Health Monitoring System: Leveraging IoT for improved healthcare

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ABBREVIATIONS

1. I2C – Inter-Integrated Circuit
2. IOT – Internet of Things
3. LCD – Liquid Crystal Display
4. SpO2 – Oxygen saturation
5. GSM – Global System for Mobile Communication
6. GPS – Global Positioning System
7. HTTP – Hyper Text Transfer Protocol
8. SMS – Short Message Service
9. GPIO – General Purpose Input Output
10. CAN – Controller Area Network Protocol

ABSTRACT

The emergence of the Internet of Things (IoT) has had a significant impact on healthcare, particularly in the challenge of communicable diseases, especially for doctors during patient diagnosis. This project addresses this challenge by developing a health monitoring system that can effectively monitor key parameters such as heart rate, blood oxygen level, and body temperature. To achieve this, a MAX30102 sensor and an Arduino microcontroller are utilized to record and monitor the parameters. The data collected is then transferred to a phone or laptop using a Wi-Fi module. A user interface displays the data for real-time monitoring and is also stored for future analysis. The proposed health monitoring system presents a promising solution to help doctors with patient diagnosis, providing real-time data for timely and accurate decision-making system's low cost and ease of use make it an attractive option for monitoring health conditions remotely, and thus, reducing the spread of communicable diseases.

CHAPTER 1

INTRODUCTION

Our project is based on Real-time health monitoring systems which use IOT. A healthcare monitoring system is an electronic system that collects, stores, and analyses data related to a patient's health and medical conditions. It is designed to provide healthcare professionals with real-time patient data to improve diagnosis, treatment, and patient outcomes. Healthcare monitoring systems are widely used in hospitals, clinics, and other healthcare facilities to improve patient outcomes, reduce hospital readmissions, and lower healthcare costs. They can be used to monitor patients with chronic conditions, such as diabetes, heart disease, and asthma, as well as patients recovering from surgery or other medical procedures. The healthcare monitoring system has several components, including sensors, data storage and processing, and communication tools. The sensors can be attached to the patient's body to collect data on vital signs such as heart rate, blood pressure, temperature, and respiratory rate. The data collected by the sensors is transmitted to the data storage and processing component, which analyses the data and identifies patterns and trends in the patient's health status. This can help doctors to prioritize patients, and provide urgent care to those who are in the most danger, thereby saving lives. More competent patient management can help utilize the resources of the hospital more efficiently and save money. In particular, for COVID-19 patients, high blood pressure patients, etc. Another important aspect of healthcare monitoring systems is their ability to improve communication between patients and healthcare providers. Many systems allow patients to share their health data with their doctors and nurses in real time, which can help providers make more informed decisions about patient care. There are several reasons why one might choose to use a healthcare monitoring system, which include:

- Managing Chronic Conditions: Healthcare monitoring systems can help patients manage chronic conditions such as diabetes, heart disease, and hypertension. These systems can monitor vital signs, blood sugar levels, and other health metrics, allowing patients and healthcare providers to make more informed decisions about treatment options and lifestyle changes.

- Early Detection of Health Problems: By tracking health metrics, healthcare monitoring systems can help identify potential health problems before they become more serious. This can enable early intervention and treatment, which can improve health outcomes and reduce healthcare costs.

- . Improving Patient-Provider Communication: Healthcare monitoring systems can improve communication between patients and healthcare providers by allowing patients to share their health data with their doctors and nurses in real time. This can help providers make more informed decisions about patient care and provide more personalized treatment

Increasing Patient Engagement: Healthcare monitoring systems can increase patient engagement by empowering patients to take an active role in managing their health. By providing patients with real-time health data, these systems can help patients make more informed decisions about their lifestyle choices and treatment options.

Overall, healthcare monitoring systems can help improve the quality of care, reduce healthcare costs, and empower patients to take an active role in managing their health. Poor health monitoring systems can have significant negative impacts on individuals and communities. Here are a few ways in which people can be affected:

- Delayed or missed diagnoses: If a health monitoring system is not properly

- health conditions. This can lead to a worsening of the condition, more complicated treatment, and poorer health outcomes.

- Increased healthcare costs: Poor health monitoring can lead to increased healthcare costs as individuals may need to seek more intensive or specialized care due to delayed diagnoses or worsening conditions.

