International Journal of Advanced Nursing Education and Research
Vol. 9, No. 1 (2024), pp. 13-22
http://dx.doi.org/10.21742/ijaner.2024.9.1.02

Machine Learning-enabled Wireless Technologies for Medical Applications: Gradient Boosting for Revolutionizing Healthcare

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Abstract

The rising prevalence of modern health issues, including heart failure, lung disease, and other heart-related illnesses, underscores the critical need for continuous health monitoring. The advent of wireless patient health monitoring systems marks a significant leap forward in the medical field, harnessing the power of cutting-edge technologies such as wireless communications, wearable devices, and portable remote health monitoring systems. These innovations have paved the way for a smart, cost-effective solution that not only simplifies daily life for individuals managing chronic conditions but also reduces the necessity for frequent in-person medical visits. By enabling patients to access their health records online from anywhere, these systems enhance the efficiency and effectiveness of healthcare delivery. Significant strides have been made in the development of medical information systems, particularly through the integration of Internet of Things (IoT) technologies in healthcare. The future of IoT-based healthcare systems hinges on prioritizing patient safety, improving quality of life, and enhancing the overall healthcare experience. This paper delves into the complexities of patient and healthcare provider activity tracking, tracing, and monitoring, highlighting the substantial progress made and the challenges that lie ahead.

Keywords: *Internet of Things (IoT), Healthcare, Medical assistance, Tracking, Tracing*

1. Introduction

The Internet of Things (IoT) is poised to revolutionize healthcare, transforming everyday objects into interconnected, communicative devices that seamlessly interact with each other and with people [1]. This vast and dynamic network of "smart objects" forms the backbone of IoT, characterized by its ability to identify, communicate, and interact with a wide array of devices, offering unprecedented opportunities for innovation in healthcare [2].

The transformation is driven by the Sensor Web (SW), a network of diverse, intelligent, and adaptable sensors, which is the most critical component of IoT. These sensors fuel innovations such as smart metering, e-health logistics, and home automation, with applications extending far beyond current imagination. Often called the "new revolution of the Internet," IoT has shifted the paradigm from a network connecting computers to one interlinking everyday objects, enabling remote, mobile, and disparate entities to communicate seamlessly through cost-effective, wireless sensors, computing, and storage technologies.

The concept of IoT, while defined in various ways depending on context, can be described as a dynamic global network infrastructure with self-configuring capabilities. This

Article history:
Received (May 15, 2024), Review Result (June 20, 2024), Accepted (July 25, 2024)

infrastructure is built on standard and interoperable communication protocols, where both physical and virtual entities possess distinct identities and attributes, facilitated by advanced Communications Technology and Information Technology (IT). The convergence of these technologies within IoT offers powerful solutions, particularly in the healthcare sector.

Globally, healthcare organizations are undergoing a significant transformation, driven by the need for greater efficiency, improved coordination, and a stronger focus on patient-centered care. The integration of IoT into healthcare is at the forefront of this shift, empowering patients with greater access to their health records and information while fostering more integrated, interoperable, and ubiquitous healthcare services. IoT-powered health ecosystems are creating secure, cloud-based networks where interconnected devices collect and share critical health data, leading to more informed decision-making and enhanced patient care.

In the realm of home healthcare, IoT encompasses a wide range of services, from consumer medical devices and telehealth to wearable gadgets and personal emergency response systems. These technologies enable patients to take greater control of their chronic conditions, offering more personalized care, reduced costs, and increased independence. The integration of IoT in health monitoring ensures that all stakeholders receive timely and accurate information, paving the way for truly information-driven healthcare.

