REAL-TIME IoT-BASED PATIENT MONITORING SYSTEM

[1]R. Punitha Gowri, [2] Dr. G. Saravanan,[3] Arvindh S V, [4]Dheena R S, [5]Krishna Kumar M

[1]Assistant Professor, Department of Computer Science and Engineering,
Erode Sengunthar Engineering College, Perundurai
[2]Professor, Department of Computer Science and Engineering,
Erode Sengunthar Engineering College, Perundurai
[3,4,5] UG Students, Department of Computer Science and Engineering,
Erode Sengunthar Engineering College, Perundurai

[1]punithagowri@gmail.com, [2]saravanan.pacet@gmail.com, [3] arvindhsamy007@gmail.com,
[4]dheenarsd29@gmail.com, [5]krishnakumarcoder@gmail.com

ABSTRACT The Internet of Things (IoT) has revolutionized healthcare by establishing real-time and remote monitoring systems, thereby significantly enhancing patient care and operational efficiency. Traditional monitoring systems, however, focus on basic parameters such as heart rate and body temperature, which can only provide minimal functionality. This work proposes an advanced IoT-enabled solution that makes use of sensors to monitor a variety of health parameters, such as glucose and lactate levels. The system gives real time alerts to ensure timely interventions in critical areas, such as intensive care unit, ICU. The aim should be to optimize patient treatment while using IoT technology such that it does not burden much the healthcare staff but remote monitoring is effective. Of especial importance, this idea can be used in healthcare in rural setups and other settings where pandemics and flu season have rendered traditional monitor setups impractical. The proposed system bridges the gap between patients and providers by providing a scalable and efficient healthcare solution. It ensures better outcomes and streamlined care delivery. Not only does it enhance critical care response times, but it also reduces the need for constant on-site personnel, providing a significant improvement in accessibility, efficiency, and responsiveness in healthcare.

Keywords: IoT, Remote Monitoring, Healthcare, Real- Time Alerts, Critical Care, Patient Monitoring Systems, Sensor Technology, Pandemic Response

Corresponding Author: *R.Punitha Gowri*
Assistant Professor / CSE,
Erode SengunthарEngineeringCollege
Perundurai, Tamil Nadu, India
Mail: priyanka.v@hit.edu.in

INTRODUCTION

The integration of IoT technologies into the healthcare system has seen a significant change in the patient monitoring systems. The IoT allows real-time and remote access to critical health data. Traditional monitoring approaches are restricted by the inability to move the patient around freely and continuous on-site monitoring by medical personnel, which often creates inefficiencies in patient care and resource utilization. IoT-based solutions aim to overcome these problems by allowing continuous monitoring of critical parameters such as heart rate, blood pressure, oxygen levels, and body temperature [1][2]. Recent developments in IoT have brought forth biomedical sensors and cloud platforms that enable smooth data collection and storage. These technologies ensure that patient data is communicated to healthcare providers in real-time through secure cloud platforms accessed through devices such as smartphones and computers, regardless of their location [3][4]. Systems using protocols like MQTT improve the efficiency of data transmission, remote monitoring possible even in rural or resource-limited settings [5].IoT-based healthcare systems during the COVID-19 pandemic played a crucial role by allowing remote monitoring of critical parameters such as oxygen saturation and body temperature. This decreased the load on healthcare facilities and reduced the risk of infection both for patients and medical personnel [2][8]. IoT solutions made possible effective patient management from a distance, reducing the load on overcrowded hospitals and ensuring timely intervention in emergencies [9][11]. Despite these benefits, challenges remain, including issues of data accuracy, network reliability, and information security. Ensuring the accuracy of sensor data, minimizing network delays, and implementing robust encryption protocols are critical to addressing these challenges. Adherence to healthcare regulations and security standards is essential for the successful adoption of IoT-based systems [6][10]. In summary, an IoT-based system for patient monitoring represents a next-generation evolution in healthcare technologies. Its benefits include timely, offsite access to patient information and enhanced patient care in health delivery through improved efficiency of care. After the identified problems of insecurity and precision, IoT solutions will continue to transform patient services in the healthcare sector on all levels globally [12][15].

