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Machine Learning For Iot Health Care Applications

Mrs. Galiveeti Poornima[1] , Mr. Sandeep Prabhu M[2] , Mirzanur Rahman[3] , Dr. Naresh Vurukonda[4] , Adiseshaiah Sade[5] , Ms. Wendrila Biswas[6]

[1]*Assistant Professor, Department of Computer Science and Engineering, Presidency University, Bengaluru, Karnataka.*
[2]*Assistant Professor, Department of Electronics and Communication Engineering, Canara Engineering College, Mangalore, Karnataka.*
[3]*Assistant Professor, Department of Information Technology, Gauhati University, Guwahati, Assam.*
[4]*Associate Professor, Department of Computer Science and Engineering, Koneru Lakhmaiah Education Foundation, Guntur, AndhraPradesh.*
[5]*Assistant professor, Koneru Lakshmaiah Education Foundation, Vaddeswaram, Guntur, Andhra Pradesh.*
[6]*Assistant Professor, Dept. of Management & Social Science, Haldia Institute of Technology, Haldia, West Bengal.*

Abstract:
The Internet of Things (IoT) and machine learning (ML) have broad applications in many facets of life, including healthcare. The traditional approaches to patient services reduced as a result of the internet's quick expansion and improvement, and were replaced by electronic healthcare systems. The most cutting-edge environment for medical devices is provided to patients and medical professionals via the usage of IoT technology. Machine learning and IoT devices are useful in a variety of categories, from remote monitoring of the contemporary climate to mechanical mechanisation. Additionally, medical care applications are mostly exhibiting interest in IoT objects due to cost reduction, simplicity of understanding, and improvements in patient satisfaction. For intelligent, original solutions, the most recent applications for IoT medical care that have been researched and are currently having issues in the clinical setting are required. For calculating the data transfer, specialised, portable, and implantable IoT model devices were examined. Implantable technologies enable the natural replacement of the damaged human body component. The problems that were encountered in developing a wearable and implanted healthcare body area network are highlighted in this research. In this paper, an overview of IoT and machine learning based on healthcare care is presented in detail. The applications that use Machine Learning (ML) for the Internet of Things (IoT) for health care are listed along with all problems and difficulties encountered when using these applications or devices for health care, as well as their significant applications. Additionally, by displaying earlier work and categorising each item according to the technique employed, the methods utilised by machine learning in IoT for creating devices are shown.

Keywords: Internet of Things, Machine Learning, Wearable devices, personalized health care, and implantable devices.

1. Introduction

One of the cutting-edge technologies that is gaining traction throughout the world is the Internet of Things. We can connect at any time, anywhere, and with any network or service because to the enormous power and capacity of IoT. The Internet of Things (IoT) is growing to be a powerhouse for next-generation machines, and its effects may be seen in the present corporate landscape. IoT is assisting businesses or researchers in the development of solutions. By integrating the current internet infrastructure for the efficient use of resources, they communicate with smart devices and smart objects. Additionally, it has the ability to expand services and advantages for intelligent systems. Beyond M2M (machine-to-machine) situations, the interests at stake include serial communication between the network and devices for delivering extreme services. Automation may thus be soon be available in all IoT-based applications[1]. Traffic congestion control, smart city solutions, waste management, security, structural health, emergency services, retail, logistics, smart healthcare, and industrial control are just a few of the IoT-based application areas where smart solutions have already been developed or will be in the near future.

Prior to IoT in healthcare, also known as the Internet of Healthcare Things (IoHT), patients used conventional methods to connect with their doctors, such as through phone, in-person visits, or texting [2]. In this traditional approach, it was impossible for hospitals or medical professionals to track or monitor a patient's health in real time, and it was also impossible for patients to get real-time care.

The IoHT domain must include healthcare and medical services. The healthcare industry has seen a significant transformation because to IoT-enabled devices, which have given patients remote monitoring and self-monitoring capabilities[3]. Both the patient and the doctor have access to information on the patient's health.