Systems Engineering (SE) is an interdisciplinary approach that focuses on designing, integrating, and managing complex systems throughout their entire life cycle. It involves defining customer needs and required functionality early in the development process and then proceeding with the design, validation, and verification of the system to ensure it meets those needs. SE draws from various disciplines to create a well-integrated, functional system that satisfies all stakeholder requirements. System-of-Systems Engineering (SoSE) deals with the challenges of creating and managing a system-of-systems, where multiple independent systems work together to achieve a greater, collective purpose. Unlike traditional systems, these individual systems retain their independence but are coordinated to function cohesively toward common goals. SoSE focuses on the complexities of integrating these systems to ensure they work together effectively, achieving outcomes that surpass the capabilities of each system alone. By applying principles of SE and SoSE, IoT health ecosystems can be designed to work in harmony, achieving the overarching goals of healthcare providers and meeting the evolving needs of patients. The potential of IoT in healthcare is immense, offering opportunities for health promotion, proactive monitoring, follow-up care, and chronic disease management. This paper explores how IoT addresses the challenge of healthcare interoperability, ultimately revolutionizing healthcare delivery, improving outcomes, increasing efficiency, and reducing costs.

The rise of self-monitoring devices—sensors and technologies that individuals wear and access through mobile apps—has made personal health data more accessible than ever. These devices assist users to monitor their health in real time, reducing reliance on costly and time-consuming tests from third-party providers. The goal of this paper is to analyze the system engineering considerations necessary to develop cost-effective Health-IoT systems that enhance medical services, clinical treatment, and remote monitoring, all while responding to the complex challenges of modern healthcare.

2. IoT and healthcare

The end goal of any social, economic, or technological advancement should be to improve people's health and quality of life. The Internet of Things (IoT) promotes the use of data-monitoring electronic devices that are linked to either a public or private cloud, allowing them to initiate actions in response to specific events automatically [1][4]. There is no industry where the Internet of Things (IoT) shows more potential than healthcare today. [Figure 1] illustrates the bar chart of the projected economic impact of the Internet of Things (IoT) across different sectors by 2025, with both low and high estimates represented. Factories are expected to have the highest economic impact, with estimates ranging from approximately 2,000 to 5,000 units, followed by cities, vehicles, retail environments, home environments, and offices. The data suggests a significant variation in potential economic outcomes, particularly in factories and cities, where the difference between low and high estimates is most pronounced [7].

