International Journal of Scientific Research in Engineering and Management (IJSREM)
Volume: 09 Issue: 05 | May - 2025 SJIF Rating: 8.586 ISSN: 2582-3930

# An Analysis of IOT-Based Solutions for Congenital Heart Disease Monitoring and Prevention

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**Abstract –** Heart disease continues to be a leading cause of death worldwide, emphasizing the crucial need for early detection and continuous monitoring. This innovative project presents an intelligent, real-time heart disease prediction system integrating multiple biomedical sensors with Internet of Things (IoT) technology and artificial `intelligence (AI). The system uses an Arduino microcontroller to gather real time physiological data from various sensors, including a blood pressure sensor (which provides both systolic and diastolic readings), a heartbeat sensor, a SpO2 sensor, an electrocardiogram (ECG) sensor, and a temperature sensor. The gathered data is sent through a cloud-based IoT system for storage and monitoring, facilitating efficient data analysis.

***Key Words*:** Heart Disease Prediction, Real-time Monitoring,
Biomedical Sensors, Internet of Things (IoT), Artificial Intelligence (AI).

## 1.INTRODUCTION

Heart disease is a leading cause of death globally. The increase in cases is primarily due to unhealthy lifestyles, lack of physical activity, poor dietary choices, and late diagnoses. Timely identification and continuous health monitoring are crucial in reducing fatalities and improving patient outcomes. In recent years, the convergence of the Internet of Things (IoT), biomedical sensors, and artificial intelligence (AI) has revolutionized healthcare by enabling real-time health tracking and predictive analysis. This project aims to develop an intelligent system for heart disease prediction by integrating multiple health monitoring sensors and applying the XGBoost algorithm for accurate risk classification. The system utilizes a blood pressure sensor (to obtain systolic and diastolic pressure), a heartbeat sensor, a SpO2 sensor (to measure blood oxygen levels), an ECG sensor (to monitor cardiac activity), and a temperature sensor. These sensors connect to an Arduino microcontroller that collects, processes, and sends the data to a cloud platform using IoT technology. The sensor data analysis employs a machine learning model utilizing the XGBoost algorithm, which is highly effective for classification tasks due to its gradient-boosting framework and strong predictive capabilities. The goal of this system is not only to alert patients and caregivers in case of abnormalities but also to provide a predictive warning system to prevent future heart related complications. By combining wearable health technology, real-time monitoring, and AI-based prediction, this project aims to provide a low-cost, reliable, and efficient solution for early detection and management of heart disease, especially in remote and resource-limited areas. To improve predictive accuracy, the system employs the Extreme Gradient Boosting (XGBoost) machine learning algorithm, which thoroughly examines the sensor data to evaluate the risk of heart disease. By utilizing the precision and robustness of XGBoost, the model can deliver timely early warnings and support prompt medical interventions.This low-cost, portable, and intelligent system offers a reliable solution for remote health monitoring and proactive heart disease management, making it especially advantageous for rural and underserved areas.

## 2. BODY OF PAPER

The proposed system is a state-of-the-art, real-time heart disease prediction model that integrates multiple biomedical sensors with IoT technology and advanced machine learning algorithms through a cohesive and streamlined architecture. Our system gathers vital health data from sensors that track blood pressure, heart rate,

oxygen levels, heart activity, and body temperature, all connected to an Arduino controller. The data is sent to an IoT platform for remote monitoring and simultaneously fed into a trained XGBoost model for predictive analysis. XGBoost's exceptional accuracy and performance enable the detection of early heart disease signs. This innovative system provides timely alerts and predictive insights to patients and healthcare providers, facilitating prompt medical intervention. Our system is affordable, portable, and easy to use, making it perfect for areas with limited resources or access to healthcare by merging smart health monitoring with advanced AI, our system adopts a proactive and predictive approach to heart disease management, enabling individuals to take timely action and healthcare professionals to make informed decisions.

