A Survey on Internet of Things (IoT) Based Healthcare Monitoring System

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ABSTRACT

Health care is a major concern in our society. In the rising technology, the Internet of Things (IoT) technology, attracting everyone's attention towards it for its potential to revolutionize the traditional health care system and to resolve the problem caused by the rising aging population and the continuing increase in chronic illness in the health care system. This paper mainly study about the traditional healthcare system which is used in past for providing healthcare services and the convergence of a new technology named IoT in the health care system to modernize the way of treating patients. This paper outlines how IoT has changed the traditional way of healthcare monitoring and make the services fast and efficient in a smarter way. Finally a research study has done on various IoT based healthcare monitoring system and further more, a comparison is made between these IoT based healthcare systems represent their merits and demerits.

Key words: Internet of Things, IoT, ITU, ICT, SSL, Healthcare, Diseases, RFID, GPS, Services, Security, Technologies.

1. INTRODUCTION

The Health care system is a crucial part of our life. Unfortunately, the rising rate of the aging population and related increase in chronic illness has placed a lot of stress on the health care systems [1]. The shortage of hospital resources such as doctors, beds and nurses are imminent worldwide and the cost of treating chronic illness is continuously increasing [2] [3]. Obviously, a solution must be required to decrease the load on the health care system and also make it offer high quality service to patients at high risk.

One of the potential solutions to alleviate the strain on the health care system is the adoption of the Internet of Things (IoT) [4] [5] [6][27]. Internet of Things (IoT) is a network that connects all the things in our environment to the internet in order to share and capture the crucial amount of information by using a secure service layer (SSL) and making it possible to collect, record and analyze a new data stream extremely accurate and faster [7] [8]. The idea of connecting devices directly with each other is given by "Kevin Ashton".

Realization of IoT concept into the actual world is achieved through a number of growing technologies such as unique identification, better communication and sensing technologies integrated with IoT. In IoT, Radio Identification Tag (RFID) can be used to uniquely identify and monitor objects in real time and wireless sensor network used for communication and sensing purpose [3] [4] [5]. By applying the ideology of the Internet of Things (IoT) in health care environment, the service quality of healthcare system may improve automatically and the cost of services may reduce. The concept of "Smart Healthcare" can be considered as the sub-system beneath "Smart City" and has attracted extensive attention now a day [4].

A lot of research has been done in healthcare monitoring and controlling, interoperability and security, big data analysis and management, pervasive healthcare and sensing, etc. [4] [5] [6][26]. Despite all existing successes, technical challenges and uncertainty issues still exist which should be handled to install an intelligent IoT based health care system.

Remainder of this paper is arranged as follows: Section 2 briefly describes the background details of health care along with IoT convergence. Section 3 focused on enabling technologies such as identification, communication and sensing technology. Section 4 presents the major components of IoT based health care system. Section 5 describes a research study on various IoT based health care system and a comparison between them. Section 6 discusses the conclusion and future work.

2. BACKGROUND

Background of healthcare system mainly describes the circumstances and situation of the healthcare system in the past.

2.1 Expansion of Healthcare System

In the 19th century, a traditional health care system was used which need to be transformed into an ideal health care system. In the traditional health care system, patients were not concerned in making decision about their own health and management of their diseases. Patients for their treatment completely depend on information, environment, procedures, and decisions of healthcare providers and system [12] [13].

One of the core reasons behind the expansion of the health care system was the rising dominance of chronic diseases and the increasing aging population. Successful care and management of these diseases totally depend on cooperation between the physicians and patients. Another reason might be due to the sensors and the connected technology, which allow the active participation of patients in the treatment and monitoring of their own physical health state [12] [13].

Figure. 1 depicts the difference between the modern and traditional healthcare system. As shown in fig.1 in the traditional health care system the patient has to visit the doctor's clinic to get any information about his health which is very time consuming and hectic for the patient but in the modern healthcare system there is no need to visit the patient to doctor's clinic each time to get information about his health status all such information may appear to his phone or doctor's phone and they can make a meeting at any place if required.

