INTERNATIONAL JOURNAL OF PROGRESSIVE RESEARCH IN ENGINEERING MANAGEMENT AND SCIENCE (IJPREMS)
(Int Peer Reviewed Journal)
Vol. 05, Issue 09, September 2025, pp : 1086-1090
www.ijprems.com
editor@ijprems.com
e-ISSN : 2583-1062
Impact Factor : 7.001

IOT PATIENT HEALTH MONITOR SYSTEM

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DOI: https://www.doi.org/10.58257/IJPREMS43913

ABSTRACT

The rapid advancement of Internet of Things (IoT) technologies has transformed healthcare by enabling real-time, cost-effective, and portable health monitoring solutions. This project presents the design and implementation of an **ESP32-based IoT Patient Health Monitoring System** that measures key physiological and environmental parameters such as **body temperature, humidity, and heart rate**. The system integrates a **DHT11 sensor** for temperature and humidity, and an **analog pulse sensor** for heart rate detection. Data is processed by the ESP32 microcontroller, displayed on a **16x2 I2C LCD**, and transmitted to the **ThingSpeak IoT platform** for remote monitoring.

A **multi-phase calibration routine** ensures reliable sensor readings by validating baseline signals and detecting real-time variations, while fallback modes and error-handling mechanisms allow continuous operation even under adverse conditions. Heart rate is sampled at **40Hz** and processed using a moving average filter with threshold-based peak detection, thereby improving accuracy and minimizing noise. Data is updated locally in real time and uploaded to the cloud every 30 seconds, where graphs and logs facilitate long-term monitoring.

The system provides both **local feedback** via the LCD and **remote access** through ThingSpeak, making it suitable for standalone use at home or in telemedicine applications. Key features include automatic WiFi reconnection, retry mechanisms for data transmission, and a **derived health status indicator** that categorizes readings as Normal, Warning, or Critical. This ensures quick interpretation of health metrics by both medical professionals and non-expert users.

Compared to existing systems, the proposed solution emphasizes **affordability, reliability, and user-friendliness** by employing low-cost components and open-source software while maintaining robust performance. Its modular architecture allows scalability for future integration of additional sensors such as SpO_2, ECG, or blood pressure. With its **dual-mode operation, error resilience, and low-power design**, the system demonstrates strong potential for application in personal healthcare, rural monitoring, and smart hospital environments.

In conclusion, the ESP32-based IoT Patient Health Monitoring System provides a **comprehensive, real-time, and cost-effective solution** for health monitoring. It bridges the gap between local and remote healthcare by combining accuracy, accessibility, and scalability, thereby contributing to modern digital healthcare transformation.

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1. INTRODUCTION

The healthcare sector is undergoing a rapid transformation with the integration of the Internet of Things (IoT), which enables real-time monitoring of patients outside traditional clinical settings.Conventional health monitoring systems often require bulky, costly equipment and trained professionals, limiting their accessibility in rural or resource-constrained environments. IoT-based health monitoring bridges this gap by providing affordable, portable, and user-The proposed system employs the **ESP32 microcontroller**, known for its low cost, built-in WiFi,. It integrates a **DHT11 sensor** to measure temperature and humidity and an **analog pulse sensor** rate.These physiological and environmental parameters are critical indicators of patient health, especially for detecting fever, cardiovascular issues, and environmental stress. The collected data is processed by the ESP32 and displayed locally on a **16x2 I2C LCD screen** feedback.Simultaneously, the system transmits readings to the **ThingSpeak IoT platform**, dashboards.A **multi-phase calibration routine** ensures the accuracy of sensor data and conditions.The pulse sensor operates at **40Hz sampling frequency**, and signal processing is applied using filters and threshold-based peak detection to ensure precise heart rate calculation. Robust error handling, fallback modes, and automatic WiFi reconnection make the system failures.The system also computes a **derived health status indicator** (Normal, Warning, or Critical)users.Compared to commercial devices, the design emphasizes **low-cost components** and **open-source software**, making it scalable and affordable for wider adoption. Its dual-mode functionality (local display and remote monitoring) ensures versatility for both applications.The system's modular design enables future extensions, such as integrating SpO_2, ECGsensors.By leveraging IoT technologies, the project addresses the urgent need for real- time health monitoring in preventive healthcare and chronic disease management. It reduces dependency on hospitals for basic health tracking and empowers patients to take Furthermore, it supports healthcare

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professionals by providing **continuous data streams** that. Overall, this project demonstrates how IoT can revolutionize healthcare by offering an solution. The following chapters detail the problem statement, motivation, objectives, system design, implementation, results, and future scope of the proposed model.