- Spread of infectious diseases: Inadequate health monitoring can also increase the risk of infectious disease outbreaks. For example, if there is not enough surveillance or testing for a particular disease, it may not be detected until it has spread widely in a community.

- Reduced quality of life: Poor health monitoring can have a significant impact on an individual's quality of life. For example, if someone has a chronic condition that is not being properly monitored, they may experience more frequent and severe symptoms that limit their ability to participate in daily activities.

- Public health emergencies: Poor health monitoring can also contribute to public health emergencies. For example, if a community is not aware of an outbreak of a particular disease, it may not take the necessary measures to contain it, leading to more severe and widespread outbreaks. Overall, a well-functioning health monitoring system is essential for maintaining the health and well-being of individuals and communities.

CHAPTER 2

LITERATURE REVIEW:

INTRODUCTION:

In recent years Internet Of Things (IoT) has evolved from small project systems like telemetry systems to real-life applications where it can acquire, analyse, store and share complex data that will take a very long time for a human to analyse. As a result, it has changed a lot of industries for good. One such evolved industry is the Healthcare industry. It helps doctors to analyse patients effectively and improves the quality of diagnosis. Technology intervention can reduce the cost of diagnosis of chronic diseases. Mohd Javaid(2022) [1]. This paper aims to study the implementation of this technology in healthcare, using its smart features in improving healthcare, barriers and the future scope of IoT in the healthcare industry. This literature survey focuses on building a healthcare monitoring system based on IoT that enables health monitoring of patients and storing it in a cloud database and displaying it on a user interface as well as a Liquid Crystal Display (LCD) A. Gutte(2018) [11]. This is done to reduce the contact between patient and doctor which reduces the spreading of communicable diseases and also enables remote monitoring of patients, especially elderly people. I. Hussain (2022) [2], M. M. S. Choyon(2020) [3] .This paper shares the idea of using sensors and collecting data and then processing the data using smart algorithms and machine learning to proactively predict upcoming illnesses and provide personalized healthcare.

HEALTH MONITORING SYSTEMS USING IOT

Asif and Hashmi (2021) [4] developed a machine-learning algorithm that can accurately detect anomalies in heart rate and blood pressure. This can detect any small abnormalities in vital health parameters which might lead to potent health issues. Li et al.(2021) [5] developed a wearable device that can monitor physical activities and sleep patterns.

One such device is a portable health monitoring system wherein a microcontroller (Arduino or ESP32 or a raspberry pi) is embedded along with a sensor that takes reading and it sends it to the microcontroller. S. Hasan(2022) [6] , A. Das (2021) [7], T. J. Swamy(2019) [8], A. Kaur(2017) [9]. V. Pardeshi (2017) [10]. All these papers revolve around the usage of a microcontroller and a sensor node that enables transmission of data from the microcontroller and this is connected to a network or can be sent to a doctor in real-time.

The next challenge is that data transfer from the sensor requires a stable data connection. Here a protocol called MQTT (MQ Telemetry Transport) [12] which is an open-messaging protocol that enables transmission or distribution of low telemetry data in low bandwidth environments so these can also be used in rural areas where mobile data speed is comparatively lower than urban areas. A. Kaur (2017) [9]. This paper MQTT is used for data transmission so that patients can be monitored remotely.

In remote areas providing proper healthcare facilities is kind of a challenging task due to the lack of trained professionals and the high cost charged by them. N. Kamal (2018) [13]. This paper proposes a way to solve this by creating a cost-efficient wireless module that is connected to a web

server that monitors health as well as provides alarms or notifications if something abnormal is happening. Another way is using a GSM (Global System for Mobile Communication) module [14] that can send an SMS (Short Message Service) to a doctor during an emergency. If the patent cannot reach the hospital doctor can locate the patient using a GPS (Global Positioning System). This is discussed in this paper by V. B. Shalini(2021) [15].

In the context of the outbreak of COVID-19, the development of an IoT-based health monitoring system has been relevant .T. B. Thanh (2021) [16]. This paper discusses the way of using Arduino UNO and sensor to acquire appropriate data like heart rate and blood oxygen saturation and sending it to a web server to retrieve the data and process it using ARIMA (Autoregressive Integrated Moving Average) [17] machine learning model to predict the future data using the present and past data.