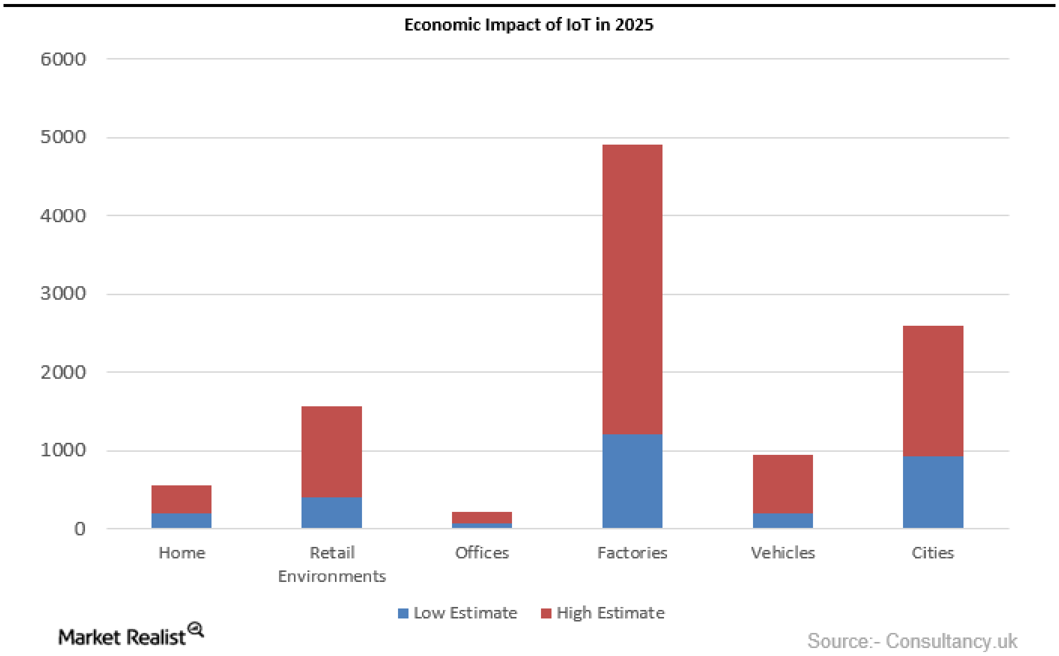

Figure 1. Economy impact of IoT in 2025

Patients find internet-connected gadgets in numerous forms, and some of these devices enable tracking vital health information. Less in-person interaction between patients and healthcare providers will be required as more innovative devices can convey more valuable data. Faster and better insights can improve chronic illness management, patient care, and hospital administration, allowing providers to provide medical services to more people at lower costs while considerably increasing efficiency [2]. The Internet of Things has already revolutionized a significant portion of the healthcare industry. [Figure 2] shows a remote heart rate monitoring system that uses the Internet of Things. It depicts a wearable health monitoring system that tracks vital signs like heart rate, respiratory rate, and motion. The data is transmitted via Bluetooth, ZigBee, or WLAN through a cell phone network to the internet, where it can be accessed by emergency services, family members, and clinicians. This system is crucial for providing real-time health information, enabling timely interventions, and enhancing patient safety, particularly for elderly or at-risk individuals.

Improvements in communication, data, and networking capabilities significantly impact the trajectory of healthcare information systems, affecting the development of medical information systems. However, health care remains a significant social and economic obstacle for every country. Everyone from administrators to researchers to physicians and beyond is feeling the heat to live up to the ever-rising standards set by both the public and commercial sectors [3]. The rising cost of healthcare and the prevalence of long-term health conditions strain people's capacity to maintain a comfortable standard of living [5]. The ever-increasing number of individuals aged 65 and up burdens social and healthcare systems [6].

Information and communication technology can help accomplish healthcare system development goals, including more secure, efficient, and effective data sharing, large-scale processing of health information, and more effective communications [7].

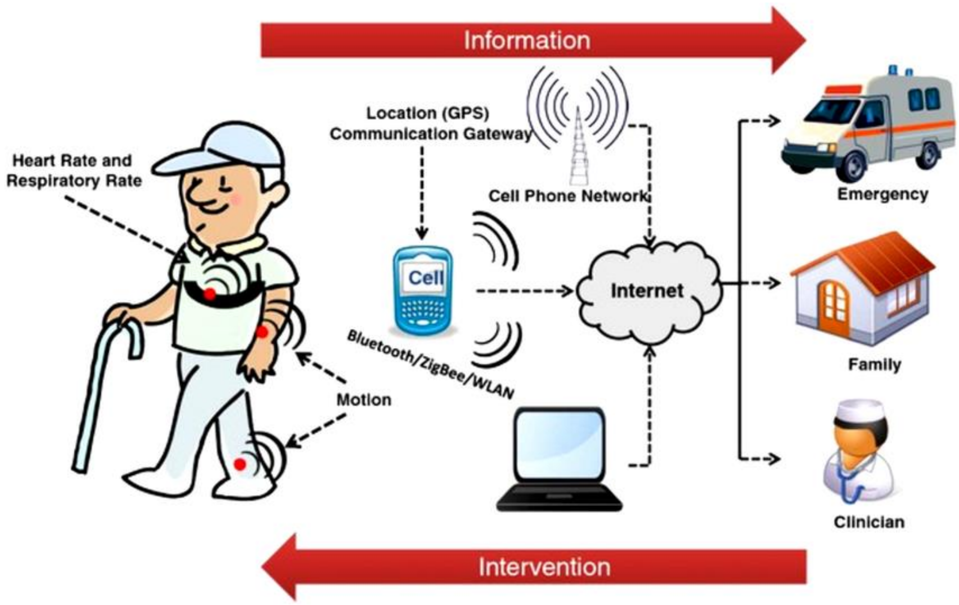

Figure 2. Remote health monitoring using IoT

Utilizing cloud-based analytics software and data collected by sensors has led to the development of many interconnected devices that can improve healthcare delivery [4]. In the past ten to fifteen years, smartphones, tablets, personal computers, mobile phones, Wi-Fi phones, and communications badges have allowed healthcare providers to be more involved in delivering health services.

For example, Sierra Wireless's work lays out the theoretical foundation for how healthcare providers could enhance service delivery by utilizing data collected in real-time from many sources, such as hospitals, wearables, home health monitoring devices, and more [9].