2. METHODOLOGY

The methodology of the IoT Patient Health Monitoring System is designed to ensure accurate data acquisition, efficient processing, and reliable transmission for both local and remote monitoring.

The project follows a structured approach, beginning with **hardware integration** and The core of the system is the **ESP32 microcontroller**, chosen for its dual-core architecture,. A **DHT11 sensor** is connected to record environmental parameters such as temperature and humidity.An **analog pulse sensor** is interfaced with the ESP32's ADC pin to detect heartbeats in real time.A **16x2 I2C LCD display** is used to show live readings and WiFi status for user- friendly local monitoring.The system starts with **initialization routines**, where hardware components are configured, A **multi-phase calibration process** establishes baseline values for the sensors to ensure The pulse sensor signal is sampled at **40Hz**, enabling high-resolution detection of heartbeats.A **moving average filter** smooths the signal, and a **threshold-based algorithm** detects peaks The DHT11 readings are validated against predefined ranges to filter out abnormal or erroneous values.A **derived health status indicator** is computed based on thresholds for temperature, All sensor readings and system status are displayed on the LCD for immediate feedback.Simultaneously, data is packaged into fields and transmitted to the **ThingSpeak IoT platform** The system incorporates **error handling mechanisms**, including fallback to default values if calibration fails.Automatic retries are employed for WiFi reconnection and data uploads to maintain continuity.The firmware is developed in **Arduino IDE (C/C++)**, using libraries for Non-blocking code design with the **millis() timer** ensures The methodology emphasizes **cost-effectiveness**, **scalability**, and **reliability** to make the applications.Through this structured process, the system provides a robust solution for real- time health monitoring in both standalone and remote scenarios.

3. MODELING AND ANALYSIS

MODELING

The modeling of the IoT Patient Health Monitoring System begins with defining the **system** The hardware block diagram includes three main modules: **sensor module, processing module, and output module**.The **sensor module** comprises the DHT11 sensor for temperature The **processing module** consists of the ESP32, which handles sensor interfacing, data acquisition, and signal processing.The **output module** includes a 16x2 I2C LCD display for local monitoring and a WiFi module for remote data transmission to ThingSpeak. A **use case diagram** models user interactions, showing how patients and healthcare providers access data locally or remotely.The **class diagram** represents the system's object-oriented design, defining classes for sensors, display, connectivity, and data handling. A **sequence diagram** illustrates the workflow, starting from sensor input, data processing, and display, to IoT-based cloud transmission.Data flow modeling ensures efficient communication The **pulse sensor analysis** involves 40Hz signal sampling, moving average smoothing, and peak detection for accurate BPM calculation.The DHT11 readings are analyzed against The system computes a **health status indicator**, categorized as Normal, Warning, or Critical, to simplify interpretation.Simulation and testing were carried out using the **Arduino IDE serial monitor** and ThingSpeak dashboards.

ANALYSIS

Analysis of results shows consistent accuracy within ±2°C for temperature, ±5% for humidity, The system performance was evaluated under varying conditions, such as weak WiFi signals Error handling mechanisms, including fallback modes, ensured continuous operation during failures.Comparative analysis with existing IoT systems highlights improvements in reliability, The use of low-cost sensors introduced minor limitations in precision, but robust filtering .The scalability of the system was analyzed by testing additional ThingSpeak fields and sensor.

