

IoT-Enabled Disease Detection and Automated Drug Delivery System

Parvathala Balakesava Reddy¹, V. Beula Shanthi Ammani Ammal², Mr. K. Rajasekar³,
Dr Prathibha R D⁴, Ritadrik Chowdhury⁵, Ribhu Abhusan Panda⁶

¹ Department of CSE-(CyS,DS) and AI & DS, VNR Vignana Jyothi Institute of Engineering and Technology, Hyderabad, Telangana, India

² Associate Professor, Department of Physics, Jerusalem College of Engineering, Chennai, India

³ Assistant Professor, Department of Mechanical Engineering, V.S.B. Engineering College, Karur-639111, Tamilnadu, India

⁴ Assistant Professor, Department of Zoology, St Joseph's University, 36, Lalbagh Road, Bengaluru, India

⁵ Assistant Professor, Department of Information Technology, JIS College of Engineering, Kalyani, West Bengal: 741235, India

⁶ Department of ECE, Centurion University of Technology and Management, Odisha, India

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ABSTRACT

The implementation of the Internet of Things (IoT) in the medical sphere has enabled the development of advanced programs to scan illnesses and prescribe medications automatically. This paper presents an IoT-based solution that includes objectives to track the health conditions of patients in real-time and deliver drugs as needed according to the identified conditions. This system is composed of several disease detection sensors, communication channels that help relay the information of the system, and systems that provide the required drug automatically. The cloud-based data processing models ensure precise diagnosis of the disease and administration of the drug based on machine learning models. The system is the outcome of the level of accuracy, speed of response, and efficiency in a clinical situation. The results indicate that the proposed system has an excellent chance to positively transform healthcare outcomes by providing efficient responses to medical issues and removing the human factor. The system will be further enhanced to improve its scalability, integration of sensors, and real-time decision-making.

Keywords: Internet of Things (IoT), Disease Detection, Automated Drug Delivery, Healthcare, Real-time Monitoring, Sensor Integration, Cloud Computing, Machine Learning, Medical Automation, Smart Healthcare Systems.

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Introduction

The growing number of chronic illnesses, combined with the growing need of personalized care has precipitated major changes in healthcare technologies. The use of the Internet of Things (IoT) in healthcare systems can be called one of the most radical innovations of recent years. Thanks to the IoT network of interconnected devices, it is possible to constantly monitor patient health, continuously process data, and remotely operate medical conditions[1]. The potential of IoT to transform disease detection systems and drug delivery is especially high, as it is expected to enhance the results of patients with the early detection, timely

interventions, and more personalized treatment[2]. IoT in healthcare is not just limited to conventional use cases but it provides an avenue to more efficient, automated, and intelligent solutions that would be able to assist patients and healthcare applications[3].

Disease detection is important in that it helps to detect health problems at an early age, and they are usually not evidenced. By diagnosing early, it is possible to treat in time, minimize the possibility of complications and enhance the likelihood of recovery[4]. The IoT-based solution is an impressive benefit, as it is continuously tracked in terms of patient usage, and any deviations in the evidence are immediately identified.

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At the same time, the necessity of automated drug delivery systems is critical. Suboptimal patient outcomes may be caused by traditional manual drug delivery methods whose application is likely to be charred by human error and anomalies[5]. IoT systems may also be used to deliver drugs more precisely, minimize errors, and optimize treatment regimes, which can be achieved by automating the drug delivery process. Moreover, the possibility of IoT to integrate with cloud computing and machine learning models makes it potentially more useful as a tool to deliver data-driven insights and have healthcare providers use them to make better decisions regarding treatment strategies[6].