The patient may adjust future plans and take appropriate measures based on their current health. The doctor-patient relationship has become more effective and simple as a result of IoHT, and patient satisfaction and engagement levels have grown significantly. A patient's length of hospital stay and medical expenses may be cut using a remote health monitoring system. Additionally, it may enhance therapeutic outcomes and save patients from being readmitted to the hospital[4]. Through the expansion of gadgets and efficient human interactions, the IoHT is playing a crucial role in the healthcare sector. IoHT infrastructure is made up of a variety of apps that are useful to patients, doctors, families, and hospitals.

IoHT for patients comprises of a variety of wearable gadgets that are readily accessible on the market, including fitness bands, smartwatches, and other wirelessly connected equipment (such as blood pressure monitors, heart rate monitors, glucometers, etc.). These cutting-edge gadgets are utilised for individualised surveillance. We may create reminders for things like daily calorie intake, exercise check-in days, blood pressure changes, appointments, and more with the aid of these clever devices[5]. In terms of the IoHT for doctors, the numerous wearable gadgets and other home-based monitoring tools assist the doctor in more effectively keeping track of the patient's health. The patient's information is shared with their family members and the doctor in the event of a medical emergency, which enables us to make the best choice. IoHT for families allows for real-time communication of patient information to family members. We can locate elderly people and young children at any time and from any location with the aid of wearable technology and other smart wireless-enabled devices[6]. Information is communicated in an emergency situation in real time so that we may manage and organise the different preventative measures and preserve the lives of our loved ones. If we're talking about the IoHT for hospitals, we may use sensor-based smart technology to automate the system's many capabilities. Real-time monitoring of medical devices including defibrillators, wheelchairs, oxygen pumps, nebulizers, and other nursing equipment is made possible by the IoHT[7]. The medical personnel may also be followed in real time. Through hygiene monitoring devices, IoHT infrastructure makes it feasible to maintain hygiene, protecting patients from diseases. The IoHT system allows for asset management features including automated temperature and humidity control for refrigerators and medicine inventory monitoring.

The four-stage design of the usual IoHT is employed in the creation of medical solutions, or we can say that the typical IoHT infrastructure is made up of these four stages[8]. The fundamental IoHT mechanism is shown in figure 1. The intelligent IoHT system should be designed such that data is sensed or processed at one stage and results are generated at a later level.

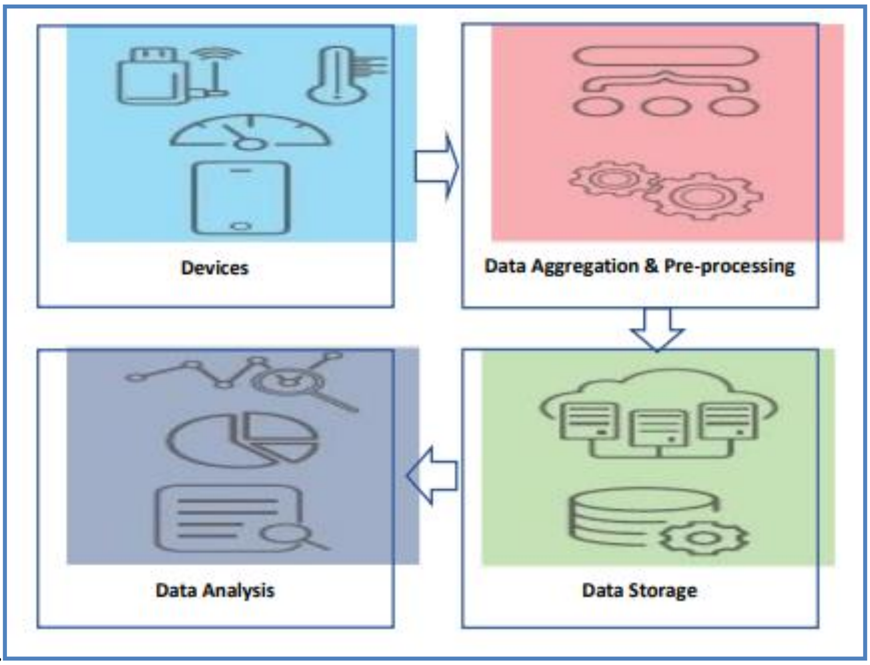

Figure.1. Stages of IoT Solutions

The deployment and data gathering of heterogeneous networked devices, including actuators, sensors, monitors, cameras, detectors, etc., take place in the first stage. In the second stage, data is collected in the form of analogue or digital signals from various sensors or sensor-enabled devices, which is then transformed and combined into numerical form for more research. The pre-processing and standardisation of the digitised and aggregated data are carried out in step three[9]. The revised data is then sent to a cloud-based health database or to a physical location. For successful solutions and decision-making, sophisticated analytics are applied to the processed data in the last stage.