LITERATURE SURVEY

The IoT has revolutionary potential in terms ofchanging the care of both inside and outside the ICUenvironment. The authors share the critical need for enhanced patient monitoring systems because a heavy workload affects healthcare providers and results in medical errors and delayed response to patient deterioration. To address this challenge, the proposed paper presents a non-stop, IoT- based monitoring system that continuously monitors the vital patient parameters such as temperature, SpO2, heartbeat, blood pressure, ECG, and glucose levels. The proposed system focuses on the real- time notification of anomalies towards the health care professionals, thus facilitating timely interventions. Remote observation by doctors is also facilitated with the proposed system for optimizing patient care and reducing the workload on medical staff. Overall, this research pointsto the need for innovative solutions that improve patient outcomes besides increasing the efficiency of operations incritical healthcare settings.

This paper proposes a holistic patient monitoring model that is aimed at optimizing health care by minimizing the workload on the healthcare staff and while at the same time decreasing the chance of having infections from contagious illnesses like COVID-19. The system utilizes an interlocked network among doctors, nurses, and patients through biomedical sensors that are interfaced with a microcontroller to continuously gather vital health data that may include heart rate, body temperature, and movement. The recorded data gets updated to the cloud automatically every 30 seconds, meaning that one can monitor the health of the patient in real time. This medicine has also added an automated alarm system for major deviations from normal health conditions to ensure timely intervention. The paper also introduces a medication reminder feature included in an Android application, to enhance patient adherence to prescribed treatments. The system has even permitted controlling of bed position and monitoring levels of saline or blood infusions by the patients themselves, thus further enhancing the comfort and care of the patient. Overall, the study therefore underlines how technology is indeed integrated in healthcare to better facilitate outcomes for the patient.

This paper addresses the important issue of accessibility of healthcare services in rural areas by proposing an IoT- based real-time remote patient monitoring system. This way, the

system attempts to look into healthcare delivery about the integrity of transmissionin ECG data while doing this. The proposed system, therefore, will utilize the Message Queuing Telemetry Transport protocols to send real-time ECG data to a web server efficiently. The healthcare provider can monitor thepatient even remotely via smartphones or computers. TESTED ENVIRONMENTS Local Area Network and Wide Area Network environments were tested; the system was confirmed to have zero loss of packets with no errors in data transmission. This innovation addresses not only the problem of distance in having access to health services, but it also provides reliable monitoring that should improve patient care outcomes in underserved regions. Results suggest the potential for bridging existing healthcare gaps through IoT solutions and increasing efficiency of medical services. This paper will therefore propose a Patient Monitoring System based on an IoT framework to enhance healthcare delivery. This involves the use of sensor data for continuous monitoring of the patient's vital signs, putting in automatic calls to healthcare providers when there are emergencies, thus opening avenues for pro-active intervention in the medical field that will eventually manifest positively in patient outcomes. The system also captures and stores patient data that can be used in predictive analysis to help forecast any potential health problems or to customize the plan of treatment. The proposed solution emphasizes data collection in real-time and automated alerts, providing enhanced patient care and filling the gap between communication with patients and healthcare professionals. Integration of IoT technology not only improves the efficiency of monitoring processes but also steps forward for advancement in health care practices. Findings have been emphasized to exhibit input of data- driven approaches in the enhancement of healthcare services and safety of patients. This paper introduces an IoT-based healthcare system for paralyzed patients. Internet connectivity or messaging is used to communicate a health status and problem to doctors, nurses, or caretakers. Critical health parameters such as blood pressure and oxygen levels are continuously monitored using different sensors. The system initiates instant notifications through SMS or internet alerts to the concerned healthcare providers whenever there are abnormal readings or critical situations. It also has an alarm that gets activated due to high-risk scenarios so that prompt interventions can be implemented. It, in a nutshell, attempts to improve the patient monitoring capabilities by automating patient care,

especially when the former is not capable of self-recourse. This proactive approach ensures better management of the patient's health, besides alleviating burdens on the caregiver who receives continuous oversight and timely alerts.

