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SMART IOT-BASED HEALTHCARE MONITORING AND HOME AUTOMATION SYSTEM FOR ASSISTED LIVING

[1]Dr. S. Ananth,[2]Chitra M,[3] Priyadarshini K,[4]Rahul Raj G S, [5]Naveen Kumar T, [6]Pavithiran P, [7]Mani G
[1]Associate Professor, [2,3]Assistant Professor [4,5,6,7]UG Scholars (BTech),
Email: anand.siet@gmail.com; chitram@mahendra.info; priyadarshinik@mahendra.info; g.s.s.rahulraj@gmail.com; naveenkumarofficial1316@gmail.com; pavithiran575@gmail.com; mani220404@gmail.com;
Department of Artificial Intelligence & Data Science,
Mahendra Engineering College (Autonomous) Mahendrapuri, Mallasamudram, Namakkal-637 503

ABSTRACT: The rapid expansion of the Internet of Things (IoT) has created new opportunities in healthcare, especially for paralytic and mobility-impaired patients. Traditional healthcare systems mainly depend on manual caregiver support and lack intelligent automation. This research proposes an advanced "IoT-Based Smart Patient Healthcare System" designed to provide smart and automated healthcare assistance using AI and IoT technologies. The system uses ESP32-based microcontrollers for efficient processing and MPU6050 sensors for accurate fall detection. It also includes a computer vision module for emotion and gesture recognition to improve patient interaction and monitoring. The healthcare monitoring unit continuously tracks important patient conditions and helps caregivers monitor patients remotely in real time. The proposed system features a cloud-based digital health record system using Google Firebase for secure data storage and remote access. Additionally, an AI-based emergency alert system integrated with WhatsApp and SMS services provides instant notifications during emergencies. The system also supports offline functionality, making it suitable for remote and rural areas with limited internet connectivity. Overall, the proposed healthcare system improves patient safety, enables continuous monitoring, reduces caregiver workload, and provides a reliable, intelligent, and cost-effective smart healthcare solution for assisted living applications.

Keywords: AI, IoT, Fall Detection, Emotion Recognition, Smart Healthcare, Home Automation, Computer Vision, Telemedicine.

1. INTRODUCTION:

The incorporation of IoT technology in the healthcare industry has transformed patient monitoring services, particularly for paralyzed patients and those with mobility problems. Traditional patient monitoring services mostly rely on human caregivers for the provision of emergency aid and monitoring purposes. As a result, patients may experience emergencies that go unnoticed. Paralyzed patients generally encounter problems related to movement and communication skills, reducing their ability to be self-reliant while depending entirely on caregivers. The development of embedded systems coupled with Artificial Intelligence (AI) has made it easier to continuously monitor patients' health status, detect emergencies, and promote communication.In general, patients suffering from paralysis struggle with movement and communication issues that limit their independent behavior. With this in mind, various modern solutions including IoT technology, embedded systems, and Artificial Intelligence (AI) have found applications in the medical field to solve these issues. The use of these technologies facilitates the process of monitoring the patients and detecting emergencies, in addition to providing an efficient means of communication for both the patient and the caregiver.

This suggested framework is the implementation of an advanced AI-IoT based healthcare framework for the care of paralytic patients. Various sensors including MPU6050 can be used for the detection of motion and fall incidents whereas the ESP32-CAM device may help in detecting facial expressions and hand gestures of the patients. Moreover, the MAX30100 sensor can be used for the continuous monitoring of various health parameters such as heart rate and blood oxygen level of the patients. The digital health record of patients will be provided by this system via integration with Google Firebase Cloud storage platform which allows remote access to health records in real time. Moreover, in emergencies, automatic alerts will be provided to the caregivers via WhatsApp and SMS services. Furthermore, various offline modes of assistance including voice response and local automation features have been provided within this system.