WEB DEVELOPMENT USING REACT JS:

Now that the data collection using a sensor and a microcontroller is done, it is important to display the acquired data in a user interface that is effective as well as easy to interpret. Abdulghani et al. (2020) [18] developed a dashboard for health monitoring systems using React JS for analysing vitals and visualizing the data collected. This also enables remote communication between the patient and the healthcare provider. Kaur, M.(2020) [19]. This paper also involves creating a user interface with React JS. A cloud service can be used as a database to save the data collected from the sensor. W. U. Hasan(2018) [20] Cloud services like Firebase, AWS etc can be implemented. In this paper a Firebase server has been set up and using an HTTP request data is fetched from the server and displayed to the front end of the webpage.

CONCLUSION:

Developing a health monitoring system using IoT has shown promise in improved healthcare as well as reducing the cost of diagnosis. Web development technology like React JS has enabled webbased dashboards and interfaces to display and analyse data from the system. Integration of health monitoring systems with React JS web page has the potential outcome of providing an improved diagnosis of patients as well as providing real-time data on vital signs, medication adherence, and exercise levels also facilitating remote communication between patients and healthcare providers therefore simplifying life as well as improved diagnosis. A major drawback of using an affordable sensor is the accuracy of the reading as well as the power consumed as stand-alone devices should consume less power for longer usage Using it for healthcare means the accuracy must be on par with the facilities that are available in hospitals. To tackle this problem we've come up with a solution. The sensor that will be used here is MAX30102. This is manufactured with a 32-sample memory bank [21]or a FIFO (First In First Out) buffer. This is present in the sensor to store 32 readings. This can be averaged to get accurate readings at the same time it reduces the consumption of power.

CHAPTER 3

PROPOSED METHODOLOGY

Arduino Uno:

The Arduino Uno board contains ATMEGA 328p as the main microcontroller module which is an 8-bit AVR architecture chip with RISC architecture with a 16 MHz quartz crystal oscillator, 6 analogue input pins, and 14 digital input/output pins. Additionally, a USB port for programming and powering makes connecting to a computer simple. The Arduino Integrated Development Environment (IDE), which offers a user-friendly interface for creating, uploading, and debugging code, can be used to program the board.

The Arduino Uno is a fantastic tool for building electronic project prototypes. It enables you to quickly test out various concepts by connecting various sensors and components to the board.

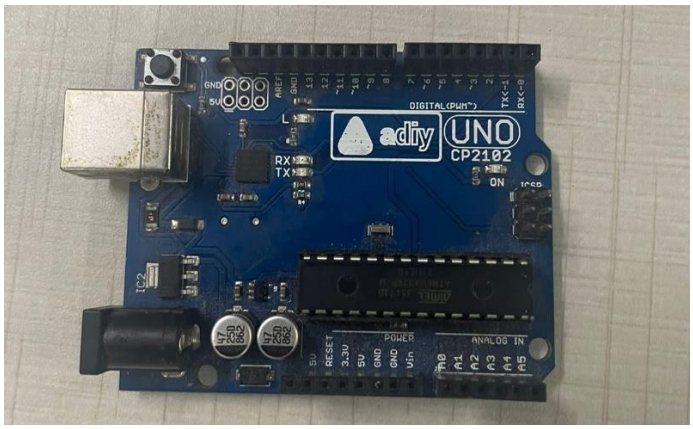

FIG:1: Arduino UNO

Keypad:

A 4x3 keypad is a simple input device that consists of 12 push-button switches arranged in a matrix of 4 rows and 3 columns as shown in Fig 2. Each button is associated with a different key or character that can be entered by the user into different programmes. A specific row and column are joined when a key is hit on the keypad, creating a special electrical connection. The method known as "keypad scanning" allows the microcontroller to find this link by navigating the rows and columns of the keypad. To establish which key has been pushed, this includes successively assigning each row to output and reading the state of the columns. Hence a 4x3 keypad is a straightforward and adaptable input device that can be utilised in a variety of

applications that call for user input. It is the perfect option for embedded systems and other electronics applications due to its small size and affordable price.

FIG:2: Keypad

OLED (Organic Light Emitting Diode):

An OLED (Organic Light Emitting Diode) display is a type of display technology that uses organic materials to emit light. OLED displays are an excellent option for numerous applications, including smartphones, TVs, and wearable technology, as they are light, flexible, and efficient.

