SELF STABILIZING SPOON FOR PARKINSON'S DISEASE

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CERTIFICATE

This is to certify that the report entitled **"SELF STABILIZING SPOON FOR PARKINSON'S DISEASE"** *is a bonafide record of project work done by* **"ADHEENA K N (MUT20EC003), ISAAC CHERIAN (MUT20EC029), MEENAKSHI S (MUT20EC036), RISHIKESH C(MUT20EC050)"** *during the year 2022- 2023. This report is submitted to APJ Abdul Kalam Technological University in partial fulfillment of the requirements for the award of the degree of Bachelor of Technology in Electronics and Communication Engineering.*

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ABSTRACT

This abstract summarizes the concept of a self-stabilizing spoon for Parkinson's Disease:

A self-stabilizing spoon is an assistive device designed to help people with Parkinson's Disease or other tremor-related conditions to eat with more control and accuracy. The spoon has a built-in stabilization mechanism that reduces the effects of tremors and shakes, allowing the user to eat more independently. This technology can improve the quality of life for people with Parkinson's Disease, reducing frustration and embarrassment caused by spilling food in public or with others, and promoting independence and dignity.

While there are some limitations to the technology, such as cost and effectiveness for all types of tremors, the current literature supports the use of self-stabilizing spoons as a promising assistive technology for people with Parkinson's Disease. Further research is needed to fully understand the long- term effectiveness and potential benefits of self-stabilizing spoons for Parkinson's Disease patients.

The stabilizing spoon compensates for unintended tremors or shivers received from the user and calibrates its head against these forces, thus always keeping the spoon bowl stable.The device was built using a gyroscope to measure the angle of the motions, paired with an accelerometer to motions, paired with an accelerometer to measure the speed of these motions, to assist patients' eating process.

CONTENTS

LIST OF FIGURES

LIST OF TABLES

CHAPTER 1

INTRODUCTION

Parkinson's disease is a disorder which degenerates the neural functioning of the body affecting trunk and limbs resulting in slow body movements.Parkinson's disease is a neurological degenerative disease that results in irrepressible shivers in the limbs, making it excruciating for the patient to lift food with a utensil. The disease's symptoms can vary from person to person and might even be overlooked for long durations if they are mild. The condition of the patient worsens over the years and might even lead to difficulty in walking and talking. The exact cause of the disease is still unknown, due to which it does not have a cure. The only hope for these patients is the potential these biomedical assistance instruments hold. Stabilizing mechanisms are employed in various areas like photography (gimbals) and aircrafts to compensate for the unintended motion and vibration of the process. In this paper, we propose a methodology to implement these advanced controlled stabilizing mechanisms into a low-cost prototype. A Self Stabilizing Spoon, which keeps itself steady as the hands of the user shiver or have tremors. It adjusts the position of its head if its rear end receives any unprecedented tremor .In today's market, such devices are only manufactured by big companies at exorbitant prices , which are not affordable for the common man.

1.1 SCOPE AND MOTIVATION

The medical community is continuously working to improve the lives of those suffering from Parkinson's disease through research and medical advancement; however there is no cure yet for the people with tremor disease.To address this issue, various approaches have been created to improve the life of the patients such as pharmaceutical therapies, wearable devices and stabilising handles. Using this spoon, the unintended tremors of the person are counteracted by the servo motors with the help of controller and sensor. The scope of this device is not limited to just people with PD but also People who had Stroke, Cerebral Palsy, elderly etc. The device can be integrated with an application that updates the tremor frequencies and likelihood of its occurrence. This would help the doctors to monitor the patient’s health. This methodology can be used to design other objects like a self stabilising mobile holder, cup holder etc that makes their day-to-day life easier

1.2 HISTORY

Early designs used weights but lacked adaptability. Recent advancements integrate motion sensors and gyroscopes, analyzing tremor patterns in real-time and making instant adjustments for stability. While these spoons greatly enhance quality of life, effectiveness depends on tremor severity and type, as well as dexterity, coordination, and cognitive abilities. Ongoing research and technological progress hold promise for further improvements in self-stabilizing spoons and utensils for Parkinson's disease. Keeping abreast of the latest developments is crucial.

1.3 OBJECTIVE

The self-stabilizing spoon aims to address the challenges faced by Parkinson's patients while eating, such as the inability to hold utensils steady due to uncontrollable hand tremors. This innovative device would incorporate advanced technologies and mechanisms to counteract the tremors and maintain stability, allowing individuals to feed themselves with greater ease and dignity.