2.0 RELATED WORK

The latest trends in IoT-enabled healthcare technologies have made possible the use of different smart monitoring devices that can help monitor the health status of the aged population and those suffering from physical disabilities. Some of the existing healthcare systems incorporate wearable biomedical sensors to monitor the patients' vital statistics in real time. These systems usually rely on pulse oximeter, ECG module, and temperature sensor to collect data on the physiological parameters of the patient's body. The IoT cloud technology is used to remotely visualize the acquired data and store them. However, these systems lack intelligent communication facilities and home automation capabilities. Hand gesture recognition is one of the key technologies used in assistive healthcare. Hand movement patterns and gestures can be recognized and converted into predefined activities utilizing accelerometer and gyroscope sensors. These technologies provide the ability to communicate needs for patients with speech disorders. Many of such systems are based on complex algorithms which require huge amounts of computations and even internet services.The use of smart home automation systems in connection with IoT technologies allows controlling appliances via smartphone applications, voice input, or gestures. In terms of healthcare, automation functions will make patients more independent and comfortable in their daily lives. At the same time, most of the existing home automation systems are aimed at regular users rather than paralysis patients.The use of wearable devices with accelerometer sensors in order to detect falls is quite common in elder healthcare and rehabilitation. The presence of sudden body movements causes the generation of an alert in case there are any abnormalities. Current fall detection applications are usually stand-alone ones and do not integrate into healthcare ecosystems.The suggested project involves several features like healthcare monitoring, gesture recognition and translation into actions, fall detection, voice assistance, and smart home automation.

3.0 SYSTEM ARCHITECTURE

The suggested architecture comprises several interacting hardware and software modules that work together to offer intelligent healthcare monitoring and home automation support for paralysis patients. The key part of the system is the microcontroller Arduino UNO, which serves as a central processing unit. Information obtained from the biomedical sensors, the accelerometer sensors, and control switches is received by the controller. The processed information generates output for the healthcare parameters, communication, and operations related to the operation of the appliance. MAX30100 sensor is used to monitor the heart rate and blood oxygen saturation level of the patient. The physiological data is shown in real-time both on the LCD screen and in the cloud using the Wi-Fi module ESP8266.Accelerometer sensor is used for gesture recognition and falling. Several gestures have been assigned to different patient requirements like, I Need Water, I Need Food, I Need Help, I Need Medicine. When any gesture is recognized, the message is displayed on the LCD screen and played using the voice play board. The system also includes support for home automation using relay modules connected to appliances like lights and fans. Using gestures one may turn ON or OFF these appliances. Mode selection switch is provided in the design, which can be used to shift from one operating mode to another; i.e., Healthcare Monitoring mode and Home Automation mode. In the former case, the embedded system concentrates on health monitoring and patient communication, while in the latter one, gesture recognition is utilized for operating the appliances. ESP8266 Wi-Fi module facilitates the Internet-of-Things (IoT) communication between the embedded system and mobile application. Real-time health information, fall detection alerts, and emergency alerts are sent via cloud connectivity.

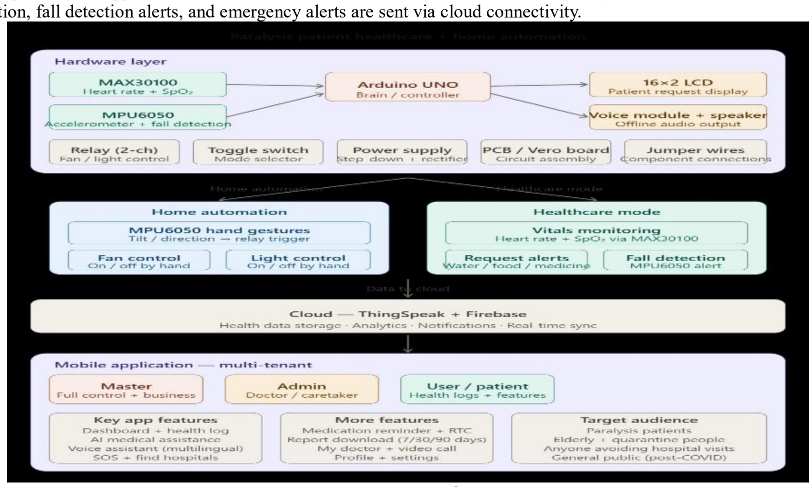

Fig.3.1 System Architecture

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4.0 HARDWARE IMPLEMENTATION

The design of hardware architecture of the suggested Smart IoT-Based Healthcare Monitoring and Home Automation System involves various sensors, communication units, controllers, and output devices that function to ensure that there is an intelligent health care facility provided for paralyzed patients. The various units of the hardware architecture are interfaced through the Arduino UNO controller that serves as the central controller of the system. Some of the modules involved are the MAX30100 sensor, MPU6050 Accelerometer sensor, ESP8266 Wi-Fi module, LCD display unit, relay module, and voice output module.

