

# EXPLORING THE NUANCES OF INTERNET OF THINGS IN HEALTH CARE ASSISTING SYSTEM

S. LAKSHMIPRIYA

*Research Scholar & Assistant Professor, Department of Computer Science,  
Hindusthan College of Arts and Science, Coimbatore.*

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**ABSTRACT:-** *Internet of Things (IoT) is one of the influential technology which is widely used. This technology associated in a wide variety of network products, systems and sensors, which yield benefits of advancements in computing power, electronics miniaturization, and network interconnection to deliver new capabilities not previously possible. The growth of these associated 'smart' technologies distribute different chances for renewing teaching and learning, as well as real-time, on-demand data, for evoking immediate changes. The fields of computer science and electronics have combined to consequence into one of the most notable technological advances in the procedure of realization of the Internet of Things (IoT).*

**KEYWORDS:** IoT, health care, Embedded system

## INTRODUCTION

Imagine a world where billions of objects can sense, correlate and share data, all interrelated over public or private Internet Protocol (IP) networks. These interconnected objects have data regularly collected, analyzed and used to initiate action, offering a wealth of intelligence for planning, management and decision making. This is the world of the Internet of Things (IOT). [1]

The influence of IoT in healthcare, although still in its early stages of development has been significant. Among the panoply of applications enabled by the Internet of Things (IoT), smart and wireless health care is a mostly vital one. The aim of this paper is to establish how internet of things (IoT) is renovating healthcare and the role of IT in healthcare. IoT essentially refers to physical devices, such as a weight scale, thermometer and patients' vital monitoring devices (glucose, blood pressure, heart rate & activity monitoring, etc.) associate to the internet and transforms information from the physical world in to the digital world.

Internet of things common definition is defining as:

Internet of things (IOT) is a network of physical objects. The internet is not only a network of computers, but it has evolved into a network of device of all type and sizes , vehicles, smart phones, home appliances, toys, cameras, medical instruments and industrial systems, animals, people, buildings, all connected ,all communicating & sharing information based on stipulated protocols in order to achieve smart reorganizations, positioning, tracing, safe & control & even personal real time online monitoring , online upgrade, process control & administration[1,2].

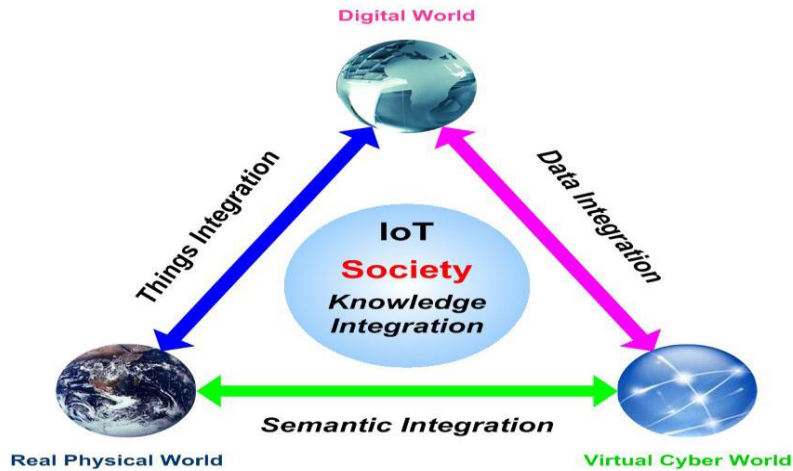
Internet of Things is a novel revolution of the Internet. Objects make themselves identifiable and they acquire intelligence by making or enabling context related decisions thanks to the fact that they can communicate information about themselves. They can use information that has been gathered by other things, or they can be components of complex services. This transformation is affiliated with the emergence of cloud computing capabilities and the transition of the Internet towards IPv6 with an almost unlimited addressing capacity.[1, 2]The objective of the Internet of Things is to permit things to be connected anytime, anyplace, with anything and anyone ideally using any path/network and any service.

Vision of Architecture

IoT is a vision which is still at very early stages, where everybody construes the vision with their own

perspectives. There are three main visions of IoT based on the things, digital and semantic perspectives [6].

- 1 Things oriented vision
- 2 Internet oriented vision
- 3 Semantic oriented vision



**Things oriented vision:** This vision affords the outlook that all the real physical objects can have the sensors attached to get the real time information from them.

**Internet oriented vision:** This vision affords the perspective that all the devices can be linked through internet and can be termed as smart objects.

**Semantic oriented vision:** This vision affords the perspective that all the data gathered from various sensors need to be scrutinized for meaningful interpretation.

## CHARACTERISTICS

The fundamental characteristics of the IoT are as follows [2, 6]:

### Interconnectivity:

With regard to the IoT, anything can be interrelated with the worldwide information and communications arrangement. Things-related services: The IoT is skillful of offering thing-related services within the limits of things, such as privacy protection and semantic consistency between physical things and their connected virtual things. In order to deliver thing-related services within the constraints of things, both of the technologies in physical world and information world will get change.

### Heterogeneity:

The devices in the IoT are different as based on dissimilar hardware platforms and networks. They can interconnect with other devices or service platforms over various networks.

