iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 8 **Issue:** V **Month of publication:** May 2020

DOI: http://doi.org/10.22214/ijraset.2020.5461

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 8 Issue V May 2020- Available at www.ijraset.com

IOT and Cloud Based Remote Patient Health Monitoring System

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Abstract: ***This wireless health monitoring system will monitor a person's health. Generally, IOT has widely interconnect the advanced medical resources and supply smart and effective healthcare services to the people. Here, Controlling and processing is completed through the Arduino Uno board, all the sensors are connected to Arduino UNO. ECG, heartbeat, BP and Temperature are measured through sensors. Through sensors, it is possible to live of these values. Here all the sensors are powered employing a solar energy system. The advanced sensors are often either embedded into the body of the patients, so on continuous monitoring, their health informations are recorded. The sensors are often connected to Arduino through any of the six analog pins. These values are then used for detecting any critical situation. On any critical situation, an alert is often given as a message. Also, it is possible to watch the person's health from any location .The data collected from the sensors are stored in the cloud. Since, cloud is the base of all IoT devices. Data from sensors is uploaded periodically without any interruption if the web is out there. Wi-Fi module is employed for connecting Arduino to the web. The knowledge collected in such manner, are often analyzed, aggregated and mined to try to to the first prediction of diseases.***

Keywords: Internet of Things, Healthcare, Medical Devices, Sensors, Arduino.

I. INTRODUCTION

Internet of things (IOT) are often described as embedded devices (things) with Internet connectivity that interacts with one another, services and other people on a comprehensive scale [1-4]. Internet of Things utilizes the "Smart" objects which use various sensors and actuators for performing various actions [5]. The advancement within the new innovative technology and Internet of Things (IOT) has had a considerable influence within the healthcare system. Health care is that the preservation and betterment of health via identification, diagnosis, treatment and prevention of diseases, sickness, wound and other physical and mental damage in humans.
Health care can increase major a part of a country's economy.
But the fragmented nature of the healthcare system, which is further worsened by the shortage of tools for communication between the specialists, stimulates the necessity of functional interoperability to ameliorate this coordination. Currently, information technology is taken into account a necessity instead of a supporting tool.
Most humans live a busy life during which getting to a doctor for weekly or maybe monthly checkup is an impossible task. Without monitoring the health it's impossible to judge as if we are a healthy or diseased person. This problem results in the planning of health monitoring system which monitors your health a everyday without getting to a doctor. This system is meant as a prototype for monitoring and alerting about the health of an individual.
This technique is fully automated little or no human assistance is needed. Any doctor can monitor their patient from anywhere through the web.
Patient Health monitoring using IOT is a technology to enable monitoring of patients outside of conventional clinical settings (e.g. within the home), which can increase access to worry and reduce health care delivery costs. This system will significantly improve a person's quality of life. It allows patients to take care of independence, prevent complications, and minimize personal costs. This technique facilitates the goals by delivering care right to the house. Additionally, patients and their relations feel comfort knowing that they are being monitored and can be supported if a drag arises.
Conventional devices can only measure a particular health parameter of the patient. Devices that have to be connected invasively to get measurements. No automated system exists in the earlier patient health monitoring system. Smart watches are more expensive and not specifically for healthcare. But this proposed health monitoring system involves many sensors to screen fundamental signs that can be interfaced to the doctor's mobile. The gadget will exchange the readings from the sensor to cloud remotely and the information gathered will be accessible for analysis progressively. It has the capacity of reading and transmitting emergency signs to the cloud and then to doctor's web portal.

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A. Health Monitoring System

The vital parameters like temperature, vital sign, ECG and heart beat readings which are monitored using Arduino Uno. These sensors signals are send to Arduino Uno via amplifier circuit and signal conditioning unit, because the signals level are low (gain), so amplifier circuit is employed to realize up the signals and transmit the signals to the Arduino Uno. Here patient's blood heat, vital sign , ECG and pulse is measured using respective sensors and it are often monitored within the screen of computer using Arduino Uno connected to a cloud database system also as monitored anywhere within the world using internet source.

The proposed method of patient health monitoring system monitors patient's health parameters using Arduino Uno. After connecting internet to the Arduino Uno, it's connected to cloud database system which acts as a server. Then the server automatically sends data to the receiver system. Hence, it enables continuous monitoring of the patient's health parameters by the doctor. Any abrupt increase or decreases in these parameter values are often detected at the earliest and hence necessary medications are often implemented by the doctor immediately.

