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SMART HEALTH MONITORING SYSTEM USING IOT

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ABSTRACT:

The paper presents the design and implementation of an IOT-based health monitoring system for emergency medical services which can demonstrate collection, integration, and interoperation of IoT data flexibly which can provide support to emergency medical services like Intensive Care Units(ICU), using a ARDUINO board. The proposed model enables users to improve health related risks and reduce healthcare costs by collecting, recording, analyzing and sharing large data streams in real time and efficiently. The idea of this project came so to reduce the headache of patient to visit to doctor every time he need to check his Temperature, Humidity, heart beat rate, temperature etc. With the help of this proposal the time of both patients and doctors are saved and doctors can also help in emergency scenario as much as possible. The proposed outcome of the project is to give proper and efficient medical services to patients by connecting and collecting data information through health status monitors which would include patient's heart rate, Temperature, Humidity, Saline level and Oxygen level(CO2) sends an emergency alert to patient's doctor with his current status and full medical information. This data will send to App and Mobile when exceeds the above body levels.

1. INTRODUCTION:

In today's era, health problems are increasing day-by-day at a high pace. The death rate of 55.3 million people dying each year or 151,600 people dying each day or 6316 people dying each hour is a big issue for all over the world. Hence it is the need of hour to overcome such problems. We, therefore, proposing a change in wireless sensors technology by designing a system which included different wireless sensors to receive information with respective human body temperature, blood pressure, saline level, heart rate etc. that will be undoubtedly further transmitted on an IoT platform which is accessible by the user via internet. An accessible database is created about patient's health history which can be further monitored & analyzed by the doctor if necessary. The data storage can be saved on the server permanently or can be reset via the software. This project proposes a health monitoring system which is capable of detecting multiple parameters of our body such as blood pressure, temperature, heart rate, ECG & further transmitting this information on an IoT server through 2G/3G/4G GSM technologies. Also in case of emergency, automatically generating alerts will be sent to doctors and family members if any unusual activity is detected by or near the patient. A continuous record of body health parameters can be used to detect the disease in a more efficient manner. Now-a-days, people pay more attention towards prevention & early recognition of disease.

IoT is the interconnecting of devices and services that reduces human intervention to live a better life. This project as showing the advancements in health care management technology, it would save patients from the future health problems that would arise and would also help doctors to take an appropriate measure or action at a proper time regarding patient's health.

2. LITERATURE SURVEY:

Many researchers did their work on health monitoring system using IOT.M. Wisplike et al [2] monitors patient's body temperature, pulse rate, ECG wave and patient's body position using AR cortex M4F micro controller. Android app is created for monitor these values. Bluetooth connection is used for connecting microcontroller and Android phone. In my project monitor patient's body temperature, Respiration rate, heart rate and body movements using Raspberry Pi board and sensors. Android app is

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support only android phones. Bluetooth is very short distance for communication. It supports only within 100 meters. In my project webpage is created. Using IP address anybody can monitor patient's health status anywhere in the world.

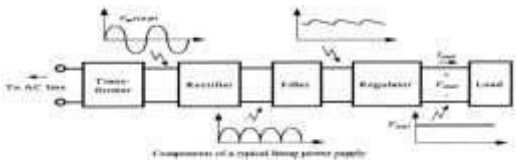
Amir-Mohammad Rahmani et al [3] monitor ECG wave using panda board. Ethernet connection is used for connecting internet to the panda board. In my project monitor body temperature, Respiration rate, heart rate and body movements using Raspberry Pi board. Panda board is very difficult to operate compare to Raspberry Pi board. Ethernet connection is also very short distance. So i use USB modem for connecting internet to the Raspberry Pi board. Hoi Yan Tung [3] et al monitors body temperature, ECG, heart rate using DRZHG micro controller.

3. HARDWARE REQUIREMENTS:

1. POWER SUPPLY
2. ARDUINO UNO
3. ESP8266
4. GSM
5. LCD DISPLAY
6. PULSE SENSOR
7. DHT 11
8. SALINE LEVEL
9. CO2 SENSOR

POWERSUPPLY:

The power supplies are designed to convert high voltage AC mains electricity to a suitable low voltage supply for electronic circuits and other devices. A power supply can by broken down into a series of blocks, each of which performs a particular function. A d.c power supply which maintains the output voltage constant irrespective of a.c mains fluctuations or load variations is known as "Regulated D.C Power Supply".