Figure 1: Traditional vs Digital Health based medical practices [13]

The Ideal health care system should provide service to anybody at any time and anywhere using a personalized health management system. To attain this goal, it is necessary to figure out which high technologies have been developed for the health care system. Sensor technology, data processing, and network technology can be crucial high technology for a better health care system.

Extension of the health care system is possible by applying the concept of IoT into the health care system. The purpose of IoT is to link all the objects into the environment to interact and conduct "anytime, anywhere with anything and anyone by ideally following any path or network and any service". The idea of IoT in healthcare system totally changed the passive mode of healthcare service in the pervasive mode which is patient centric rather than caregiver centric.

With the increasing wireless sensors based system it becomes very easy to collect patient health data and performing analysis on that to deliver better care to people that were never before possible. More work is continuing going in improving these technologies to improve healthcare services. So the IoT driven system drastically reduces the cost and improve health by raising accessibility and quality of care.

A comparison table between the traditional and modern healthcare system is shown below in table 1.

Table 1: Difference between traditional and modern Health care system [12] [13]

Traditional Healthcare	Modern Healthcare
Center of care is the clinic or lab	Center of care is the patient
Based on populations	Based on individual
Focus on disease treatment and prevention	Focus on personalized health management
Expensive	Less expensive
Limited time	Any time
Acute hospitals	Anywhere
Interested parties	Anybody
Data owned by the institution	Data owned and shared by patients

2.2 IoT convergence on the Health care system

The convergence of IoT started into the year 2005 [14]. In the first description of International Telecommunication Union (ITU) in 2005, IoT was recommended to be combined with technologies used in object identification, the sensor-embedded system, wireless network and nano technologies used to connect things in the world, so that the things around us could be sensed, controlled and tagged over the internet [15] [16]. After that IoT based system has been developed for lots of applications, for example, health care system, smart parking, smart water management, smart industrial environment and smart transportation system. A great curiosity exists between developing countries to promote research and further

development in IoT. The convergence of the IoT concept into the health care system totally changed the way of providing healthcare services to the patients. A lot of research has done in this field to make the healthcare service stressfree to both doctors and patients in the manner of time, money and emergency.

3. NEW TECHNOLOGIES OF IoT

In new era of technology the use of hardware and software for communication, sensing, and decision-making actions have become more adaptable and affordable. Encouraging the inventions of human in various enabling technologies and IoT applications are crucial. Common enabling technologies of IoT mainly include:

- Identification Technology
- Sensing Technology
- Communication
- Location Technology

3.1 Identification Technology

A realistic IoT includes huge number of nodes and each node has the capability of generating data and also having the capability to access that data whatever are the location. In order to attain this target, it is vital to identify and locate the nodes effectively. To uniquely identify each node a unique identifier (UID) must be assigned [3] [4] [10] which are done in two ways. In the first approach, each object is physically tag by RFID, QR code. In the second approach, each object provided by its own identity, if the object equipped with wireless communication, it can tell honestly about its own identity and related features. RFID based approach is cheaper but could not access the global database but self-description based approach can easily access the global database but expensive.

3.2 Communication Technology

To support the networking infrastructure of IoT based health care infrastructure communication technologies are required. Short-range communication technologies depend on wireless technology. Commonly used short- range communication technologies, including infrared, Bluetooth, Wi-Fi, Ultra wideband (UWB), ZigBee, Infrared Data Association (IrDA), etc. All these technologies offer data exchange in a small space. The qualities of all these technologies differ in terms of working distance, transmission rate, the level of energy consumption, the allowable number of nodes and rate of installation and maintenance [3] [4] [10]. Three main parameters must be considered while choosing a short-range communication technology such as the impact on the human body, latency and security. The selected method should have no harmful impact on the person body, provides better security and low latency.