A GPS is added in IOT patient monitoring using Arduino Uno and Wi-Fi module. This GPS module will determine the position or the situation of the patient using the longitude and latitude received. Then it will send this location to the cloud what the IOT is using. Then doctors can determine the position of the patient just in case they need to require some preventive action.

B. Technologies Involved

IOT patient monitoring has 3 sensors. The primary one is a temperature sensor, the second is that the blood pressure sensor and therefore the third one is Heartbeat sensor. This system is extremely useful since the doctor can monitor patient health parameters just by visiting an internet site or URL.

To work with IOT based health monitoring system, a Wi-Fi connection is needed. The microcontroller or the Arduino board connects to the Wi-Fi network employing a Wi-Fi module. This health monitoring system won't work without a working Wi-Fi network. A Wi-Fi zone is created employing a Wi-Fi module or otherwise a Wi-Fi zone using Hotspot is created on the Smartphone. The Arduino UNO board continuously reads input from these 3 sensors. Then it sends this data to the cloud by sending the data to a specific URL/IP address. Then this action of sending data to IP is repeated after a specific interval of time. For instance, the data can be sent data after every 30 seconds.



Fig 1. IOT based patient health monitoring system

II. TYPES OF SENSORS USED

A. Temperature-Sensor

The Lm-35 arrangement is exactness incorporated information preparing Lm-35 thermal-sensors, whose yield volt-age will be straightly relational of the temperature for celsiusscale (Centi-grade). Those Lm-35 sensing node Alongside these outlines need favorable element above straight body-temperature feelers, attuned to °Kelvin(K), Similarly as the user will be not obliged should deduct an extensive stable volt-age from its produce towards acquiring helpful centi-grade quantifying. The Lm-35 sensing node doesn't assist at whatever outer configuration or altering to furnish ordinary precisions of ±¼°C during normal room-temp. Furthermore ±¾°Cover a full -55 should +150°C temperature go. The Lm-35's short produce resistance, straightforward output, Also strict essential orientation aggravate inter-facing will info or controls meandering chiefly modest. Likewise it pulls fair 60-62 at from its source, it need exceptionally little self warming, below 0.1°C done at present midair.

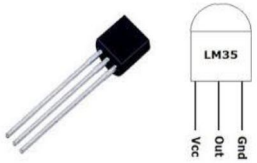


Fig.2 Temperature Sensor

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B. ECG Sensor

Heart beat sensor may be outlined to provide a advanced yield about heart beat. At a finger, it will be put inside it. This advanced yield might get a chance to be associated with at mega straightforward technology to measure heart beats for every moment (BPM) rate. It meets expectations on the standard manner. About light regulation by blood stream through finger every pulse. Ic LM358 may be utilized by this sensor. Its double low energy operational enhancer comprises of a super splendid red headed. Headed needs with be super splendid, likewise the light must pass recipient finger which is more distinguished at different ends. The point when heart pumps a pulse from claiming blood through blood vessels, finger gets marginally a greater amount hazy thus lesquerella light compass at the identifier. With every heart pulse, those identifier sign varies which may be changed over with electrical pulse.

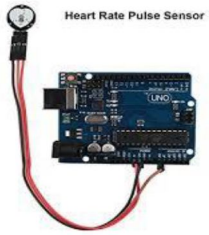


Fig.3 ECG Sensor

C. Heart Rate sensor

This sensor gives the digital output of heart beat when a finger is placed there on. When the sensor starts, the LED flashes in unison with the beat. The output of heart rate generated is in Beats per Minute (BPM) rate.



Fig.4 Heart rate sensor

D. Blood Pressure sensor

The Blood Pressure sensor is fully automatic, easy to operate, intelligent device which shows systolic, diastolic and pulse readings. Its compact design fits over the wrist like a watch. Easy to use wrist style eliminates pumping. It gives serial output data for external circuitProcessing or displays.Blood pressure is the measure of force that pumps blood against the walls of the arteries as blood flows through them. Blood pressure is the pressure of distributing blood on the walls of blood vessels. The normal range of the human blood pressure should not more than 120 over 80 and less than 140 over 90. It is measured in millimeter of mercury (mmHg). The blood pressure displays electronic pressure and pulsating sensor to identify signal on digital form. The screen consists of two parts. The top of the screen is used to measure systolic blood pressure and the lower part of the screen is used to measure diastolic blood pressure.