In the last several years, IoHT researchers have shown a strong dedication to addressing a range of real-world problems and difficulties. As a result, several services, apps, and prototypes are being provided to improve the functionality and efficiency of the healthcare industry. Recent research trends on IoHT make it obvious that interoperability, new applications and services, networking platforms and architectures, new services, and increased security are all part of smart healthcare. Several organisations and nations throughout the globe are developing different standards and rules to use IoHT technology[10]. Therefore, a thorough grasp of current IoHT research will likely be helpful for many researchers and stakeholders in future studies. One of the key advancements in the area of information technology was the wireless sensor network (WSN) technology, which also played a big part in making the IoHT-based services a reality. The development and use of energy-efficient communication technologies, such as IP-based sensor networks based on 6LoWPAN, is the current trend in communication technology, nevertheless

(IPv6-based low-power wireless personal area network).

2. Literature Survey

One of the developing technologies that is steadily growing is the Internet of Things (IoT). The IoT system's smart objects serve as the foundational pieces for the creation of IoT-based smart ubiquitous frameworks. One of the crucial and well-known application areas of IoT technology is healthcare. The Internet of Healthcare Things (IoHT), which is described as the current healthcare system and has excellent technical, social, and economic possibilities, is taking on new forms thanks to the IoT. This paper examined a number of developments in Internet of Healthcare Things (IoHT) technologies, including topologies, platforms/architectures, taxonomies, services, and applications, as well as market trends and the current state of IoHT-based solutions[16]. The Internet of Healthcare Things (IoHT) study was examined in this area, and it exposed a number of problems and difficulties that must be properly addressed in order to integrate healthcare technology with IoT modernization.

One of the most important and fundamental components of the IoHT infrastructure, the IoHT networks serve as the backbone for IoHT by facilitating data transmission and reception between the numerous smart devices as well as healthcare communication. Figure 2 shows the results of a thorough examination of the IoHT topology, architecture, and platform in this section.