Even though the advantages can be potentially significant, the lack of efficiency among conventional health care systems persists in form of late diagnosis, human errors in drug delivery, and lack of oversight of the patients[7]. The existing healthcare system is non proactive but reactive so that in most cases diseases are detected when they have developed considerable symptoms[8]. This reactive character leads to higher cost of healthcare, longer healing process and poor quality of care. The old-fashioned approaches to detecting diseases through manual inspection, and ad hoc check-ups are not able to sustain the growing need of sustained checks. Likewise, drug delivery systems, which usually fall under the category of manual operation, may give way to errors during dosing and lateness in therapies[9]. These shortcomings demonstrate the necessity to work towards more intelligent, more intertwined healthcare networks that could use the possibilities of IoT to offer continuous real-time monitoring and automatic response.

This research aims to draw up and analyze an IoT-based disease detection and automated drug delivery system. The proposed system is to combine various sensors to constantly monitor the patient, and process the data combined with cloud computing and machine learning algorithms to deliver precise disease diagnosis[10]. Additionally, the system will also automate the drug delivery system and hence accurate drug administration as per the real-time patient information. The paper aims to provide an in-depth analysis of design and implementation of this system, analyze its performance regarding the accuracy, efficiency, and reliability, and discuss its possibilities to enhance patient care[11]. Targeting the incorporation of IoT, real-time data processing, as well as automation, the system is supposed to address the constraints of the conventional healthcare methods and

provide a more effective and proactive healthcare platform.

The main results of this study were the design of a combined IoT-based disease detection system, the purpose of which was the development of a system of delivery of drugs, automated, and the study of the work of the system in a clinical setting. According to the research, all essential parts of system architecture are described, including the application of multiple sensors, communication protocols, and data processing methods that allow detection of diseases and medication management in real-time. Also, the paper investigates the scalability, security and the possible challenges of real- world logistics using the system. This publication is also a contribution to the increasing literature on the application of IoT in healthcare, and it gives an insight into the possibility of deploying IoT-based systems in mature and underdeveloped healthcare environments. Supporting the development and the further exploration of the IoT associated healthcare solution, the research will present itself as a good starting point of the research project and its output will eventually lead into the current revolution shared by healthcare delivery.

1. Literature Review

The use of Internet of Things (IoT) technologies in healthcare has increased rapidly in recent years and a number of studies have already identified how the technology can revolutionize the traditional healthcare systems. IoT provides a way to constantly monitor patients, as it links diverse equipment, sensors, and wearable gadgets, which can gather real-time information about patients[12]. They are capable of monitoring the vital signs of the patients, including heart rate, blood pressure, glucose levels, and body temperature, which can be remotely monitored by the healthcare providers. With the combination of these devices and cloud computing, big data analytics, and machine learning, it is possible to predict and diagnose diseases sooner by using the IoT systems to enhance patient outcomes and save healthcare expenses[13]. The two significant components of healthcare, disease detection and drug delivery, have gained many advantages due to the opportunities provided by IoT technologies.

IoT has been developed to a great extent in the health sector with regard to tracking chronic illnesses such as diabetes, cardiovascular diseases and breathing disorders. Some of the literature has shown that the IoT-enabled systems have been effective in real-time health monitoring to enhance accuracy in disease detection and efficient alerts to healthcare

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providers[14]. As an example, glucose monitoring systems based on IoT enable a patient with diabetes watch their sugar level all the time, which could be taken into account to provide an individual treatment. IoT-based healthcare tools like ECG monitors could be used to identify irregular heart rates, which can be applied in cardiovascular care to diagnose heart diseases at an early stage and minimize the risk of serious complications[15]. Additionally, IoT-driven respiratory monitoring systems have the capability to monitor the functioning of the body organs and identify the indicators of respiratory distress so that early treatment against the illnesses such as asthma or COPD (Chronic Obstructive Pulmonary Disease) can be delivered.

The application of IoT in the drug delivery system has also received significant focus together with the disease detection. The old system of drug delivery can be manual, and thus there is a risk of errors in terms of dosage, timing, or administration. IoT automated drug delivery can provide more precise and reliable treatment[16]. Real-time adjustments of drug dosage based on information measured by sensor on the patient can be made by these systems to make sure that a patient gets the right dose of the drug at the right time. In pain management, as an example, an IoT-based system may automatically vary the administration of analgesics in real time according to the pain levels reported by the patient and provide a more personalized system of pain management. Likewise, during chemotherapy, the IoT can be utilized to control the state of the patient and regulate the speed of drugs infusion to enhance the efficiency of treatment and reduce any side effects[17].