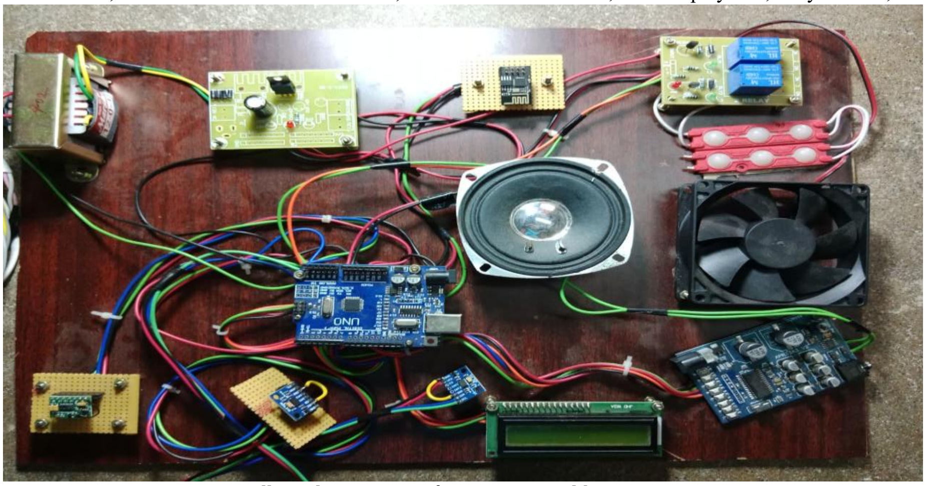

Fig 4.1 Overall Hardware Setup of Smart IoT Healthcare System

4.1 Arduino UNO Microcontroller

The Arduino UNO is used as the primary controller that coordinates all hardware modules. This microcontroller processes sensors' data, performs gesture recognition, activates output devices, and maintains the communication channel between hardware and cloud services.

4.2 MAX30100 Heart Rate and SpO_2 Sensor

MAX30100 sensor monitors the heart rate and SpO_2 level in patients. Continuous monitoring enables caregivers to recognize any abnormalities in a timely manner.

4.3 Accelerometer Sensor

Accelerometer sensor is used for recognizing hand movements for gesture recognition purposes, and detecting any sudden abnormal movements that signal potential falls. This type of sensor is crucial for both patient's and caregiver's communications, and generating alerts.

4.4 LCD Display Module

LCD display module of size 16x2 displays messages made by the patient, provides healthcare information, and shows system status notifications. It makes the communication process possible.

4.5 Voice Playback Module

APR voice playback module contains voice recordings of various gestures. Upon detection of a specific gesture, the module plays back the corresponding voice message through a speaker.

4.6 Relay Module

Relay modules are used to control appliances. Various electrical devices like lights, fans, etc., can be turned on or off using gesture recognition technology.

4.7 ESP8266 Wireless Internet Module

The ESP8266 module allows wireless internet connectivity for IoT communications. The module can upload data from the sensors to the cloud server and also allows connectivity of the mobile applications.

4.8 Power Supply Unit

A DC regulated power supply is used to provide stable power to the sensors, controllers, communication modules, and output modules.

5.0 SOFTWARE IMPLEMENTATION

The software implementation of the AI-enabled IoT healthcare monitoring and smart home automation system helps significantly coordinate the communication among biomedical sensors, gesture recognition, IoT cloud platform, and smart appliance control system. The software architecture is created through the implementation of embedded programming techniques that help perform real-time monitoring, communication with patients, falls detection, and intelligent automation processes. Overall, the software architecture aims to provide efficient system performance, energy saving capabilities, and healthcare data processing features. The Arduino UNO microcontroller manages all the tasks related to data acquisition, gesture analysis, communication processes, and generation of emergency alerts. Moreover, the software system is also capable of supporting seamless communication between cloud platform and mobile app.

5.1 EMBEDDED PROGRAMMING

Embedded C language coding is applied in developing the control logic of the suggested health monitoring system. The embedded software constantly analyzes biomedical sensors' data, accelerometer motion analysis, gesture recognition processes, and appliance control procedures. The Arduino controller recognizes gesture motions and translates them into pre-defined commands from the patients including the need for food, drink, drugs, and emergency help. The embedded system code controls the operation of the speech synthesizer, LCD display operation, relay switch mechanism, and fall motion detection. Furthermore, the embedded software constantly monitors any abnormal motion states and initiates an emergency warning signal anytime a fall situation is identified.