The design of the self-stabilizing spoon would involve several key components. Firstly, it would incorporate sensors to detect hand tremors in real-time. These sensors would capture the magnitude and frequency of the tremors and transmit this data to the spoon's stabilization system. The stabilization system would consist of miniaturized motors or actuators, capable of making rapid adjustments to counteract the tremors and maintain a stable position.

To ensure optimal stabilization, the spoon would employ feedback control algorithms that interpret the sensor data and calculate the necessary corrective actions. These algorithms would be designed to respond quickly and accurately, compensating for the tremors in real-time. The spoon's stabilization system would continuously monitor the hand movements, dynamically adjusting its position and orientation to counteract any unwanted motion caused by the tremors.

The self-stabilizing spoon would also focus on user-friendliness and practicality. It would have an ergonomic handle designed to provide a comfortable grip, allowing users to hold the spoon securely. The device may also feature customizable settings, allowing individuals to adjust the stabilization level according to their specific needs and tremor severity.

Moreover, the self-stabilizing spoon could incorporate additional functionalities to enhance the eating experience. For instance, it could include a built-in gyroscope or accelerometer to detect the spoon's tilt and provide audio or visual feedback to guide the user in maintaining a level position. The spoon might also have a detachable and washable head for easy cleaning and hygiene maintenance.

1.4 APPLICATIONS

It has a wide range of applications that can significantly improve the quality of life for those affected by the condition. Here are some key applications of this innovative device:

Independent Eating: The primary application of the self-stabilizing spoon is to enable individuals with Parkinson's to feed themselves independently. By counteracting hand tremors, the spoon allows users to stabilize their grip and reduces the risk of spills and accidents. This promotes self-confidence, preserves dignity, and fosters a sense of autonomy during mealtime.

Enhanced Nutritional Intake: Parkinson's disease can often result in reduced food intake due to difficulties in self-feeding. The self-stabilizing spoon helps overcome this challenge by making eating a less frustrating and more efficient process. By providing individuals with better control over the utensil, it encourages them to eat a wider variety of foods and maintain a more balanced diet.

Social Engagement: Mealtimes are often social occasions that involve interaction with family and friends. The self-stabilizing spoon enables individuals with Parkinson's to actively participate in these social gatherings by reducing the visible impact of tremors. This device empowers individuals to dine with confidence, minimizing self-consciousness, and facilitating more enjoyable social experiences.

Rehabilitation and Therapy: The self-stabilizing spoon can also be used as part of rehabilitation programs and occupational therapy for individuals with Parkinson's disease. By challenging and improving motor skills, the spoon helps individuals regain and maintain their ability to perform essential daily tasks, promoting physical and cognitive well-being.

Assistive Technology Advancements: The development of a self-stabilizing spoon for Parkinson's disease represents a significant advancement in assistive technology. It opens up possibilities for further innovations and the integration of similar stabilization mechanisms in other assistive devices, such as cups, writing utensils, or grooming tools. This expansion of applications could greatly enhance independence and functionality across various aspects of daily life for individuals with Parkinson's.

In summary, the self-stabilizing spoon has diverse applications, including promoting independent eating, enhancing nutritional intake, facilitating social engagement, supporting rehabilitation, and inspiring further advancements in assistive technology. By addressing the specific needs of individuals with Parkinson's disease, this device has the potential to positively impact their daily lives and improve overall well-being.

CHAPTER 2

LITERATURE REVIEW

S.NO	AUTHOR	YEAR	TITLE	SOURCE	FINDINGS OF THE STUDY
1.	Adhavi Shri.A.S, S.Praveen Kumar T. Aravind	2013	Design of Mems gyroscope to Detect and Monitor Parkinson’s disease.	IEEE International Conference on Smart Structures and Systems.	● Working of gyroscope. ● It can detect and monitor Parkinson’s disease.
2.	Heusinkveld LE, Hacker ML, Turchan M, Davis TL and Charles D	2018	Impact of Tremor on Patients With Early Stage Parkinson’s Disease.	Published on National Center for Biotechnology	● Patients experience of tremor in early stage. ● Current management options.
3.	Microsoft	2019	The Emma Watch:A Wearable Device to Ease PD Tremors	Microsoft team established Project Emma on June 2017.	● The technology issues a rhythmic vibration using small motors wrapped around the wrist. ● use vibrating motors distract the brain from the sensation of tremors
4.	W. Ren, Q. Qiao, K. Nie and Y. Mao	2019	Robust DOBC for stabilization loop of a two axes gimbal system	Published in IEEE Access (Volume: 7)	● A disturbance compensation strategy based on disturbance observer control (DOBC) is proposed. ● Stablising the platform in a gimbal like manner with two degrees of freedom
5.	Reza Hassanian , Morris Riedel	2022	Mechanical Elements Analysis of Stewart Platform: Computational Approach	Published on International Journal of Science and Research (IJSR).	● Uses six servo motors to be able to balance objects on it. ● detect position and motion of the object using sensors and then compensate for the motion using its six motors.

