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# Healthcare Cyber-Physical System (H-CPS)

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**More Info: <http://www.smohanty.org>**

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# Outline

- Healthcare → Smart Healthcare
- Smart Healthcare - Characteristics
- Smart Healthcare - Components and Technologies
- Smart Healthcare - Challenges and Solutions
- Smart Healthcare - Selected Examples

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# Healthcare to Smart Healthcare

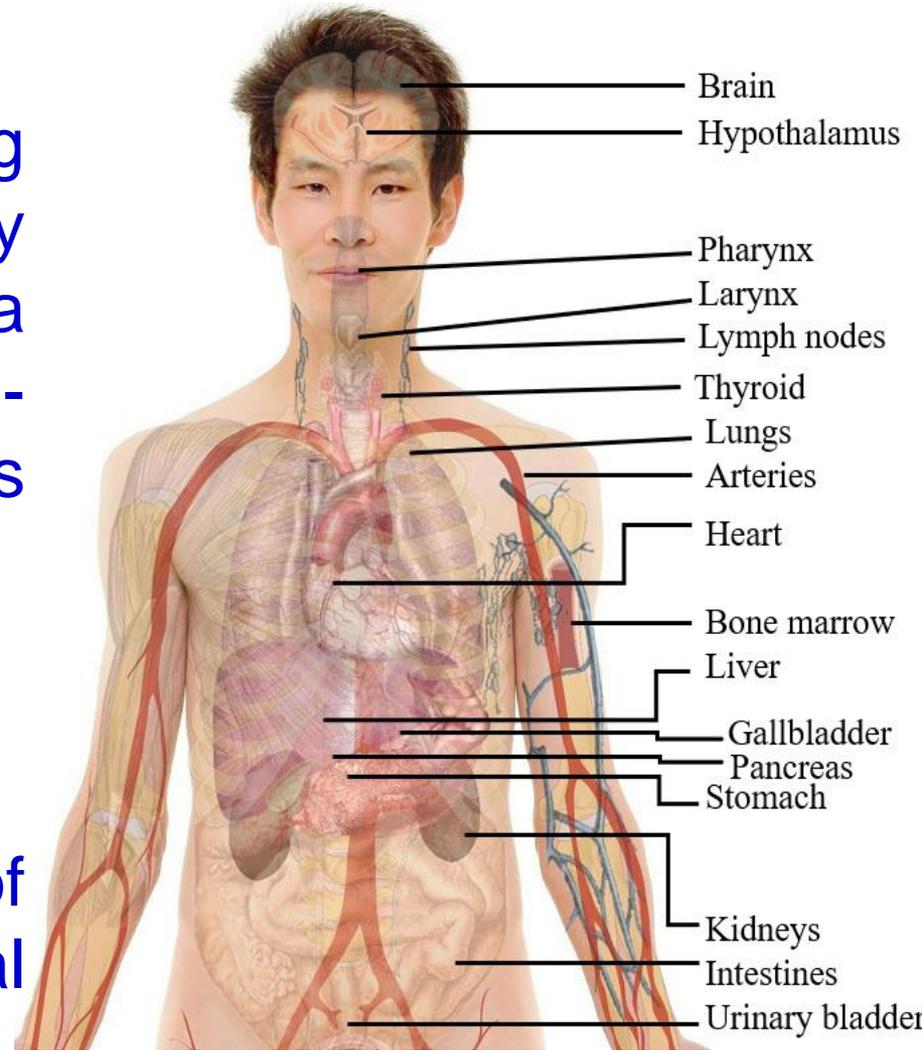
# Human Body and Health

## Human Body

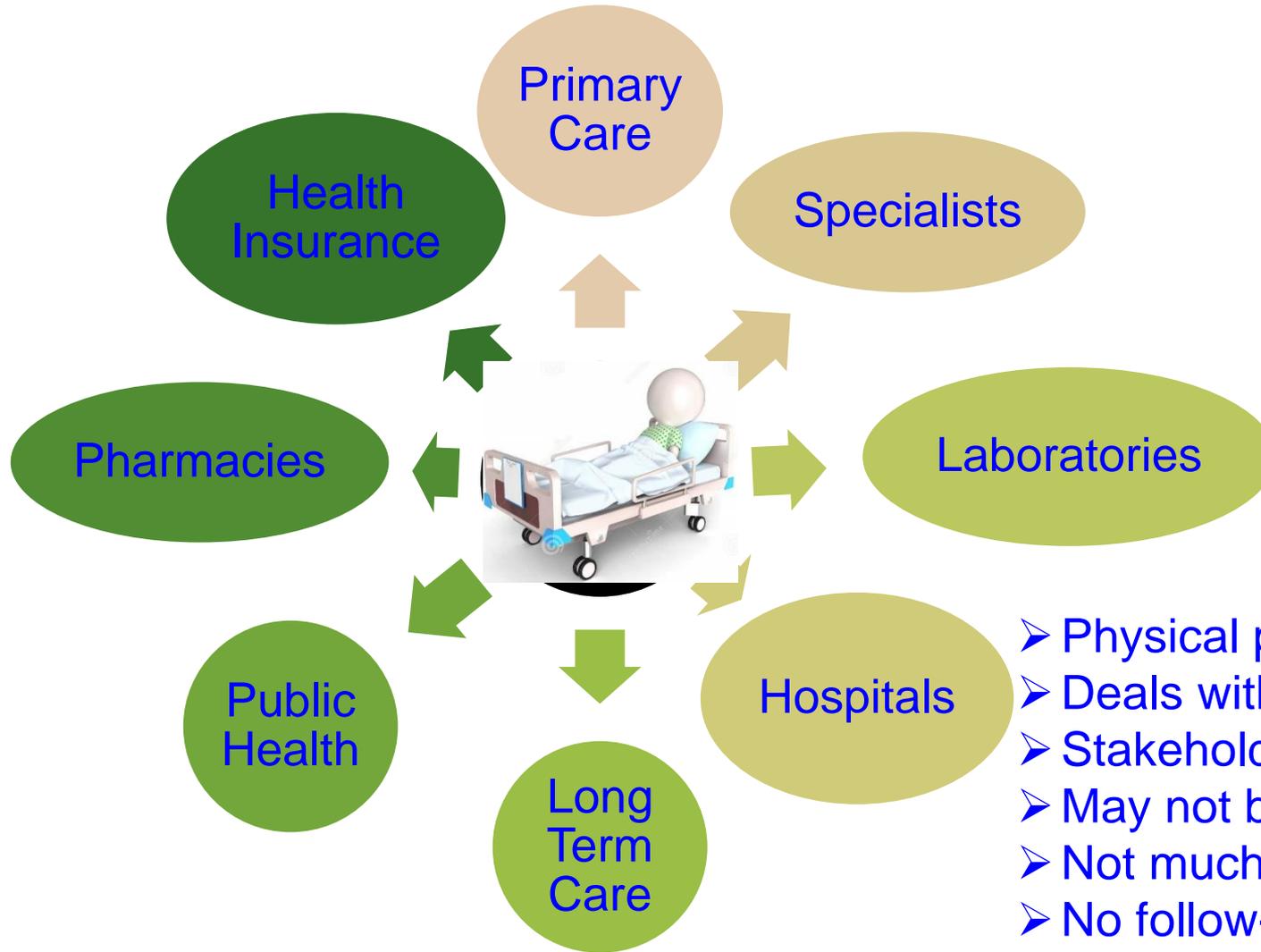
- From an engineering perspective, the human body can be defined as a combination of multi-disciplinary subsystems (electro-mechanical-chemical...).