Although the use of the Internet of Things in healthcare has great potential, there are still a few challenges. Integration of the IoT infrastructure with the existing healthcare infrastructure is one of the most significant issues. A lot of healthcare institutions continue to use the old ones, and the process of integrating IoT devices with the old ones may be complicated and expensive. Moreover, the connection between various devices and platforms also is a major challenge. IoT devices do not always adhere to the same communication protocols and standards, and it may cause problems when a combination of two or more devices is tried in order to create a single system[18]. This is also complicated by a lack of standardization of IoT equipment and data formats. In addition to that, the issue of data security and privacy has been much-debated in literature. IoT devices are also sensitive due to health data and thus they become a potential target by cyber attack.

Securing the safety of patient information and meeting health care standards, including the Health Insurance Portability and Accountability Act (HIPAA) is of paramount importance to the broader use of IoT in health care.

The second issue, which has been identified in literature, is the necessity to have a good power source to the IoT devices. A lot of IoT devices are powered by the battery, and ongoing recharging and re-batteries may cause interruptions to continuous monitoring[19]. Also, the sensors with limited battery life might become a problem, and the efficiency of the entire system reduces. This problem could be solved with the development of energy harvesting devices, like solar technologies or piezoelectric devices, yet these technologies are at their infancy. Also, sensors accuracy and calibration are still topical. In most disease detection systems based on IoT, the sensors have to be measured by calibration to detect the disease properly. False diagnoses may be caused by sensor errors which undermine care and patient safety.

Some IoT-systems have been already used in health facilities where they prove to be helpful in enhancing care provided to patients. To illustrate the point, the wearable reflecting devices like the Fitbit and the Apple watch have become widely used in heart rate and physical activity monitoring. These devices are used to record health data about users and pass it to the healthcare provider to monitor the health of patients remotely[20]. Still another one is the Dexcom G6 continuous glucose monitoring system which enables diabetic patients to check their blood sugar level in real-time. In a similar fashion, insulin pump systems such as those designed by Medtronic that include continuous glucose monitors automatically pump insulin into the body depending on the glucose concentration detected. These examples demonstrate the increasing popularity of IoT-based health monitoring and drug delivery systems, with their personalized care and convenience.

In spite of the developments, gaps exist that should be filled in current systems. The absence of the integration of the disease detection and drug delivery systems is among the major constraints. The majority of systems developed so far are specialized in either monitoring or delivery of medication with little of both. Also, although a vast number of IoT devices are already on offer that are suitable to particular conditions, not many provide a solid, scalable solution that can be reconfigured to fit various medical requirements and diseases. The implementation of cloud foundations in real-time real-world data processing and machine

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learning algorithms would incredibly increase the functionality of IoT-based devices to offer recommendations and interventions that are provided according to the personal data of patients. This is an area where research and development in designing more integrated intelligent disease detection and drug delivery systems can be achieved.

2. System Architecture and Design

An IoT-based system architecture that detects the disease and autonomously delivers the drug is made up of multiple integrated subsystems, which operate in unity to gather, transmit, process and take action against patient data on the fly. The system will be developed to allow constant observation of health parameters and provide accuracy in the delivery of a particular medication depending on the identified conditions.