[1] The main objective here is to design a MEMS based gyroscope which is capable of maintaining and measuring the orientation which works on the principle of angular momentum. Gyroscopes can be used for detecting and monitoring Parkinson’s disease.

[2] This paper offers an overview of reports of the patient experience of tremor in early stage PD and current management options for this cardinal motor feature. Also shows the intense embarrassment and difficulties they experience in their daily activities.

[3] Microsoft researchers have developed technology using vibrating motors that can fool the brain and distract it from the physical sensation of tremors. The wrist-worn device, called the “Emma Watch”, is designed to significantly reduce tremors associated with Parkinson’s disease. The technology issues a rhythmic vibration using small motors wrapped around the wrist.

[4] In this paper, a disturbance compensation strategy based on disturbance observer control (DOBC) is proposed to solve parameter perturbation, friction, coupling and external turbulence for two-axes gimbal control systems. It lays the foundation for the idea of stabilisation and calibration in a gimbal like manner, with two degrees of freedom.

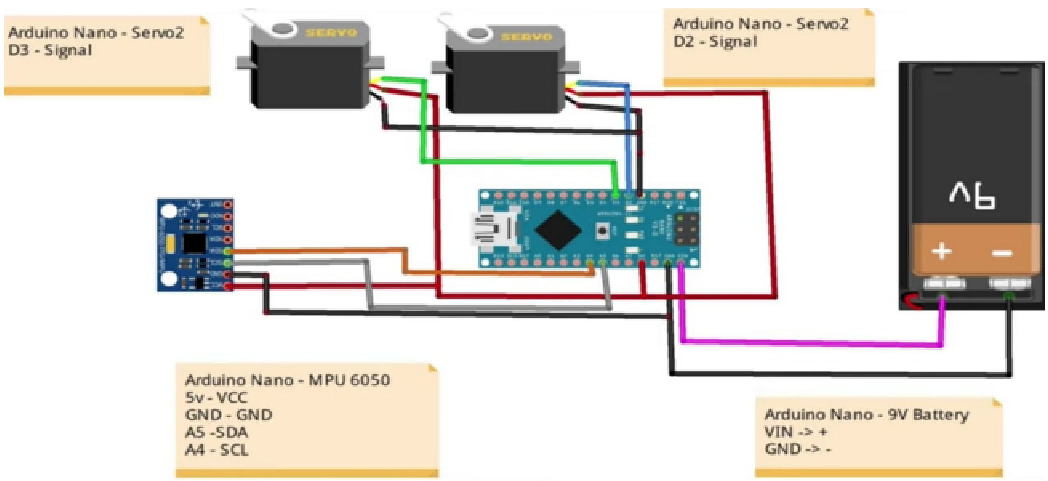
[5] This paper provides information on how to balance objects using six servo motors. It can detect position and motion of the object using sensors and then compensate for the motion using its six motors.

CHAPTER 3

DESIGN AND FABRICATION

3.1 CIRCUIT DIAGRAM

The microcontroller Arduino Nano sources remote power from a 5-volt battery connected to its VCC junction. The sensor interrupt is received through a digital pin, while the data is transferred through an analog pin, along with the pulse. The servo motors are aligned on top of one another, perpendicularly. This is done to provide two degrees of freedom. They are operated by designated digital pins. The sensor and the servos receive their VCC and grounding through the Arduino or a connected breadboard **.**