## Health

- Human health is a state of complete physical, mental and social well-being.



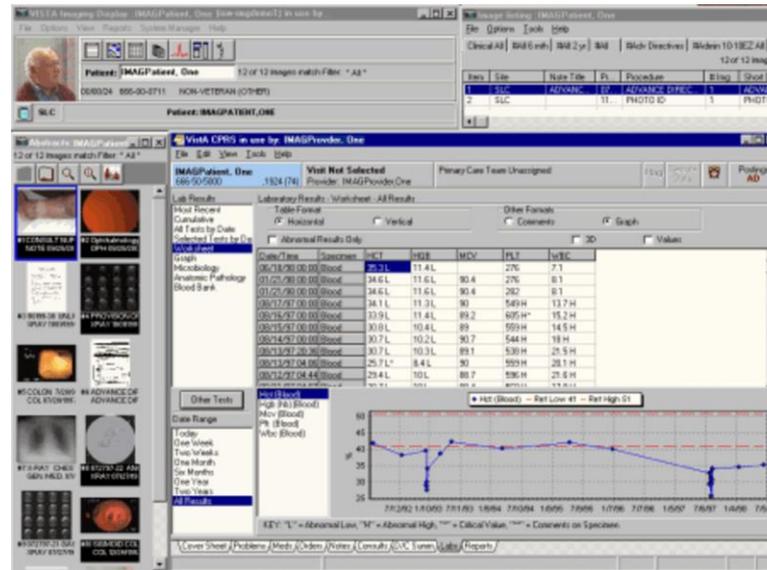
# Traditional Healthcare



- Physical presence needed
- Deals with many stakeholders
- Stakeholders may not interact
- May not be personalized
- Not much active feedback
- No follow-up from physicians

# Electronic Health (eHealth)

- eHealth: The use of information and communication technologies (ICT) to improve healthcare services.



Source: W. O. Nijeweme-d'Hollosy, L. van Velsen, M. Huygens and H. Hermens, "Requirements for and Barriers towards Interoperable eHealth Technology in Primary Care," *IEEE Internet Computing*, vol. 19, no. 4, pp. 10-19, July-Aug. 2015.

# Telemedicine



Telemedicine is the use of telecommunication and information technology to provide clinical health care from a distance.

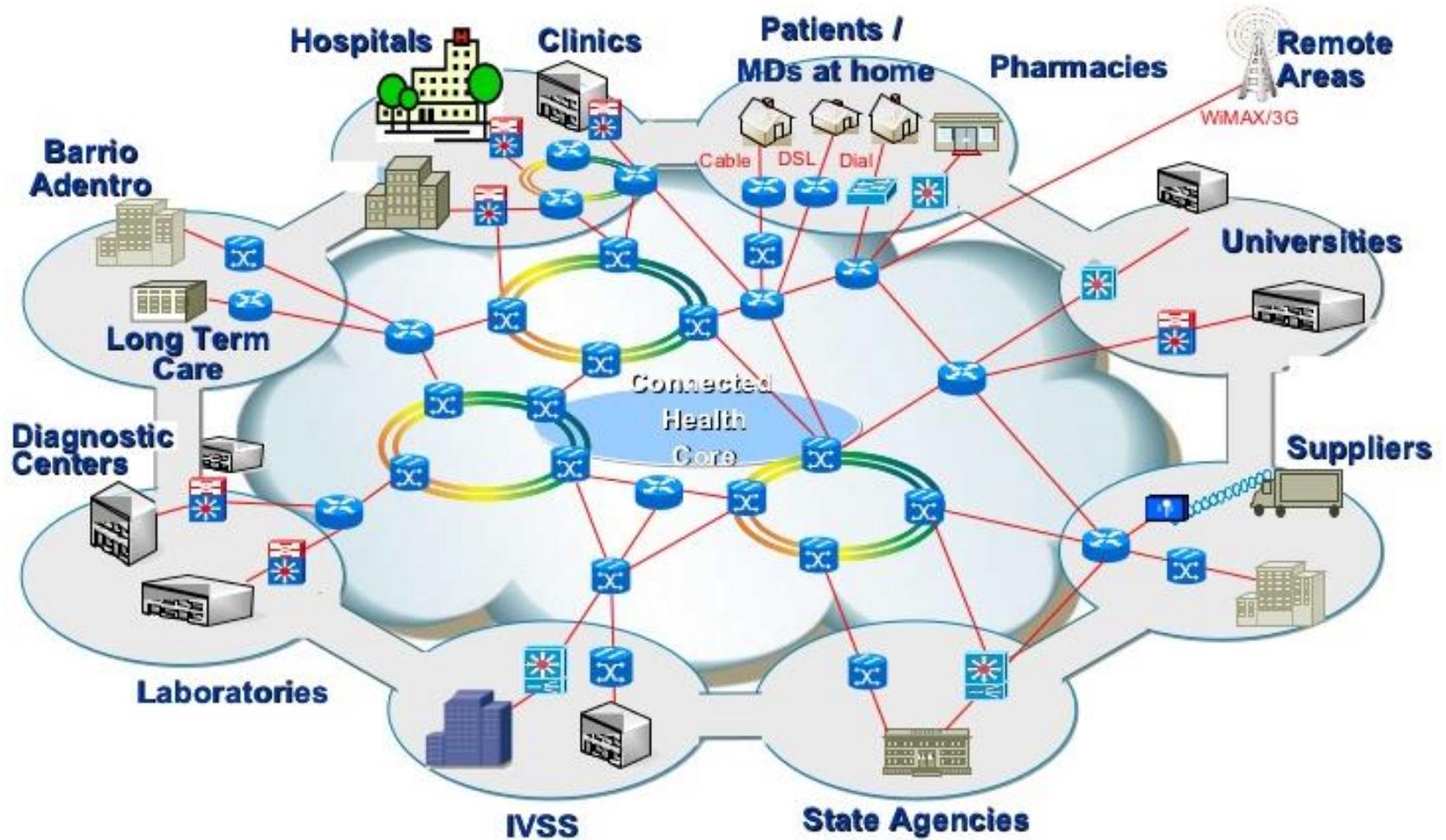
# Mobile Health (mHealth)

- mHealth: Healthcare supported by *mobile devices* that uses mobile telecommunications and multimedia technologies for the delivery of healthcare services and health information.