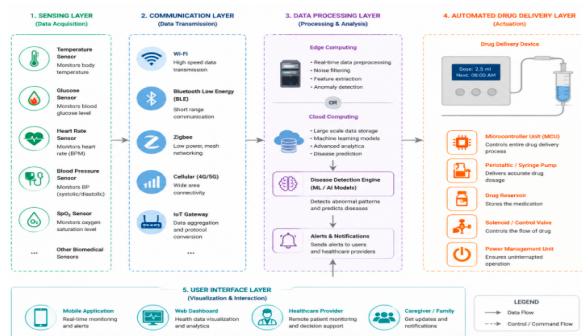


Figure.1: System Architecture Overview of IoT-Enabled Disease Detection and Automated Drug Delivery System

The main aspect of the system is to integrate several technologies such as sensors, communications protocols, data processing platforms, and drug delivery systems. All these elements promote accuracy, efficiency and reliability in the system in terms of delivering real-time and health monitoring, as well as medical interventions. The system architecture of the IoT-enabled disease detection and automated drug delivery system is shown in figure 1. It gives a description of the major components and their interrelationship which comprises the sensing layer, communication layer, data processing layer, automated drug delivery mechanism and the user interface layer. The sensing layer is composed of a range of sensors (temperature, glucose, heart rate, blood pressure and so on) that keep track of the patient health parameters. Such sensors send information in various communication formats like Wi-Fi, Bluetooth Low Energy (BLE), Zigbee, and mobile cellular communication to the central processing unit. The data processing layer creates abnormalities, predicts diseases by using machine learning or AI models through edge or cloud computing and analyzing the

collected data. This analysis has formulated an automated drug delivery system controlled by a microcontroller unit (MCU) to administer accurate medication doses through a syringe pump with other devices such as solenoids and control valves having a role to play in regard to accuracy. The interface layer allows real-time monitoring and notification via mobile applications, web dashboards, and healthcare providers, which can guarantee appropriate intervention and monitoring.

The architecture of the system is based on a layered model, the first layer is the data collection layer, which consists of several sensors continuously measuring such physiological parameters of a patient. Wearable or portable devices with these sensors are able to record vital health information like heart rate, blood pressure, glucose, body temperature and respiratory functions. This gathered information is collected and it is delivered to the central processing unit via the communication layer using IoT communication protocols, so that there is critical integration between a range of devices and provides real time monitoring. After the data has arrived at the central processing unit the system passes into the data processing phase where cloud computing, or edge computing software, processes the data to identify any abnormalities or indicators to administer medication. Through the analysis, the drug delivery mechanism is triggered in a way that the required delivery of medication is done accurately. This design guarantees that all the phases of data collection to action are effectively handled and run in real time.

The sensors in the system are important in tracking the various health parameters. The most common devices utilized in detecting diseases are temperature sensors, glucose sensors, pressure sensors, ECG sensors and respiratory sensors. Temperature sensors will be needed to check the body temperature that will indicate whether there is fever or inflammation. Glucose sensors constantly measure the level of sugar in the blood, particularly the diabetic people, and also the pressure sensors measure the blood pressure which is crucial to patients with heart diseases. ECG sensors are used to measure the electrical activity of the heart, which is used to identify arrhythmias and other heart conditions. Respiratory sensors continuously monitor the oxygen saturation and respiratory rate levels and help to manage respiratory diseases such as asthma and COPD. Wearable devices (i.e., smart bracelets, patches, or watches) have these sensors, which are essential to provide a constant and non-invasive presence.

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To facilitate communications, the system makes use of a number of IoT protocols to deliver information between devices. MQTT (Message Queuing Telemetry Transport) is a Model-Weighted Protocol that will help to use small packages of data that are needed to be efficiently delivered, which is why this protocol can be successfully used in health monitoring in real time with low places of consumption. Another example of low-power protocols is the Zigbee, which personal area networks (PANs) use to inter-communicate over a short distance, with a low amount of energy consumption. Bluetooth Low Energy (BLE) is mostly used by wearables as it uses minimal energy and it allows continuous monitoring without much energy drainage. Moreover, Wi-Fi and cellular networks offer long-range communication when transmitting data to the cloud platforms or healthcare providers, with an increased data rate and range.