This paper focuses on the idea of plugging the Internet of Things (IoT) into smart villas, and the intrusion alert system being proposed is intended to enhance security against thefts and crimes. Among them, the proposed system has numerous modules that work in unison to detect unauthorized entry into the home or premises thereof; several modules such as detecting a location through APIs and image captures to identify intruders. The system also comprises an alarm unit that utilizes sound alarms, high- power lights, and even water sprinklers to deter the potential threats. The system has a communication interface that conveys useful information about the users, keeping them informed of any security breaches. This paper considers an application of compact IoT system as means for continuous monitoring temperatures and humidity levels especially in storage foods places to give precautions against the occurrence of food poisoning. The study points out the need to maintain particular temperature and humidity levels in all perishable items, which seems to inhibit the growth of harmful bacteria in such items. The proposed system, having the cloud-based architecture, will be able to accurately monitor environmental conditions and start providing alerts about any deviation. It will ensure food safety. The prototype was tested in the 7-Eleven store. It effectively demonstrated its performance in monitoring conditions that could lead to food borne illnesses. The system's affordability, ease of deployment, and internet accessibility characterize it as a practical means for businesses in terms of risks that must be mitigated with regards to food safety. Experimentation under all these conditions seems to suggest the system actually works to ensure appropriate food storage conditions, thus underpinning its widespread application in the food industry. This paper covers the problem of monitoring COVID-19 patients, particularly in resource-constrained settings and high-infection risk areas. This paper comes with an IoT- based health monitoring system that enables medical professionals to track blood saturation, heart rate, pulse rate, and body temperature from remote locations. The system entails a Biosensor Module, MAX3100, to monitorblood saturation as well as heart rate. To monitor body temperatures, there is a DS18B20 sensor. In addition, there is a humidity sensor monitoring humidity levels and

room temperatures. The processing of data is through an ESP32 Arduino, encoding and decoding the input, with the results appearing on a smartphone or PC. The proposed system was tested successfully. With real-time feedback from non- invasive multimodal vital signs monitoring, it is effectively feasible to allow medical staff to monitor various patients simultaneously with minimal viral transmission risks. This innovation offers much-needed solutions for remote patient monitoring during the pandemic, enhancing health care delivery in challenging circumstances.

This paper develops a concept of remote patient monitoring system aimed at increasing the mobility and comfort of patients without escalating the pressure on health care facilities due to aggressive illness monitoring. Current monitoring techniques restrict patients on their beds as a means of enforcing constant observation, causing distress and further complications. The pulse oximeter is recommended to monitor blood oxygen levels and heart rate, while the temperature sensor would measure body temperature. The system also captures other physiological parameters like respiratory rates and variations in heart rhythm and informs these variabilities to the cloud through UART using the Thing Speak IoT platform. As such, the system is created to send alerts during emergency cases according to the acquired data and observed patterns of abnormality. This offers real-time monitoring and analysis for enhancing the care of patients but with flexibility in movement within the healthcare setting. This paper addresses the challenges associated with the COVID-19 pandemic, mainly focusing on the high cases of rates and healthcare worker shortages. While Personal Protective Equipment needed by healthcare staff limits their ability to give direct care to patients, this argues for the immediacy of remote monitoring solutions. The application of IoT technology shines as a solution in monitoring serious, highly contagious diseases and also those staying in places that have little or no access to immediate healthcare. The proposed system comprises three sensors: a heart-rate and pulse oximeter sensor (MAX30102), a temperature sensor (DS18B20), and an acelerometer. Working together in a web-based early warning monitoring system for COVID-19 patients. This paper focuses on the health monitoring of coma patients using IoT technology. Continuous monitoring in such scenarios would indeed save lives, as timely medical interventions can do a lot. The proposed system integrates a string of smart sensors which include temperature, heartbeat, eye blink,

and SPO2 sensors for monitoring all the essential health parameters. The developed system uses cloud computing with an Arduino-UNO board as the microcontroller for real-time data transmission. It is also equipping an accelerometer sensor to detect body movements of coma patients. These real-time vital signs are transmitted to authorized smartphones and laptops where healthcare providers and family members will rapidly access and analyse them for better decision-making. Indeed, this new approach makes it easier to monitor patients under critical conditions effectively.

