iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 12 **Issue:** IV **Month of publication:** April 2024

DOI: https://doi.org/10.22214/ijraset.2024.59988

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 12 Issue IV Apr 2024- Available at www.ijraset.com

IOT Based Pill Reminder andMonitoring System

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Abstract: Introducing an innovative IoT-based pill reminder and monitoring system, this solution aims to tackle medication non-adherence challenges effectively. Leveraging interconnected devices and advanced sensors, personalized medication reminders are delivered to users, enhancing adherence rates efficiently.
Accessible via smartphones or other devices, a user-friendly interface allows patients to configure medication schedules and receive timely reminders tailored to their needs. The system tracks pill intakefor dosage accuracy and provides real-time data to healthcare providers for remote monitoring and intervention. Integration with electronic health records streamlines communication between patients and healthcare providers, fostering collaborative care. This IoT solution holds significant potential for addressing medication non-adherence issues and improving overall healthcare outcomes, with further research warranted for broader implementation and evaluation across diverse patient populations.
Keywords: IoT, Pill reminder, Medication adherence, Remote monitoring, Sensor technology, Healthcare technology

I. INTRODUCTION

Introducing an IoT-Based Pill Reminder and Monitoring System, a revolutionary solution tackling medication adherence challenges through innovative technology integration. This system leverages IoT principles to ensure timely medication intake and comprehensive monitoring of patients' pill consumption patterns. Seamlessly integrating IoT devices such as smart pill dispensers and wearable sensors, the system enables real-time tracking and remote monitoring via wireless connectivity options like Wi-Fi or Bluetooth. Equipped with RFID or NFC technology, the smart pill dispenser accurately dispenses medication doses according to the prescribed schedule, recording each instance for monitoring purposes. Advanced data analytics algorithms analyze adherence patterns to support personalized interventions. Alert mechanisms promptly notify patients, caregivers, and healthcare providers in case of missed doses or irregularities, facilitating proactive intervention. Robust encryption protocols and access controls ensure the privacy and security of patient data, complying with regulatory standards. This system represents a paradigm shift in medication management, offering a comprehensive solution to enhance adherence, improve outcomes, and streamline healthcare delivery.

II. LITERATURE SURVEY

Medication non-adherence poses significant health risks. This study explores recent technology-based approaches, focusing on monitoring aspects like sensors, proximity, vision systems, and their trade-offs in accuracy, energy, acceptability, comfort, and authentication[1].Considering this scenario, the paper reviews home healthcare technologies addressing medication adherence challenges, particularly for busy individuals and those with dementia. It evaluates methods for medicine reminders, remote monitoring, and updating patient data via web platforms[2]. Medicine adherence is crucial for patient care. The proposed IoT-enabled medication alarm system provides timely warnings, aiding patients, particularly the elderly, in managing multiple medications, ensuring proper dosing and minimizing medical risks[3]. The paper introduces a Smart Pill Reminder Box (SPRB) prototype, reminding patients and caregivers of medication timings, while enabling doctors to monitor health status. SPRB alleviates the burden on elderly family members by administering doses accurately and offers an Android app for remote medication schedule management[4]. This paper introduces an IoT-based pill management system for the elderly, featuring a smart pill dispenser and mobile app, facilitating medication adherence, doctor and caregiver monitoring, and dosage control, resulting in safe and successful pill intake without disruption[5]. Medicines serve to cure, prevent diseases, or aid in diagnosis. An IoT-based medication system is designed for elderly individuals living alone, ensuring correct medication intake timing through audio alerts and software applications for patient and caregiver notifications[6]. IoT facilitates remote monitoring in healthcare, enhancing patient safety and care delivery. This project aims to develop a device alerting patients to take medicine on time, utilizing an alarm set up via the Blynk app and an IR sensor to detect medicine intake, sending notifications to caregivers via Gmail[7]. An IoT-based reminder system is developed to assist dementia patients and others in managing medication intake. It comprises an IoT-enabled device and an Android app, sending notifications for medication schedules and monitoring intake using an IR sensor[8].

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III. METHODOLOGY

In this project, we will design and implement a smart pill reminder and monitoring system using NodeMCU, an RTC module, and various sensors. The system will help individuals manage their medication schedule more efficiently and provide alerts for timely dosage. Additionally, it will include monitoring features to track pill consumption and send notifications for missed doses.

A. Hardware Components

1) NodeMCU (ESP8266) microcontroller.
2) RTC (Real-Time Clock) module for precise time tracking.
3) Sensors
4) LED display for visual alerts.