After transmission of the sensor data the next stage is the processing layer. The layer may use edge computing or cloud computing to analyze data. Edge computing is the processing of data on the device, like microcontrollers, edge servers, or gateways, which minimizes latency and helps make decisions more quickly, particularly in time-constrained scenarios. This local processing will guarantee that essential alerts, like heart rate abnormalities, or glucose readings are activated without any delays. By contrast, cloud computing can be defined as transmitting data to centrally stored servers to perform more thorough analytics, large amounts of historical data, and utilizing machine learning models to perform predictive analytics. With cloud computing, the analysis and pattern detection will be in-depth with an outcome provided of the long-term health trend and the accuracy of the diagnosis.

Another important system component is the drug delivery mechanism. Once an abnormality in health is realized, the system automatically dispenses the correct medication. It is done with the help of actuators and pumps in order to control the flow of medication depending on the sensor. In insulin administration devices, say the pump, the insulin dose varies, driven by real-time glucose data. Microcontrollers are the brains in these automated systems, which interprets sensor data to start drug delivery when required. There are also smart medication dispensing systems which prepare and dispense medicine in the correct doses which will guarantee the correct treatment at the correct time. These mechanisms give the system the ability to satisfy the dynamic needs of the patients, and increase personalized and precise medication delivery.

Security and privacy are the critical factors that need to be taken into account during the development of the IoT-enabled healthcare system. Patient information is a very sensitive piece of data that should be safeguarded throughout the process. Data encryption is an essential security measure which guarantees that no transmitted and stored data will be attacked by malicious users. Data in transmission and in its storage are also secured by advanced encryption standards such as AES (Advanced Encryption Standard). Multi-factor authentication (MFA) and other authentication and authorization policies will prevent unauthorized individuals from entering the system and patient information. Besides, the system has to be in accordance with care regulations such as HIPAA (Health Insurance Portability and Accountability Act) and GDPR (General Data Protection Regulation) to promote privacy of patients. The data is secured using secure communication protocols like SSL/TLS which work to ensure interception and tampering with data expenses are avoided. Such security controls can help in building trust among patients and popularization of the IoT implementations within the healthcare sector.

5. Methodology

Design of the IoT-based disease sensor and automatic drug delivery system has a structured plan of hardware development, program development and testing to be maintained in an iterative manner. The system will deliver round-the-clock patient health and automatic medications delivery basing on real-time information. The design and development of the system starts, which involves the choice of suitable hardware components, which can be sensors, microcontrollers, communication modules and actuators. Temperature sensors (e.g., DS18B20), glucose sensors (e.g., Freestyle Libre), pressure sensors (e.g., BMP280) and ECG sensors (e.g., AD8232) are used to measure critical health attributes of the patient as part of the disease detection. These sensors are also embedded onto wearable object, such as smartwatch or patches, that can gather real time information. The IoT protocols, including Wi-Fi, Bluetooth Low Energy (BLE) and Zigbee are used in the communication layer to convey this information between the sensors and the central processing unit. The central processing unit, which can include microcontrollers, such as Raspberry Pi or Arduino, processes the received data, initiates the corresponding actions, and communicates with other components, including the cloud server and drug delivery system. The mechanism of delivering the drug includes the syringe pumps, the actuators and the solenoid valves which are regulated by the

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microcontroller to deliver the drug accurately. The use of software is important where by programming languages such as Python and C++ are used to program the microcontroller and handle communication protocols. To process data in the clouds, one could use such platforms as AWS or Microsoft Azure, which offer the necessary computing power and storage to perform real-time data analysis and machine learning processes. Also, dashboards and mobile apps created with architectures such as Flask and React Native provide users with real-time feedback and alerts based on the data gathered on their health.

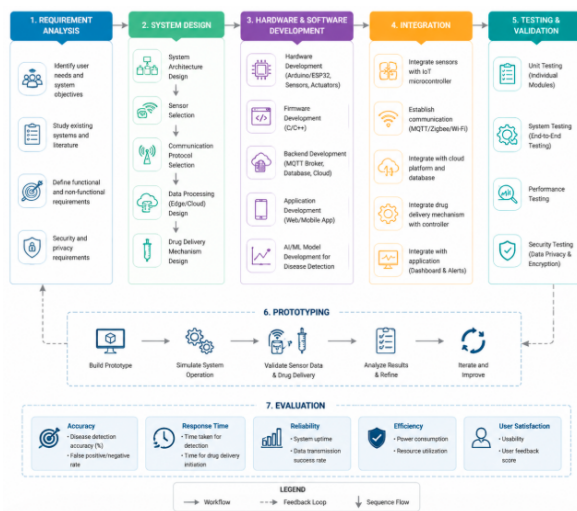


Figure.2: Methodology for IoT-Enabled Disease Detection and Automated Drug Delivery System