5.2 ARDUINO IDE

The Arduino IDE acts as the key programming environment that will be used to develop the proposed embedded healthcare system. In addition, this development environment facilitates the use of sensor data, communication library, Wi-Fi connection, and real-time control of the devices. Many different libraries pertaining to the MAX30100 sensor, accelerometer module, LCD screen, and Wi-Fi communication via ESP8266 are included in the Arduino IDE environment for the purposes of system development. The software environment can be employed effectively in the testing and debugging of hardware and firmware modifications during the process of developing the system.

5.3 IoT CLOUD PLATFORM

The IoT cloud platform enables remote healthcare monitoring due to its ability to store and visualize live data regarding patients' health. Data collected via sensors include heart rate, oxygen saturation level in blood, gesture signals, and fall detection signals, which are continually sent to the cloud database through wireless technology. Patients' health information can be accessed remotely via cloud dashboards and mobile apps from any corner of the world where there is an internet connection. The cloud platform also facilitates emergency notifications, live visualization of health care, and health care history analysis. Remote healthcare monitoring greatly increases the safety of patients and minimizes the dependence on close supervision by caregivers.

5.4 MOBILE APPLICATION

The application serves as an intelligent interface between the patient healthcare device and the caregiver. The application gives real-time visualization for heart rate and SpO2 readings, emergency fall detection alert notifications, healthcare notifications, and remote monitoring capabilities. Additional features including SOS emergency alerts, patient localization, hospitals near me, and healthcare chatbot capabilities make the application easy to use and efficient during emergencies. The application continuously receives healthcare data from the IoT cloud platform and sends alerts instantly whenever there are abnormalities detected within the health condition of the patient or a fall has been registered by the healthcare device.

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6.0 WORKING PRINCIPLE

The operating mechanism of the suggested health monitoring system starts by initializing all the biomedical sensors, communication components, gesture identification sensors, and intelligent device management units. The Arduino microcontroller regularly gathers health metrics from the MAX30100 sensor and motion parameters from the accelerometer sensor. The biomedical subsystem periodically determines heart rate and blood oxygen saturation measurements, displaying the gathered data on the LCD monitor while concurrently transmitting the data to the IoT cloud computing framework via the ESP8266 Wi-Fi communication unit. The accelerometer sensor regularly tracks any motions made by the patient's hands, comparing the obtained motions to preset gesture parameters recorded in the controller memory. When any gesture corresponds to a prearranged signal, the corresponding patient requirement is shown on the LCD panel and communicated through the voice playback unit. Moreover, the suggested architecture enables intelligent home automation actions where motions are utilized to toggle electrical appliances such as lights and fans ON or OFF through relay modules. Furthermore, the system regularly evaluates any variations in motion to detect a fall event and immediately send out emergency alerts to caregivers when any unusual movement is detected.