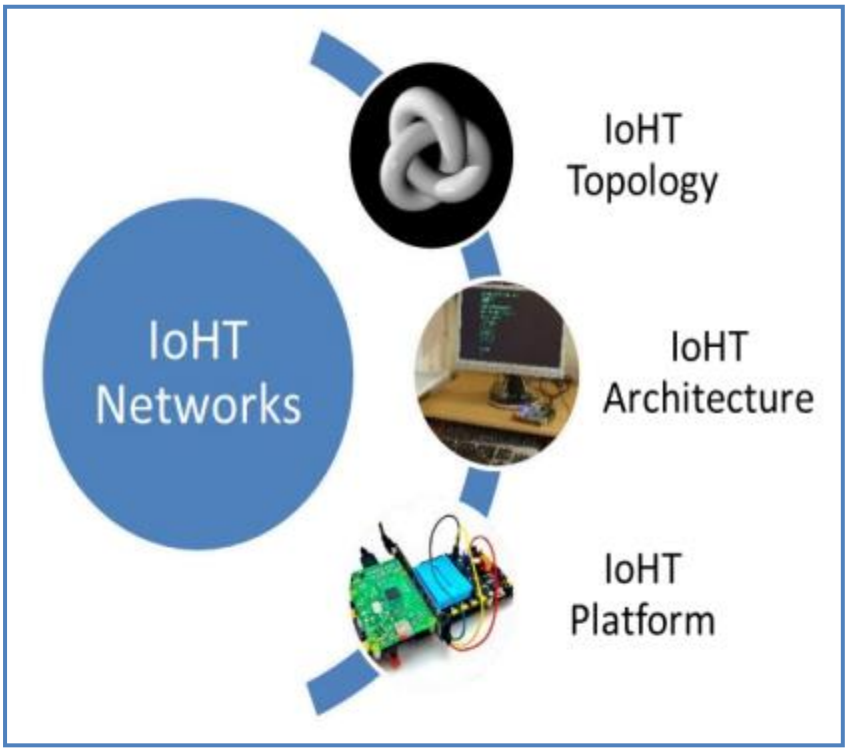

Figure.2. Typical IoHT Networks

One of the crucial components of the IoHT network is the IoHT topology. It entails a variety of duties, including the physical setup of the devices, their appropriateness for application situations, activation, and work plans. The IoHT network, as is well known, consists of many heterogeneous health devices linked by a centralised health server. Both wired and wireless connections are possible. By collaborating with one another to carry out predetermined or particular duties within the same application area, these smart health devices create the IoHT topology. Numerous medical devices that operate concurrently to complete their tasks by utilising the communication channel may make up the IoHT infrastructure. These communication channels allow for the recording of data delivery and response. These routes of communication are linked to the service providers[17]. In other words, we may claim that different service providers oversee these lines of communication. These service providers provide the communication route with services and appropriate security. Because data on the IoHT network belongs to a person's eHealth records and contains personal information about them that should not be made public, safety is a key component of the network. The information is provided with the relevant authorities or user once the data from different health devices has been reviewed at the service provider's end. The sensors-based devices, their actions, and their workflow make up the conventional IoHT topology[18]. These sensor-based smart devices are wired or wirelessly linked to one another and communicate with one another through communication channels. The IoHT topology, which consists of the data, control, and resource providers from the three organisations, is shown in figure 3.

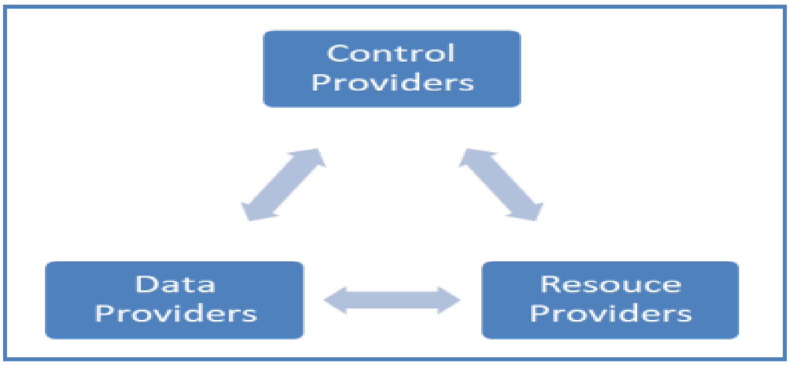

Figure.3. IoHT Topology

Patient-generated data are referred to as data providers, while those in charge of controlling the data are referred to as control providers. The entity or things supplying the resource for the analysis are referred to as the resource provider. Only two-way communication is feasible when the control provider and the resource supplier are the same[19]. Additionally, this architecture offers real-time data management and monitoring. Architecture for IoHT It is a crucial component of the IoHT network. This design entails a number of activities, including creating an appropriate hierarchical model for the application-centric healthcare domain and mapping physically setup devices to application software. Figure 4 depicts the IoHT basic architectural model.