A thin organic material film is placed between two electrodes, one of which is translucent, to create an OLED display. The organic materials emit light when an electrical charge is introduced between the electrodes. The kind of organic material employed in the display determines the colour of the light that is emitted.

FIG 3: OLED

MAX30102:

Maxim Integrated created the highly integrated pulse oximetry and heart-rate monitor sensor module known as the MAX30102. To detect pulse oximetry and heart rate signals, it

incorporates two LEDs, a photodetector, improved optics, and low-noise analogue signal processing. The module can output both raw and processed data and can be connected to a microcontroller via its I2C interface.

The MAX30102 measures changes in blood volume in the finger or other monitored body parts using red and infrared LEDs. The module can determine the subject's heart rate (HR) and oxygen saturation level (SpO2) by shining a light into tissue and measuring the quantity of light absorbed or reflected by the blood vessels.

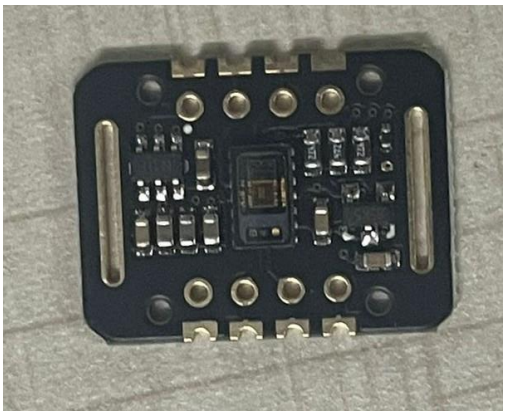

FIG:4: MAX30102

ESP-Wi-Fi module:

The ESP Wi-Fi module is a type of wireless communication module that enables devices to connect to a Wi-Fi network and communicate with other devices over the internet. Due to their low price, simplicity of use, and versatility, ESP Wi-Fi modules are very well-liked. They support several different communication protocols, including UART, SPI, and I2C, and they may be readily interfaced with other microcontrollers and development boards.

The ESP32 module, on the other hand, supports both Wi-Fi and Bluetooth connectivity and provides higher data transfer rates of up to 150 Mbps. It has more GPIO pins and supports additional communication protocols such as CAN.

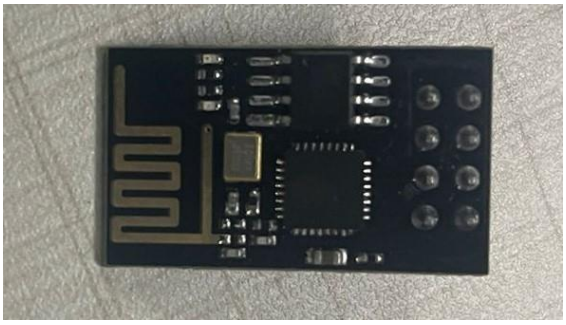

FIG:5: ESP 8266 Wi-Fi module

Firebase:

Firebase is a mobile and web application development platform that provides a wide range of tools and services to help developers build, test, and deploy their applications. Developers can use a range of tools and services from Firebase, including authentication, real-time databases, cloud storage, hosting, messaging, and analytics. The cloud storage solution offered by Firebase gives developers a simple way to store and access data in the cloud. Developers can use this service to store files securely and access them from any location in the world, including photographs, movies, and other types of files. The hosting solution offered by Firebase enables developers to easily and quickly launch their apps. With the help of this service, developers may use a quick and dependable hosting platform that scales up or down according to the needs of their application developers can send and receive push alerts to users on iOS and Android smartphones using Firebase's messaging service. Applications that need real-time updates and alerts are perfect candidates for this service. Firebase is used for:

Real-time database: Real-time synchronisation of data between clients and servers is made possible via Firebase's real-time database. This makes real-time applications like chat apps, multiplayer games, and collaboration tools simple.

Cloud Functions is a serverless computing environment offered by Firebase that enables you to execute custom code in response to events brought on by both Firebase and external services. As a result, creating intricate workflows and automating processes in your applications is simple.

Hosting: With integrated support for HTTPS, custom domains, and SSL certificates, Firebase offers a quick and dependable hosting service for your web apps.