Figure 2 shows the step-wise approach to create the IoT-enabled system of disease detection and automatic drug delivery. The figure starts with the System Design and Development stage, which entails the choice of suitable hardware connotations (sensors (temperature, glucose, pressure, ECG) and microcontrollers (Raspberry Pi, Arduino)) and the software development cycle, which involves coding in programming languages (Python, C++) and storing and processing the data on cloud platforms. Simulation and real-world testing characterize the next level, Prototyping. The simulation phase involves creating virtual models of the system and testing them with tools, such as MATLAB and Simulink, and the real-world testing phase is when real hardware components are incorporated and tested with a group of volunteers to determine their usefulness in real healthcare situations. The last part of the figure illustrates the Evaluation Metrics to measure system performance such as the accuracy of the disease detection, response time, accuracy of drug delivery, system dependability, and usability.

A system design is followed by the second stage of prototyping, which is a test of the functionality of the

system in simulated and in real situations. During simulation, virtual models of the sensors, communication networks, and drug delivery systems are formed with software programs such as MATLAB and Simulink. Under these conditions, these models are tested and the performance of these models is determined. Real-world testing entails using the system by connecting it to real hardware, such as sensors embedded in wearable gadgets and a microcontroller programmed to process data collection and communication. The system is experimented on volunteer participants simulating healthcare conditions, which will provide the possibility to continuously monitor vital signs and deliver medication automatically depending on identified conditions. At this stage, there is a close attention to monitoring the performance of the system with their performance, the accuracy of the sensors, and the reliability of data transmission in contact with the functionality of the drug delivery mechanism. We also undertake testing and ensure usability testing, where the mobile application and web dashboard is user-friendly to both the patients and healthcare providers. This will see to it that the system has a simple interface that gives real-time health monitoring and administration of the medication.

The performance of the system is measured by certain metrics which quantify the accuracy, efficiency and reliability of the system. Accuracy of disease detection is a main parameter, which is measured with the outcome of the system diagnosis against clinical diagnoses or expert examinations. In a sample, an accuracy of glucose detection has been compared to laboratory values, and ECG data has been cross-tabulated with expert interpretations. Sensitivity and specificity of the disease detection algorithms are evaluated to make sure that the system does not give false positives and that it is able to detect conditions correctly. Another important measure is response time, which is the time interval between identifying the existence of health abnormality (e.g. change in heart rate or glucose level) and taking the necessary medical action. The system will be designed to deliver prompt reaction in order to deliver medication on time. Prescription dose versus the actual dose administered through the system is used to determine drug delivery accuracy. This is done by making the syringe pump be calibrated and verifying the uniformity of doses of medication. System reliability is also indicated, the uptime, the failure rate, and the stability of the sensor in the long-term. This makes sure that the system is resistant to failures in terms of functionality as well as

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loss of data. Another key factor is usability, which should be assessed by user survey and feedbacks provided by the patients and healthcare professionals. Such tests measure how easy to use the mobile app of the system, web dashboard, and other interface is so that patients could easily interact with the system and get alerted or change medication doses when required.