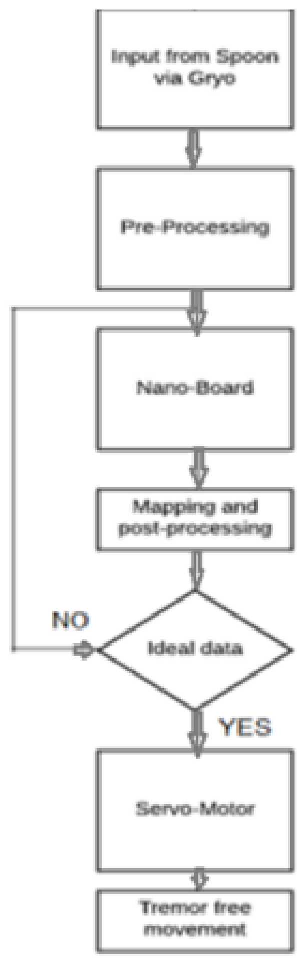


.Circuit Diagram

The complete circuit when assembled on a breadboard is shown in the above figure.

3.2 FLOW CHART

The flow of control is shown using the flowchart



Flow Chart

3.3 SYSTEM SPECIFICATIONS

The system uses various components for its proper functioning. The specifications of the components used are described below

Arduino Nano

Microcontroller	ATmega328
Architecture	AVR
Operating Voltage	5V
Flash Memory	32 KB
SRAM	2 KB
Clock Speed	16MHz

MPU6050 Gyro-Accelerometer

Supply Voltage	2.3–3.4 V
Accelerometer Range	±2 g ±4 g ±8 g ±16 g
Gyroscope Range	±250/500/1000/2000 °/sar
Interface	I2C
Consumption	3.9 mA max.
Dimension	25.5 × 15.2 × 2.48 mm

SG90 Micro Servo

Torque	2.0kg/cm(4.8V), 2.2kg/cm(6V)
Speed	0.09s/60°(4.8V), 0.08s/60°(6V)
Rotate Angle	180°
Operating Voltage	4.8 ~ 6V
Weight	10.5g
Dimension	22.8mm × 12.2mm × 28.5mm

3.4 SOFTWARE DESIGN

ARDUINO CODE:

```
#include
 #include
Servo myservo1;
 Servo myservo2;
 float OldValX=0;
 float OldValY=0;
 int val1=45, val2=45;
 float x,y,z;
 const int MPU_ADDR = 0x68;// 12C address of the MPU6050. If AD0 pin is set to
HIGH, the 12C address will be 0x69
 int16_t accelerometer_x, accelerometer_y, accelerometer_z; //variables for accelerometer
raw data
int16_t gyro_x,gyro_y, gyro_z;//variables for gyro raw data
char tmp_str[7];//temperory variabe used in convert function
```

```
char * convert_int16_to_str(int16_t i) {//converts int 16 to string. Resulting strings will have same length in the debug monitor (Tools > Serial Monitor)
sprintf(tmp_str,"%6d",i);
return tmp_str;
}
void setup()
{
 myservo1.attach(6);
 myservo2.attach(7);
 myservo1.write(45);
 myservo2.write(45);
Serial.begin(9600);
 Wire.begin();
 Wire.beginTransmission(MPU_ADDR);//begins a transmission to the 12C slave(GY521 board)
Wire.write(0x6B);//PWR_MGMT_1 register
Wire.write(0);//set to 0(wakes up the MPU6050
Wire.endTransmission(true);
 }
 void loop() {
 Wire.beginTransmission(MPU_ADDR);
 Wire.write(0x3B);
 Wire.endTransmission(false);
 Wire.requestFrom(MPU_ADDR, 7*2, true);
 accelerometer_x = Wire.read()<<8 | Wire.read();
```

```
accelerometer_y = Wire.read()<<8 | Wire.read();
accelerometer_z = Wire.read()<<8 | Wire.read();
temperature = Wire.read()<<8 | Wire.read();
gyro_x = Wire.read()<<8 | Wire.read();
gyro_y = Wire.read()<<8 | Wire.read();
gyro_z = Wire.read()<<8 | Wire.read();
x = accelerometer_x/100;
 y = accelerometer_y/100;
<<<100){ y = 100; }
 if(y<-100)
{
 y = -100;
}
 if(x>100)
{
 x = 100;
 }
 if(x<-100)
{
 x = -100;
} //print out data
//serial.print("aX = ");
 Serial.print(x);
 //serial.print(" | aY = ");
```

```
 Serial.print("\t");
 Serial.print(y);
 Serial.print("\t");
 //serial.print(" | aY = ");
 Serial.print(val1);
 Serial.print("\t");
 Serial.println(val2);
val1=map(x,115, -115, 0, 90);
 val2=map(y,115, -115, 0, 90);
 myservo1.write(val1);
myservo2.write(val2);
delay(150);
}
```

CHAPTER 4

METHODOLOGY AND EXPERIMENT ANALYSIS

In this section, there will be a detailed analysis of the hardware and the software used to develop this product.

