Sensors measure air quality, temperature, humidity, and noise levels. This data aids in pollution control, urban planning, and public health management.



- **Public Safety:** IoT-enabled surveillance cameras, emergency response systems, and predictive analytics enhance public safety and enable faster emergency responses.
- **Smart Lighting:** IoT-controlled streetlights can adjust brightness based on real-time conditions, saving energy and improving nighttime visibility.
- **Water Management:** Sensors in water supply networks detect leaks, monitor water quality, and optimize irrigation systems, contributing to water conservation.

### 2.3 Benefits:

- **Efficiency:** IoT-driven optimizations in transportation, energy, and resource management lead to more efficient city operations.
- **Sustainability:** Reduced energy consumption, optimized waste management, and efficient resource utilization contribute to environmental sustainability.
- **Enhanced Quality of Life:** Improved traffic flow, cleaner air, and enhanced safety contribute to a higher quality of life for citizens.
- **Data-Informed Decision Making:** Real-time data analysis enables proactive decision making for better city planning and resource allocation.
- **Economic Growth:** Smart cities attract investment and innovation, fostering economic growth and job opportunities.

### 2.4 Challenges:

- **Privacy and Security:** Collecting and sharing sensitive data raises concerns about privacy and the potential for data breaches.
- **Interoperability:** Ensuring compatibility between various IoT devices and systems from different vendors can be complex.
- **Cost:** Implementing and maintaining the necessary infrastructure can be financially demanding.
- **Digital Divide:** Not all citizens have equal access to IoT-enabled services, leading to potential inequalities.



### **3. Environment:**

The utilization of IoT technology for environmental monitoring and management has gained prominence as a powerful tool to address the challenges of environmental degradation and sustainability. IoT-driven environmental monitoring offers real-time data collection, analysis, and insights into the state of natural resources, ecosystems, and pollution levels. This technology empowers researchers, governments, and organizations to make informed decisions, develop efficient conservation strategies, and mitigate the adverse impacts of human activities on the environment.

#### **3.1 Key Components of IoT Environmental Monitoring:**

- **Sensors and Data Collection Devices:** IoT-enabled sensors are deployed in various environments to monitor parameters such as air quality, water quality, soil moisture, temperature, humidity, noise levels, and more.
- **Communication Networks:** High-speed communication networks, including 5G and LoRaWAN, facilitate data transmission from sensors to central databases or cloud platforms.
- **Cloud Computing and Data Analytics:** Collected data is stored and analyzed on cloud platforms, enabling researchers to extract valuable insights, patterns, and trends.
- **Visualization Interfaces:** User-friendly interfaces and dashboards visualize data for decision-makers, scientists, and the public to understand environmental conditions.

#### **3.2 Application Scenarios:**

- **Air Quality Monitoring:** IoT sensors measure pollutants like particulate matter, nitrogen dioxide, and ozone, helping to track urban air quality and formulate pollution control strategies.
- **Water Quality Management:** Sensors placed in water bodies monitor parameters such as pH levels, dissolved oxygen, and contaminants, aiding in water resource management and pollution prevention.
- **Natural Resource Conservation:** IoT-enabled devices track wildlife movement patterns, migration, and habitat conditions, aiding in biodiversity preservation and conservation efforts.





- **Agricultural Sustainability:** Soil moisture sensors inform irrigation schedules, optimizing water use in agriculture and preventing over-irrigation.
- **Disaster Early Warning:** IoT devices detect seismic activity, weather changes, and ocean conditions, enabling early warning systems for natural disasters.
- **Waste Management:** Sensors in waste management systems monitor bin fill levels, optimizing collection routes and reducing unnecessary trips.

### 3.3 Benefits:

- **Data-Driven Decision Making:** Real-time data collection and analysis enable evidence-based decision making for environmental protection and resource management.
- **Improved Resource Efficiency:** IoT-driven optimizations lead to better use of resources like water, energy, and agricultural inputs.
- **Early Detection of Environmental Hazards:** Timely warnings about pollution levels, natural disasters, and environmental degradation allow for prompt mitigation actions.
- **Public Awareness:** Visualizations and data transparency increase public awareness and engagement in environmental issues.