Source: H. Zhu, C. K. Wu, C. H. KOO, Y. T. Tsang, Y.Liu, H. R. Chi, and K. F. Tsang, "Smart Healthcare in the Era of Internet-of-Things", *IEEE Consumer Electronics Magazine*, vol. 8, no. 5, pp. 26-30, Sep 2019.

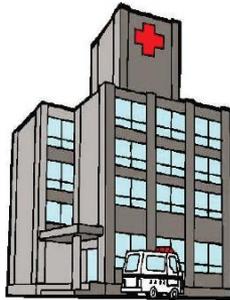
# Connected Health (cHealth)



Source: [https://www.slideshare.net/tibisay\\_hernandez/connected-health-venfinal](https://www.slideshare.net/tibisay_hernandez/connected-health-venfinal)

# Smart Healthcare (sHealth)

Smart Hospital



Emergency Response



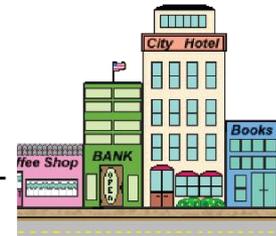
Smart Home



Fitness Trackers



Smart Infrastructure



Headband with Embedded Neurosensors



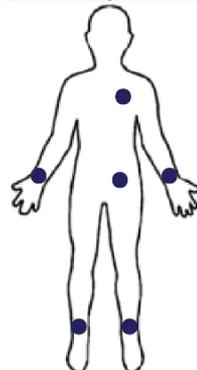
Nurse



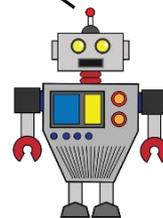
Doctor



Technician



On-body Sensors



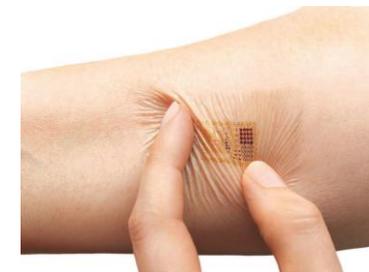
Robots

Smart Gadgets



Quality and sustainable healthcare with limited resources.

Source: P. Sundaravadivel, E. Kougianos, S. P. Mohanty, and M. Ganapathiraju, "Everything You Wanted to Know about Smart Health Care", *IEEE Consumer Electronics Magazine (MCE)*, Vol. 7, Issue 1, January 2018, pp. 18-28.



Embedded Skin Patches

Sethi 2017: JECE 2017

# Wearable Medical Devices (WMDs)



Fitness Trackers



Headband with Embedded Neurosensors

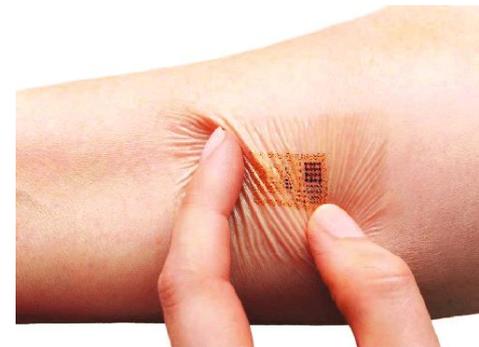


Source: <https://www.empatica.com/embrace2/>  
Medical grade smart watch to detect seizure



Insulin Pump

Source: <https://www.webmd.com>

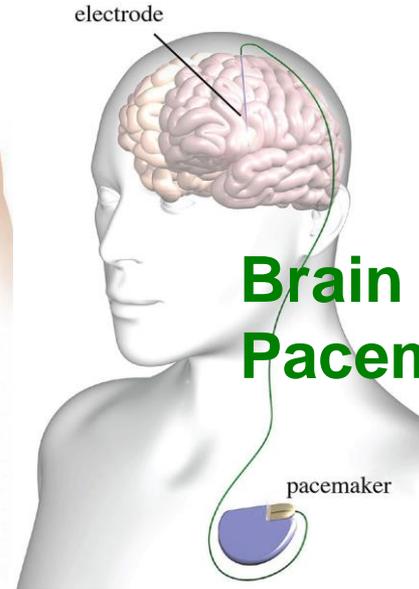
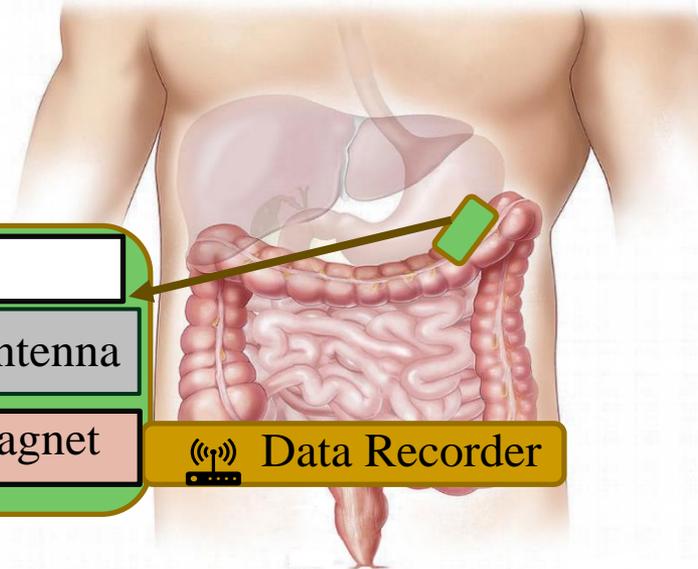


Embedded Skin Patches

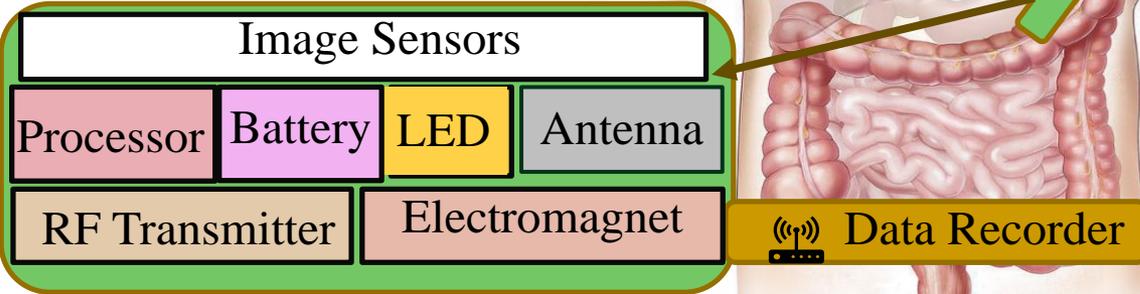
# Implantable Medical Devices (IMDs)



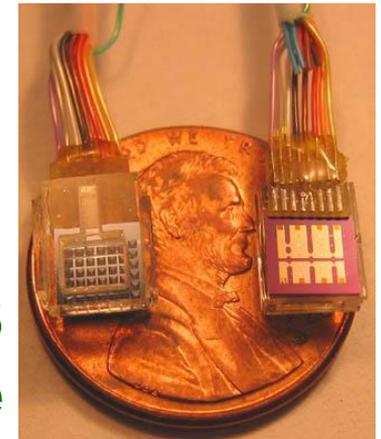
**Pill Camera**



**Brain Pacemaker**



Source: P. Sundaravadivel, E. Kougianos, S. P. Mohanty, and M. Ganapathiraju, "Everything You Wanted to Know about Smart Health Care", IEEE Consumer Electronics Magazine (MCE), Volume 7, Issue 1, January 2018, pp. 18-28.