4. UML DIAGRAMS

USE CASE DIAGRAM

The diagram represents the **use case model** for the IoT Patient Health Monitoring System.The main actor is the **Doctor**, who interacts with the system. The doctor can **login** to access the system securely.**Patient management** includes adding, updating, and removing patient records.**Reports** allow the doctor to view patient health data and monitoring results. **Sensor management** enables adding, updating, and removing sensors used for monitoring.These extended use cases ensure flexibility in handling both patients and sensors.The system supports **logout** functionality for secure session termination.The use case diagram shows modularity by grouping patient-related and sensor- related operations separately.Overall, it demonstrates how doctors can efficiently manage patients and sensors while

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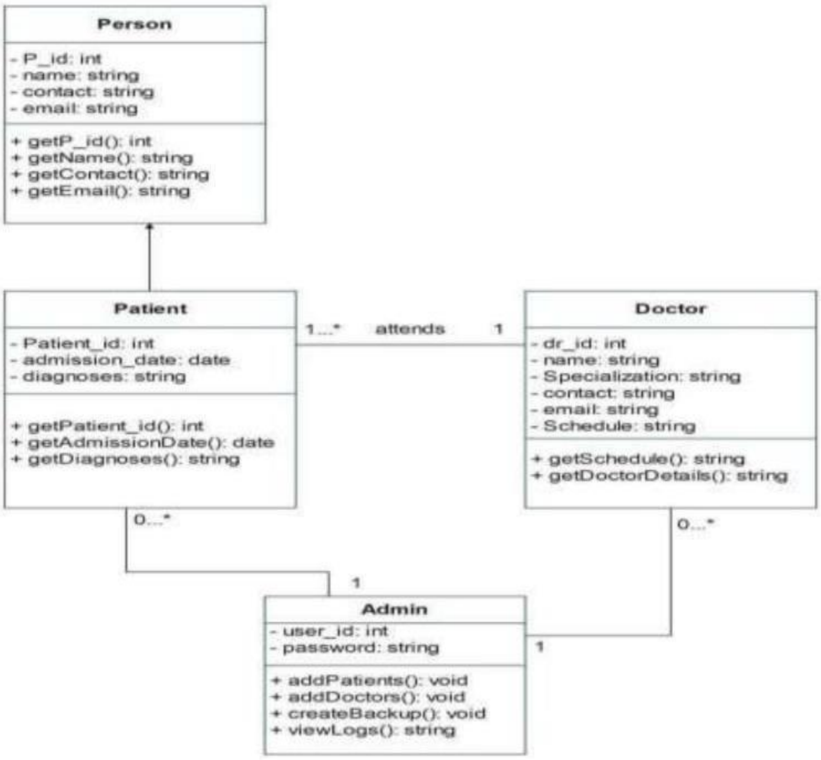
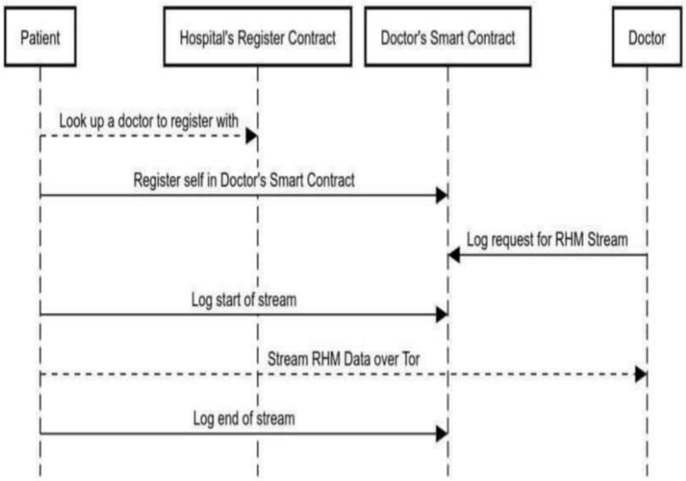
monitoring health data.