3.3 Location Technology
To track and recognize the location of objects "Real-Time Location System (RTLS)" are used. In healthcare applications, RTLS securely track the patient's treatment process and also useful to change the healthcare system based on the existing resources. Global Positioning System (GPS) most commonly used RTLS is a satellite-based navigation system which is used to locate the objects under all weather conditions. In the healthcare system, a satellite-based positioning system named GPS can be used to locate doctors, patient, hospitals and ambulances, etc.

But now a day in order to support efficient healthcare services, it becomes essential to balance GPS with Local Positioning System (LPS) in order to enhance location accuracy [3][4][10].

3.4 Sensing Technology

Sensing technology is highly crucial used for the acquistion of various health parameters regarding a patient, which the doctors use in order to diagnose the illness and to recommend suitable treatment. Moreover, the new advances in sensing technologies facilitate data acquisition by continuous monitoring of patients, which enhance treatment outcomes and reduces costs [3] [4] [10].

Table 2: Different sensors with different physical indication [4]

Sensors	Indication
Thermister	Useful for measuring temperature
Wearable electrode	Offer ECG trace and heart rate
Plethysmograph	Used for measuring breathing
Pulse oximeter	Measure heart rate and blood oxygen saturation (SpO_2)
Motion analysis sensor	Used for motion analysis

4. MAJOR COMPONENTS OF SMART HEALTHCARE SYSTEM

In today era of fast-growing technologies adopting new technologies in each and every field make life simple and easy. Smart healthcare system offers an efficient healthcare service

to people at remote locations in real time. To serve as a smart healthcare system it adopts the latest technology named as IoT. On the basis of this new technique, the healthcare system now becomes an IoT based Healthcare system which composes five major components in the form of a circular system [12] as shown in Figure 3.

The first component is the sensor technology which is used to gather data from various sensors which are either worn by the patient or implanted within the patient body. All these sensors collect parameters related to patient health may be heart rate, blood pressure, sugar level, ECG which the doctors used in diagnosis the diseases and treating patient.

Figure 3: Components of IoT Healthcare system [12]

The second component is called an intelligent network. The data collected from various sensors send to the intelligent network to communicate with the system. An intelligent network is a network through which communication is provided to different body involved in the healthcare system.

The third component is cloud computing data through intelligent network stored at the cloud. Cloud is mainly used as storage; a huge amount of data generated regarding patient's personal details as well as health-related which must be stored at some place for further analysis that storage is known as the cloud.

The fourth component is called big data analysis, once the data stored in the cloud, data has been analyzed for a proper decision. For making proper analysis on data various data mining techniques must be used in order to take the right decision. After taking a proper decision the result sends to smart hospitals.

The fifth component of the IoT healthcare system is Smart hospitals which keep on to collect data to validate that the system has located a right diagnosis and providing treatment to the patient. In order to hold the circular way, the system goes to the first component again.