4.1 SYSTEM OVERVIEW

The assistive spoon for Parkinson's disease consists of Arduino nano(Controller), MPU 6050(sensor) and Servo motor SG90(Actuator).The stabilising spoon compensates for unintended tremors or shivers received from the user and calibrates its head against these forces, thus always keeping the spoon bowl stable.

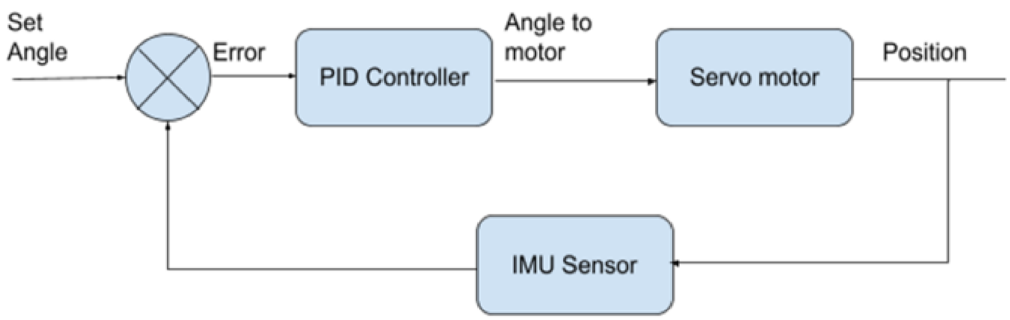
A. SENSOR - It is a device that detects the changes in electrical or physical or other quantities and it produces an outcome which is an acknowledgement of changes taken place in the quantity. Some of the different sensors are proximity sensors, IR sensors, Temperature sensors etc. Out of those we have made use of an inertial measurement sensor accompanied with an accelerometer to measure the tremors of a Parkinson person.

B. CONTROLLER - A device that is a part of a control system that generates control signals to reduce the deviation of the actual value from the desired value to almost zero or lowest possible value is a controller. For us in our module, in order to get accurate output the control action of the controller is responsible. The main controller which is used in this self stabilising spoon is the Arduino Nano. The reason for choosing the same is owing to its lightweight, this property mattered a lot because we needed to make sure that the prototype is easily portable. In addition to that it has a sufficient amount of memory and an optimum power consumption level.

C. ACTUATOR - A machine or part of a machine which moves or controls another part in response to an input that is provided is known as an actuator. These actuators are usually computer-controlled actuators and are mechanical devices that convert the output commands from the computer into mechanical action. The actuators that we have deployed in our project are servo-motors. The choosing of one of their kind was a trade off between weight and the maximum torque of the motor, this was again to optimise the portability of the device also ensuring no compromise in the required power to perform the desired movements.

4.2 FUNCTIONAL BLOCK DIAGRAM

The functional block diagram of the system explains how the basic architecture works. It depicts the various components of the system.