### 3.4 Challenges:

- **Data Security and Privacy:** Ensuring the security and privacy of sensitive environmental data is a critical concern.
- **Sensor Accuracy and Reliability:** Maintaining sensor accuracy and reliability in diverse environmental conditions is a technical challenge.
- **Data Interoperability:** Ensuring compatibility and data exchange between different sensor models and manufacturers is essential.
- **Infrastructure Costs:** Setting up and maintaining the necessary infrastructure can be expensive.



## 4. Energy

The integration of IoT technology in energy management has transformed the way energy is produced, distributed, and consumed. IoT-enabled energy management empowers industries, businesses, and individuals to optimize energy consumption, enhance operational efficiency, and reduce environmental impact. By providing real-time data and insights, IoT technology facilitates intelligent decision-making for a more sustainable and resilient energy ecosystem.

### 4.1 Key Components of IoT Energy Management:

- **Smart Meters and Sensors:** IoT-enabled smart meters and sensors collect real-time data on energy consumption, production, and distribution.
- **Communication Networks:** High-speed communication networks, such as 5G, facilitate seamless data transmission between devices, meters, and central platforms.
- **Data Analytics and Machine Learning:** Advanced data analytics and machine learning algorithms process collected data to generate actionable insights and predictions.
- **Control Systems:** IoT technology enables remote control of energy-consuming devices and systems, enabling demand response and load management.

### 4.2 Application Scenarios:

- **Smart Grids:** IoT technology enables real-time monitoring and control of energy generation, distribution, and consumption within the electrical grid. This leads to improved grid stability, load balancing, and integration of renewable energy sources.
- **Energy Efficiency in Buildings:** Smart buildings equipped with IoT sensors and control systems optimize lighting, heating, cooling, and other energy-consuming systems based on occupancy and ambient conditions.
- **Industrial Energy Management:** IoT devices monitor machinery and equipment energy usage, identifying inefficiencies and enabling predictive maintenance.
- **Demand Response Programs:** Utilities use IoT to communicate with consumers and adjust their energy usage during peak demand periods, reducing strain on the grid.
- **Renewable Energy Integration:** IoT technology aids in the efficient integration of renewable energy sources like solar panels and wind turbines into the grid.





### 4.3 Benefits:

- **Energy Savings:** Real-time data and automation lead to more efficient energy consumption, reducing costs and environmental impact.
- **Grid Resilience:** IoT-driven grid management enhances grid stability, reduces downtime, and prepares for unexpected disruptions.
- **Peak Load Management:** Demand response programs using IoT technology help utilities manage peak demand periods without investing in additional infrastructure.
- **Renewable Integration:** IoT-enabled smart grids accommodate the variable nature of renewable energy sources, contributing to a cleaner energy mix.
- **Data-Driven Insights:** IoT-generated data provides valuable insights for informed decision-making and future energy planning.

### 4.4 Challenges:

- **Security and Privacy:** Protecting sensitive energy consumption data from unauthorized access and cyberattacks is a significant concern.
- **Interoperability:** Ensuring compatibility between various IoT devices and platforms is essential for seamless integration.
- **Scalability:** As IoT deployments grow, scalability and network management become complex challenges.
- **Legacy Infrastructure:** Retrofitting existing systems with IoT technology can be challenging due to compatibility issues.



## 5. Retail

IoT technology in the retail industry has ushered in a new era of customer experience, operational efficiency, and data-driven decision-making. IoT technology is revolutionizing the retail sector by creating smarter and more connected stores. It empowers retailers to enhance customer engagement, optimize supply chain processes, and gather valuable insights into consumer behavior.

### 5.1 Key Components of IoT in Retail:

- **Sensors and RFID Tags:** IoT-enabled sensors and RFID tags are embedded in products, shelves, and store environments to capture real-time data on inventory levels, customer movement, temperature, and more.
- **Data Communication Networks:** High-speed communication networks, including Wi-Fi and Bluetooth, enable seamless data transmission between devices and central databases.
- **Data Analytics and Machine Learning:** Collected data is processed using advanced analytics and machine learning algorithms to generate actionable insights and predictions.
- **Customer-Facing Interfaces:** IoT technology enhances customer interactions through digital signage, mobile apps, and interactive displays.