5. RELATED WORK

In 2014, Kulkarni and Sathi [13] mainly focused on the increasing cost of personalized healthcare. They also make to understand the major application of IoT in personalized health care to attain superb healthcare service at a lower cost. They also explained the functioning of IoT and how to implement the desired healthcare applications. In 2014, Chiuchisan and Geman [14] presented the expansion process of an integrated intelligent system for Parkinson's disease Screening. This system supports the physician in the diagnosis, medical treatment, home monitoring, medical Prescriptions of patients suffering from Parkinson's disease. They combine the concept of "Information and Communication Technology (ICT)" and the Internet of Things (IoT). In 2014 Kaur and Chana [15] designed a "Cloud Based Intelligent Health Care Service (CBIHCS)" that supports real-time monitoring of patient's health statistics for the analysis of chronic illness. They mainly focus on diabetes. They use advanced body sensor components in order to collect user specific health status and place in the cloud which used as storage repositories for successive analysis and classification. In addition, they also provide a service of dynamic resource elasticity for CBIHCS. In 2014, Xu et al. [16] resolved the problem of heterogeneity of data format in the IoT platform by using a semantic data model. In order to process the IoT data ubiquitously, they also designed a resource based data accessing method (UDA-IoT). In 2013, Banee et al. [25] described the newest method and algorithms in order to examine the data collected from various weared sensors in health monitoring environment. Various data mining tasks such as anomaly detection, prediction, decision making have been applied on time series data composed from different sensors. In 2015, Gelogo et al. [17] discussed the background of IoT and its applications in u-healthcare environment. They also presented an ideological framework of IoT for the u-healthcare system. In 2015, Yehia et al. [22] mainly focused on privacy and security of data in the IoT based healthcare system. They discussed and surveyed some of the hybrid security techniques used in IoT based healthcare system. In 2016, Gope and Hwang [18] described a novel technology named as "Body Sensor Network" (BSN) based on IoT medical devices advancements. In this framework, different Tiny powered and Light Weight sensors are used to monitor the patients. Major security requirements are also considered in the development of BSN framework. In 2016, Hossain and Muhammad [19] presented "a real- time health monitoring system" known as Health Care industrial IoT (HealthIIoT). This scheme has considerable potential for analyzing patient's healthcare data in order to negotiate death conditions. They also introduced the concept of security events such as watermarking and signal enhancement in order to avoid identity theft or clinical errors by healthcare professionals also described IoT based healthcare system implementation methods.

Table 3. Comparison of different IoT based healthcare system

AUTHOR NAME	PROBLEM ADDRESSED	AIM	METHODOLOGY	MERITS	DEMERITS
Alok Kulkarni, Sampada Sathe [13]	Weak and aged persons are not capable to take care of themselves	To collect all information in healthcare using IoT	Use wireless sensors based technology and ultrasound based technology	1- Sensors can easily track older citizens actions 2- eliminates the requirement for caregivers to continue connect in data collection and analysis	It requires a service layer infrastructure
Iuliana Chiuchisan and Oana Geman [14]	Peoples suffered from Parkinson disease	To develop an intelligent and integrated system to take care of Peoples suffering from Parkinson disease	Combine IoT and Information and communication technology (ICT) such as sensors, microcontroller. analysis techniques such as Artificial neural Network and Fuzzy classifier are used	1-Enables patients to receive healthcare at home 2- Efficient and cost-effective	Used only for Parkinson disease, offer only home centric services which can be extended to hospital orientic
Pankaj Deep Kaur and Inderveer Chana [15]	Real-time monitoring of patients suffering from chronic illness	Design a "Cloud-Based Intelligent Health Care Service (CBIHCS)" that performs real-time monitoring of patient's health data	Advanced body sensor components, cloud-based repository and a mechanism that supports dynamic resource elasticity, KNN and Naïve Bayes classification techniques	1- Cost effective and globally accessible 2- supports better classification accuracy 3-dynamic infrastructure elasticity	Accuracy is 92.59% for KNN and 85.71 % for NB only
Boyi Xu et al. [16]	Heterogeneity of data format generated from different sensors in IoT platform	Design a model which solve the heterogeneity problem	Unified data model and semantic data model, use ontology techniques	Highly significant in decision making	Not appropriate for long supply chain