3. System design

The Design phase focuses on defining the architectural requirements for IoT in healthcare, which aim to support more innovative, connected, and personalized services. For example, specifications such as data security protocols, device interoperability standards, and patient data management systems must be translated into a practical design. This design is then used to determine the actual infrastructure, such as the network of connected medical devices, cloud storage for patient data, and communication systems between healthcare providers, which will be implemented to support the IoT-enabled healthcare system.

Medical information systems are expanding, and innovations in information, communication, and networking significantly impact healthcare systems overall [8]. [Figure 3] depicts the architecture of the Internet of Things (IoT) in healthcare. As a result of the growing number of older people, home healthcare and electronic health records have become more essential components of the healthcare system. Ultimately, our goal is to enhance patients' quality of life by facilitating a range of healthcare services delivered to their homes rather than hospitals, allowing them to remain in the comfort of their environments. The healthcare business is dramatically transforming due to the opportunities offered by the Internet of Things (IoT) and other new technologies, including those that are mobile and wearable. Improving the patient's overall health is the goal of the new approach, which employs mobile devices and multi-channel technologies. The patient's energetic activities initiate and carry out the procedure.

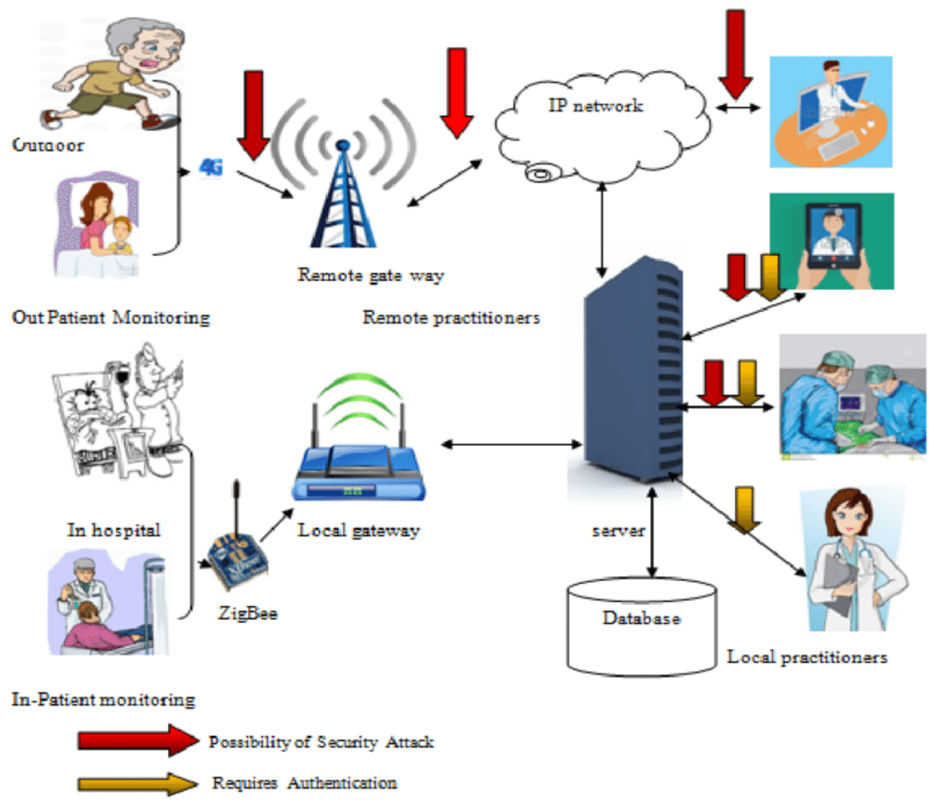

Figure 3. The architecture of healthcare using IoT

Possibility of Security Attack (Red Arrow): This arrow indicates potential vulnerabilities in the system where unauthorized access, data breaches, or cyberattacks could occur. For example, data transmitted over the remote gateway, particularly in outpatient and inpatient monitoring scenarios, may be susceptible to interception if not adequately secured.

Requires Authentication (Yellow Arrow): This arrow highlights points in the system where authentication is necessary to ensure that only authorized users (such as remote or local practitioners) can access sensitive medical data. For example, when a remote practitioner tries to access patient data through the IP network or a server, proper authentication protocols must be in place to prevent unauthorized access.