This paper proposes a novel health monitoring system with a solution for the challenges of keeping personal health in today's fast-paced world. The proposed system has utilized Raspberry Pi with IoT technology and aims to achieve a readily affordable and efficient solution for continuous health monitoring from any location. The health data is then gathered from a sequence of sensors connected to Raspberry Pi and is crucially minimized in terms of human error in data acquisition. The information is communicated to a central data centre, stored, and updated from time to time to ensure that health providers are always at their best of having the latest information. In case the reading is abnormal, the system sends an alert to the pertinent doctor, and hence, appropriate medical action is conducted in timely fashion. The solution therefore advances patient monitoring while bridging the communication gap existing between doctors and patients, making health care closer and more responsive. It definitely represents one step further in health system advancement through technology.

This multi-parameter patient monitoring system will use the advancements of machine learning and IoT technologies to enhance healthcare delivery. It continuously captures the obvious key vital signs, including heart rate, breathing rate, oxygen saturation, and temperature with dedicated sensors. In case of an emergency situation, it alerts medical staff via an email notification of the patient's guardian for the immediate response and intervention. Application of the SVM algorithm to the MPM system also provides improved performance, along with a classification accuracy of 95%. For this accuracy to be realized, advanced machine learning techniques must be integrated with IoT applications for healthcare.

In light of the pressing need for accessible health solutions during the COVID-19 pandemic, the paper focuses more specifically on testing in India; testing can be prohibitively expensive for the average citizen. An IoT-cloud-based health monitoring system is, therefore, formulated in the paper to promote remote patient monitoring and accurate diagnosis, central to controlling infectious diseases. The system continuously monitors parameters such as heart rate, temperature, blood oxygen levels, and blood pressure.All these key indicators of COVID-19 symptoms are rated.The data collected by the sensors is transmitted to the IoT cloud using Wi-Fi support and employ HTTP and MQTT protocol for easy and instant access on multiple smart devices. Moreover, the camera is interfaced with the system for monitoring visually and ensuring complete patient surveillance.

A "Real-Time Patient Activity Monitoring and Alert System" with a solution to meet the critical gap in monitoring the physiological conditions of ICU patients through remote surveillance has sparked much interest. Most existing systems have the contradiction of constant on-site presence from healthcare personnel, which is inefficient. The proposed solution is basically an integration between hardware and software into a final product that continuously monitors patient activity, using a webcam and temperature sensor. Any anomaly in the system will cause the system to generate alert messages to doctors, and this system supports the enhancement of efficiency in the care of patients since healthcare professionals will react promptly to any change in the condition of a patient because of communication by sensors and a GSM module.

PROPOSED SYSTEM

The proposed IoT-based healthcare monitoring system will improve healthcare delivery by offering real-time, remote monitoring of patients' vital health parameters. This system is designed to improve the accessibility, efficiency, and reliability of healthcare services, especially in underserved areas [1][3]. The system utilizes IoT devices, cloud storage, and secure communication protocols to enable continuous monitoring of patients' health, emergency alerts, and cost- effectiveness for a wide range of healthcare settings [2][4]. The system monitors five important health parameters: blood pressure, heart rate, oxygen saturation, body temperature, and respiratory rate, which are continuously monitored by integrated sensors [5][6]. Data from these sensors is transmitted to a cloud-based platform, where it is analysed and can be accessed by healthcare providers in real-time. This setup ensures timely medical interventions and reduces the need for frequent hospital visits [7][9].

How the System Works

Sensor Integration and Data Collection:

The system integrates advanced sensors with wearable devices that continuously monitor vital health parameters:

- Blood Pressure: Pressure sensors and optical technology are used to measure and transmit real-time blood pressure data [10].
- Heart Rate: Pulse sensors measure heart rate and detect any abnormalities [11].
- Oxygen Saturation: Pulse oximeters provide real-time SpO2 readings [12].
- Body Temperature: Temperature sensors measure and transmit body temperature [13].
- Respiratory Rate: Airflow sensors are used to monitor the breathing pattern and detect anomalies [14].

