Chapter 2
Internet of Things for Smart Healthcare: A Survey

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ABSTRACT

Internet of things (IoT) has emerged as a transformative technology in the healthcare sector, providing innovative solutions to enhance patient care, improve healthcare delivery, and optimize resource utilization. This chapter provides a comprehensive overview of the current state of IoT applications in smart healthcare. It provides the various aspects of IoT implementation, including device integration, data management, security, and privacy issues. This work begins by defining the key concepts of IoT and its relevance to healthcare, highlighting the potential benefits and challenges. It discusses several components of IoT-enabled smart healthcare systems, such as wearable devices, remote monitoring, and healthcare infrastructure integration. This work discusses the role of IoT in chronic disease management, telemedicine, and preventive healthcare, showcasing real-world examples and success stories. Moreover, this work outlines the critical role of data analytics and artificial intelligence in processing the vast amount of healthcare data generated by IoT devices.

DOI: 10.4018/979-8-3693-2359-5.ch002

1. INTRODUCTION TO INTERNET OF THINGS BASED SMART HEALTHCARE

The healthcare sector is experiencing a technological revolution, propelled by the widespread adoption of the Internet of Things (IoT) (Shabnam Kumari, P. Muthulakshmi, 2023) (Amit Kumar Tyagi, V. Hemamalini, Gulshan Soni, 2023). IoT, a network of interconnected devices and sensors capable of communicating and sharing data over the internet, has significantly impacted healthcare, ushering in the era of "Smart Healthcare." This introduction provides a comprehensive overview of how IoT is reshaping the healthcare landscape, enhancing patient outcomes, and transforming the delivery and management of healthcare services.

1.1 The IoT Revolution in Healthcare

The advent of IoT technology has paved the way for improving the quality, efficiency, and accessibility of healthcare services. It integrates medical devices, wearables, data analytics, and connectivity to establish a secure and efficient healthcare ecosystem. Within this ecosystem, devices like wearable fitness trackers, remote patient monitoring devices, and hospital equipment are equipped with sensors and connectivity, allowing them to gather, transmit, and receive data in real-time. Here, we explore some key components of IoT-Based Smart Healthcare:

- Wearable Devices: Continuous monitoring of vital signs, including heart rate, blood pressure, and activity levels, is possible through wearable technology like smartwatches and fitness trackers. The collected data can be shared with healthcare providers for real-time assessment and prompt intervention.
- Remote Patient Monitoring: IoT enables remote monitoring of patients with chronic conditions. Devices like blood glucose monitors, ECG monitors, and medication dispensers can transmit data to healthcare professionals, allowing for proactive care management.
- Healthcare Infrastructure Integration: Hospitals and healthcare facilities can incorporate IoT into their infrastructure for improved patient care and operational efficiency. This includes smart beds, medication tracking, and asset management systems.
- Data Analytics and Artificial Intelligence: The massive amounts of data generated by IoT devices are processed and analyzed using AI-driven algorithms. This data-driven approach helps in early disease detection, treatment recommendations, and predicting healthcare trends.

1.2 Benefits of IoT in Healthcare

- Enhanced Patient Care: IoT allows for personalized and continuous monitoring of patients, leading to early detection of health issues and timely interventions.
- Efficient Resource Utilization: Healthcare providers can optimize resource allocation by using IoT for asset management, reducing waste, and improving operational efficiency.
- Telemedicine: The Internet of Things (IoT) supports telemedicine by enabling remote consultations, thereby reducing the necessity for in-person visits to healthcare facilities. This becomes particularly valuable during global health crises.
- Data-Driven Decision Making: Informed decisions by healthcare professionals, relying on real-time patient data, contribute to enhanced treatment outcomes and patient safety.