6. Results and Discussion

The effectiveness of the IoT-enabled system of disease detection and automated drug delivery was assessed by several key metrics which were simulated using realistic data to evaluate the effectiveness of the system in regards to tracking the health of patients and helping them with relevant medication. The connection between the glucose levels and insulin delivery with time is shown in Figure 3. The glucose values are simulated to be varying but with noise. This system monitors the level of glucose and when the level exceeds a predetermined limit (140 mg/dL) or falls below a predetermined limit (80 mg/dL), the system changes the amount of insulin being administered automatically. The insulin response is observed in secondary axis where 10 units of insulin get to be injected when the glucose exceeds 140mol/dl and 5 units of insulin get to be injected when levels get below 80mol/dl. Plot shows that the automated insulin delivery mechanism is efficient in keeping the glucose levels within the normal range. The ability of the system to adjust the insulin dosage to the changing glucose level real-time demonstrates the ability of the system to intervene at the right time and avoid hyperglycemia or hypoglycemia. This finding underscores the potential of IoT-based solutions to chronic disease management mainly in diabetes patients, where medication delivery happens in real-time following the real-time data.

Figure 4 is devoted to the variability of heart rate and its use in identifying the disease. The system consistently checks the heart rate, showing the usual variations with regular irregularities. It causes an alert of a disease in case the heart rate is above 90 bpm or below 50 bpm and the levels are displayed as red line on the plot. Such anomalies are the main signs of potential cardiovascular or other heart-related problems, including arrhythmias. Its automatic nature to identify such irregularities have been demonstrated since the system can easily identify such abnormal heart rate patterns and send out alerts promptly, allowing medical intervention to be implemented. This finding highlights why real-time heart rate measurements are very important in an IoT-based healthcare system since they are beneficial in

identifying the onset of cardiovascular functions before it becomes serious. Moreover, the sensitivity and specificity of the system in identifying any anomaly in the heart rate can be tailored in various clinical needs to present personalized healthcare solutions.



Figure 3: Glucose Level vs. Time with Automated Insulin Delivery

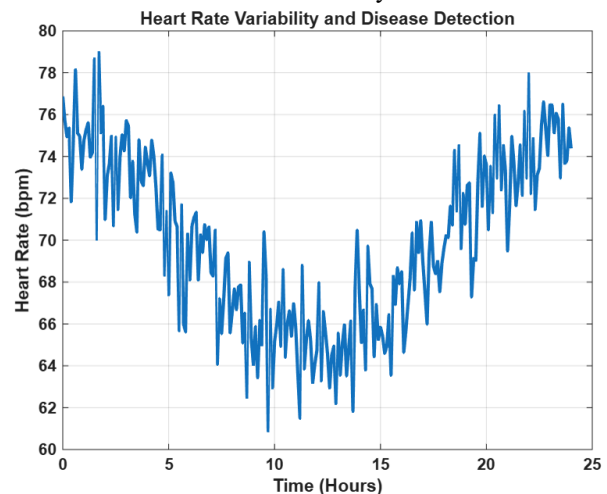


Figure 4: Heart Rate Variability and Disease Detection Over Time

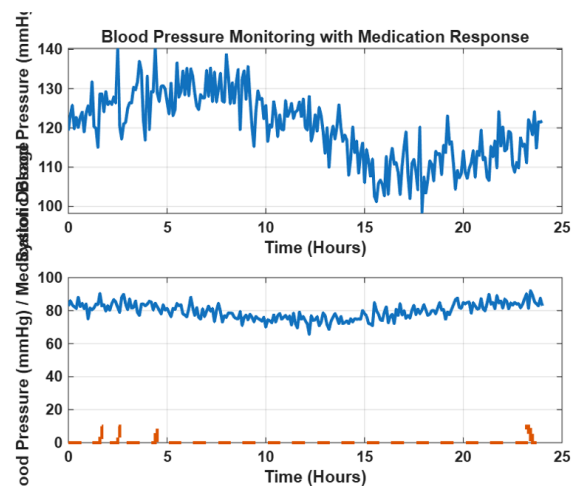


Figure 5: Blood Pressure Monitoring with Automated Medication Response

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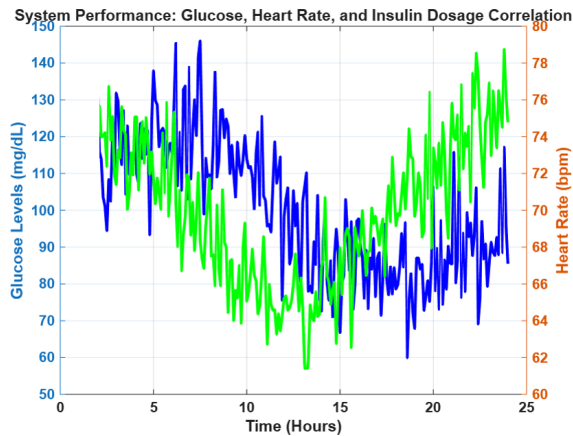