Data Transfer to Cloud Server:

All the sensor-collected data is transferred wirelessly to the cloud server through IoT devices such as Raspberry Pi, ESP32, or Arduino [15][4]. Data transfer is over secure communication protocols, such as MQTT or HTTP REST API, which ensure the information is transferred with no loss and delay [6][8].

Cloud Storage and Real-Time Access:

The cloud platform securely stores the collected data, providing healthcare providers with real-time access to patient information [3][7]. This platform supports continuous monitoring, allowing healthcare professionals to track the patient's health status over time, view trends, and make informed decisions [1][11].

Emergency Alert System:

The system has an emergency response mechanism. In case any of the parameters exceeds the pre-defined thresholds, for example, blood pressure being too high or too low, irregular heart rate, and so on, an alert is automatically sent to healthcare providers and caregivers through mobile apps, email, or SMS [2][12]. This guarantees timely interventions and prompt action for better patient safety [9].

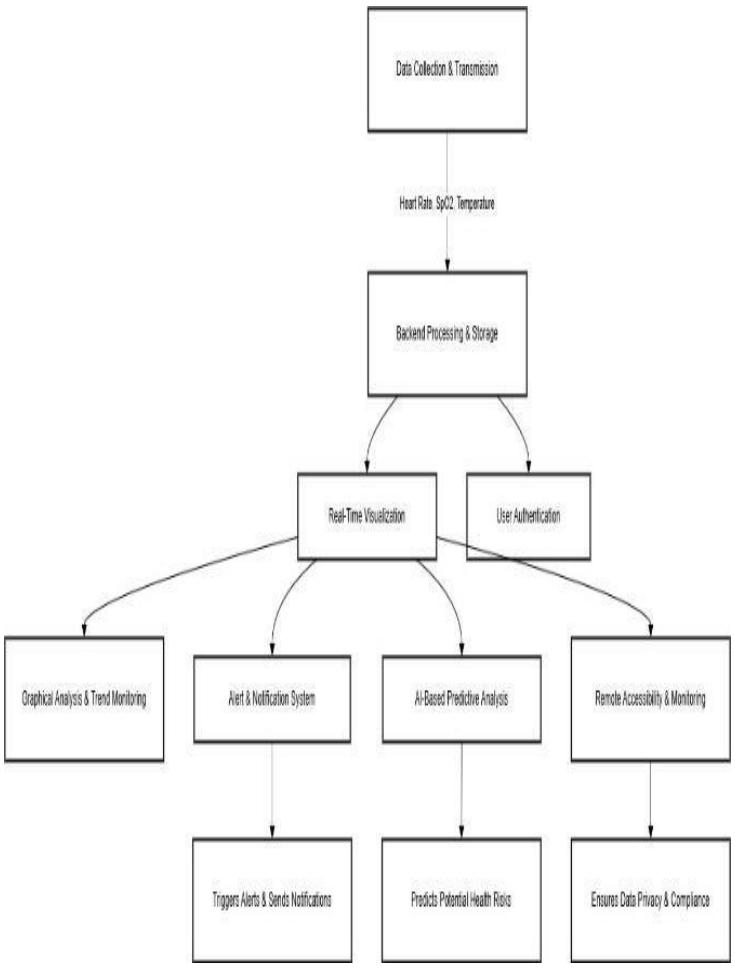
Data Analytics and Long-Term Tracking:

This feature helps in long-term health monitoring, allowing the tracking of time-series patterns for any patient's vital signs. Using these data, healthcare providers are capable of detecting patterns, which can help them predict a person's health issues and enable continuous management of the patient's health [8][14]. This is especially helpful for chronic

disease management, wherein a doctor can make timely interventions in the treatment plan [10].