**Implantable MEMS Device**

Source: <http://web.mit.edu/cprl/www/research.shtml>

**Collectively:  
Implantable and Wearable  
Medical Devices (IWMDs)**

# What is Smart Healthcare?

Smart Healthcare ←  
Conventional Healthcare  
+ Body sensors  
+ Smart Technologies  
+ Information & Communication Technology (ICT)  
+ AI/ML

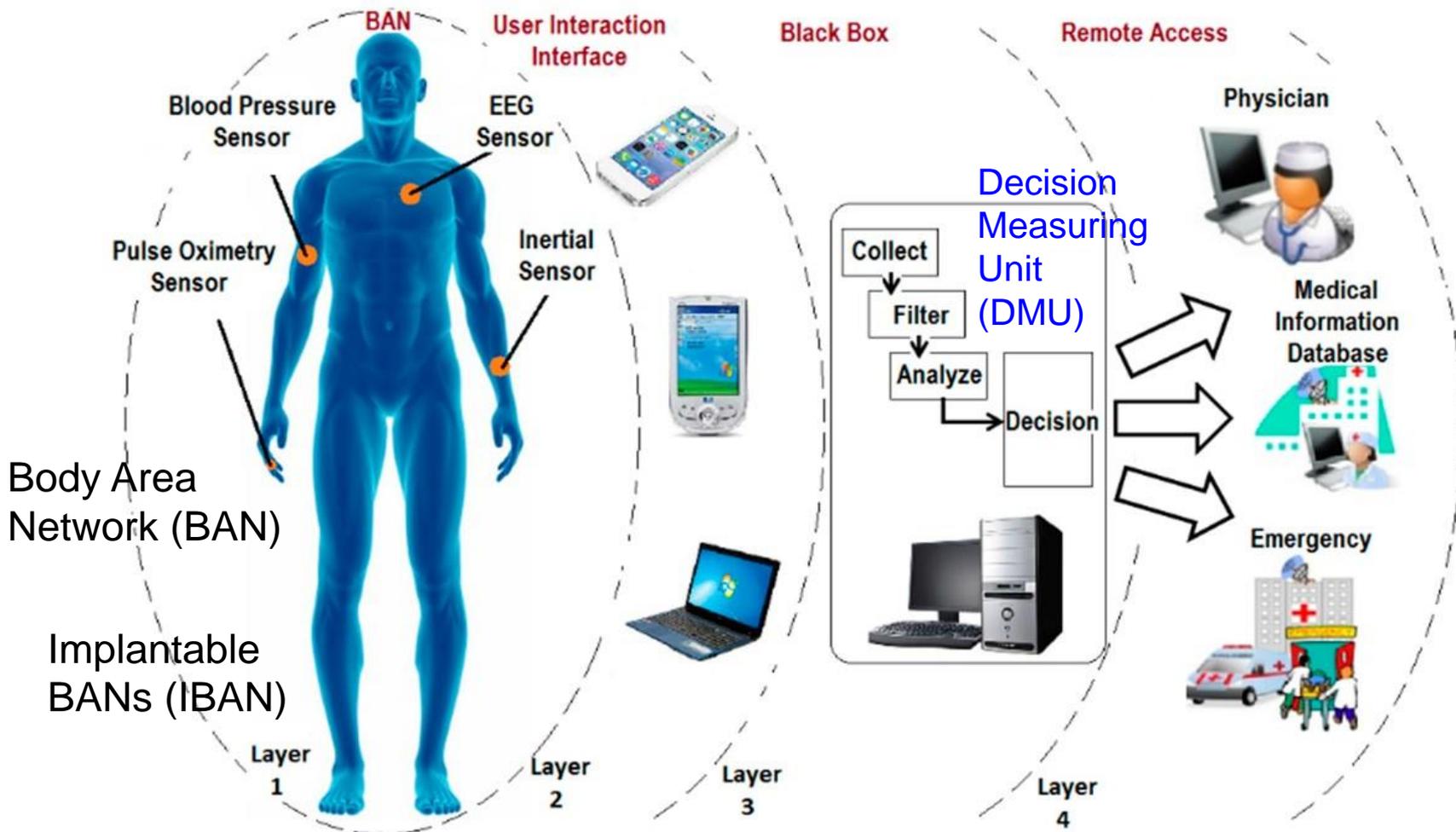
Internet of Medical Things (IoMT)

Internet of Health Things (IoHT)

Healthcare Cyber-Physical Systems (CPS)

Source: P. Sundaravadivel, E. Kougianos, S. P. Mohanty, and M. Ganapathiraju, "Everything You Wanted to Know about Smart Health Care", *IEEE Consumer Electronics Magazine (MCE)*, Volume 7, Issue 1, January 2018, pp. 18-28.

# Smart Healthcare - 4-Layer Architecture



Source: M. Ghamari, B. Janko, R.S. Sherratt, W. Harwin, R. Piechockic, and C. Soltanpur, "A Survey on Wireless Body Area Networks for eHealthcare Systems in Residential Environments", *Sensors*, 2016. 16(6): p. 831.

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# Smart Healthcare - Characteristics

# Smart Healthcare



## Healthy Living

- Fitness Tracking
- Disease Prevention
- Food monitoring

## Home Care

- Mobile health
- Telemedicine
- Self-management
- Assisted Living

## Acute Care

- Hospital
- Specialty clinic
- Nursing Home
- Community Hospital

## Internet of Medical Things (IoMT)

Frost and Sullivan predicts smart healthcare market value to reach US\$348.5 billion by 2025.

Source: P. Sundaravadivel, E. Kougianos, S. P. Mohanty, and M. Ganapathiraju, "Everything You Wanted to Know about Smart Health Care", *IEEE Consumer Electronics Magazine (MCE)*, Vol. 7, Issue 1, January 2018, pp. 18-28.

