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Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 01, Issue 02, December 2025

https://eurekaoa.com/index.php/5

SMART IOT SYSTEM FOR MONITORING PATIENT CONDITION BASED ON BIOPHYSICAL INDICATORS

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Abstract

The emergence of a smart system for IoT-based patient condition monitoring with biophysical parameters represents a great step forward in the field of healthcare. The current system is a combination of wearable technology, wireless communication, and analytics, continuously monitoring key biophysical parameters like heart rate, blood pressure, and oxygen. The system is capable of providing real-time monitoring and notifications, thereby enhancing patient care, early detection of potential problems, and remote healthcare management. The flexibility and scalability of the system make it a necessary component for personalized medicine.

Keywords: Smart IoT, Patient Monitoring, Biophysical Parameters, Wearable Sensor, Real-Time Health Monitoring, Remote Health Care, Data Analysis.

Introduction

The growing need for optimal and constant health monitoring has spurred the incorporation of Internet of Things (IoT) technology into the healthcare sector. The biophysical parameters of patients, like heart rate, blood pressure, breathing

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rate, and oxygen saturation, are highly important for diagnosis and treatment [1]. In traditional healthcare infrastructure, there can be delays in data generation and the absence of constant parameter measurement. The smart IoT system overcomes these problems and offers accurate results through interconnected devices to generate real-time and precise health parameters. It helps healthcare professionals in taking proper decisions and enhances patient participation and lowering hospitalization rates. This article delves into the development and implementation of a smart IoT system designed for patient condition measurement based on biophysical parameters.

Main Part

In recent years, the inclusion of Internet of Things (IoT) technology in healthcare has made a revolution in patient monitoring with its ability to constantly and dynamically track vital biophysical parameters. Earlier, patient monitoring involved frequent trips to healthcare facilities or through intermittent monitoring, causing limitations in providing timely and personalized interventions. The development of smart IoT with advanced wearable biophysical sensors and wireless communication capabilities removes these limitations by providing constant tracking capabilities of parameters such as heart rate, blood pressure, respiratory rate, body temperature, and blood oxygen saturation levels. This paper explores the concept, capabilities, and effectiveness of smart IoT solutions designed and developed specifically for monitoring patients with biophysical parameters.

The key to an intelligent healthcare IoT starts with advanced sensors in wearable devices that enable the accurate recording of biological data. There are photoplethysmography sensors to measure heart rate and blood oxygen levels, electrocardiogram components to monitor the heartbeat extensively, and pressure sensors to measure blood pressure. There are also temperature and acceleration sensors that increase the monitoring capabilities of the condition sensors to

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measure fever and motion, respectively. The combined use of more than one kind of sensor in one device enables the extensive monitoring of the patient with the aid of only one device, thereby eliminating the use of other devices for monitoring the patient's condition [2].

One of the major benefits of smart IoT systems is that they are able to offer real-time data transmission. With the help of communication technology such as Bluetooth, Wi-Fi, and cellular networks, the biophysical data from the sensors is able to be transmitted. This information is then transmitted to the cloud platform or the healthcare management system. As a result, healthcare professionals and caregivers are able to monitor the health of the patient and thus offer immediate response and attention in case of an abnormality. For example, an irregular heart rate or an abnormal level of blood oxygen can instantly notify healthcare professionals and family members. This is an extremely helpful aspect, especially for the aged, rural, and seriously ill.

The adoption of data analytics and artificial intelligence (AI) tools in intelligent IoT systems increases the effectiveness of analysis of big biophysical data constantly acquired. Sophisticated algorithms analyze incoming streams of data to identify trends, compute health indices, and forecast possible deterioration of patient health conditions. Machine learning algorithms based on different health informatic datasets make it possible to increase the system's accuracy in recognizing early symptoms of possible health complications, allowing proactive care of patients. Apart from this, health analytic tools assist with personalized care, providing different patients with different health recommendations based on patient profiles, lifestyles, and health histories [3].

Security and privacy are one of the top considerations when it comes to building a smart health care system using IoT because of the confidential nature of patient health information. It is important to emphasize that if health care considerations like HIPAA or GDPR are not met, it could give rise to privacy issues. Moreover, if anonymized health information is allowed controlled access, it would help in

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building more trust among health care institutions and their patients because their health information is being accessed without putting it at risk. This is important because only then would it be possible to ensure that benefits are not restricted by integrity issues regarding health care data.

From the implementation point of view, the integration of intelligent IoT technology with the current health care framework is an important aspect to be addressed. Interoperability between different health care systems and applications like HL7 and FHIR make it easy to access and transfer health care data like electronic health care records. Developing interfaces for easy access by health care providers and patients is an important step for mass adoption without much technical knowledge and proficiency to operate health care technologies. Other important factors to address would be battery life, sensors, and comfort levels to make continuous monitoring possible without affecting the mobility of patients and adherence to health care by patients.

The effect of smart patient tracking systems in healthcare is multifactorial. It is not only specific to patient healthcare; in fact, smart healthcare has great significance in social and economic aspects as well. It is instrumental in early detection and helps patients avoid unwanted visits to hospitals. This not only cuts extra expenditures on healthcare but also harnesses geriatric care. It allows senior patients to lead independent lives while being under constant surveillance. Additionally, patients are also empowered through smart care. It allows patients to track their data, making patients more involved in taking care of their health. Population healthcare is also significantly improved through smart healthcare. In spite of these numerous advantages, however, certain challenges are faced by smart IoT healthcare systems in mass adoption for patient care applications [4]. The cost of production Tesla Induction Fluorescent lamp system used for smart IoT healthcare applications can be a limiting factor for their accessibility in resource-poor settings. Completeness of data, sensor accuracy, and susceptibility to errors leading to false warnings and missed diagnoses are certain factors to be

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addressed when leveraging smart IoT healthcare systems. Digital division and a lack of equal internet accessibility are concerns, especially for rural settings of less developed nations where these smart healthcare systems need equal consideration for wider accessibility. Looking ahead, the future of smart IoT systems for monitoring patient health is set to benefit from technological developments in sensors, AI, and 5G networks. Wearable devices combined with implanted sensors and environmental monitoring sensors will offer a comprehensive health profile to the wearer. Smarter AI-powered analytics will enable more accurate health predictions. What's more, the establishment of standardized communication protocols between devices will optimize the performance of the smart IoT systems [5]. As the smart IoT systems emerge, they are set to revolutionize the field of health care and pave the way for an era when health care management becomes an integral part of everyone's life. Conclusion The smart IoT solution for patient condition monitoring, developed using biophysical parameters, shows considerable potential for the revolutionary change needed in the healthcare domain. Its advantage lies in its capability to facilitate real-time data transmission, empowering both patients as well as healthcare services with vital inputs pertinent to effective management. Its early anomaly identification capability prevents critical conditions, cutting healthcare expenses. The future scope could involve its integration with AI for predictive analytical solutions and its effective implementation across various healthcare fields, making smart IoT systems another integral part of healthcare.

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