Remote Accessibility for Healthcare Providers:

Through the cloud-based platform, healthcare professionals are able to access patients' data from any location, which becomes very helpful in telemedicine or in remote patient monitoring [5][6]. With the help of the web interface of the platform, doctors are able to provide consultations and assess conditions and even make wise decisions through historical data, without needing patients



Flow chart Diagram

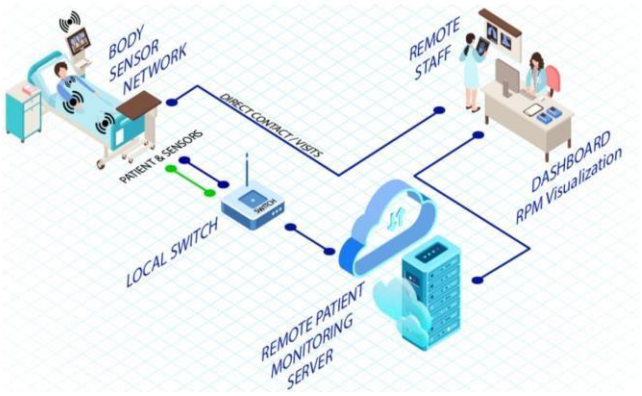
Implementation:

1. Hardware Components:

- IoT sensors for Heart Rate, SpO_2, Temperature, Glucose, and Lactate Levels
- Microcontroller (ESP8266, Raspberry Pi, or Arduino)
- Wireless Communication (Wi-Fi, Bluetooth, or LoRa)
- Cloud Storage (AWS, Firebase, or Google Cloud)
- Display Unit (Web/Mobile App for real-time monitoring)

2. Software & Technologies:

- Backend Processing & Storage: Python (Flask/Django), Node.js
  - Real-Time Visualization: Web/Mobile app with ReactJS/Flutter
  - AI-Based Predictive Analysis: Machine Learning (TensorFlow, Scikit-learn)
  - Database Management: Firebase, MySQL, or MongoDB
  - Security & Authentication: OAuth, JWT-based authentication
  - Notifications & Alerts: Twilio, Firebase Cloud Messaging (FCM)



Implementation steps:

Step 1: Data Collection & Transmission Deploy wearable IoT sensors on patients to collect health parameters such as heart rate, oxygen levels, and temperature.

- Use Wi-Fi/Bluetooth to transmit data to a microcontroller (ESP8266, Raspberry Pi).

Step 2: Backend Processing & Storage

- Send the data to a cloud server using RESTful APIs or MQTT protocols.
- Store real-time patient data securely in SQL/NoSQL databases.

Step 3: Real-Time Visualization & AI Analytics

- Develop a dashboard for doctors and healthcare providers to monitor patients remotely.

- Implement AI-based health risk prediction using machine learning models trained on past medical data.

Step 4: Alert & notification System

- Set threshold limits for each health parameter (e.g., HR >120 BPM triggers an alert).
- Implement automated notifications (SMS, email, or app alerts) to doctors and caregivers in case of emergency.

Step 5: User Authentication & security

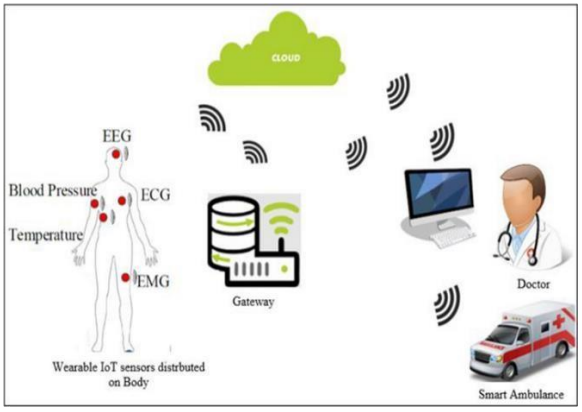
- Secure the system using OAuth-based authentication to restrict unauthorized access.
- Encrypt patient data to ensure privacy compliance (GDPR, HIPAA).

Step 6: Remote Accessibility & Compliance

- Enable doctors and family members to access health reports from anywhere using a web/mobile app.
- Ensure data privacy laws and healthcare regulations are met.

Expected Outcome:

- Real-time monitoring of patient vitals from anywhere.
- Early diagnosis through AI-based predictions.
- Automated emergency alerts to healthcare providers.
- Improved critical care response with reduced need for on-site personnel.
- Scalable solution for rural healthcare and pandemic scenarios.



RESULTS & DISCUSSION

1. Improving System Performance:

Optimization of system performance by using energy- efficient IoT devices like ESP32, Raspberry Pi, and Arduino [7]. These devices enable smooth and timely data collection and transmission that reduce latency and ensure responsiveness. Efficient communication protocols like MQTT or HTTP REST APIs are employed to minimize delays in data transfer [10][11].