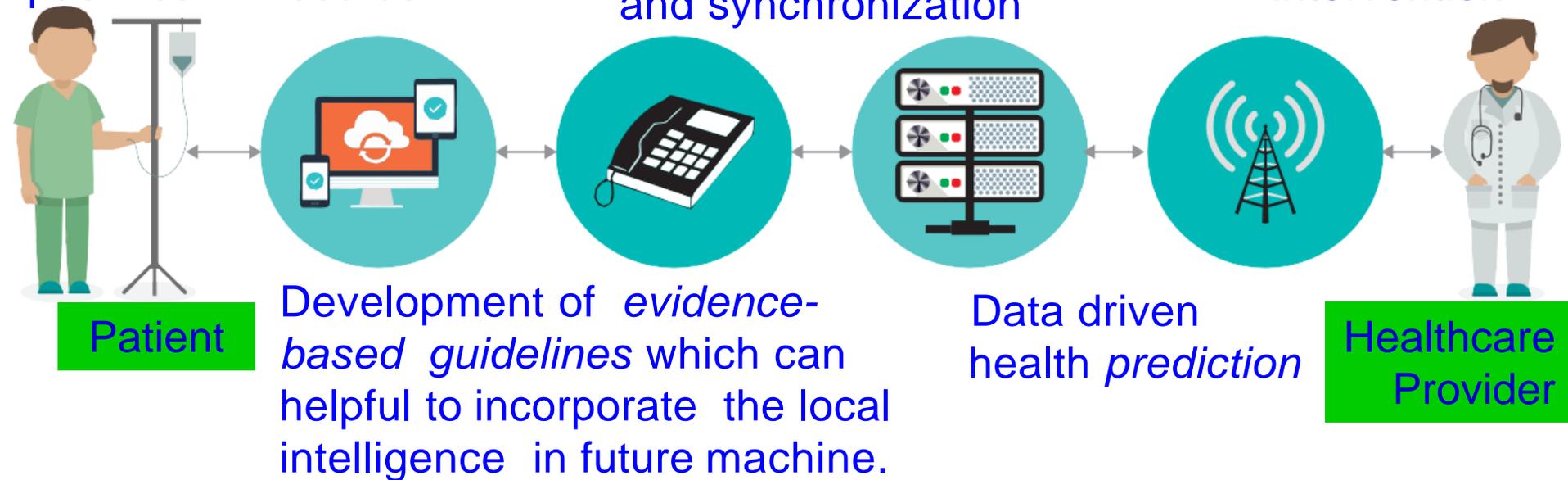


# IoMT - Impacts

Patient-specific care with context and enabled through past health records.