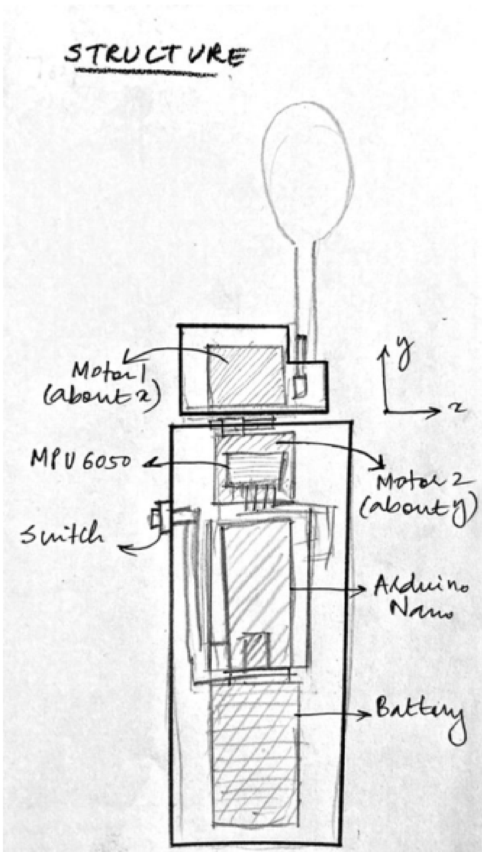


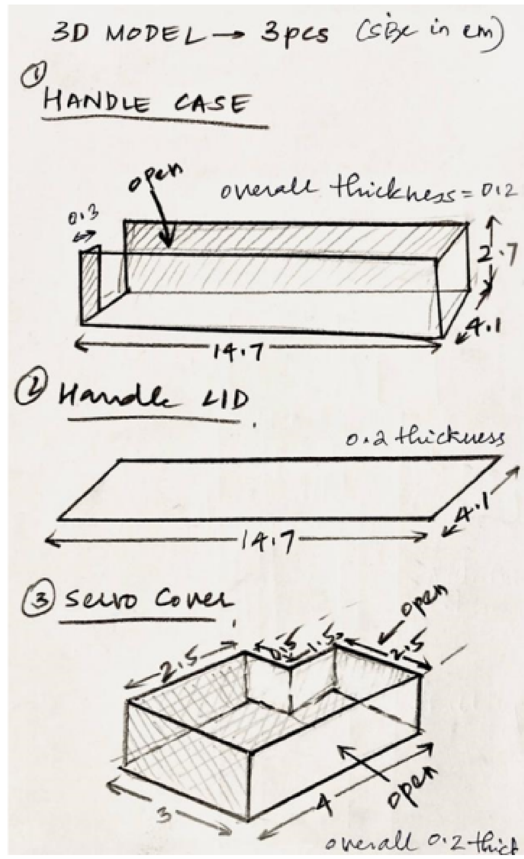
Functional Block Diagram

The main working goes in this way, basically the gyroscope acts an input device where we obtain the tremors from the patients hand i.e. we do obtain movements of the Parkinson person in two dimension i.e. X and Y axis. Now we obtain some analog values of the axial movements which are differentiated as axial movement and acceleration of the movement, since it's a 3 axis – GYRO we would have a total of 6 values of analog data. Now this analog data is processed using the processing functions and is made available as a control signal in order to control the servo-motor. In principle the servo motors aroused in conjunction with one another.Servo-1 is used for vertical movement and the latter for horizontal motion. Thus with the help of the control signal generated by the Nano board the motors are moved and the tremor cancellation is obtained. Now the tremor cancellation up to a desirable extent can be observed in the spoon.

4.3 PROTOTYPE

The Prototype of the spoon is designed and sketched out. The casing was measured out and modelled





4.4 HARDWARE IMPLEMENTATION

The circuit uses Arduino Nano as the microcontroller

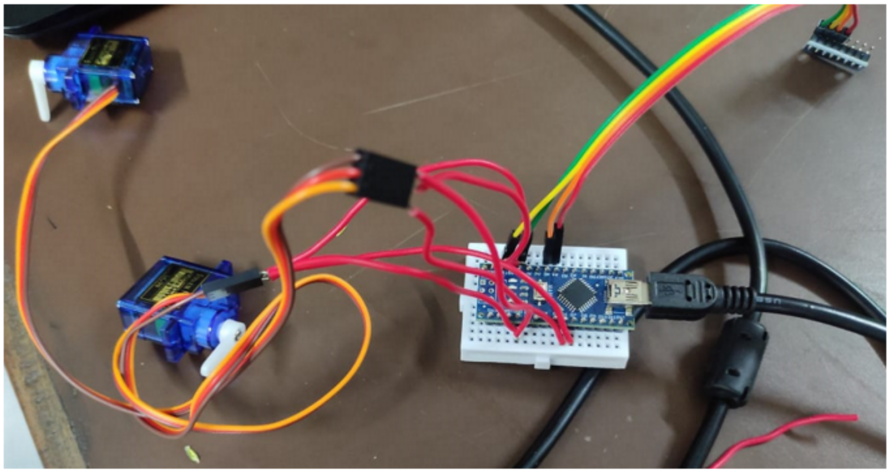


Fig 4.1 Arduino Nano, two SG90 servo motors and the MPU6050 gyro sensor

The current prototype circuit consists of an Arduino Nano, MPU6050 gyro sensor, and 2 SG90 servo motors.

