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IoT Based Healthcare Monitoring

Mohd Anas Ahmad[1], Mohd Altamash[2], Salman Ahmad[3], Sabroj Khan[4]

Integral University

ABSTRACT :

This project aims to develop an Internet of Things-based healthcare monitoring system that can measure vital signs like heart rate and oxygen saturation (SpO2) using an Arduino UNO SMD model and a MAX30100 pulse oximeter sensor. The system, which displays readings on an LCD module, is programmed using the C programming language. Jumper wires, capacitors, a mini breadboard, and an additional breadboard are additional components that ensure circuit flexibility and stability. Preliminary testing has demonstrated that the prototype, which is presently under development, can display heart rate on the LCD. Calibration of SpO2 measurements and integration of IoT capabilities for remote monitoring require more work. In environments with limited resources, the system has the potential to offer reasonably priced healthcare solutions.

Keywords: Internet of Things, medical monitoring, Arduino, pulse oximeter, MAX30100, heart rate, SpO2, C programming, breadboard, and capacitors

Introduction

The need for easily accessible healthcare solutions, especially in underserved areas and during international health emergencies, has recently increased demand for remote healthcare monitoring. An essential tool for tracking respiratory health, particularly for patients with chronic conditions or recuperating from illnesses, is pulse oximetry, a non-invasive technique for measuring heart rate and oxygen saturation (SpO_2). The goal of this project is to create a low-cost, Internet of Things-based healthcare monitoring system that can measure and show vital signs in real time. By combining an Arduino UNO SMD model with an LCD module and a MAX30100 pulse oximeter sensor, the system provides an affordable alternative for continuous monitoring. The project utilizes extra parts like For circuit stability, use capacitors and breadboards. The system shows promise for improving healthcare accessibility and facilitating remote patient monitoring, despite its ongoing development. Abed [12], who talks about the design and development of an IoT-based smart health monitoring system, emphasizes the significance of IoT in healthcare. Furthermore, IoT-enabled smart health monitoring systems that incorporate deep learning models for anomaly detection are discussed by Pradeesh and Subiramaniyam [13] . Additionally, Alharbe and Almalki [14] highlight how, when paired with IoT-based infrastructures, deep learning technologies can greatly enhance patient monitoring and diagnostic accuracy.

Literature Review

[1] By integrating Internet of Things (IoT) technologies, the research paper "IoT-Driven System for Continuous Monitoring of Heart Disease Patients Post-Surgery" offers a novel approach to post-operative care. The system uses DS18B20 temperature sensors and HW-827 heart rate sensors, which are connected by an ESP32 microcontroller, to continuously monitor patients' vital signs. There were notable physiological differences between healthy people and patients with heart disease before and after surgery. Statistical analyses, including ANOVA tests, confirmed significant differences in temperature, heart rate, and ECG readings, demonstrating the system's ability to distinguish between patient conditions. This study demonstrates how IoT-based monitoring systems can improve post-operative outcomes and personalized healthcare management.

[2] The study "Internet of Things (IoT) Based ECG System for Rural Health Care" discusses the healthcare issues that Bangladesh's rural communities face. The authors suggest an Internet of Things (IoT)-based electrocardiogram (ECG) monitoring system that gathers cardiovascular data using Arduino-based sensors and sends it to the cloud using the MQTT and HTTP protocols. With a prediction accuracy of roughly 93.54%, the system uses a logistic regression model to process the ECG parameters (P, Q, R, S, and T). This strategy seeks to lower costs and improve accessibility for rural communities by offering prompt, reasonably priced healthcare solutions.

[3] An inventive health monitoring system for Parkinson's disease (PD) patients is presented in the research paper "A Health Monitoring System Based on Flexible Triboelectric Sensors for Intelligent Medical Internet of Things and its Applications in Virtual Reality." To identify and analyze limb movements, the system incorporates flexible wearable triboelectric sensors into a wristband. The system enables identity recognition, heart monitoring, and location and trajectory tracking through the use of deep learning-assisted data analytics. With this method, PD patients' subtle movements can be accurately monitored, yielding insightful information and thorough evaluations of their conditions. The system's high sensitivity, intelligence, ease of fabrication, and affordability demonstrate the enormous potential of human body sensing technology in contemporary healthcare.