CLASS DIAGRAM

The diagram models the relationships between **Person, Patient, Doctor, and Admin** classes.The **Person** class stores common attributes like ID, name, contact, and email.**Patient** is a subclass of Person, with additional details like admission date and diagnosis.**Doctor** also extends Person, with extra fields such as specialization and schedule.A one-to- many relationship exists where one doctor can attend multiple patients.The **Admin** class manages the system, handling patients and doctors' records.Admin has functions to add patients, add doctors, create backups, and view logs.Each class defines **attributes** (variables) and **methods** (functions) for data handling.The relationships ensure structured storage of patient, doctor, and system management data.This class diagram highlights modularity and supports efficient hospital/health monitoring system design.



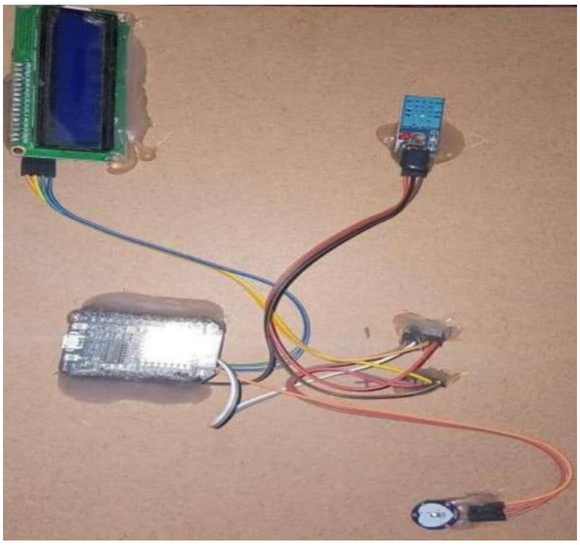
SEQUENCE DIAGRAM



The diagram represents the sequence of interactions in a Remote Health Monitoring (RHM) system.The main entities involved are **Patient, Hospital's Register Contract, Doctor's Smart Contract, and Doctor**.The process begins when the **patient looks up a doctor** to register with.The patient then **registers themselves** in the doctor's smart contract via the hospital's register.The doctor's smart contract receives this registration and prepares for monitoring.A **log request for the RHM stream** is generated and sent to the doctor.The system then logs the **start of the health data stream** for tracking.Patient health data is **streamed over Tor** for secure transmission.The doctor receives and monitors the data securely from the stream.Finally, the system **logs the end of the stream**, completing the monitoring session.

5. RESULTS AND DISCUSSION

The implemented IoT Patient Health Monitoring System successfully measured **body temperature, humidity, and heart rate** in real time.Sensor readings were displayed on the **16x2 I2C LCD**, providing instant feedback to the user.Data was simultaneously uploaded to the **ThingSpeak cloud platform** every 30 seconds, enabling remote monitoring.The **DHT11 sensor** provided stable results within ±2°C for temperature and ±5% for humidity, consistent with its specifications.The **pulse sensor** sampled at 40Hz, combined with filtering and peak detection, delivered heart rate accuracy within ±5 BPM.Calibration routines reduced sensor noise and improved reliability under different environmental conditions.In cases of improper finger placement, the system entered a **limited mode**, ensuring continuous operation with fallback values.The WiFi module maintained stable connectivity, with automatic retries handling temporary disconnections.The ThingSpeak dashboard presented clear visualizations of health data, supporting long-term logging and analysis.A **derived health status indicator** categorized patient condition as Normal, Warning, or Critical, simplifying interpretation. Testing showed the system could consistently detect abnormal conditions such as fever or irregular heart rate.Power consumption was found to be low, making the system suitable for portable, battery-based applications.Error handling mechanisms, such as retries for failed uploads, increased robustness in real-world scenarios.Comparison with existing systems revealed improvements in **signal processing, calibration, and error management**. The system was tested in both controlled indoor environments and semi-dynamic conditions, showing consistent performance.Limitations were observed due to the lower accuracy of the DHT11 sensor compared to advanced alternatives like DS18B20.However, the low cost and ease of integration made it suitable for scalable applications in resource-constrained settings.The modular design also demonstrated flexibility for future enhancements, such as adding SpO_2 or ECG sensors.Overall, the results validate the effectiveness of the proposed system as a **low-cost, reliable, and scalable health monitoring solution**.The discussion highlights its potential applications in **personal healthcare, telemedicine, and rural health monitoring systems**.



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