### Dynamic changes:

The state of devices are varying dynamically, e.g., sleeping and waking up, connected and/or disconnected as well as the context of devices including location and speed.

**Enormous scale:**

There are number of devices that need to be managed and that interconnect with each other will be at least an order of magnitude larger than the devices connected to the current Internet. Even more serious will be the management of the data generated and their interpretation for application purposes. This relays to semantics of data, as well as effective data handling.

**Safety:**

As we increase benefits from the IoT, we must confirm about safety. As both the originators and receivers of the IoT, we must assure for safety. This contains the safety of our personal data and the safety of our physical well-being. Safeguarding the endpoints, the networks, and the data moving across all of it means producing a security model that will scale.

**Connectivity:**

Connectivity empowers network availability and compatibility. Accessibility is receiving on a network while compatibility provides the general ability to consume and produce data.

**IoT in HealthCare**

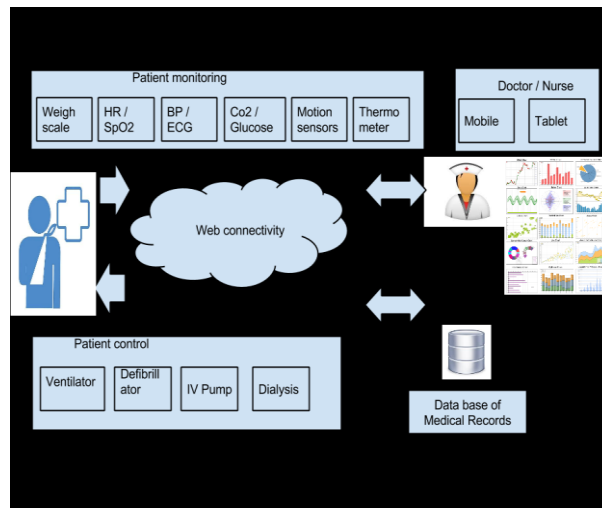
The effective use of the IoT in the foregoing healthcare examples depend on on several enabling technologies. Without these, it would be difficult to achieve the usability, connectivity and capabilities mandatory for applications in areas such as health monitoring. Smart sensors, which chain a sensor and a microcontroller, make it possible to attach the power of the IoT for healthcare by exactly measuring, observing and investigating a variety of health status indicators. These can contain basic vital signs such as heart rate and blood pressure, as well as levels of glucose or oxygen saturation in the blood. Smart sensors can even be combined into pill bottles and linked to the network to show whether a patient has taken a listed dose of medication. For smart sensors to work excellently, the microcontroller components must integrate several important capabilities:

- Low-power operation is important to preserve device footprint small and extending battery

life, characteristics that help make IoT devices as functioning as possible. Free scale, which has long obtainable low-power processing, is functioning now to enable entirely battery-free devices that consume energy reaping techniques through the use of ultra-low-power DC-DC converters.

- Integrated precision-analog capabilities make it possible for sensors to reach exact accuracy at a low cost. Free scale provides this enabling technology within microcontrollers which encompass analog components, such as high-resolution analog-to-digital converters (ADCs) and low-power op-amps.
- Graphical user interfaces (GUIs) increase usability by enabling display devices to provide a great deal of information in rich detail and by constructing it easy to access that information. Freescale's i.MX applications processors with high graphics-processing performance support advanced GUI development.

Gateways are known as information hubs that gathers sensor data, evaluate it and then interconnect it to the cloud via wide area network (WAN) technologies. Gateways can be developed for clinical or home settings; in the latter, they may be part of larger connectivity resource that also manages energy, entertainment and other systems in the home. The Freescale Home Health Hub reference platform embraces a gateway component. Medical device designers can also practice the platform to build remote-access devices for remote monitoring.



Architecture of IoT in health care

**RELATED WORK**

IoT based wireless Healthcare Monitoring

AUTHORS	PAPER TITLE	PUBLICATIONS	CONCEPT & METHODOLGY USED	RESULTS
T.Saraswathi, S.Amutha,	"Iot Based Wireless Healthcare Monitoring"	International Journal of Emerging Trends in Science and Technology, May 2016	CLASSIFICATION	Monitored inpatient and outpatient vital signs, Status provided by the model will be either healthy or not.
RatnmalaBhimanpallewar, Swati Patil, SaurabhKambale, RamdasKedari	Wireless Healthcare Monitoring System using Arduino Uno	International Journal of Engineering Technology Science and Research, December 2017	Zigbee	Capture the temperature and heartbeat of patients in abnormal condition and send alert message to doctor or caretaker is one of the advancements in patient remotely being monitored.
Abasi Julius, Zhang Jian-Min	IoT Based Patient Health Monitoring System Using LabVIEW and Wireless Sensor Network	International Journal of Science and Research (IJSR), March 2017	LabVIEW and Wireless Sensor Network (WSN), Xbees	Enhance access to care and improve patient health

**CONCLUSION:**

In this paper, the IoT building blocks of automation and machine-to-machine communication continue to be established, with the addition of the service layer completing the infrastructure is explained. As deliberated in this paper, all the physical objects will work efficiently with machine-to-machine and human-to-machine interfaces. This kind of interconnection is a advantage for the healthcare, where health influencing factors both internal & external to the human body can be analyzed based on the model.

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