Improved inter-device connection and synchronization

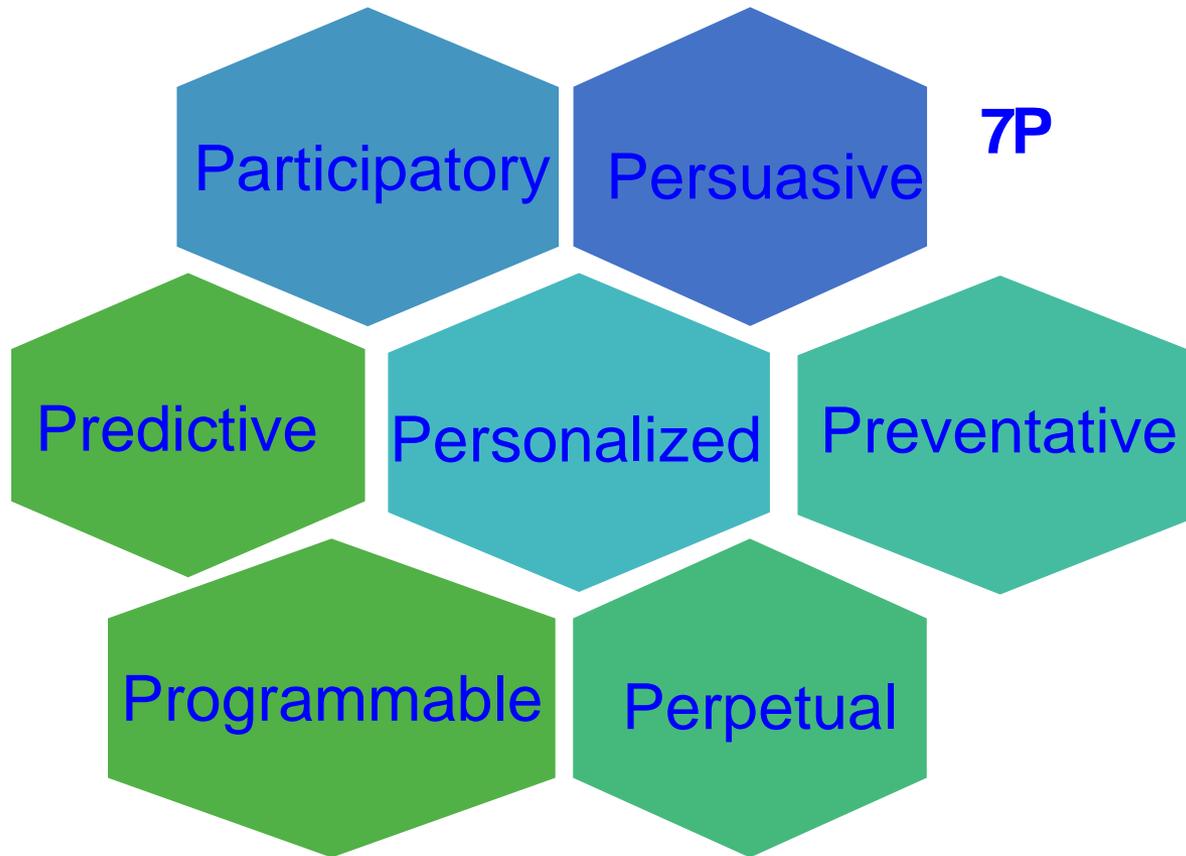
Real-time tracking and intervention



## Healthcare Cyber-Physical Systems (CPS)

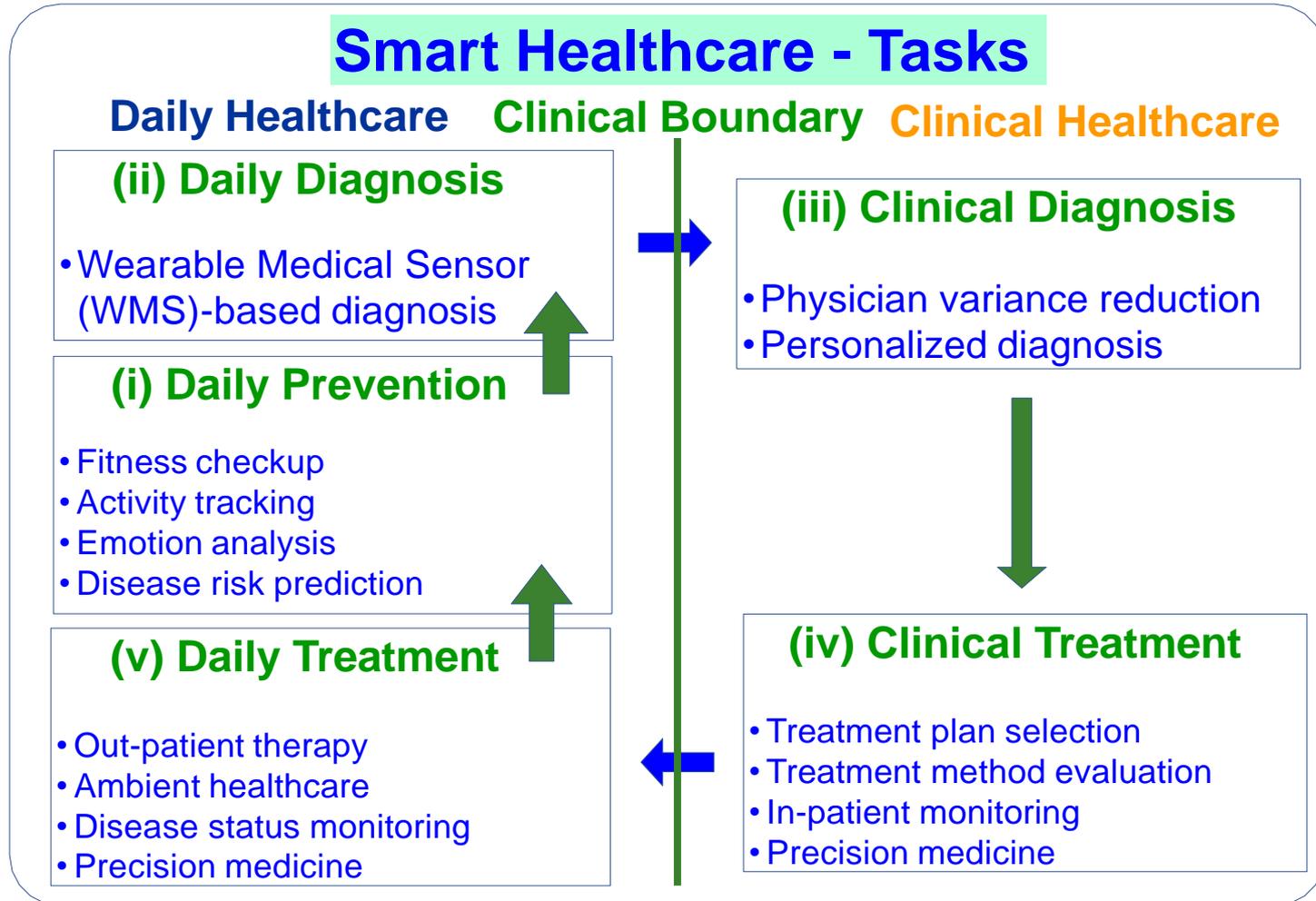
Source: Y. Shelke and A. Sharma, "Internet of Medical Things", 2016, Aranca, <https://www.aranca.com/knowledge-library/special-reports/ip-research/the-internet-of-medical-things-iomt>, Last Visited 10/18/2017.

# Smart Healthcare – 7Ps



Source: H. Zhu, C. K. Wu, C. H. KOO, Y. T. Tsang, Y.Liu, H. R. Chi, and K. F. Tsang, "Smart Healthcare in the Era of Internet-of-Things", *IEEE Consumer Electronics Magazine*, vol. 8, no. 5, pp. 26-30, Sep 2019.

# Smart Healthcare - Tasks



Source: Hongxu Yin, Ayten Ozge Akmandor, Arsalan Mosenia and Niraj K. Jha (2018), "Smart Healthcare", *Foundations and Trends® in Electronic Design Automation*: Vol. 12: No. 4, pp 401-466. <http://dx.doi.org/10.1561/10000000054>

# IoMT Advantages & Limitations

## Advantages

### Patients/Users

- Real-time interventions in emergency
- Cost reduction
- Reduced morbidity and financial burden due to less follow up visits

### Healthcare Service Providers

- Optimal utilization of resources
- Reduced response time in emergency

### Manufacturers

- Standardization/compatibility and uniformity of data available
- Capability to sense and communicate health related information to remote location

## Limitations

### Technical Challenges

- ❖ Security of IoT data - hacking and unauthorized use of IoT
- ❖ Lack of standards and communication protocols
- ❖ Errors in patient data handling
- ❖ Data integration
- ❖ Need for medical expertise
- ❖ Managing device diversity and interoperability
- ❖ Scale, data volume and performance

### Market Challenges

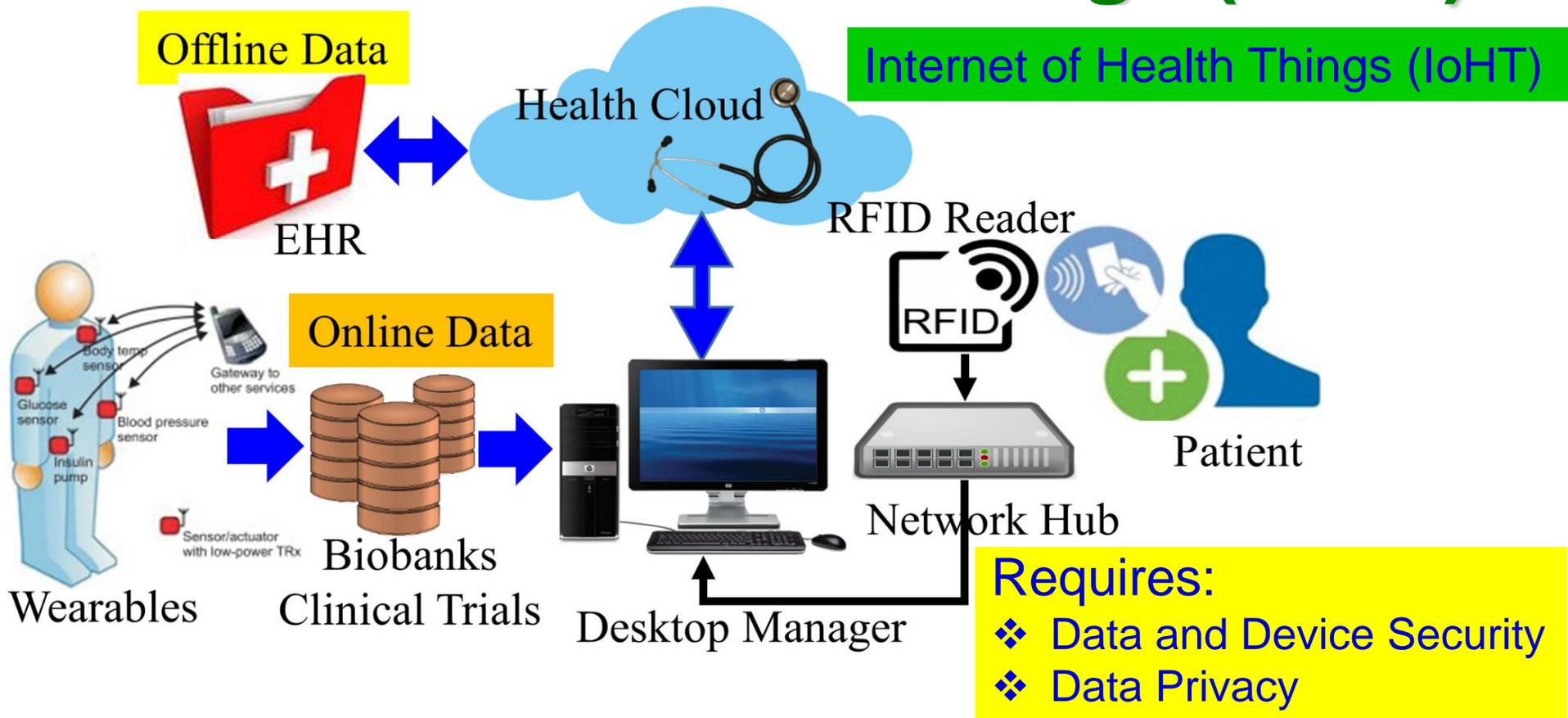
- ❖ Physician compliance
- ❖ Data overload on healthcare facility
- ❖ Mobile hesitation
- ❖ Security policy compliance