[4] The research paper titled "PRISM: Privacy Preserving Internet of Things Security Management" introduces an edge-based system designed to enhance security and privacy in in-home smart healthcare applications. The system utilizes automated IoT anomaly experimentation and leverages a comprehensive dataset from 44 homes of individuals living with dementia over two years. PRISM demonstrates the ability to detect anomalies with up

to 99% accuracy and achieves mean training times as low as 0.88 seconds, highlighting its efficiency and effectiveness in real-world healthcare settings. This approach aims to provide continuous, low-cost monitoring while ensuring data privacy and security through edge computing technologies.

[5] An advanced health monitoring system that combines deep learning models with Internet of Things (IoT) technology is presented in the research paper "IoT-Enabled Smart Health Monitoring System with Deep Learning Models for Anomaly Detection and Predictive Health Risk Analytics Integrated with LoRa Technology." A Raspberry Pi 5 can control a variety of sensors, including those for blood pressure (BP), heart rate (HR), oxygen saturation, body temperature, galvanic skin response (GSR), electrocardiogram (ECG), electromyography (EMG), and particulate matter. The gathered data is processed using three anomaly detection models: Random Forest, eXtreme Gradient Boosting (XGBoost), and Bidirectional Long Short-Term Memory (LSTM) with K-fold Cross Validation. Furthermore, health risks like stress, fever, cardiac stress, hypoxia, and hypertension are predicted using LSTM and Gated Recurrent Unit (GRU) models. The system also incorporates Long Range (LoRa) communication technology to ensure reliable data transmission without an internet connection, transmitting data only when anomalies are detected. This integrated approach demonstrates significant potential in enhancing remote health monitoring and patient care.

[6] In order to provide effective healthcare services, especially for elderly patients, an IoT-enabled health monitoring system was developed, as presented in the research paper "Design and Implementation of Electronics based IoT-Enabled Smart Health Monitoring System." In order to gather essential health data and enable prompt and dependable healthcare interventions, the system incorporates electronic components.

[7] The creation of an autonomous farming system using the Internet of Things (IoT) and wireless sensor networks is examined in the research paper "IoT and Wireless Sensor Network Based Autonomous Farming." Automated irrigation and effective farm management are made possible by the system's integration of multiple sensors to track temperature, soil moisture, and other environmental variables. This strategy uses automation and real-time data to increase agricultural sustainability and productivity.

[8] The design and development of a flexible portable health monitoring device that can track a variety of medical indicators is presented in the research paper "Assessing the Effectiveness of an IoT-Based Healthcare Monitoring System." This study emphasizes how IoT technology in healthcare can be affordable, flexible, and real-time. It further illustrates how Arduino technology, with its user-friendly design, makes it possible to create complex and adaptable monitoring systems that efficiently process data, allow for the early detection of issues, and ultimately enhance patient outcomes.

[9] The study "Development of Smart Healthcare Monitoring System in IoT Environment" suggests an Internet of Things (IoT)-enabled healthcare system that is intended to continuously monitor patients' environmental conditions and vital signs. Heart rate, body temperature, room temperature, and carbon monoxide and carbon dioxide levels are all measured by the system using sensors. Error percentages for each parameter are kept below 5% through processing of the gathered data to guarantee accurate monitoring. By offering continuous, remote monitoring capabilities, this strategy seeks to improve patient care.

[10] An inventive system that incorporates wearable sensors to track critical health parameters like heart rate, blood pressure, temperature, and activity levels is presented in the research paper "IoT-Based Health Monitoring System: Design, Implementation, and Performance Evaluation." Through an intuitive mobile application, patients and medical professionals can access the collected data in real time after it has been securely transferred to a centralized server. Early intervention and proactive healthcare decision-making are made easier by machine learning algorithms that examine the data to find trends and anomalies. With the goal of improving patient outcomes through ongoing monitoring and prompt medical responses, the system's scalability and adaptability make it appropriate for a variety of healthcare settings.

[11] The study "IoT-Based Smart Health Monitoring System for COVID-19" offers a smart healthcare solution that makes use of IoT technology to track vital health indicators like body temperature, blood pressure, heart rate, and SpO_2. The system uses linked sensors to collect data, which it then sends to a cloud-based platform so that medical professionals can monitor it in real time. A mobile application encourages proactive medical care by making patient data easily accessible. The integration of cloud computing ensures seamless data management, while the system's design supports scalability for broader healthcare use. The paper emphasizes the accuracy of the measurements and highlights the system’s potential for improving healthcare delivery, especially in remote areas.