I2C (Inter-Integrated Circuit) protocol:

A microcontroller or other digital integrated circuits are typically connected to low-speed devices via the serial communication protocol known as I2C (Inter-Integrated Circuit). A serial data line (SDA) and a serial clock line (SCL) are the two lines used by I2C for communication. While the SCL line is used to synchronise the data transfer between the devices, the SDA line is bidirectional and carries the data that needs to be transmitted between devices. I2C devices use a master-slave design for communication, where the master starts the conversation and manages the data transfer. I2C allows communication between several devices using a single set of communication lines because it supports multiple devices on the same bus. Each device is given a distinct 7-bit or 10-bit address, which the master uses to locate the device with which

it wishes to connect. I2C enables numerous devices on the same bus, allowing communication between multiple devices using a single set of communication lines. Why use I2C:

Simple and inexpensive: The I2C communication protocol is simple and inexpensive, using only two wires (SDA and SCL) for device-to-device communication. As a result, it is simple to implement in embedded systems and the cost of the hardware is decreased.

Support for multiple masters on the same bus is provided by I2C, allowing numerous microcontrollers or other devices to communicate with one another over the same bus. As a result, more intricate systems that involve several interconnected devices can be created.

Devices that can be addressed: I2C enables the connection of several devices to a single bus, and each device can be addressed using a distinct 7-bit address. As a result, it is simple to add or remove devices from the bus without interfering with other devices' connection.

Low power consumption: I2C uses little power, making it a good choice for battery-operated devices. Additionally, it supports a sleep mode that enables gadgets to go into a low-power state when not in use to save energy.

Different data rates are supported by I2C, making it appropriate for a variety of applications with various data transfer needs. These data rates range from 100 kbps to 3.4 Mbps.

REACT JS:

React makes constructing and maintaining complicated user interfaces simpler by allowing developers to create reusable UI components. Based on the state of the application, React uses a declarative syntax to specify how the UI should appear and function.

Web, mobile, and desktop applications may all be created with React. Other JavaScript libraries and frameworks, such as Redux for controlling application state and React Router for handling client-side routing, can be combined with it.

React is an all-around strong and adaptable library that can be used to create a variety of applications and user interfaces.