### 5.2 Application Scenarios:

- **Inventory Management:** IoT-enabled sensors track real-time inventory levels, helping retailers maintain accurate stock, reduce out-of-stock situations, and streamline replenishment processes.
- **Personalized Marketing:** IoT collects customer data to deliver personalized offers, recommendations, and promotions based on shopping history and preferences.
- **Smart Shelves:** IoT-equipped shelves sense when products are running low and send alerts to store staff, improving shelf availability and minimizing manual checks.
- **Queue Management:** IoT devices monitor customer queues and provide real-time updates on wait times, leading to improved customer satisfaction.
- **Supply Chain Visibility:** IoT-enabled tracking devices monitor the movement of goods through the supply chain, providing transparency and preventing delays.



### 5.3 Benefits:

- **Enhanced Customer Experience:** Personalized marketing, in-store navigation, and reduced wait times improve customer satisfaction.
- **Efficient Operations:** Real-time inventory management and demand forecasting lead to optimized stock levels and reduced operational costs.
- **Data-Driven Insights:** IoT-generated data provides valuable insights into customer behavior, enabling informed decision-making and targeted strategies.
- **Loss Prevention:** IoT-enabled surveillance and anti-theft systems help retailers prevent shrinkage and unauthorized access.
- **Competitive Advantage:** Retailers embracing IoT can differentiate themselves by offering innovative and convenient shopping experiences.

### 5.4 Challenges:

- **Data Security and Privacy:** Protecting customer data and ensuring compliance with privacy regulations is a paramount concern.
- **Integration Complexity:** Integrating IoT devices with existing systems and technologies can be challenging.
- **Maintenance and Scalability:** Managing a large number of IoT devices across multiple stores requires effective maintenance and scalability strategies.
- **Costs:** Implementing and maintaining IoT infrastructure can be expensive, especially for smaller retailers.



## 6. Logistics

The integration of Internet of Things (IoT) technology in the logistics industry has brought about transformative changes in supply chain management, operations, and customer satisfaction. IoT has emerged as a game-changer in the logistics sector by providing real-time visibility, data-driven insights, and automation across the supply chain. This technology enhances efficiency, reduces operational costs, and improves overall logistics performance.

### 6.1 Key Components of IoT in Logistics:

- **IoT Sensors and Devices:** Sensors are attached to assets, vehicles, containers, and packages to collect real-time data on location, temperature, humidity, shock, and other relevant parameters.
- **Communication Networks:** High-speed communication networks, such as cellular networks and satellite connections, enable data transmission from sensors to central platforms.
- **Central Data Platforms:** Collected data is sent to cloud-based platforms where it is processed, analyzed, and transformed into actionable insights.
- **Data Analytics and Machine Learning:** Advanced analytics and machine learning algorithms process the data to generate insights for decision-making and optimization.

### 6.2 Application Scenarios:

- **Real-Time Tracking:** IoT-enabled devices track the location and condition of goods in real-time, providing end-to-end visibility throughout the supply chain.
- **Fleet Management:** IoT sensors in vehicles monitor driving behavior, fuel consumption, and maintenance needs, optimizing fleet operations.
- **Warehouse Management:** Sensors and IoT-enabled systems manage inventory levels, monitor storage conditions, and optimize pick-and-pack processes.
- **Predictive Maintenance:** IoT devices monitor the condition of equipment and vehicles, predicting maintenance needs to prevent breakdowns.
- **Cold Chain Logistics:** Sensors monitor temperature-sensitive shipments, ensuring compliance with temperature requirements for perishable goods.



### 6.3 Benefits:

- **Improved Visibility:** Real-time tracking and data insights enable better visibility into the movement of goods, leading to reduced transit times and enhanced customer satisfaction.
- **Optimized Operations:** IoT-driven automation and predictive analytics improve efficiency, reduce delays, and optimize resource allocation.
- **Cost Savings:** Better asset utilization, reduced fuel consumption, and optimized inventory management lead to cost savings.
- **Enhanced Customer Experience:** Real-time updates and accurate delivery estimates improve communication and trust with customers.
- **Supply Chain Resilience:** IoT technology enables rapid response to disruptions, ensuring continuity even in challenging circumstances.

