

## REMOTE HEALTH MONITORING OF PATIENTS USING WIRELESS SENSORS

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### ABSTRACT:

This paper presents an architecture of a system which can make it possible to deploy smart healthcare through a Wireless Sensor Network. Monitoring patients' vital signs is very essential in any medical place. The proposed system has fitted the patient with a body sensor to measure diverse biometrics. These sensors are connected to Arduinos, which are facilitators for the sensor nodes to send data through WiFi to a central server. The device is chosen for its high usage in healthcare settings and less interference with other equipment. The server uses the pre-defined threshold values to determine abnormal conditions in the patient and sends alerts to the doctor through SMS, email, and a live video feed. The sensors are non-restrictive so that patients can move around while maintaining constant communication with their doctor through the integrated video stream. This system ensures continuous remote monitoring, offering enhanced care for patients who need round-the-clock health supervision.

Keywords : Smart Healthcare, Wireless Sensor Network (WSN), Patient Monitoring, Body Sensors, Remote Health Monitoring.

### I. INTRODUCTION:

Because of a lack of routine monitoring, many patients in India are negatively impacted every day [10]. In addition, hospitals are not ideally suited for measuring parameter values in real time since patients cannot be monitored continuously. Doctors have an uphill battle when it comes to checking in on their patients often and keeping tabs on their health state in real time [14]. Our method has the potential to be useful in resolving such issues. Health and wellness management is one of the most crucial areas where new technologies are being put to use [11]. Proactive approaches, typified by early identification, prevention, and improved health management, are replacing traditional reactive methods in the healthcare industry. In this model, important components of personalized health care are medical issue monitoring and well-being management.

### II. LITERATURE REVIEW:

The E-health sensors shield kit interface kit was presented by Ananda Mohan Chatterjee et al. [1] as a means by which family members and consulting physicians may keep tabs on a patient's health status through the internet. Yet, no alerts, such as emails or text messages, are sent to the appropriate loved ones or medical professionals. With the use of a Raspberry Pi and some sensors,

P. Kumari et al. [2] have developed a healthcare system for monitoring patients, with data on the patient's heart rate, breathing, temperature, and motion being gathered and shown on a screen through the putty program. Our suggested method, however, also includes an alert warning to ensure that the patient receives his or her medication. Sarfraz Fayaz Khan [3] has shown how the Internet of Things (IoT) and RFID tags may be used to create an effective healthcare monitoring system for patients. Yet, our document includes preventative steps regarding the patient's health by managing the appliances and supplying the necessary medications to the patient. Freddy Fernandez et al. [4] has focused only on health monitoring and notifying physicians and loved ones of any changes in the patient's condition. In addition, our approach focuses only on monitoring and timely alerting, and does not involve control of the appliances themselves.

S. Siva [5, 6] et al. showed that the smart hospital system may be used to track a patient's vitals. Patients' vital signs may be monitored with the spark kit. In the event that the patient's temperature or heart rate exceeds a certain threshold, an alarm is delivered to the caregiver's device.

### III. EXISTING SYSTEM:

Each person has the inherent right to the WHO's definition of "healthy life," which is the best possible state of health. Motivated by this, we set out to design a cutting-edge system that monitors patients' vital signs with the assistance of sensors and keeps physicians up to date through the web in the event of any problems, with the hope of reducing mortality rates.

### IV. PROPOSED SYSTEM:

In the work suggested here, an Arduino Uno is used to keep tabs on vital signs including temperature, EEG, and heart rate. As the signals from these sensors have a low level (gain), an amplifier circuitry and control signal unit (SCU) are employed to boost them before sending them on to the Arduino Board. Here, the patient's temperature, EEG, and heart rate are all tracked by separate sensors and sent to a cloud database, where they can be accessed from anywhere over the internet.

### BLOCK DIAGRAM:

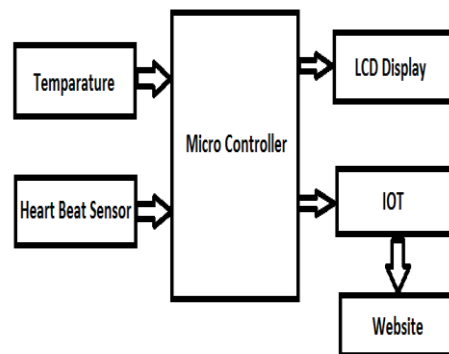


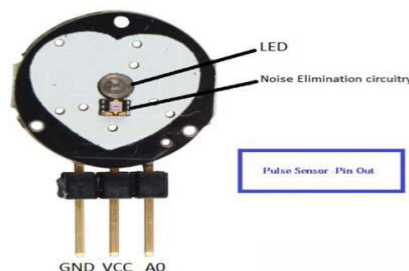
Figure 1. Block diagram

The main objective of this endeavor is to create a sophisticated system for monitoring patients' health. The suggested system's big picture is shown in Fig.1. The patient's temperature and heart rate may be monitored thanks to the sensors implanted all over their body. Two more sensors have been placed in the patient's house to monitor the relative humidity and ambient temperature. The data from all four sensors is sent to a central processing unit for analysis. The resulting numbers are then sent to the initial station over the IoT cloud. The doctor may get the values from the central station and use them wherever they happen to be. The doctor may assess the patient's condition and decide on a course of treatment based on data from the patient's temperature, heart rate, and environmental sensors.