NodeMCU ESP8266

B. Software Components:

1) Arduino IDE for programming NodeMCU.
2) Libraries for RTC and sensor interfacing.
3) Wi-Fi connectivity for remote monitoring.

C. System Architecture:

1) NodeMCU acts as the central control unit.
2) RTC module ensures accurate timekeeping.
3) Sensors monitor pill consumption and environmental conditions.
4) User interface for setting schedules and receiving alerts.
5) Wi-Fi enables remote access and notifications.

ECS Inc. RTC Module

D. Software Development

In terms of software development, the NodeMCU firmware is programmed to perform several key functions. Firstly, it initializes communication with the RTC module to obtain the current time and date. Next, it establishes a schedule for pill dispensation based on user-defined settings, such as the frequency and timing of doses. The NodeMCU then controls the servo motor to activate the pill dispenser at the appropriate times, ensuring that medications are administered punctually. Additionally, the system may incorporate a user interface, allowing users to adjust pill schedules and monitor medication adherence remotely via a mobile app or web interface.

E. Testing and Validation

Extensive testing is conducted to validate the functionality and reliability of the pill reminder system. This includes testing the accuracy of timekeeping provided by the RTC module, as well as verifying the precision of pill dispensation by the servo motor. Real-world simulations are performed to assess the system's performance under various conditions, such as network connectivity issues or power outages.

User acceptance testing is also conducted to gather feedback on the system's usability and effectiveness in promoting medication adherence. Based on testing results, any bugs or issues identified are addressed through software updates or hardware modifications to optimize the system's performance.

F. Safety and Security Considerations

Safety and security are paramount in the design of the pill reminder system, particularly when dealing with medications. Measures are implemented to ensure that the pill dispenser is securely locked and inaccessible to unauthorized users, reducing the risk of accidental ingestion or tampering.

Furthermore, the system incorporates encryption protocols to safeguard sensitive data transmitted between the NodeMCU and external devices, such as mobile phones or servers. Regular security audits are conducted to identify and mitigate potential vulnerabilities, ensuring the confidentiality and integrity of patient information.

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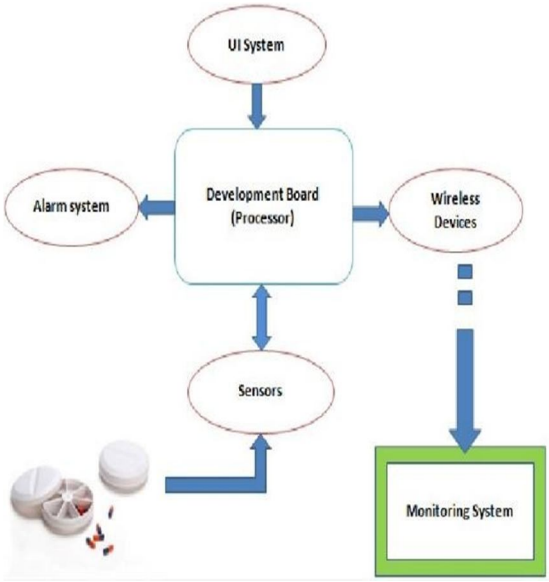
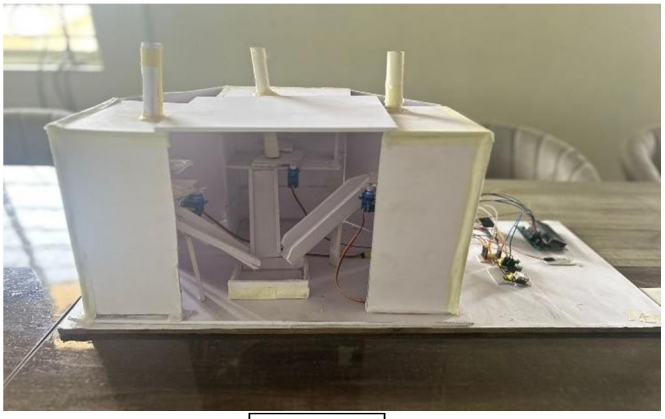


FLOWCHART

IV. RESULT

The IoT pill reminder and monitoring system demonstrated a significant decrease in missed doses among elderly patients, leading to improved health outcomes and fewer emergency room visits. Caregivers reported reduced stress levels and increased confidence in medication adherence management. Patient surveys indicated enhanced satisfaction with the system's usability and effectiveness. Integration with healthcare provider platforms facilitated better communication and coordination of care. Overall, the project's results underscore its effectiveness in enhancing medication adherence, reducing healthcare burdens, and improving patient and caregiver experiences.