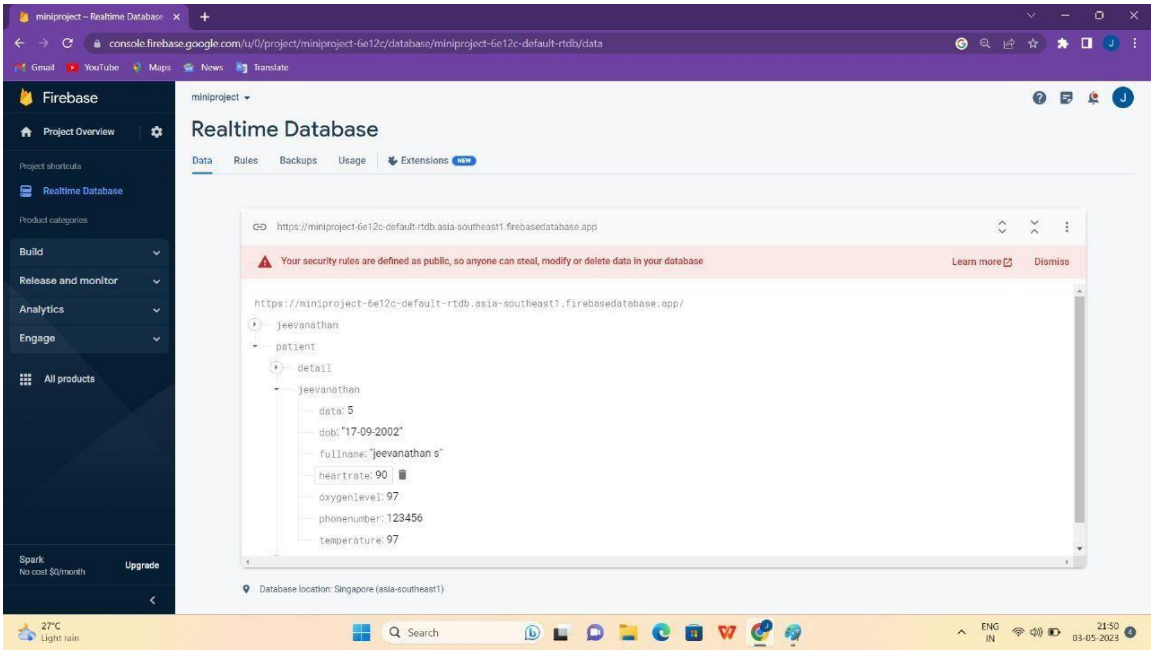

FIG:6: Firebase database

FIG:7: Firebase server

FLOW CHART

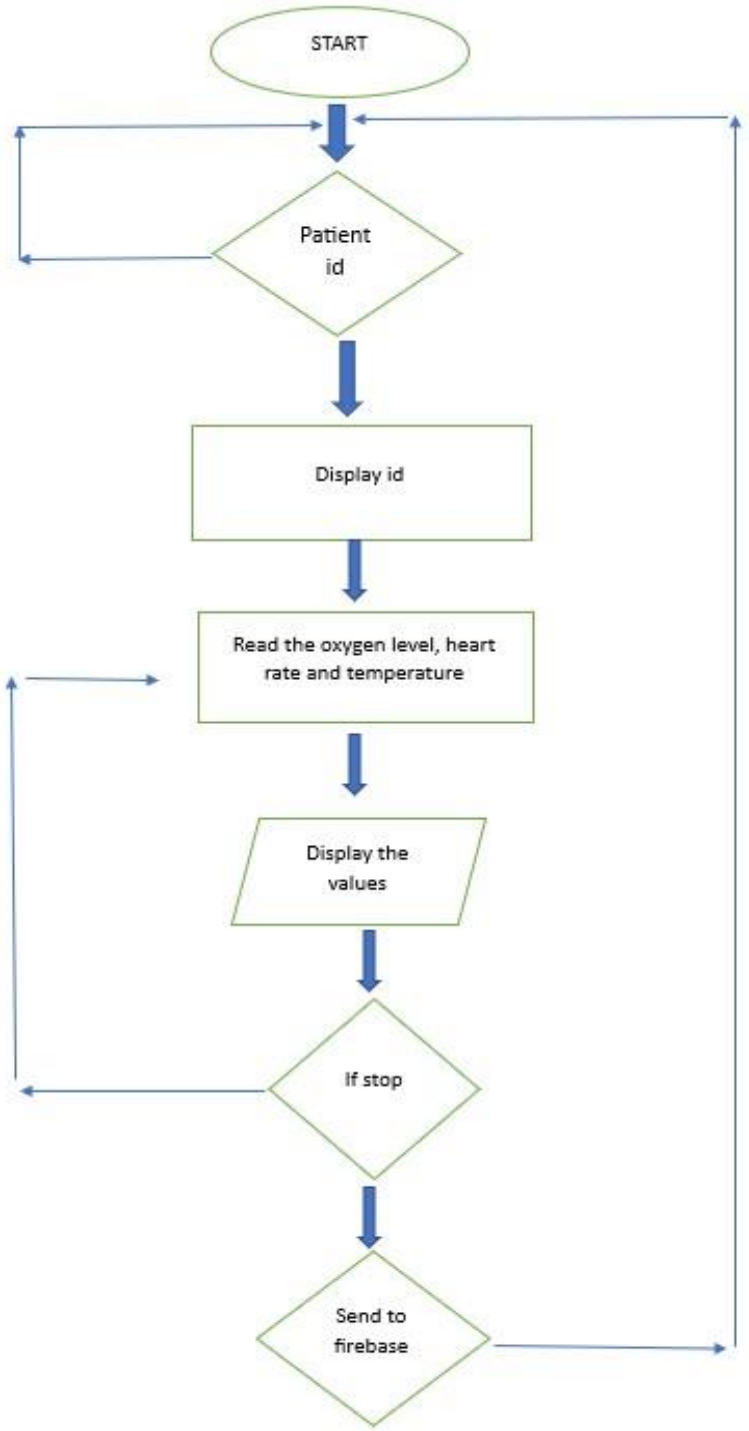

FIG :8: flowchart of the project

The Arduino Uno is the microcontroller to which the max sensor is connected, the data from the sensor is sent to the Arduino Uno by the I2C protocol using the SDA and SCL protocol

which is the data line and the clock line the synchronisation happens between the sensor and the Arduino. The values are then averaged using the internal buffer of the sensor before sending by the sensor, each patient is given a specific id which is given as the input or the id using the input device then the sensor values are taken and the value of the sensor is sent to the firebase real-time database, where the data of the patient is stored when the data is sent the values are updated to the patients' id in firebase.