Author	Problem	Objective	Methodology	Advantage	Disadvantage
Yvette E. Gelogo et al. [17]	Gateway the problem between healthcare devices and health monitoring system	To design a sensor network that will reduce the interoperability problem between various medical devices	U- health-care combined with IoT to solve the interoperability problem	Energy efficiency, Interoperability and reliability	Very costly
Prosanta Gope, Tzonelih, Hwang [18]	Aged people suffering from chronic diseases unable to take care of themselves	To design a network that can offer better services to people at a high security	Low power and Light weight wireless sensors are used to monitor the human body and the surrounding, AES-CBC and CBC-MAC encryption techniques are used for security	Highly secure	Expensive
M.Shamim Hossain, Ghulam Muhammad [19]	Patient's privacy, secure and safe healthcare service	Design an IIoT-based health monitoring framework, where health monitoring signals are authenticated.	Signal enhancement and watermarking methods are used to avoid identity theft	Offer secure, safe and high-quality healthcare service	Not tested with real- time data security
Joon-Soo Jeong et al. [12]	Traditional healthcare system	Introduce the IoT healthcare to improve patient monitoring and early diagnosis of diseases	IoT healthcare implementation methods such as data collection, intelligent network, cloud computing and data analysis	Offer early disease diagnosis and better health monitoring	Null
Chao Li et al., [20]	Increase in heart Attack patient death due to the traditional model of healthcare service	To design a pervasive healthcare system offers remote monitoring of the patient in real-time	Wearable and non-wearable sensors are used for data collection, various connector technologies are used such as ADSL, GSM	Offer early detection of heart attack, timely treatment and reduce the death rate	Less powerful, can be integrated with Data Stream Management System (DSMS)
Prabal Verma, Sandeep K. Sood [21]	Diseases mainly faced by students	To design the diagnosis of a diseases healthcare framework and generating alarm depending disease severity	Health data acquired from medical sensors, gateway used and alarm generation mechanism is also used to make alert in an emergency situation, SVM, KNN, DT, NB	Diagnosis process more effective and reliable	Less versatile, DT-92.8%, SVM-87.4%, KNN-92.3% accuracy

In 2016, Jeong et al. [12] described the problems in the traditional healthcare system and give an introduction about IoT based healthcare system. IoT based healthcare system features of low cost, fast response, early diagnosis, etc. They In 2017, Li et al. [20] mainly focused on the problem of increasing the death rate of heart attack patients due to the passive mode of the traditional healthcare system. They suggested an idea that IoT can decrease this death rate by changing the mode of providing service in a pervasive way. They proposed a "pervasive health monitoring system" that

can transfer a patient's health symptoms to isolated medical applications in real time in order to give immediate treatment to the patient at high risk. In 2018, Verma and Sood [21] proposed a fog assisted diseases diagnosis framework for m health perspective. The m health mainly refers to the multi diamensional features and real-time services provided by the healthcare system. In their framework, they used various wearable sensors for collecting data regarding patient health; cloud as storage and diagnosis the diseases using some data mining techniques. They also introduced the alarm generation mechanism which generates an alarm in an emergency situation. In 2018, Denamgan and Mishra [24] described that security and privacy in the main areas of worry in the IoT

6. CONCLUSION AND FUTURE WORK

Indulgement of IoT idea into the healthcare system completely changed the way for patient's treatment. In this paper, we depict how IoT has reformed the healthcare system by offering very fast and reliable services to the patients. From the study of different researchers, it has been found out that the use of sensors based medical gadgets are continuously increasing in the healthcare environment due to which the patient treatment process becomes more reliable and efficient. With the new concept of IoT the pressure of long visit of patients to the clinic may reduce. Patient may get all information regarding their health on their phones and may contact to doctors in emergency and also deoctors may give prescription to patients on phone from any place. From the analysis of research work done by the different researcher it has been examined that still there exit some major issues with the modern healthcare system like the precision of the system, security and protection of valuable data, poor data analysis techniques that must be solved in the near future to promote better healthcare service.

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based healthcare system. In this system, there is direct involvement of human, and authorization and authentication of remote hrealthcare centers and end to end data security is very crucial requirement in today world. In 2018, Saikh et al. [23] proposed a healthcare app in association with an IoT based medicine box for peoples suffering from a neurological disorder such as Dementia, Alzheimer, Parkinsons and other aged related problems. In this modern healthcare system, medicine box acts as a great tool in order to help the patients to organize their medicine schedule in the proper way and adhere to it in the same manner as prescribed by the doctor, thus improve their quality of life.

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