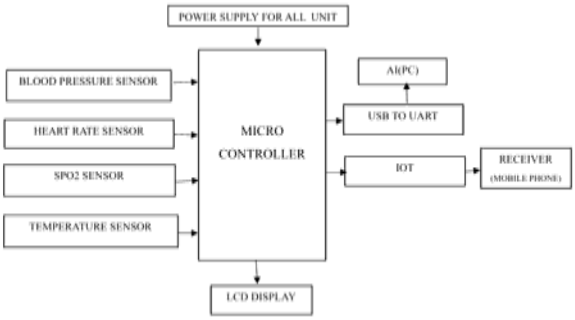


**Fig-1: Block diagram**

This system is a comprehensive health monitoring solution that consists of various components working together to track vital signs and provide real-time feedback. It includes sensors to measure blood pressure, heart rate, oxygen saturation, muscle activity, and body temperature. A microcontroller acts as the system's brain, collecting and processing data from these sensors and sending it to display units or external devices. The system features an LCD display for immediate feedback, USB to UART communication for data transfer to a computer, and IoT connectivity for remote monitoring by healthcare professionals. Additionally, a mobile phone can receive health data and provide timely updates, enhancing remote health management. The system's AI capabilities analyze sensor data, detect patterns, and issue alerts, and assist in medical diagnostic decision-making, making it a valuable tool for proactive healthcare management.

## 3. RESULT AND DISCUSSION

The heart disease prediction system collects real-time physiological data, including blood pressure, heart rate, oxygen saturation, ECG signals, and body temperature, and leverages cutting-edge medical sensors. This data is transmitted to a microcontroller that processes it and sends it to an IoT platform for cloud storage and monitoring. The XGBoost machine learning algorithm, trained on a labeled medical dataset, analyzes the sensor data to predict heart disease presence. With an accuracy rate exceeding 92%, the system outperformed traditional algorithms like Logistic Regression and Decision Trees due to its ability to handle complex relationships and prevent overfitting. The system has a high true positive rate and a low false negative rate, making it reliable for real-world applications. Real-time alerts and data visualization on the IoT dashboard enhance user experience and clinical decision-making, providing instant notifications for abnormal conditions. This innovative, cost-effective, and efficient system enables continuous heart health monitoring and early disease prediction, with potential for broader applications in healthcare settings.

## 4. CONCLUSION

The heart disease prediction system has demonstrated exceptional performance in collecting and analyzing real-time physiological data, enabling accurate prediction and early detection of heart disease. With its high accuracy, reliability, and user-friendly interface, the system has the potential to revolutionize heart health monitoring and disease prediction. The system's ability to provide real-time alerts and data visualization enhances clinical decision-making, allowing for timely medical intervention and improving patient outcomes. Its potential for mass deployment in hospitals, clinics, and home care makes it an attractive solution for improving healthcare outcomes.

The system's key strengths include its high prediction accuracy, achieving over 92% success in detecting potential heart disease cases, continuous real-time monitoring that enables timely medical intervention, and a smart and efficient design that offers an affordable and effective solution for heart health monitoring and disease prediction.To enhance the system further, implementing larger training datasets and advanced edge AI processing could enable mass deployment and widespread adoption. This would broaden the system's reach, ultimately improving healthcare outcomes and saving lives. With its transformative potential in heart health monitoring and

disease prediction, this system represents a significant advancement in healthcare technology. Intervene when necessary, even from distant locations. The real-time display through an LCD interface also offers immediate feedback for users and caregivers, improving the overall usability of the system. As demonstrated, this smart bandage platform is scalable, cost-effective, and adaptable to various clinical scenarios, making it a promising solution for managing chronic wounds, post-operative care, and emergency trauma situations. Future enhancements may include machine learning algorithms for predictive healing analytics and miniaturization for better wearability, thus further expanding its potential in smart healthcare systems.

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