2. Reliability is achieved through:

- Redundant Cloud Storage: Data is securely stored on the cloud, ensuring no data loss [3].
- Secure Communication: Data transmission is encrypted using secure protocols (e.g., TLS/SSL), safeguarding patient privacy [1][8].
- Diagnostic Features: The system detects hardware or connectivity issues and alerts users to potential malfunctions, ensuring continuous operation [14].

3. Real-Time Emergency Response

In cases of severe health conditions, the system will automatically alert the healthcare providers and caregivers via mobile notification or SMS with the abnormal vital sign readings for timely intervention in order to prevent life- threatening situations [5][12].

4. Cost-Efficiency and Scalability

The use of low-cost devices, such as Raspberry Pi, Arduino, and ESP32, ensures that it remains affordable, especially in cases of under-resourced healthcare settings [10][6]. The system also allows scalability in the design and implementation, which means that it can be implemented with either individual homes or large healthcare facilities, thus making it suitable for diverse healthcare needs [11][15].

5. Cloud Integration and Remote Accessibility

Real time and historical data collection enables through integration with a cloud-based system. The patient can view access and monitor the progress with the healthcare provider to intervene whenever necessary, thereby making them visit hospitals less often [13][4].

4. FUTURE WORK:

- Integration of AI and Predictive Analytics: Enhance the system by implementing machine learning models to predict potential health risks based on collected patient data.
- Wearable Technology Expansion: Develop compact, non-invasive wearable devices for continuous patient monitoring outside hospital settings.
- Blockchain for Secure Data Handling: Implement blockchain technology to ensure secure and tamper-proof patient data management.
- Enhanced Remote Communication: Improve doctor- patient communication through telemedicine integration, allowing direct consultations based on real-time sensor data.
- Energy-Efficient Hardware Design: Optimize power consumption for long-term IoT device usage, especially in remote and resource-constrained environments.
- Multi-Parameter Health Correlation Analysis: Study the relationship between different health parameters to de- velop more accurate diagnosis and treatment plans.
- Scalability for Large-Scale Deployment: Design a framework for implementing the system across multiple hospitals and healthcare centres .
- Regulatory Compliance and Ethical Considerations: Address privacy concerns and ensure compliance with healthcare regulations such as HIPAA and GDPR for pa- tient data security. Cloud and Edge Computing Optimization: Utilize edge computing to process critical data locally before up- loading it to the cloud, reducing latency in emergency responses. including urban and rural hospitals, to validate system effectiveness.

CONCLUSION

In conclusion, the integration of IoT technology into healthcare has revolutionized the field by

enabling remote patient monitoring and real-time data transmission, which significantly improves healthcare accessibility, efficiency, and patient outcomes. IoT-based systems have diverse applications, such as monitoring vital signs, enhancing emergency response mechanisms, and providing healthcare access to remote and underserved populations. These advancements contribute to timely medical interventions, reduced hospital visits, and improved chronic disease management. However, despite the above benefits, practical limitations in the proposed design must be acknowledged. Challenges such as data privacy concerns, the need for reliable internet connectivity, system vulnerabilities to cyberattacks, and potential hardware failures pose significant constraints. The reliance on secure communication protocols and robust data encryption methods is essential to mitigate these risks, but ensuring compliance with global healthcare data regulations remains a persistent challenge. Moreover, the implementation of these systems in resource-constrained areas may face barriers like limited infrastructure, cost constraints, and a lack of technical expertise. Further innovation is required to enhance system resilience, ensure data security, and reduce dependency on continuous internet connectivity through offline storage or hybrid communication methods. To complement all those aspects, the proposed system would then be scalable and adaptable with diverse needs of health service providers and patients in various healthcare setups. Overall, IoT then opens a transformative opportunity into this modern healthcare but it integrates into it only when that system focuses on solving those dilemmas through innovative design that maintains regulatory compliance with even consistent advances in security and reliability. IoT still has promising potential in healthcare: the way forward to more efficient, accessible, and patient-centric care.

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