ARDUINO UNO:

The Arduino Uno is a microcontroller board based on the ATmega328 (datasheet). It has 14 digital input/output pins (of which 6 can be used as PWM outputs), 6 analog inputs, a 16 MHz ceramic resonator, a USB connection, a power jack, an ICSP header, and a reset button. It contains everything needed to support the microcontroller; simply connect it to a computer with a USB cable or power it with a AC-to-DC adapter or battery to get started. The Uno differs from all preceding boards in that it does not use the FTDI USB-to-serial driver chip. Instead, it features the Atmega16U2 (Atmega8U2 up to version R2) programmed as a USB-to-serial converter. Uno board has a resistor pulling the 8U2 HWB line to ground, making it easier to put into DFU mode.

PULSE SENSOR

It is used to measure the heartbeat of the patient. It gives a digital output of heart beat when a finger is placed on it. It is compressed in size. The working voltage of heart beat sensor is +5V DC. It works on the principle of light modulation by blood flow through finger at each pulse. Heart beat sensor is used to measure heart beat which normally lies between 60- 100bpm.

Heart beat sensor is designed to give digital output of heat beat when a finger is placed on it. When the heart beat detector is working, the beat LED flashes in unison with each heart beat. This digital output can be connected to microcontroller directly to measure the Beats Per Minute (BPM) rate. It works on the principle of light modulation by blood flow through finger at each pulse.

FIG Heart beat sensor

The sensor consists of a super bright red LED and light detector. The LED needs to be super bright as the maximum light must pass spread in finger and detected by detector. Now, when the heart pumps a pulse of blood through the blood vessels, the finger becomes slightly more opaque and so less light reached the detector. With each heart pulse the detector signal varies. This variation is converted to electrical pulse. This signal is amplified and triggered through an amplifier which outputs +5V logic level signal. The output signal is also indicated by a LED which blinks on each heart beat. Connect regulated DC power supply of 5 Volts. Black wire is Ground, Next middle wire is Brown which is output and Red wire is positive supply. These wires are also marked on PCB. To test sensor you only need power the sensor by connect two wires +5V and GND. You can leave the output wire as it is.

SALINE LEVEL:

A water detector is an electronic device that is designed to detect the presence of water for purposes such as to provide an alert in time to allow the prevention of water leakage. A common design is a small cable or device that lies flat on a floor and relies on the electrical conductivity of water to decrease the resistance across two contacts. The device then sounds an audible alarm together with providing onward signalling in the presence of enough water to bridge the contacts. These are useful in a normally occupied area near any infrastructure that has the potential to leak water, such as HVAC, water pipes, drain pipes, vending machines, dehumidifiers, or water tanks.

DHT 11

DHT11 is a low-cost digital sensor for sensing temperature and humidity. This sensor can be easily interfaced with any micro-controller such as Arduino, Raspberry Pi etc… to measure humidity and temperature instantaneously. DHT11 humidity and temperature sensor is available as a sensor and as a module. The difference between this sensor and module is the pull-up resistor and a power-on LED. DHT11 is a relative humidity sensor. To measure the surrounding air this sensor uses a thermistor and a capacitive humidity sensor. DHT11 sensor consists of a capacitive humidity sensing element and a thermistor for sensing temperature. The humidity sensing capacitor has two electrodes with a moisture holding substrate as a dielectric between them. Change in the capacitance value occurs with the change in humidity levels.

The IC measure, process this changed resistance values and change them into digital form. For measuring temperature this sensor uses a Negative Temperature coefficient thermistor, which causes a decrease in its resistance value with increase in temperature. To get larger resistance value even for the smallest change in temperature, this sensor is usually made up of semiconductor ceramics or polymers. The temperature range of DHT11 is from 0 to 50 degree Celsius with a 2-degree accuracy. Humidity range of this sensor is from 20 to 80% with 5% accuracy. The sampling rate of this sensor is 1Hz .i.e. it gives one reading for every second. DHT11 is small in size with operating voltage from 3 to 5 volts. The maximum current used while measuring is 2.5mA

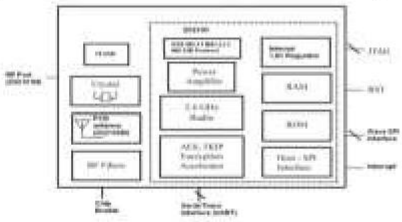
CO2 SENSOR:

MQ135 Gas Sensor module for Air Quality having Digital as well as Analog output. Sensitive material of MQ135 gas sensor is SnO2, which with lower conductivity in clean air. When the target combustible gas exist, The sensors conductivity is more higher along with the gas concentration rising. MQ135 gas sensor has high sensitivity to Ammonia,

Sulphide and Benze steam, also sensitive to smoke and other harmful gases. It is with low cost and suitable for different application. Used for family, Surrounding environment noxious gas detection device, Apply to ammonia, aromatics, sulfur, benzene vapor, and other harmful gases/smoke, gas detection, tested concentration range: 10 to 1000 ppm.