These arrows emphasize the need for robust security measures, such as encryption and multi-factor authentication, to protect patient information and maintain the integrity of the healthcare IoT system.

The primary goal is to integrate features that will aid the patient or their loved ones, allow them to do tasks independently, or supplement current treatment plans. A cognitive model underpins the paper's architectural proposals, which aim to actualize a system for everyday tasks that rely on human problem-solving abilities. Skill acquisition involves moving from relying on declarative knowledge of processes to being able to use them quickly and automatically in certain contexts.

Using the principles of the Internet of Things (IoT), this article details the design of a healthcare system for risk monitoring in smart ICUs. Patients in the hospital's Intensive Care Unit (ICU) require round-the-clock monitoring and specialized medication after suffering severe injuries or undergoing recent major surgery.

In the Intensive Care Unit (ICU), monitoring is done with specialized equipment, and each patient has a monitor attached to their bedside. All the main functions, including patient diagnosis, vital parameter monitoring, prevention, and therapy, are part of this patient monitoring. Patients in the intensive care unit have many sensors and sensing devices strapped to their bodies, all wired into the monitor. The sensing devices transmit electronic signals through wires to the intensive care unit monitor. This screen shows particular signals and can sound alarms so the medical team can know whether a bodily function requires their attention. Nevertheless, the patient's motions can dislodge the wires from the sensing devices. As shown in [Figure 4], the healthcare system's overall design for risk assessment in smart ICUs is laid out.

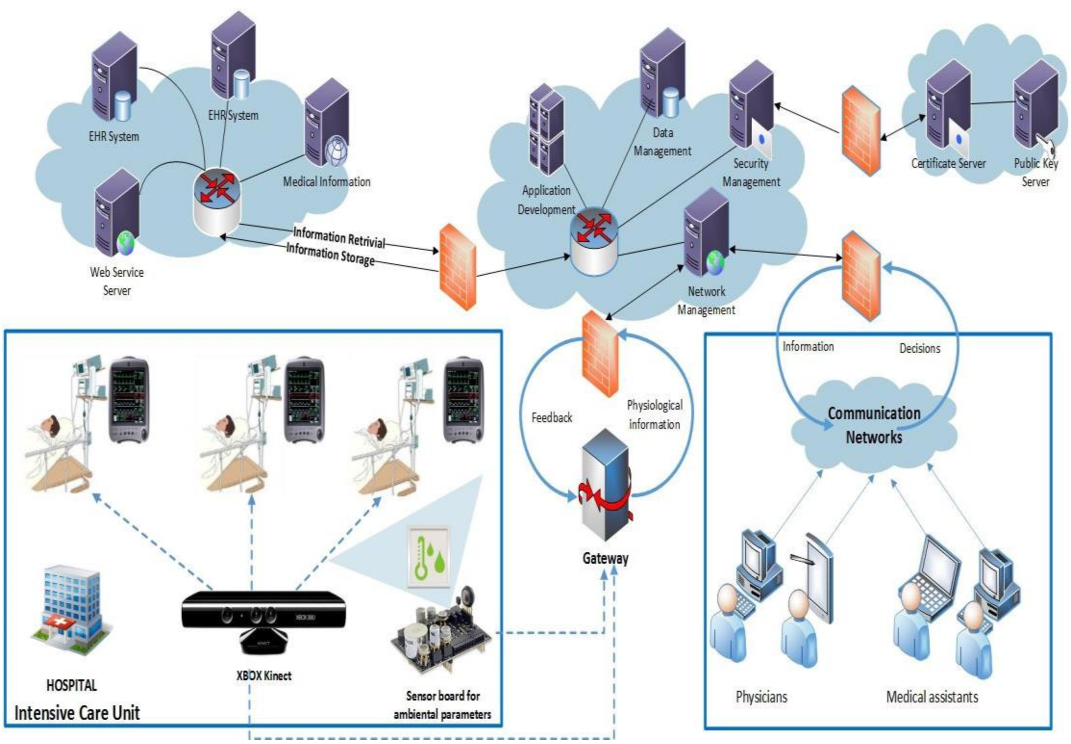

Figure 4. The architecture of the health care system for patient monitoring

The following elements are utilized to create a smart environment for monitoring at-risk patients in the Intensive Care Unit (ICU):

Level I Trauma Center: Devices already used in healthcare facilities to track and record a wide range of patient physiological data, are illustrated in [Figure 5]. Consultants, a wide variety of physiotherapists, dietitians, and nurses with unique expertise form a tight-knit team that keeps patients in the critical care unit under continual observation and care. With a high nurse-to-patient ratio, each Intensive Care Unit (ICU) patient typically has their own "named" nurse who is on call 24/7 to offer treatment and monitoring.