The Arduino Uno is powered by a lithium-ion battery of input voltage 7.7 v, the LCD is used to display the values like patients' id and the reading. The display and the keypad are used as the interface with the user.

The data from the Arduino uno is then connected to the esp8266, which has an in-built Wi-Fi module, which is connected to a Wi-Fi provider by which it becomes a part of the internet when the values of the patient reading are noted the values are noted and are Sent to the Google firebase service, in real-time where the data are updated regularly.

The web page is created using Reacts which uses JavaScript, HTML and CSS to style the web page, the back end is connected to the Firebase database where the data of the patients are shown, which acts as the interface for the user and the page containing information about the project and the when the user enter the patients' id, which is used as the reference of a particular patient and his values from the firebase are used fetched using the request and the permission are made such that unknown user cannot access the data and the values are displayed in the web page. A progression bar is created to show the reading in a pictorial way.

The figure (fig 8) shows the flowchart of the project form collecting data from the sensor , checking conditions and sending the data to the firebase server.

CHAPTER 4

RESULT AND CONCLUSION

FIG: 9: design of introduction page of webpage

The above figure (Fig 9) is the introduction page of the website that shares a brief information about the project.

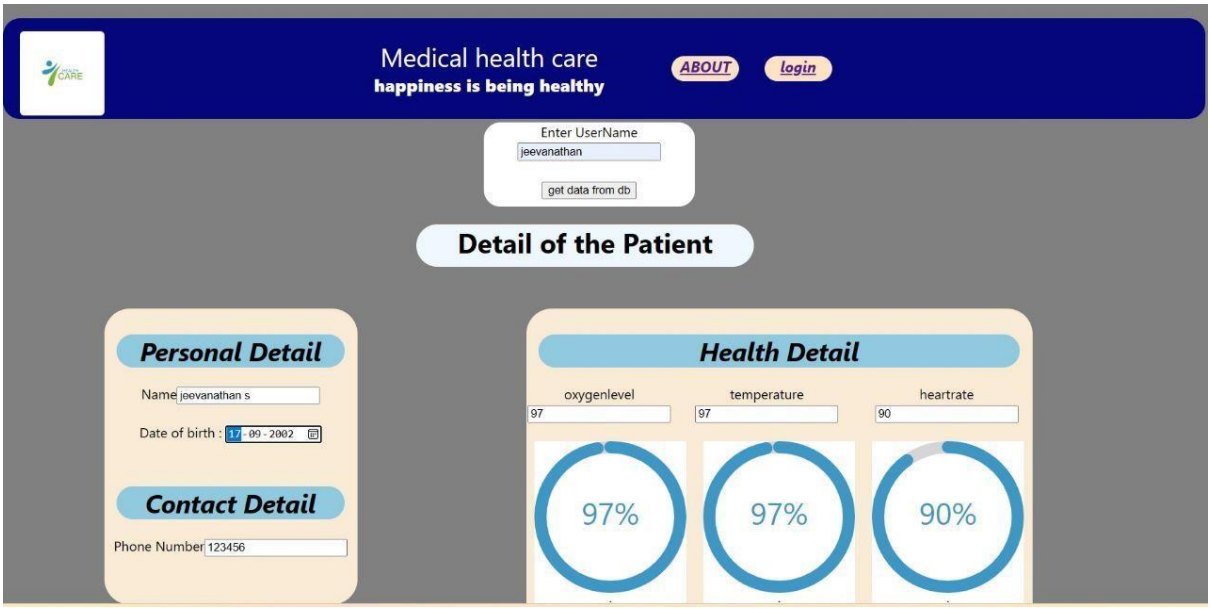

FIG :10: design of data display page of webpage

This figure (Fig 10) page is the main page wherein the data collected from the sensor is displayed in graphical as well as in textual formal which can be analysed easily. After the user log in with username and password will land in this page. Here users can be filtered by various fields like name, date of birth, phone number etc.