ESP8266:

The ESP8266 modules are low-power 802.11b implementations. All RF components, the baseband and the entirety of the 802.11 MAC reside on-module, creating a simple and cost-effective means to add Wi-Fi connectivity for embedded devices. The module(s) implement a high-level API, simplifying design implementation and allowing the ZG2100M or ZG2101M to be integrated with 8- and 16-bit host microcontrollers.



GSM:

GSM is a mobile communication modem; it is stands for global system for mobile communication (GSM). The idea of GSM was developed at Bell Laboratories in 1970. It is widely used mobile communication system in the world. GSM is an open and digital cellular technology used for transmitting mobile voice and data services operates at the 850MHz, 900MHz, 1800MHz and 1900MHz frequency bands.GSM system was developed as a digital system using time division multiple access (TDMA) technique for communication purpose. The digital system has an ability to carry 64 kbps to 120 Mbps of data rates.There are various cell sizes in a GSM system such as macro, micro, pico and umbrella cells. Each cell varies as per the implementation domain. There are five different cell sizes in a GSM network macro, micro, pico and umbrella cells. The coverage area of each cell varies according to the implementation environment.

LCD DISPLAY:

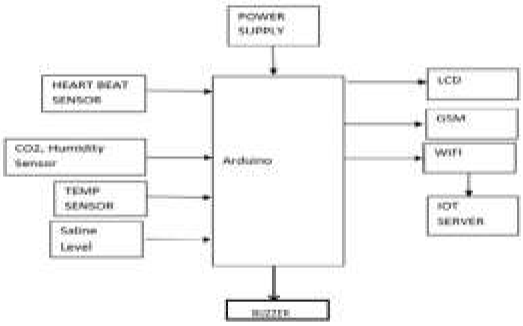
A model described here is for its low price and great possibilities most frequently used in practice. It is based on the HD44780 microcontroller (Hitachi) and can display messages in two lines with 16 characters each. It displays all the alphabets, Greek letters, punctuation marks, mathematical symbols etc. In addition, it is possible to display symbols that user makes up on its own. Automatic shifting message on display (shift left and right), appearance of the pointer, backlight etc. are considered as useful characteristics.

SOFTWARE REQUIREMENTS:

❖ **ARDUINO IDE**

The Arduino Integrated Development Environment (IDE) is a cross-platform application (for Windows, macOS, Linux) that is written in functions from C and C++. It is used to write and upload programs to Arduino compatible boards, but also, with the help of 3rd party cores, other vendor development boards. First, the Arduino compiler/IDE accepts C and C++ as-is. In fact many of the libraries are written in C++. Much of the underlying system is not object oriented, but it could be. Thus, "The arduino language" is C++ or C.

PROJECT DESCRIPTION:



WORKING:

The proposed model enables users to improve health related risks and reduce healthcare costs by collecting, recording, analyzing and sharing large data streams in real time and efficiently. The idea of this project came so to reduce the headache of patient to visit to doctor every time he need to check his Temperature, Humidity, heart beat rate, temperature etc. With the help of this proposal the time of both patients and doctors are saved and doctors can also help in emergency scenario as much as possible. The proposed outcome of the project is to give proper and efficient medical services to patients by connecting and collecting data information through health status monitors which would include patient's heart rate, Temperature, Humidity, Saline level and Oxygen level(CO_2) sends an emergency alert to patient's doctor with his current status and full medical information. This data will send to App and Mobile when exceeds the above body levels.

4. CONCLUSION:

In this project, we have analyzed Arduino based health monitoring system using IoT. Any abnormalities in the health conditions can be known directly and are informed to the particular person through GSM technology or via internet. The proposed system is simple, power efficient and easy to understand. It acts as a connection between patient and doctor. The hardware for the project is implemented and the output results are verified successfully.

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