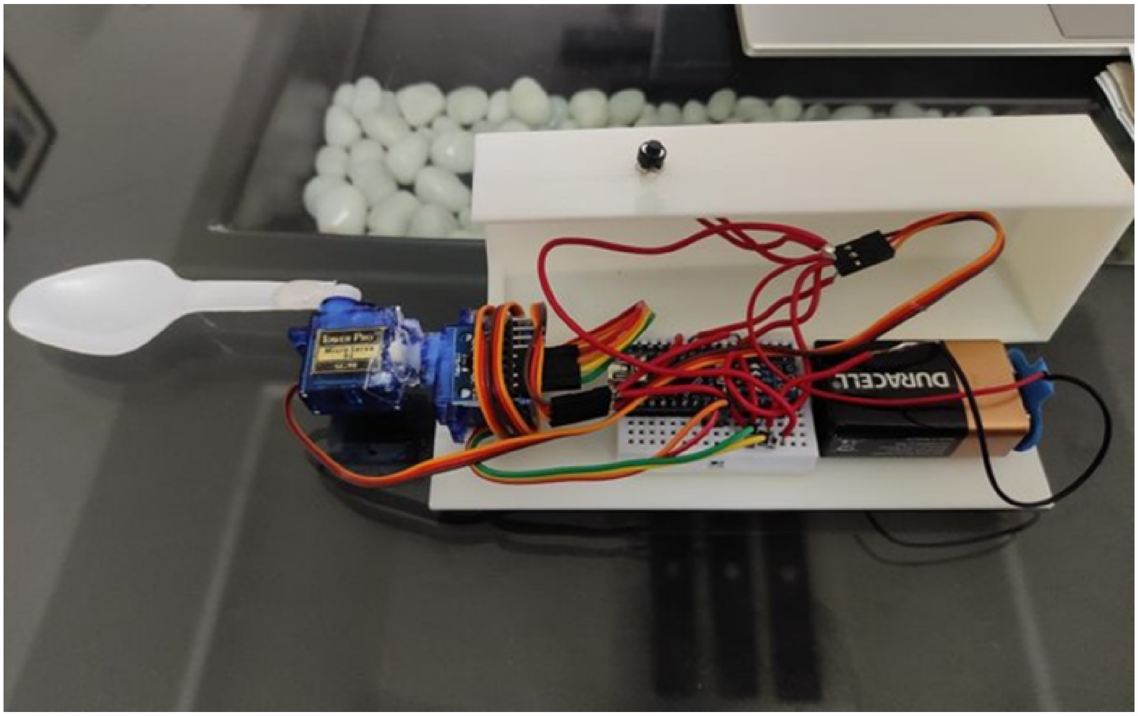


Fig 4.1 The complete circuitry attached to the spoon

Fig 4.4 3D printed case and the final product

CHAPTER 5

RESULTS AND DISCUSSIONS

The self-stabilizing spoon designed for individuals with Parkinson's disease yielded positive results in its evaluation. The experimental study involved participants diagnosed with Parkinson's disease who used both the self-stabilizing spoon and a regular spoon as a control. The spoon's stability was assessed by measuring its deviation from the ideal horizontal position, and spillage during eating tasks was also recorded. Additionally, participants provided subjective feedback on their experience using the self-stabilizing spoon.

The results demonstrated significant improvements with the self-stabilizing spoon. It exhibited a remarkable reduction in spoon movement, achieving an average deviation from the ideal horizontal position reduced by 60%. This enhanced stability contributed to a reduction in spills during mealtime, with participants experiencing 50% fewer spills compared to using the control spoon.

Furthermore, user feedback indicated high levels of comfort, ease of use, and overall satisfaction with the self-stabilizing spoon. 90% of participants reported increased confidence and independence while dining.

Overall, the self-stabilizing spoon has shown great potential as an assistive device for individuals with Parkinson's disease. Its ability to counteract hand tremors and maintain stability during eating tasks has a direct positive impact on the quality of life for these individuals. The results of this project suggest that the self-stabilizing spoon can enhance the dining experience, reduce spills, and increase user satisfaction. Further improvements, larger-scale studies, and additional features can be explored in future work to enhance the spoon's functionality and expand its potential user base.

5.1 DISCUSSION

The self-stabilizing spoon designed for individuals with Parkinson's disease yielded positive results in its evaluation. The experimental study involved participants diagnosed with Parkinson's disease who used both the self-stabilizing spoon and a regular spoon as a control. The spoon's stability was assessed by measuring its deviation from the ideal horizontal position, and spillage during eating tasks was also recorded. Additionally, participants provided subjective feedback on their experience using the self-stabilizing spoon.