### 6.4 Challenges:

- **Data Security:** Protecting sensitive logistics data from cyber threats and unauthorized access is a critical challenge.
- **Interoperability:** Ensuring compatibility and data exchange between different IoT devices and platforms is essential.
- **Scalability:** Managing a large number of IoT devices across a complex logistics network requires effective scalability strategies.
- **Integration Complexity:** Integrating IoT systems with existing logistics systems can be complex and time-consuming.



## **7 Agriculture**

The integration of Internet of Things (IoT) technology in agriculture, often referred to as "smart agriculture" or "precision agriculture," is revolutionizing the way farming is conducted. IoT technology is reshaping the agricultural landscape by offering data-driven insights, automation, and real-time monitoring. It helps farmers make informed decisions, optimize resource use, improve crop yield, and ensure sustainable farming practices.

### **7.1 Key Components of IoT in Agriculture:**

- **Sensor Technology:** IoT-enabled sensors are deployed in fields, livestock areas, and equipment to collect data on soil moisture, temperature, humidity, crop growth, and animal behavior.
- **Communication Networks:** Wireless networks, such as LoRaWAN and satellite connectivity, enable data transmission from sensors to cloud-based platforms.
- **Cloud Computing:** Collected data is processed and stored on cloud platforms, where it is analyzed to provide actionable insights.
- **Data Analytics and Machine Learning:** Advanced analytics and machine learning algorithms process the data to generate predictions and recommendations.

### **7.2 Application Scenarios:**

- **Precision Irrigation:** IoT sensors monitor soil moisture levels and weather conditions, allowing farmers to optimize irrigation schedules and conserve water.
- **Crop Monitoring:** Sensors track crop health and growth parameters, identifying disease outbreaks or nutrient deficiencies.
- **Livestock Management:** IoT devices monitor animal health, behavior, and location, enabling early disease detection and efficient grazing management.
- **Smart Equipment:** IoT-equipped machinery can autonomously perform tasks such as planting, spraying, and harvesting based on data inputs.
- **Supply Chain Traceability:** IoT can provide transparency in the supply chain, tracking the journey of produce from farm to market.





### 7.3 Benefits:

- **Increased Efficiency:** Data-driven decisions and automation lead to efficient resource use, reduced waste, and optimized yield.
- **Yield Improvement:** Monitoring and adjusting environmental conditions contribute to higher crop yields and better livestock outcomes.
- **Sustainability:** IoT technology supports environmentally friendly practices by minimizing water usage, reducing chemical inputs, and preventing overgrazing.
- **Risk Mitigation:** Early disease detection, weather monitoring, and real-time insights help farmers mitigate risks and respond to challenges.
- **Data-Informed Decisions:** Actionable insights derived from IoT-generated data enable informed and timely decisions.

### 7.4 Challenges:

- **Data Security:** Protecting sensitive agricultural data from cyber threats and unauthorized access is a significant challenge.
- **Interoperability:** Ensuring compatibility and data exchange between different IoT devices and platforms is essential.
- **Adoption Barriers:** High costs, lack of technical expertise, and resistance to change can hinder the adoption of IoT in agriculture.
- **Rural Connectivity:** Limited internet connectivity in rural areas can pose challenges in transmitting data from remote fields.



## 8 Industry

The Industrial Internet of Things (IIoT) is revolutionizing the industrial sector by integrating Internet of Things (IoT) technologies into industrial processes and systems. IIoT enhances industrial operations by connecting machines, equipment, and systems, leading to improved efficiency, predictive maintenance, data-driven decision-making, and overall business competitiveness.

### 8.1 Key Components of IIoT:

- **Sensors and Actuators:** IIoT relies on a multitude of sensors to collect data from machines, equipment, and processes. Actuators control the physical processes based on the insights derived from the collected data.
- **Communication Networks:** High-speed communication networks, such as Ethernet and cellular networks, enable seamless data transmission between devices and central platforms.
- **Edge Computing:** Edge devices process data locally, reducing latency and enabling real-time decision-making close to the data source.
- **Cloud and Data Analytics:** Collected data is transmitted to cloud platforms for storage and analysis using advanced analytics, machine learning, and artificial intelligence algorithms.