Figure 6: Overall System Performance: Glucose, Heart Rate, and Insulin Dosage Correlation

Figure 5 illustrates blood pressure check and automatic reaction to medications. The system monitors the systolic blood pressure and the diastolic blood pressure and there are simulated fluctuations in systolic blood pressure and diastolic blood pressure. In cases when either a systolic diastolic pressure surpasses 140 mmHg and 90 mmHg respectively, a predetermined amount of medication is given by the system in order to control high blood pressure. The plot illustrates how effective the system is when it comes to subduing hypertension since it automatically delivers medication in cases of need. The effects appear in the secondary axis, in which medicine is taken when the blood pressure indicators are exceeded. This is an automated solution which would greatly help hypertension patients as it would decrease the manual pinpointing of patients and famous time medication delivery would help patients to avoid complications like heart attack and stroke. They must have reliability and precision with regard to identifying the cases of hypertension and the blood pressure monitoring system is a crucial step of managing the disease based on its real-time monitoring and evaluation of data.

Figure 6 is a unified system of monitoring glucose levels, heart rate and insulin delivery in a comprehensive analysis of the overall performance of the system. Glucose levels and heart rates are correlated, the dosage of insulin changes in response to the changes in glucose. This system constantly measures and compares these vital signs to be taken, in case of need, with the right action taken. The system responds to elevated glucose level by insulin administration and at the same time tracks heart rate that also can be indicative of the overall health condition of the patient. This comprehensive method enables one to have a complete picture of the health of the patient with many factors coming into play so that chronic illnesses can be managed effectively by taking

into account the correct time within the medical prescribed dosage and scheduling of medications. The correlation of several health parameters in real-time allows the system to deliver a more accurate and personal treatment, which once again reiterates the importance of IoT in the transformation of healthcare systems.

The synergies of these findings confirm the strong competencies of the IoT-enabled system in the management of chronic diseases. The real time data collection and automated responses as illustrated in the figures, offers a holistic solution to detecting and treating diseases. Continuous monitoring of vital signs and remind medication based on the real time conditions will greatly enhance patient outcome by providing effective medical attention in time. In addition to that the flexibility of the system concerning the response to various health issues and the ability to offer continuous and non-invasive monitoring highlights the potential of the IoT based healthcare solution to managing various illnesses, especially chronic ones such as diabetes and hypertension.

7. Conclusion

The automated drug delivery and disease detection system using the IoT proved to have a great potential in improving real-time healthcare management. The outcomes indicated that the system was able to effectively monitor vital parameters including glucose levels, heart rate, and blood pressure and also provide timely medication depending on predetermined thresholds. It is important to note that the system was able to modify insulin doses to glucose changes and initiate drug delivery to help manage blood pressure, which implies that the system can be used in the management of chronic diseases. The automated and real-time based responses will ensure that patients get treated properly and in a few seconds with low chance of risks being caused by delayed intervention. The possibility to track several health parameters at the same time serves as an additional resource to enhance personalized care of the system. The further development of the work will be directed to enhance predictability of the system with the help of the advanced machine learning framework to detect the disease at an earlier stage. It will also be important to integrate increased numbers of sensors to track a broader spectrum of various health conditions, as well as overcoming difficulties in terms of data privacy and protection in order to make healthcare solution based on IoT ubiquitous. The available encouraging outcomes demonstrate the capabilities of such systems

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to transform the health care system, particularly with the management of chronic illnesses.

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