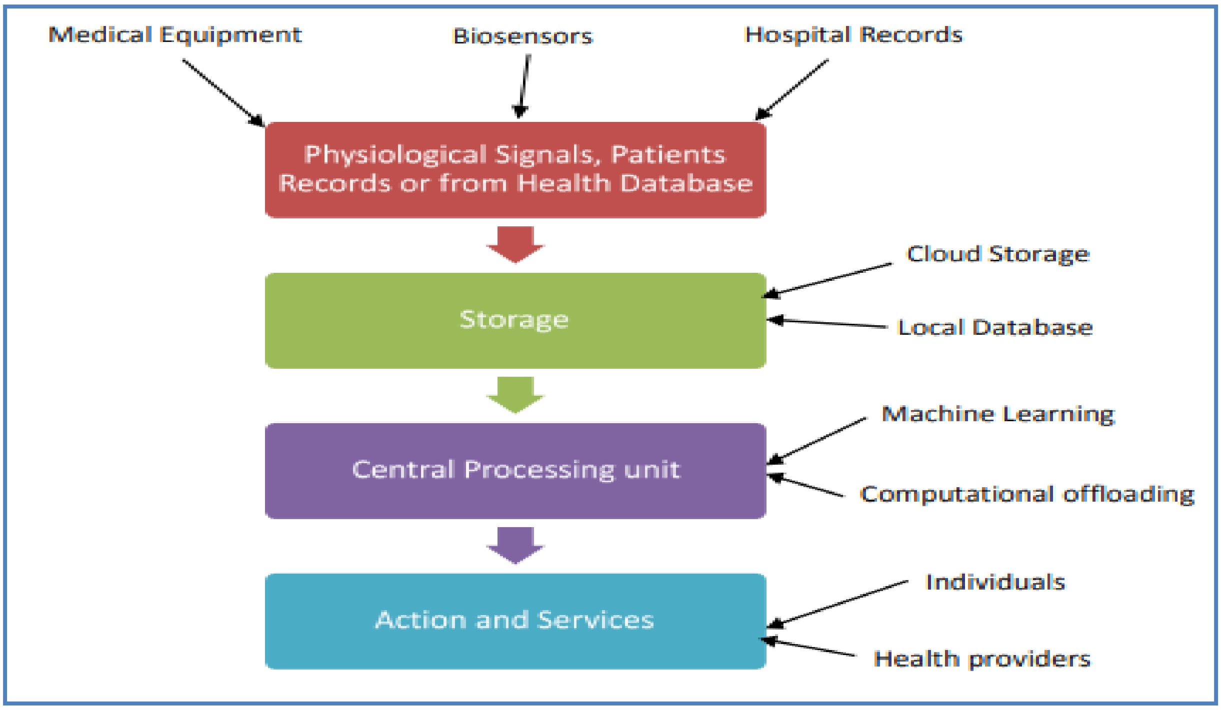

Figure.4. IoHT Architecture

The data is gathered utilising different smart or sensor-based devices in this basic IoHT network architecture. Medical devices, biosensors, wearable sensors, smart devices, and hospital eRecords may all provide the input data. These inputs come from the health database, patient records, or psychological signs. The copy of the data is stored in the local or cloud database if the message originates directly from the device or is obtained from the health records. The central processing unit then receives the input and performs the calculation or result finding[20]. Either computation offloading techniques or machine learning algorithms are used to carry out the computation. Following completion of the computing job, the user or the health care provider is informed of the outcome. We require the appropriate security mechanism at every level, from the sensing or data collection level to the service level, since any unauthorised access might seriously harm the smart healthcare system as well as the person's health.

3. Challenges and Issues in IoHT

Adoption of new technologies is not without its difficulties and problems. From the development stage until the deployment stage, several difficulties might be encountered. Starting with the planning stage and moving toward the deployment stage, we are dealing with a variety of difficulties and obstacles as we build the IoHT infrastructure. The development and deployment of the IoHT infrastructure is a difficult and difficult process. System interoperability, software dependability, computational intelligence, context awareness, privacy, and security are just a few of the many problems it has. The interface between hardware and medical devices is made possible in the medical arena first and mostly by software.

Figure.5. Challenges and Issues in IoHT

We have divided the numerous concerns and challenges into two categories in this section. We divided the many issues into two groups in the first section: worldwide issues and healthcare-specific issues. The major difficulties surrounding the implementation of IoHT infrastructure are briefly covered in the second section. The many concerns and problems in IoHT are shown in figure 5.

Unmet Standards Any new system's construction is a difficult and hard process. Lack of a specific standard that directs us in creating an appropriate and effective system makes it more difficult. The three factors of privacy, security, and safety precautions are essential in the healthcare industry and should be properly managed. Utilizing a variety of standards makes it feasible to handle these things. As is common knowledge, in the context of smart healthcare, data is shared between the patient and the doctor and is integrated with various degrees of protection on both sides. However, how can we determine at what level the data privacy or confidentiality policy is being broken? Therefore, uniformity is required in order to effectively handle these circumstances.

Lack of Verification and Validation Tools: There are a number of problems with the lack of Verification and Validation Tools in the smart healthcare space. The ACPS (Advanced Cloud Protection System) application makes it feasible to integrate the WSN with cloud-based paradigm. Although there are many effective domain-specific simulation tools available, they are not suitable for IoHT infrastructure. In order to construct IoT-based intelligent healthcare systems or IoHT infrastructure, we thus require usable tools that can cope with the sensor-based lattice of smart healthcare infrastructure.