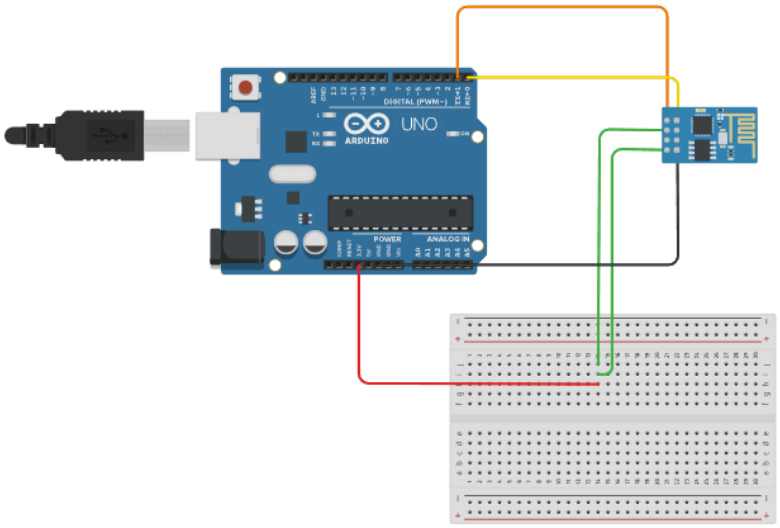

FIG:11: ESP8266 interfacing with Arduino

This figure (Fig 11) shows the interfacing of Arduino with esp-8266 Wi-Fi module. The data collected is sent to Wi-Fi module that is transmitted to Wi-Fi network which is sent to Firebase.

The accuracy of the reading has been increased by using the FIFO buffer of MAX30102.

CHAPTER 5

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CHAPTER 6

CONCLUSION

In conclusion, both patients and medical professionals can gain a lot from a healthcare monitoring system. These systems can assist in identifying potential health issues early, enabling prompt and effective management, by gathering and analysing data on a patient's health and treatment. Furthermore, by giving medical professionals more precise and thorough patient data, healthcare monitoring systems can raise the standard of care.

They will be better able to manage chronic diseases and make more informed judgements about available treatments. But for healthcare monitoring systems to be implemented successfully, several factors, including patient privacy, data security, and system interoperability, must be carefully taken into account. For healthcare professionals to use these technologies successfully and efficiently, they must also receive proper training. By enhancing patient engagement, lowering healthcare costs, and improving patient outcomes, healthcare monitoring systems have the potential to revolutionize the way healthcare is delivered. To make sure that these systems are moral, secure, and efficient in addressing the demands of both patients and healthcare professionals, however, rigorous design and execution are required.

CHAPTER 7

FUTURE SCOPE

With new technological developments and rising demand for individualized and preventive treatment, the future of healthcare monitoring systems is bright. Here are some potential developments and trends in healthcare monitoring systems for the future:

Wearable technology: Wearable technology is becoming more and more common for health monitoring, including smartwatches, fitness trackers, and biosensors. These gadgets may monitor a variety of vital signs, activity levels, and sleep habits, giving users access to realtime health information.

Artificial intelligence (AI): By enabling more precise and individualized diagnosis and treatment plans, AI has the potential to revolutionize healthcare monitoring. Large volumes of data from healthcare monitoring devices can be analysed by AI algorithms to find trends and forecast a patient's health.

Remote monitoring: Remote monitoring enables medical professionals to keep an eye on their patient's health in locations other than the hospital or clinic, such as their homes or the neighbourhood. People who live in remote or underserved areas may benefit from improved access to healthcare thanks to remote monitoring.

Integration with electronic health records (EHRs): Integration with EHRs enables healthcare professionals to more quickly and effectively access and analyse patient data, improving patient outcomes.

Virtual care: Healthcare monitoring systems can be used to assist virtual care, such as telemedicine and remote consultations. This can ease the strain on healthcare systems, increase access to care, and make it possible for patients to receive more convenient and adaptable care.

The promise for more individualised, proactive, and accessible healthcare is exciting, and the future of healthcare monitoring systems is promising. To improve patient outcomes and save healthcare costs, these systems will probably integrate more deeply into the larger healthcare system as they continue to develop.