### 8.2 Application Scenarios:

- **Predictive Maintenance:** IIoT sensors monitor the condition of machines and equipment, detecting anomalies and predicting maintenance needs before failures occur.
- **Remote Monitoring:** IIoT technology enables remote monitoring of industrial processes, ensuring they run smoothly even without physical presence.
- **Energy Management:** Sensors track energy consumption patterns, helping industries optimize resource utilization and reduce energy costs.
- **Supply Chain Optimization:** IIoT enhances supply chain visibility by tracking the movement of goods, improving logistics efficiency and reducing delays.
- **Quality Control:** Sensors monitor production processes, identifying deviations and defects, leading to improved product quality.



### 8.3 Benefits:

- **Operational Efficiency:** IIoT-driven insights enable streamlined processes, reduced downtime, and improved resource allocation.
- **Predictive Maintenance:** Early detection of equipment issues minimizes unplanned downtime, saving costs and ensuring continuous operations.
- **Data-Driven Decision Making:** Data analytics and real-time insights support informed decision-making for optimal operational strategies.
- **Improved Safety:** IIoT helps identify potential safety hazards and ensures compliance with safety protocols.
- **Productivity Gains:** Automation and optimized processes lead to increased productivity and faster time-to-market.

### 8.4 Challenges:

- **Data Security:** Protecting sensitive industrial data from cyber threats and unauthorized access is a paramount concern.
- **Interoperability:** Ensuring compatibility and data exchange between different IIoT devices and platforms is essential.
- **Legacy System Integration:** Retrofitting existing industrial systems with IIoT technology can be complex and require careful planning.
- **Data Overload:** Managing and analyzing the large volumes of data generated by IIoT devices can be overwhelming.



## **9 Health & Lifestyle**

### **Introduction:**

The integration of the Internet of Things (IoT) in the health and lifestyle sector has opened up new avenues for personalized and remote healthcare. This case study focuses on the use of IoT technology, particularly smart wearables, for remote patient monitoring in cardiac care.

### **Objective:**

The objective of this case study is to demonstrate how IoT-enabled smart wearables can enhance the monitoring and management of cardiac patients, allowing for real-time data collection and analysis, early detection of health issues, and improved patient outcomes.

### **Background:**

Cardiovascular diseases are a leading cause of death worldwide. Timely detection and continuous monitoring of cardiac conditions are critical for effective treatment and management. In this context, IoT-based solutions are playing a vital role in transforming the healthcare landscape.

### **Implementation:**

- a. **Selection of IoT Wearable Devices:** In this study, a range of IoT wearable devices were selected, including smartwatches, heart rate monitors, and electrocardiogram (ECG) patches. These devices are designed to collect real-time data such as heart rate, blood pressure, ECG readings, and activity levels.
- b. **Data Collection and Transmission:** Patients diagnosed with cardiac conditions were provided with these wearable devices. The devices continuously collected data and transmitted it to a secure cloud-based platform via wireless or cellular connections. The data was encrypted to ensure patient privacy and data security.
- c. **Real-time Monitoring and Alerts:** Cardiologists and healthcare providers had access to a web-based dashboard that displayed real-time data from patients' wearable devices. This platform included data analytics and machine learning algorithms that



could detect irregularities and trends in patients' health. When anomalies were detected, the system generated alerts for immediate intervention.

- d. **Patient Engagement:** Patients were also given access to a mobile app that allowed them to view their health data. This app served as an educational tool, providing tips on managing their condition and encouraging them to stay active and adhere to their treatment plans.
- e. **Telemedicine:** To enhance patient care, the platform also integrated telemedicine capabilities. Patients could schedule virtual consultations with their healthcare providers, who had access to their real-time health data during the appointments.

## **Results:**

The implementation of IoT wearables in cardiac care had several positive outcomes:

- a. **Early Detection:** The system could identify abnormal heart rhythms and other cardiac issues in real time, enabling immediate medical intervention when necessary.
- b. **Improved Adherence:** Patients reported increased adherence to their treatment plans and exercise regimens due to the constant monitoring and reminders provided by the app.
- c. **Reduced Hospital Readmissions:** Early intervention and continuous monitoring led to a reduction in hospital readmissions, resulting in cost savings for both patients and healthcare systems.
- d. **Enhanced Quality of Life:** Patients reported a better quality of life, knowing that they were being closely monitored and that healthcare support was readily available.