Time synchronisation is one of the intricate and crucial responsibilities of the IoHT infrastructure, and it plays a role in the design of the architecture. Simply said, it is necessary since every second counts in the health care industry. Its usage with cloud integration and aggregation of disparate devices or sensors make it difficult. The real-time data produced by the many sensors in IoT infrastructure has made time synchronisation necessary. It will assist in creating a precise healthcare programme, which would then aid in real-time analysis and provide remedies to many sufferers over the internet.

Architecture for IoHT We must deal with the complexities of computer and physical nuances, such as system structure, time management, process integration, standards, and data accuracy, while building the IoHT architecture. Therefore, we need such an universal architecture that can effectively handle these computational challenges and physical nuance problems. It will be essential for developing real-time based smart healthcare systems in the future.

Software Reliability: Software is a crucial part of every medical device or piece of equipment. Software allows us to control tool functioning and activate a number of other features. Software is also utilised to make sure that patients and medical equipment work together. As a result, software that is capable of addressing the issue of safety and improving the overall effectiveness of the smart system is required.

Data Extraction: A variety of physiological parameters about patients are collected using medical equipment. These physiological indicators allow us to learn details about patients. Additionally, it helps in the early diagnosis of impending sickness and the development of potential emergency measures. Therefore, it is a difficult job to extract the intricate and important physiological data of patients. Such parameters must be extracted using a well-thought-out method that can address this problem.

One of the most important and complicated topics that must be carefully addressed while developing the system is privacy and security. Because patient data has to be adequately protected and kept confidential, it is a complicated problem. Any patient's medical records shouldn't leave the system. The patient and any concerned physicians should be the only ones with access. Therefore, we need two security measures: the first on the part of the doctor, and the second on the part of the data transmission route. Patients may suffer serious harm from a lack of privacy, which is against ethical rules.

Complex Query Processing: One of the difficult activities relating to power consumption that has to be properly managed is complex query processing. As is well known, the heterogeneous lattice of biosensor devices used in the Internet of Things is linked through wired or wireless connections. For inquiry jobs, a wireless sensor requires some battery. Some battery power is lost during the execution of each query. We are able to cut down on transmissions by using complex searches in conjunction with context-centric predictions. Numerous physiological markers are obtained with the aid of difficult questions in order to forecast potential sickness. Therefore, rather of searching the whole database, we need a complex query processing system that can just obtain the needed data.

It is evident from this research that there may be some significant problems when adopting such a healthcare system, which need be effectively resolved. As a result, the system built on the Internet of Healthcare Things will function better overall. The important problems that must be resolved in creating intelligent healthcare solutions are briefly discussed in this section.

Problems Associated with Parameter Variability The IoHT-based system has fewer variables with its constrained functions in present circumstances. IoHT-based systems thus provide a smaller range of services. As a result, it is necessary to update the different settings in order to improve the general functioning of such systems. Multiple settings for the context-aware system are crucial for raising the system's overall believability. Problems with data workflow—Managing data flows has always been difficult with new technologies. Because it pertains to a person's personal information and cannot be disclosed publicly, it became increasingly difficult in the healthcare industry. In light of this, the infrastructure based on the IoHT should be created in a manner that properly manages the data flow between the different IoT-based systems and devices. Additionally, it will assist us in enhancing the system's overall performance. Issues Associated With Implementation- The different IoT-based healthcare designs are still in their early stages. Many IoHT-based infrastructure projects are in the design and implementation stages, and others already function with with the most basic resources. Building sophisticated and efficient solutions that simulate real-world situations requires practical implementation. It aids us in identifying any unresolved concerns that are open to further examination. Dealing with the realities of a constantly changing way of life is a difficult endeavour due to its complexity.

Another one of our contemporary technologies for change is machine learning. Machine learning is the use of algorithms that can learn from the data. The availability of inexpensive computing power and vast data are driving forces behind machine learning development. The foundation of machine learning is past machine observations. An algorithm is created. Simplified, machine learning is often generated from data. The goal of master learning is to identify patterns in the data and utilise those patterns to draw conclusions that are beneficial. A wide interdisciplinary technique called machine learning that focuses on statistics, algebra, data collecting, data processing, etc. Through data training, machine learning (ML), a core approach to artificial intelligence, harvests information. Since it is located at the base of the tree and contains several branches and sub-branches, we are not instructing computers where to search in this study. The following categories for machine learning are shown in Figure 6. A. Supervised Learning. C. Unsupervised Learning. D. Reinforcement Learning.