The Internet of Things (IoT) has several uses in the healthcare industry that improve outcomes for patients, their families, doctors, hospitals, and insurers. Wearables such as fitness trackers and other wirelessly linked devices such as heart rate monitor cuffs, glucometer, etc. make up the Internet of Things (IoT) for patients.

## PULSE SENSOR:

The terms heartbeat sensor and heart rate sensor both refer to the same thing. Connecting this sensor from a finger or the ear to an Arduino board enables it to function. In order to determine a person's heart rate with ease.



**Figure 2. Pulse sensor**

The basis of operation for a pulse sensor is rather simple. The first surface is where you'll find the connections for the ambient light sensor and light-emitting diode. Similarly, the circuit responsible for the noise suppression and amplification is linked on the second layer.

The LED is placed over a vein in a body, such as at the tip of a finger or ear, but it must be placed over a layer directly. After the LED has been positioned above the vein, it will begin to shine. Blood circulation begins in the veins after the heart begins to beat. Hence, we can determine heart rates by monitoring blood flow.

If the blood circulation is detected, the light source sensor will pick up an increased amount of light since the blood will act as a replica of the original source. This imperceptible shift in the seen light may be tracked over time to determine our heart rates.

## TEMPERATURE SENSOR:

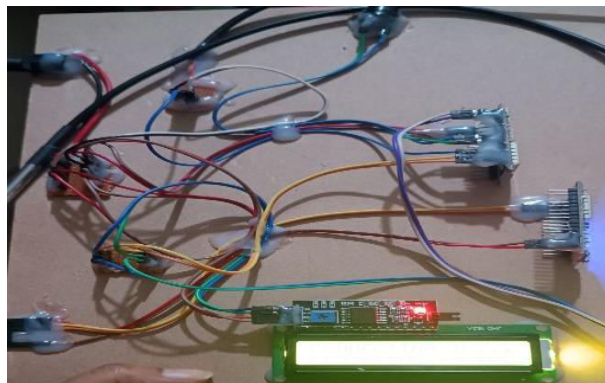
An electronic sensor used to record, monitor, or communicate changes in temperature by taking readings from its surrounding environment and converting them into digital form. A wide variety of temperature sensors are available.



**Figure 3. Temperature sensor**

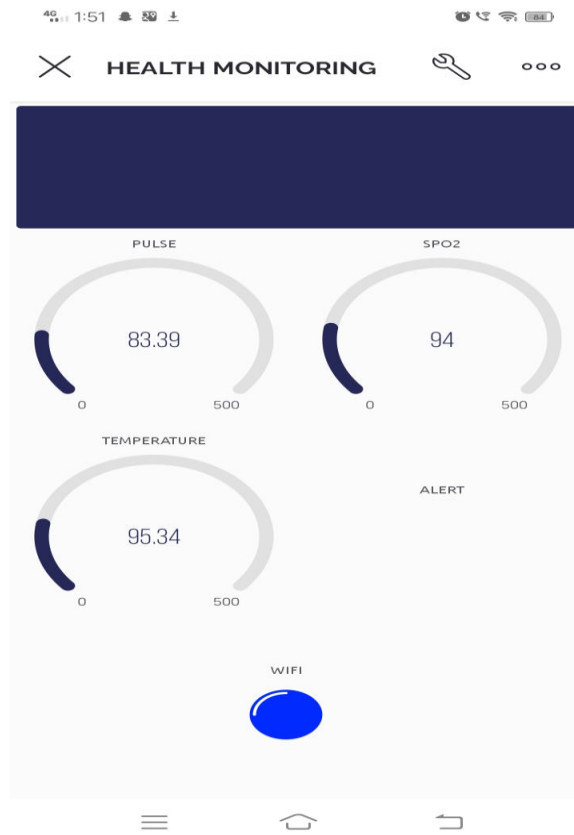
Electrical signals are used by temperature sensors to provide readings. Sensors are made up of two metals, and they detect changes in temperature by monitoring the current across the diode's terminals. The temperature rises as the voltage rises. also increases.

## V. RESULT:



**Figure 4. Alert Notifications**

The figure 4 gives the notification of the pulse, spo2, temperature.



**Figure 5 Displays the values**

Figure 5 Displays the values of spo2, pulse, temperature of the patient.

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