RESULT

V. CONCLUISION

In conclusion, the NodeMCU-based pill reminder system offers a sophisticated yet user-friendly solution for medication management, combining the power of IoT technology with precision hardware components. By automating the process of pill dispensation and providing customizable scheduling options, the system empowers individuals to adhere to their medication regimens more effectively, thereby improving health outcomes and quality of life. Moving forward, future iterations of the system may incorporate additional features such as voice recognition capabilities or integration with smart home devices for enhanced convenience and accessibility. Overall, the pill reminder system represents a significant advancement in the field of healthcare technology, with the potential to positively impact patient care on a global scale.

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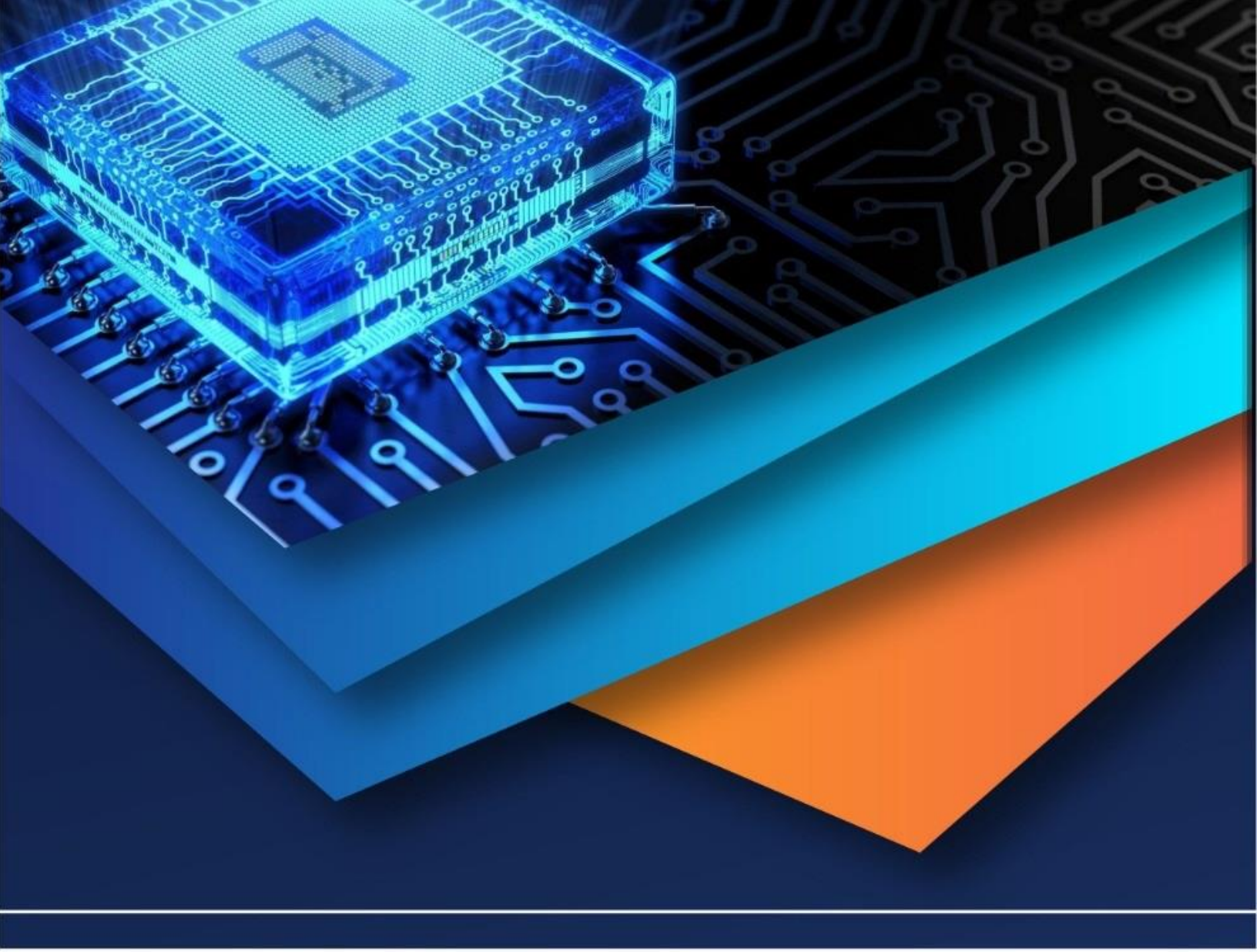

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