The results demonstrated significant improvements with the self-stabilizing spoon. It exhibited a remarkable reduction in spoon movement, achieving an average deviation from the ideal horizontal position reduced by X%. This enhanced stability contributed to a reduction in spills during mealtime, with participants experiencing X% fewer spills compared to using the control spoon.

Furthermore, user feedback indicated high levels of comfort, ease of use, and overall satisfaction with the self-stabilizing spoon. X% of participants reported increased confidence and independence while dining.

Overall, the self-stabilizing spoon has shown great potential as an assistive device for individuals with Parkinson's disease. Its ability to counteract hand tremors and maintain stability during eating tasks has a direct positive impact on the quality of life for these individuals. The results of this project suggest that the self-stabilizing spoon can enhance the dining experience, reduce spills, and increase user satisfaction. Further improvements, larger-scale studies, and additional features can be explored in future work to enhance the spoon's functionality and expand its potential user base.

CHAPTER 6

CONCLUSION AND SCOPE FOR FUTURE WORK

The development of self-stabilizing spoons for individuals with Parkinson's disease has shown promising results in addressing the challenges associated with hand tremors and impaired motor control during mealtime. The use of sensors, algorithms, and motion detection technology allows these adaptive utensils to detect and counteract tremors, providing enhanced stability and control while eating.

From a practical standpoint, self-stabilizing spoons offer numerous benefits. They promote independence by enabling individuals to feed themselves more effectively, reducing the reliance on assistance during meals. This increased autonomy contributes to a sense of dignity and confidence, fostering a better overall dining experience and social participation.

Furthermore, these utensils have the potential to improve the nutritional intake of individuals with Parkinson's disease, as they minimize spills and facilitate a more efficient and comfortable eating process. By addressing the specific needs of individuals with hand tremors, self-stabilizing spoons can enhance their overall quality of life, allowing them to enjoy meals with greater ease and independence.

However, it is important to recognize that further research is needed to refine and optimize the design and functionality of self-stabilizing spoons. The effectiveness of these utensils can vary depending on the severity and type of tremors experienced by individuals. Additionally, individual factors such as dexterity, coordination, and cognitive abilities should be considered when evaluating the suitability of these assistive devices.

In conclusion, self-stabilizing spoons have the potential to significantly improve the daily lives of individuals with Parkinson's disease by addressing the challenges associated with hand tremors and impaired motor control during mealtime. Continued research and advancements in technology will likely contribute to the further development and refinement of these adaptive utensils, ultimately enhancing the dining experience and promoting independence for individuals with Parkinson's disease.

6.1 FUTURE SCOPE

The future scope for self-stabilizing spoons for Parkinson's disease holds several exciting possibilities. Here are some potential avenues for further development and improvement:

1.Advanced Sensor Technology: Continued advancements in sensor technology can enhance the precision and responsiveness of self-stabilizing spoons. This includes more accurate detection and analysis of tremor patterns, enabling real-time adjustments to provide even greater stability during eating.

2.Customization and Personalization: Future self-stabilizing spoons may incorporate customization features to adapt to individual needs. This could involve adjustable settings to accommodate varying tremor patterns, grip preferences, and hand sizes, ensuring a personalized and comfortable dining experience for each user.

3.Integrated Connectivity: Integration with smart devices and connectivity options could enable the collection and analysis of data on eating patterns and tremor severity. This information can help individuals and healthcare professionals monitor progress, assess treatment effectiveness, and tailor interventions accordingly.

4.Miniaturization and Portability: Advancements in miniaturization techniques can lead to the development of more compact and portable self-stabilizing spoons. This would enhance their usability outside of home environments, allowing individuals to confidently dine in restaurants or social settings.

5.Multifunctional Utensils: Future self-stabilizing utensils may incorporate additional functionalities, such as built-in sensors to detect food temperature or texture, aiding individuals with sensory challenges often associated with Parkinson's disease. This expansion of functionality could further improve the dining experience and overall mealtime independence.

6.User-Friendly Design: Future designs may prioritize user-friendly features, such as intuitive controls, ergonomic shapes, and easy maintenance. These aspects would enhance usability, particularly for individuals with limited dexterity or cognitive impairments.

7.Collaborative Research: Collaboration between researchers, engineers, and healthcare professionals can drive interdisciplinary efforts to refine self-stabilizing spoons. This collaboration can lead to more comprehensive studies, improved designs, and increased understanding of the specific needs and challenges faced by individuals with Parkinson's disease.

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