Methodology

The IoT-based healthcare monitoring system is built using an Arduino UNO SMD model as the central microcontroller, interfaced with a MAX30100 pulse oximeter sensor to measure heart rate and oxygen saturation (SpO_2). The system includes an LCD module for displaying readings, connected via jumper wires on a mini breadboard and an extra breadboard for additional circuit space. Reliable sensor performance is ensured by the incorporation of capacitors, which stabilize the power supply and filter noise. With the SDA and SCL pins attached to A4 and A5, respectively, the MAX30100 sensor connects to the Arduino via the I2C protocol. The Arduino's digital pins are linked to the LCD module. The system is powered by a 5V supply for the Arduino, with a voltage regulator if necessary to provide 3.3V for the MAX30100 sensor. Similar microcontroller-based architectures for biomedical applications have shown promising results in earlier studies, such as by Krishnamoorthy et al. [15], who demonstrated real-time IoT-based monitoring systems. Likewise, Khan et al. [16] emphasized the adaptability of microcontrollers for continuous healthcare data collection and transmission. Furthermore, Shanmugapriya et al. [17] proposed an IoT-enabled system that monitors vital signs using sensors and transmits the data wirelessly to the cloud for real-time observation.

Tools and Libraries

Development Environment: Arduino IDE

Programming Language: C

Libraries: MAX30100_PulseOximeter library for interfacing with the MAX30100 sensor

The MAX30100_PulseOximeter library is used to streamline sensor communication in the C software, which is created with the Arduino IDE. Every few seconds, the Arduino code retrieves data from the sensor, computes SpO2 and heart rate, and updates the LCD display appropriately. Because of its modular design, more sensors or wireless modules can be added in the future.

System Operation

Heart rate and SpO2 are determined by the Arduino UNO using data from the MAX30100 sensor, which measures blood light absorption using red and infrared LEDs. The LCD module shows the calculated values for the user to see. By reducing noise that can compromise sensor accuracy, the use of capacitors guarantees a steady power source. Potential upgrades like more sensors are supported by the additional breadboard, which offers flexibility for circuit expansion.

Results

Initial tests of the prototype demonstrate that the system can successfully measure and display heart rate on the LCD module. For example, when a finger is placed on the MAX30100 sensor, the LCD shows a heart rate reading that corresponds to the user's pulse, indicating basic functionality. However, SpO2 readings are currently inconsistent and require further calibration to achieve accuracy. The system has not yet been integrated with IoT capabilities for remote monitoring, but the local display operates effectively. The inclusion of capacitors in the circuit helps stabilize the power supply, reducing noise in sensor readings, while the extra breadboard supports a clean and organized setup. Overall, the prototype shows promise but needs additional development to ensure reliable SpO2 measurements and enable wireless data transmission. Related work by Kumar et al. [18] explores the role of AI-driven IoT systems in transforming healthcare monitoring, while Pradhan et al. [19] examine IoT-enabled healthcare devices and their role in improving patient care and outcomes.

Future Work

A number of enhancements are planned to improve the system's functionality and applicability. First, remote monitoring will be made easier by integrating a wireless module, like the ESP8266, which will allow data transmission to a cloud platform or mobile application. Second, SpO2 accuracy will be increased by calibrating the MAX30100 sensor using reference devices. Third, adding blood pressure or temperature sensors will give a more complete picture of the patient's health. Fourth, creating an intuitive user interface—possibly via a mobile application—will improve accessibility for both patients and medical professionals. Lastly, empirical testing with a range of users will confirm the system's dependability and functionality in practical situations.

Conclusion

Using an Arduino UNO and MAX30100 sensor, this project has successfully created a prototype for an Internet of Things-based healthcare monitoring system, proving that it is possible to measure vital signs using reasonably priced parts. The system lays a solid foundation for future developments even though it is still in development and needs improvement, especially in the areas of SpO_2 accuracy and IoT integration. The project demonstrates how microcontroller technology and medical sensors can be combined to provide easily accessible healthcare solutions. These solutions can be especially helpful in environments with limited resources or for ongoing patient monitoring of patients with long-term illnesses. By addressing challenges like calibration and wireless connectivity, this system can evolve into a practical tool for remote patient monitoring, contributing to improved healthcare delivery and outcomes. Li et al. [20], have reviewed in detail how big data analytics based on machine learning can be integrated into IoT-enabled smart healthcare systems, highlighting the importance of these technologies in improving healthcare services.

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