Fig.5 Blood Pressure sensor

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E. Arduino UNO

Arduino is an open-source physical computing platform. It support an easy I/O board and a development environment that implements the Processing / Wiring language. Arduino are often connected to software on computer. It has a physical Input / Output board (I/O) with a programmable microcircuit (IC).

The Arduino Uno R3 is a microcontroller board which supports a removable, dual-inline-package (DIP) ATmega328 AVR microcontroller. It has 20 digital input/output pins. The Arduino has an in depth support community, which makes it really easy to start working with embedded electronics.

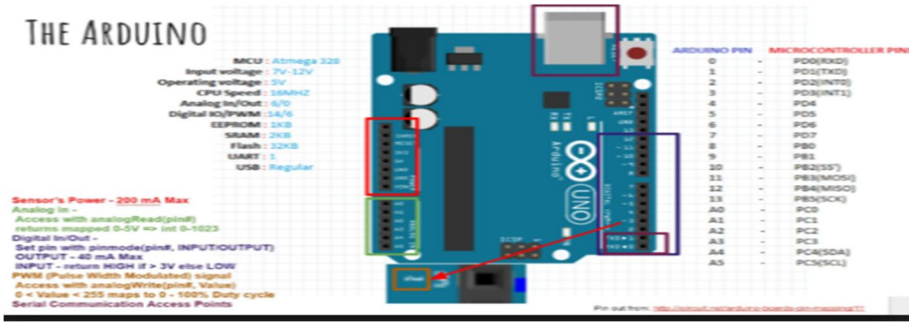


Fig.6 Arduino UNO Pin

F. Arduino IDE

The Arduino platform has become quite fashionable people just starting out with electronics, and permanently reason. Unlike most previous circuit boards, the Arduino doesn't need an individual piece of hardware (called a programmer) so as to load new code onto the board – you'll simply use a USB cable. Additionally, the Arduino IDE uses a simplified version of C++, making it easier to find out to program. Finally, Arduino provides a typical form factor that breaks out the functions of the micro-controller into a more accessible package.

Arduino is an open-source platform used for manages electronics projects. Arduino consists of both a physical programmable circuit card (often mentioned as a microcontroller) and a bit of software, or that runs on your computer, wont to write and upload code to the physical board. IDE (Integrated Development Environment).The Arduino hardware and software was designed for artists, hobbyists, hackers, newbie's, and anyone curious about creating interactive objects or environments. Arduino can interact with buttons, LEDs, motors, speakers, GPS units, cameras, the web, and even your smart-phone or you're TV! This flexibility combined with the very fact that the Arduino software is free of cost, the hardware boards are cheap, and both the software and hardware are easy to find out has led to an outsized community of users who have contributed code and released instructions for an enormous sort of Arduino-based projects. There are many sorts of Arduino boards which will be used for various purposes. Some boards look a touch different from the one below, but most Arduino have the bulk of those components in common:



Fig.7 Arduino platform

Programs written using Arduino Software (IDE) are called sketches. These sketches are written within the text editor and are saved with the file extension. The editor has features for cutting/pasting and for searching/replacing text. The message area gives feedback while saving and exporting and also displays errors. The console displays text output by the Arduino Software (IDE), including complete error messages and other information. The bottom right corner of the window displays the configured board and interface. The toolbar buttons allow you to verify and upload programs, create, open, and save sketches, and open the serial monitor.

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The Arduino IDE is incredibly minimalistic, yet it provides a near-complete environment for many Arduino-based projects. The highest menu bar has the quality options, including "File" (new, load save, etc.), "Edit" (font, copy, paste, etc.), "Sketch" (for compiling and programming), "Tools" (useful options for testing projects), and "Help". The center section of the IDE may be a simple text editor that where you'll enter the program code. The bottom section of the IDE is devoted to an output window that's wont to see the status of the compilation, what proportion memory has been used, any errors that were found within the program, and various other useful messages.