4. Machine Learning in Healthcare

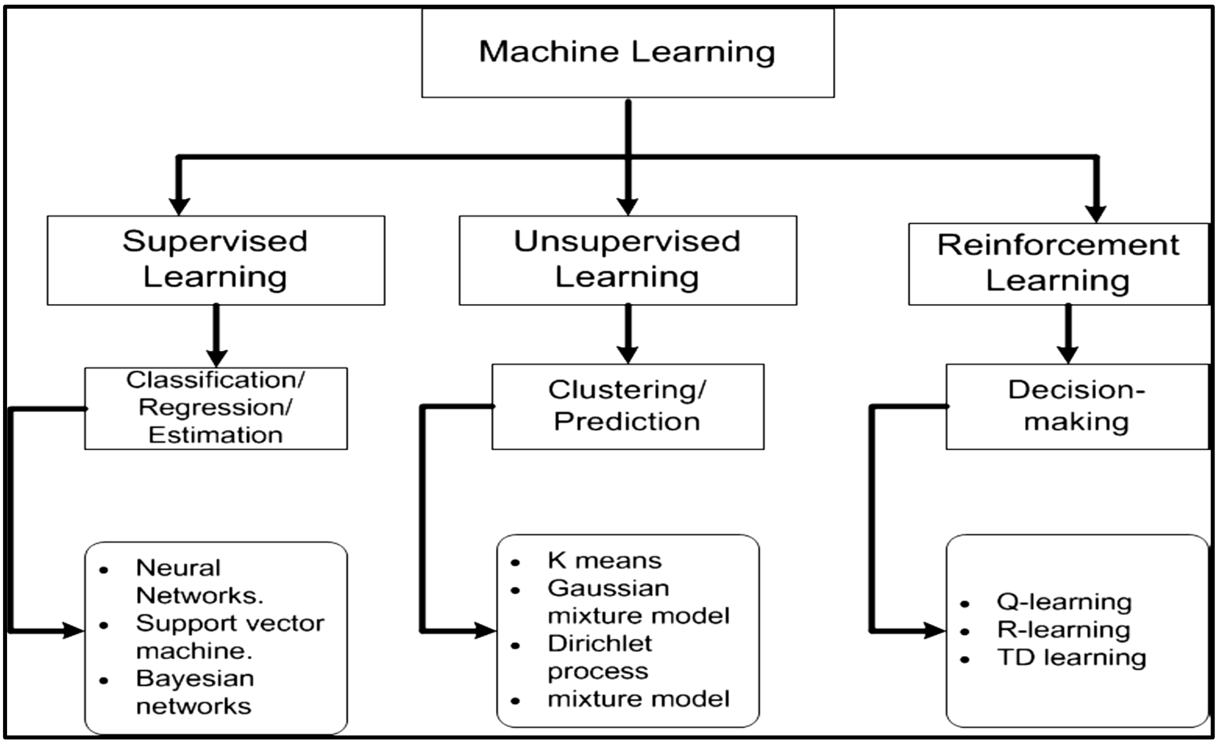

Figure.6. Machine Learning Classification Techniques

Healthcare Application of Machine Learning Machine learning algorithms aid in separating complex and wide patterns of data and records. For those with sophisticated genomes and proteomics, this method is especially well suited for clinical applications. Other disorders are also detected and identified using it. By advising the adoption of advantageous care plans, deep-learning algorithms are utilised in medical technology to produce a preference patient treatment plan. Pharmaceutical machine learning can be used in a variety of ways, including: (1) disease identification and diagnosis; (2) personalised change in treatment/conduct; (3) drug discovery/manufacture; (4) review of medical test results; (5) radiology and radiation treatment; (6) smart electronic reports of health (HER); and (7) forecasting epidemic outbreaks.