Source: Y. Shelke and A. Sharma, "Internet of Medical Things", 2016, Aranca, <https://www.aranca.com/knowledge-library/special-reports/ip-research/the-internet-of-medical-things-iomt>, Last Visited 10/18/2017.

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# Smart Healthcare - Components

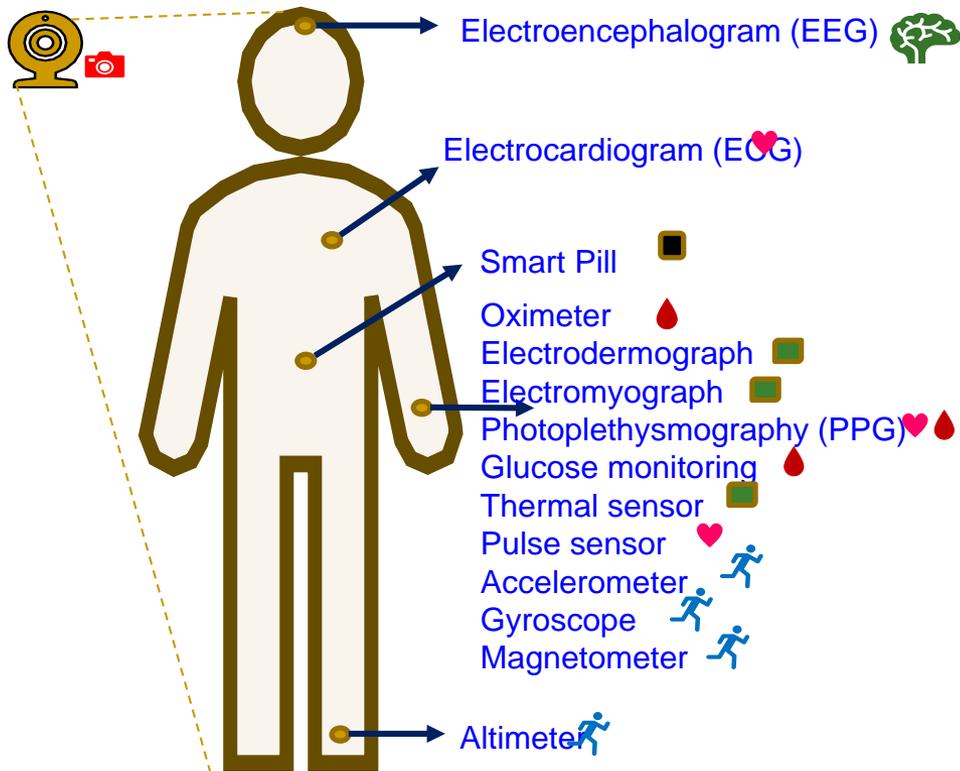
# Internet of Medical Things (IoMT)



IoMT is a collection of medical sensors, devices, healthcare database, and applications that connected through Internet.

Source: <http://www.icemiller.com/ice-on-fire-insights/publications/the-internet-of-health-things-privacy-and-security/>  
Source: <http://internetofthingsagenda.techtarget.com/definition/IoMT-Internet-of-Medical-Things>

# Smart Healthcare Sensors



Types of Sensors	
	Brain related applications
	Imaging applications
	Heart related applications
	Skin related applications
	Blood related applications
	Ingestible sensors
	Motion Detection

# Smart Healthcare Communication

Technology	Frequency Band	Data Rate	Range	Transmission Power
Bluetooth 4.0 (LE)	2.4 GHz	50–200 Kbps	30 m	~10 mW
Zigbee	868 MHz/ 915 MHz/ 2.4 GHz	20–250 Kbps	30 m	30 mW
ANT	2400-2485 MHz	1 Mbps	Up to 10 m	0.01–1 mW
IEEE 802.15.6	2,360-2,400/ 2,400-2,483.5 MHz UWB: 3–10 GHz HBC: 16/27 MHz	NB: 57.5–485.7 Kbps UWB: 0.5–10 Mbps	1.2 m	0.1 $\mu$ W
Medical Implant Communications Service (MICS)	402-405 MHz	Up to 500 Kbps	2 m	25 $\mu$ W

Source: V. Custodio, F.J. Herrera, G. López, and J. I. Moreno, “A Review on Architectures and Communications Technologies for Wearable Health-Monitoring Systems”, *Sensors*, 2012. 12(10): p. 13907-13946.

# Smart Healthcare - Framework

## Smart Healthcare - System and Data Analytics : To Perform Tasks

### Systems & Analytics

- Health cloud server
- Edge server
- Implantable Wearable Medical Devices (IWMDs)
- Machine Learning Engine



### Data

- Physiological data
- Environmental data
- Genetic data
- Historical records
- Demographics

### Systems & Analytics

- Clinical Decision Support Systems (CDSSs)
- Electronic Health Records (EHRs)
- Machine Learning Engine



### Data

- Physician observations
- Laboratory test results
- Genetic data
- Historical records
- Demographics

Source: Hongxu Yin, Ayten Ozge Akmandor, Arsalan Mosenia and Niraj K. Jha (2018), "Smart Healthcare", *Foundations and Trends® in Electronic Design Automation*, Vol. 12: No. 4, pp 401-466. <http://dx.doi.org/10.1561/10000000054>

# Electronics Health Record (EHR)

Electronic Health Record (EHR) is the systematized collection of health information of individuals stored in a digital format.