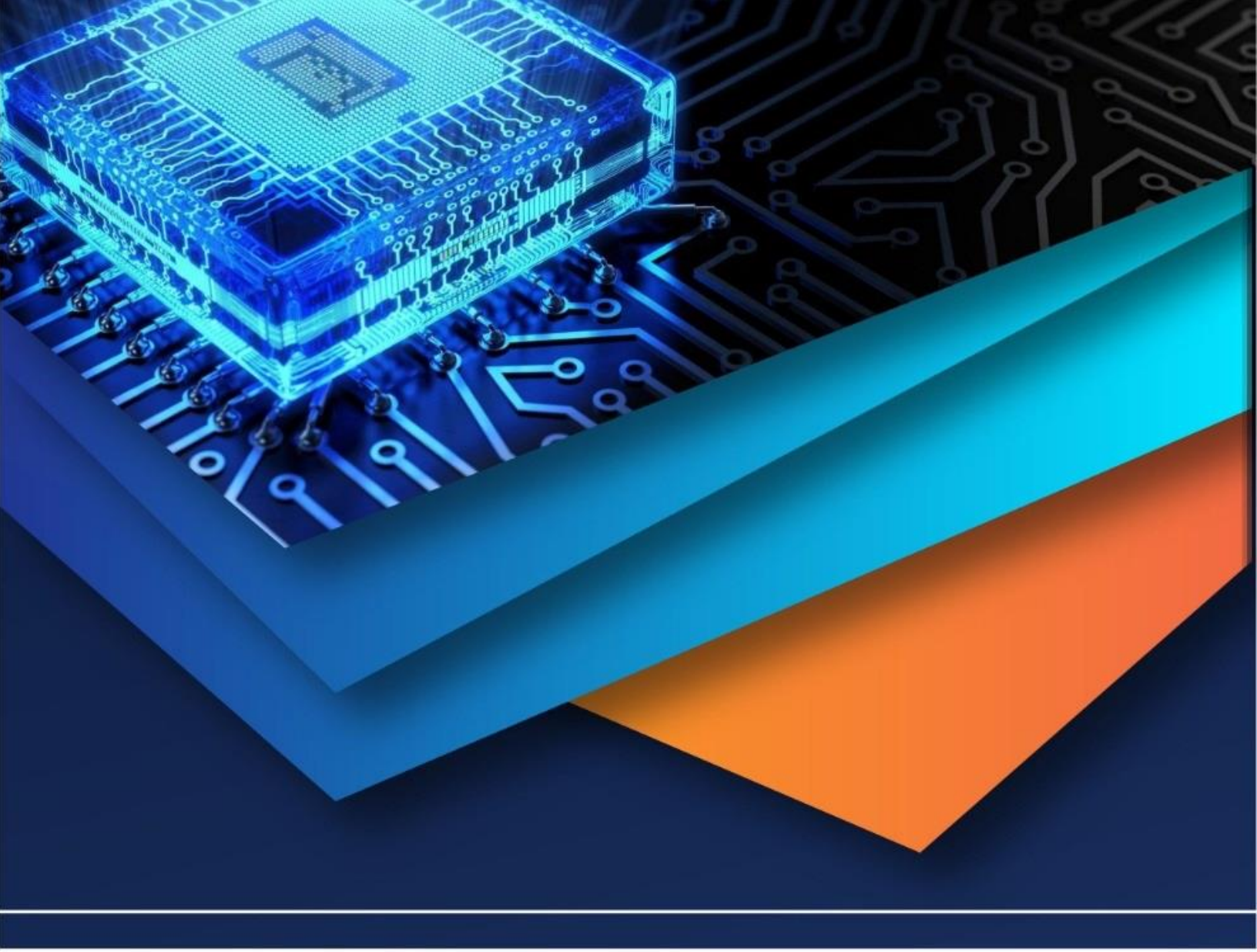
III. CONCLUSION

This System portrays about the patients health monitoring system using internet of things. Using IOT patient's health is often easily monitored over the web. The doctor doesn't have to present whenever and everywhere with the patients. There health status are often easily monitored over the web using IOT. A raspberry pi kit which is used here is a little sized kit and perform differing types of functions .In this system four sorts of sensors are used. The sensors are Blood Pressure Sensor, ECG Sensor, Heart Beat Sensor and Temperature sensor. In this technique, a patient or his care taker can view his/her health status in their smart phones. In response to those sorts of needs, health monitoring systems are being proposed as a low cost solution. Such a system consists of physiological data that stores, process and communicate through smart phones, personal computers. This health monitoring system satisfy strict safety, security, reliability, and long-term real-time processing requirements.

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