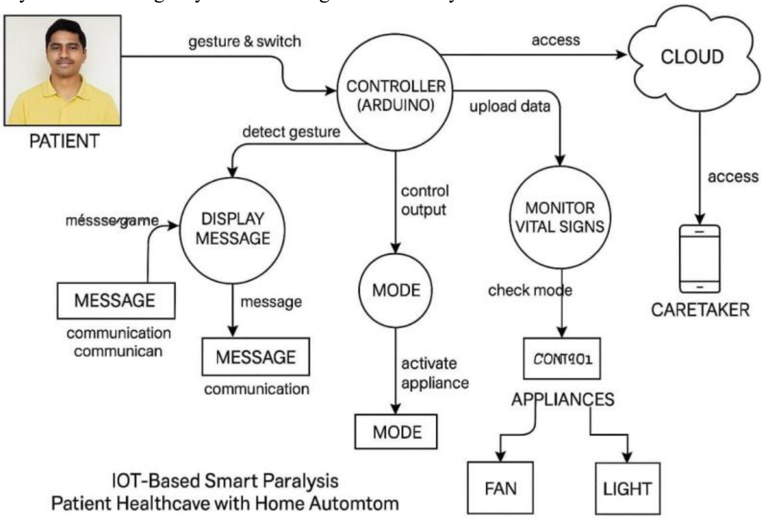

Fig.6.1 Data Flow Diagram of Smart IoT Healthcare System

7.0 FALL DETECTION USING AI AND IoT

The concept of fall detection plays a crucial role in the development of this intelligent healthcare system due to the high likelihood of accident-induced injury among paralysis patients. The accelerometer sensor constantly monitors movement patterns along different axes and identifies abnormal variations in body movements. Threshold analysis algorithms inspired by artificial intelligence are embedded into the controller to detect abnormal movement patterns indicating the occurrence of an accidental fall. If the values provided by the sensor surpass the threshold limit, the fall situation is recognized by the system, and an alarm is triggered. In case of emergencies, messages are flashed on the LCD screen, voice alarms are produced using the speaker module, and IoT notifications are sent to the caregiver's smartphone. The implementation of fall detection helps improve the quality of healthcare services rendered to paralysis patients.

8.0 IoT COMMUNICATION AND CLOUD INTEGRATION

The IoT communication subsystem establishes wireless connectivity between the embedded healthcare device, cloud platform, and caregiver mobile application. The ESP8266 Wi-Fi module enables real-time transmission of biomedical sensor data, gesture requests, appliance control status, and emergency notifications to the cloud server. The cloud platform stores healthcare records such as heart rate measurements, blood oxygen saturation levels, fall detection alerts, and patient communication requests for remote monitoring purposes. Caregivers can access the uploaded information through graphical dashboards and mobile application interfaces from any remote location. Cloud integration improves healthcare accessibility by enabling continuous patient supervision without requiring the caregiver's physical presence near the patient. The integration of IoT communication technologies also improves emergency response efficiency and overall healthcare reliability.

9.0 RESULT AND DISCUSSION

The suggested system design utilizing the IoT healthcare monitoring and home automation system with AI was successfully installed and evaluated under different operating scenarios. The MAX30100 sensor gave consistent and reliable readings of heart rate and blood oxygen levels while being used for continuous monitoring operations. The gesture recognition mechanism was able to detect patient motions and give out the required communication commands quickly. Patient request notification via an LCD display and audio output function worked fine as expected and helped to notify of patient's needs including food, water, medicine, and even emergencies. Smart home automation operation by detecting hand motion and controlling the relays helped to regulate household appliances remotely and automatically. Fall detection analysis gave accurate results when abnormal movements were made and emergency messages were sent to the cloud server immediately. Overall, the designed system performed successfully and showed potential for future use due to its efficiency, cost-effectiveness, patient independence, efficient support, real-time monitoring, and other qualities.

10.0 FUTURE ENHANCEMENT

Further improvements may also be done to make the proposed system even more intelligent, automated, and efficient in terms of healthcare management. More advanced machine learning methods can be introduced to facilitate AI-based gesture detection and accurate movement detection. More biomedical devices like ECG sensors and body temperature sensors can be used to monitor patients' health better. Support for voice commands and AI chatbots can be added to improve the level of interaction between the patient and the system. The cloud-based prediction of patients' healthcare risks can be adopted to detect any abnormalities in their medical records. Moreover, the use of smart wheelchairs, monitoring cameras, GPS services, and intelligent medicine reminders can be employed to help the patients achieve more independence in accessing their health data.

11.0 CONCLUSION

This paper has introduced an IoT enabled healthcare monitoring and smart home automation system powered with AI that is tailored for paralyzed patients and people with limited mobility. The system effectively combines functions of biomedical monitoring, gesture recognition, fall detection, IoT communication technologies, cloud communication capabilities, voice assistance, and smart home automation. The system continuously tracks heart rate and blood oxygen levels while allowing gestures to be used by the patient to communicate and to execute appliance control operations. The application of IoT communication technologies allows for remote monitoring of patient's condition and receiving emergency alerts through mobile apps and cloud service providers. The use of accelerometer-based technology allows for detecting falls by generating emergency alerts when abnormal motions take place. Smart home automation technology makes it possible for patients to operate household appliances via gesture commands. It has been shown that affordable embedded systems combined with AI and IoT can serve as an effective tool for delivering healthcare assistance for paralyzed patients. The system has helped to develop a system that could improve the healthcare experience of paralyzed patients within a smart healthcare environment.

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