5. Machine Learning Algorithms in IoT

An intelligent home-based wireless medicine box with an android (Health-IoT) application was reviewed and detailed by the authors in order to improve communication between patients and doctors. On the suggested platform, a smart medicine box is available that notifies patients when it is time to take their medication. To provide prompt notifications of medications informed to the patient's mobile in the Android software, the box features wireless internet access. The patient receives the proper medicine at the appropriate time thanks to the machine's automated warning. Additionally, the preset protector gets SMS alerts if any critical indications change. While [10] in their paper proposes a technique or framework for monitoring patients' medicinal usage. Similar to the International Journal of Pure and Applied Mathematics, it provides frameworks for the distribution of prescription medications and the tracking of prescription histories. The system suggests using warnings to the patient. Medical experts often locate misplaced injections in the event of mistakes, and the eMedicare suggestion eliminates the drawbacks of conventional devices. This more intelligent system operates more simply and is smaller, cheaper, more accurate, and lighter. The suggested technique could make it easier for all senior individuals to take their medications on time, especially analphabetes. [11] said that as the world's population of older people grows, there is a greater need to find means of assisting the elderly in their daily life. In this regard, it may be argued that the Internet of Things would provide a new dimension to modern healthcare by enabling a more individualised, preventative, and collaborative style of therapy. This study gave older folks a real-time Internet of Things option for tracking and recording their patients' critical data while boosting emergency alarm systems. The study suggested using a wristband that may be linked to a cloud server to monitor and help older folks. It is intended to develop into a financially viable wireless networking solution. The characteristics of a Brain Machine interface employing various sensors, such as electro-encephalography, were discussed in research [12]. (EEG). Imagine using a diffusion tensor (rsfMRI) to see and extract information from an epileptic patient's brain. In order to provide a context-aware approach in real-time using intrusive and non-invasive technologies to track, evaluate, and monitor the brain, the suggested method includes cutting-edge computer. This aids in the early detection and treatment of epilepsy (operative or otherwise to arise). This study's main goal is to predict a "ictal start" [13]. In-depth study must be done to accommodate these unique needs because healthcare systems need a network structure that can enable QoS provisioning for video and time-sensitive applications. The application of machine learning in healthcare was discussed in article [14]. Healthcare will undergo a revolution thanks to machine learning in a few years. In the future, ML and AI will revolutionise healthcare, but their Decision Support Systems (DSS) performance should provide foresight into issues faced by patients and medical professionals. Major corporations like Enclitic, MedAware, and Google have launched extensive projects to create artificial intelligence and technology for the healthcare industry. Effective healthcare providers can't just grow overnight. Artificial intelligence and machine learning will increase the efficiency and accuracy already available. The deployment of such technology might improve healthcare services and lower healthcare expenses for more people in a shorter amount of time. The Internet of Things and two broad data technologies—healthcare analytics—were the major focus of article [15]. Big data (BDA) is the result of the development of two related computer science fields, Big Data and Analytics, which work together to provide a common method for data management. Since an entity is capable of transporting, producing, and exchanging exceptionally large amounts of unstructured, organised data, business professionals make up the majority of big data users. The arrangement for information storage and exchange across many physically connected electronic and sensor-based devices is known as the Internet of Things (IoT).

6. Conclusion

Today's economy's healthcare sector is one of the fastest growing; as more people need treatment, the expense is rising. Government spending on healthcare has reached an all-time high, yet it is now clear that stronger patient-physician relationships are crucial. Big data and artificial intelligence are two examples of technologies that have the potential to provide both patients and providers better care at lower prices. Many companies and organisations have already made the first move in this area. It facilitated the shift to patient- and evidence-based treatment. We only need to figure out how to display the data since it is there. Additionally, supervised learning or unsupervised learning rely heavily on the data and techniques available to classify data into certain groups. People make poor judgments, and sometimes we humans depend on the truth while making decisions. We typically choose based on feelings, while machines don't. Humans have the ability to make decisions based on their identity, moral standards, knowledge of the world, and political and religious beliefs. These elements will be included in the data gathering used to train computers for decision-making. These elements It might be difficult to guarantee that the data collection utilised for learning is as free as possible from machine biases. More client health will result from overcoming ML and IoT flaws. This paper aimed to discuss the general perspective on IoT and ML that are used in the healthcare system, the application used for personalised health care, and some other related works and their opinions with their findings of this field. It also discussed the challenges and issues that faced digital health care for the future direction of these issues.

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