Figure 5. Intensive care unit patient

The Microsoft XBOX KinectTM gadget can pick up on motion, recognise people, and decipher spoken words using its cameras, microphones, and other sensors. The sensors from Microsoft XBOX KinectTM are utilized to build a smart environment and track the actions of patients in the intensive care unit who are at risk [9]. Patients need not wear special sensors or equipment to use the KinectTM. By tracking the patient's motion using sensors, the system can ensure they are not removing the wires from the gadgets or that the monitor hasn't gone off by mistake. If the sensor device cannot detect the patient's touch resistance, as shown in [Figure 6], this movement device will step in.

Figure 6. Microsoft XBOX KinectTM

The maximum number of persons that can be identified simultaneously by Kinect is six, and the number of humans that can be detected is limited by the area the camera can cover in its field of view. At the time of patient detection, a "Skeleton" class is applied to the model [12]. Many fields in the Skeleton class deal with things like joints, positions, tracking, and more. The twenty distinct joint points that denote various body parts—such as the head, hands, feet, shoulders, knees, spine, foot, etc.—are illustrated in [Figure 7]. Each joint is labeled as either 'tracked' or 'inferred' [10], according to data about tracking and positions in three spatial dimensions (x, y, and z)

Figure 7. Skeleton of a user with all the tracked points

Instruments for tracking various environmental variables include but are not limited to humidity, temperature, air pressure, and gas composition. The sensors can Intensive Care Unit (ICU) environmental parameter monitoring in hospitals is accomplished using a board with built-in sensors that gather data about indoor parameters and transmit it to a Gateway device. The sensors can detect various gases, including carbon monoxide, carbon dioxide, methane, and ammonia, alcohol derivatives, in addition to temperature, humidity, and air pressure. The built-in accelerometer can also detect vibrations and motion. Depending on the available connectivity choices in that location, the device gets data from the sensors and sends it to the Internet via Ethernet, Wi-Fi, or GPRS protocols [11][11]. Data can be saved in an internal database if connectivity breaks. A user's connection to servers on the Internet is made possible by using gateways, which transmit data to a tunnelling machine.

Doctors and nurses can access all the patient data and measures saved in a database or on a server through an intuitive interface [13].

4. Conclusions

The expanding landscape of healthcare applications within the Internet of Things (IoT) presents a multitude of technical possibilities. This diversity is beneficial not only for tailoring solutions to specific projects but also for thoroughly evaluating potential options to determine the most effective strategies, given the unique constraints and priorities of each application. Implementing structured systems engineering approaches is essential in guiding the decision-making processes that shape the development of Health-IoT systems.

This paper advocates for the integration of IoT architecture to create smarter, more connected, and personalized healthcare solutions, particularly within the context of smart homes. By meticulously analyzing healthcare service requirements, a functional architecture has been designed to meet these needs. As technology and the Internet continue to evolve globally, the proliferation of new technical solutions is reshaping industries at an unprecedented pace. The Internet of Things, with its vast network of sensors and connected devices, is unlocking transformative opportunities for developing expert systems that are accessible anytime, anywhere. Among the most promising fields is healthcare, where IoT stands poised to revolutionize patient care. By enabling more personalized, accessible, and efficient monitoring, diagnosis, and treatment, IoT is not just improving health outcomes but also enhancing the overall quality of care while significantly reducing costs.

In conclusion, the integration of IoT in healthcare is not merely advancement; it is a fundamental shift towards a future where healthcare is more responsive, efficient, and attuned to the needs of individuals, ultimately driving better health outcomes and more sustainable healthcare systems.

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