Created by various health providers such as hospitals and clinics.

Handy patients enterprise edition

David (8 month and 10 day)  
John (2 years and 3 month)

Mother: Teacher  
Father: Financial advisor  
Parents: Married

Last: Anderson P  
First: David Boy  
Birth: 5 January 2009  
Age: 8 month and 10 days Patient nb: 3

Forms: Meeting (Doctor), Full status (Doctor), Assistant, Billing, Reports, Statistics

Sheets: Neurologic, Vascular, Cardiac, Respiratory, Abdomen, Exams, Radiology, Summary, Patient documents, Letter

Meetings: 2 month checkup (5 Mar 09, 2m.0d), 1 month checkup (5 Feb 09, 1m.0d), Respiration problem (22 Jan 09, 17d), 10 days checkup (13 Jan 09, 8d), Control for return at home (9 Jan 09, 4d), Birth (5 Jan 09, 0d)

Diagnosis: General, My Diagnosis, Social

New documents: Abdomen palpat (15 Sep 2009), Cardiac auscul (15 Sep 2009)

To Do: Send checkup

Notes: Father ask many questions, add 10 minutes to consultation

Current doctor: Dr Herman

Digestive

Digestive inspection: Normal

Digestive auscultation: Normal abdomen noises

Digestive palpation: Little pain on the right lower area

Liver: No hepatomegaly.

Rectal

Thursday, 22 Jan 2009

Documents manager

Previous page Next page

## Electronic Medical Record (EMR)

# Machine Learning (ML)

## Supervised ML

- Data instance: features + label
- Data instance sets: training, testing
- Inference: Mathematical Model

## Enhancement Techniques

- Ensemble method: base vs. meta
- Feature filtering: redundant vs. informative

Source: Hongxu Yin, Ayten Ozge Akmandor, Arsalan Mosenia and Niraj K. Jha (2018), "Smart Healthcare", *Foundations and Trends® in Electronic Design Automation*, Vol. 12: No. 4, pp 401-466. <http://dx.doi.org/10.1561/10000000054>.

# Brain Computer Interface (BCI)



“Currently, people interact with their devices by thumb-typing on their phones. A high-bandwidth interface to the brain would help achieve a symbiosis between human and machine intelligence and could make humans more useful in an AI-driven world.”

-- Neuralink - neurotechnology company - Elon Musk.

Sources: <http://brainpedia.org/elon-musk-wants-merge-human-brain-ai-launches-neuralink/>

# Virtual Reality in Healthcare



Source: <https://touchstoneresearch.com/tag/applied-vr/>

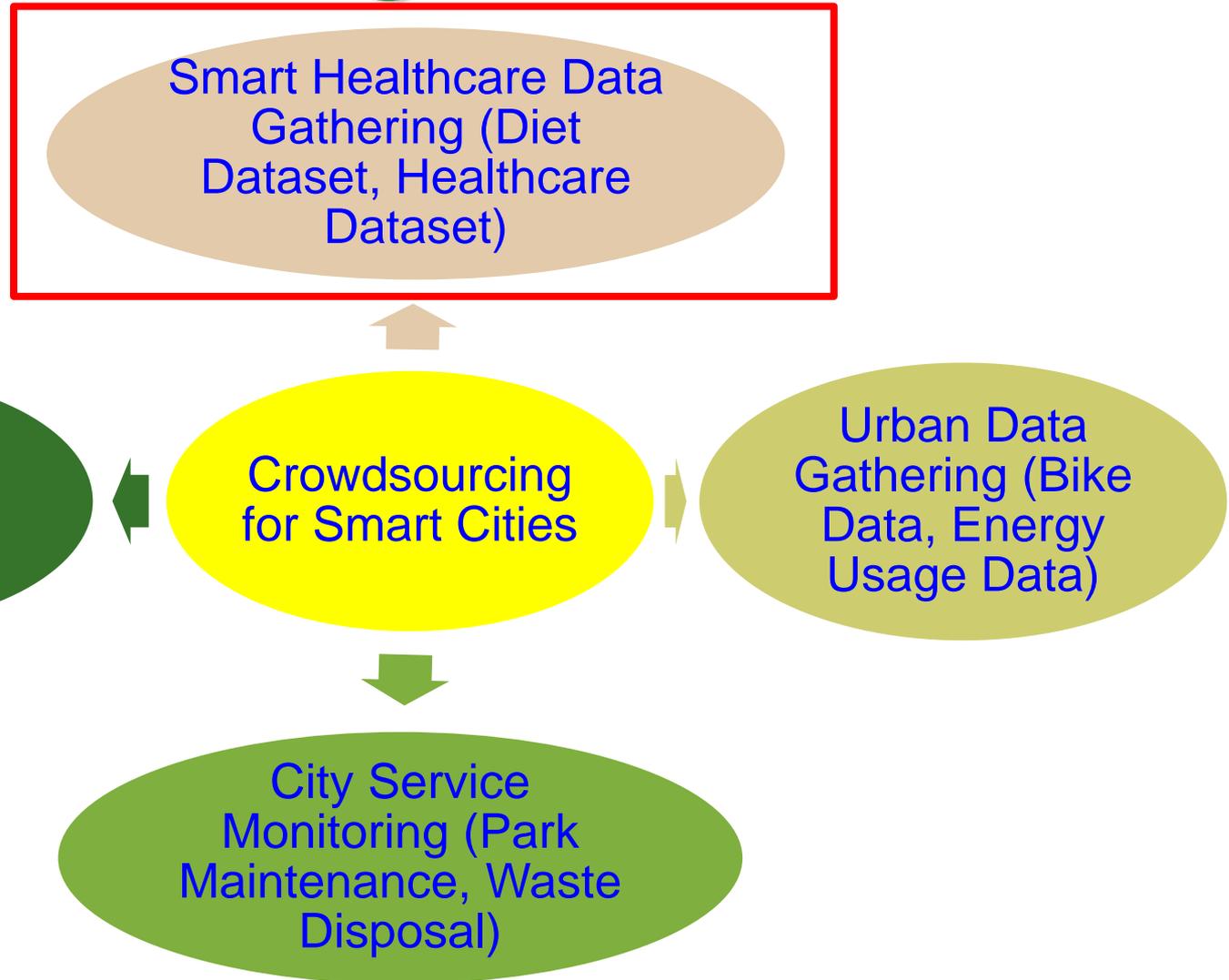
In Surgery



Source: <http://medicalfuturist.com/5-ways-medical-vr-is-changing-healthcare/>

For Therapy

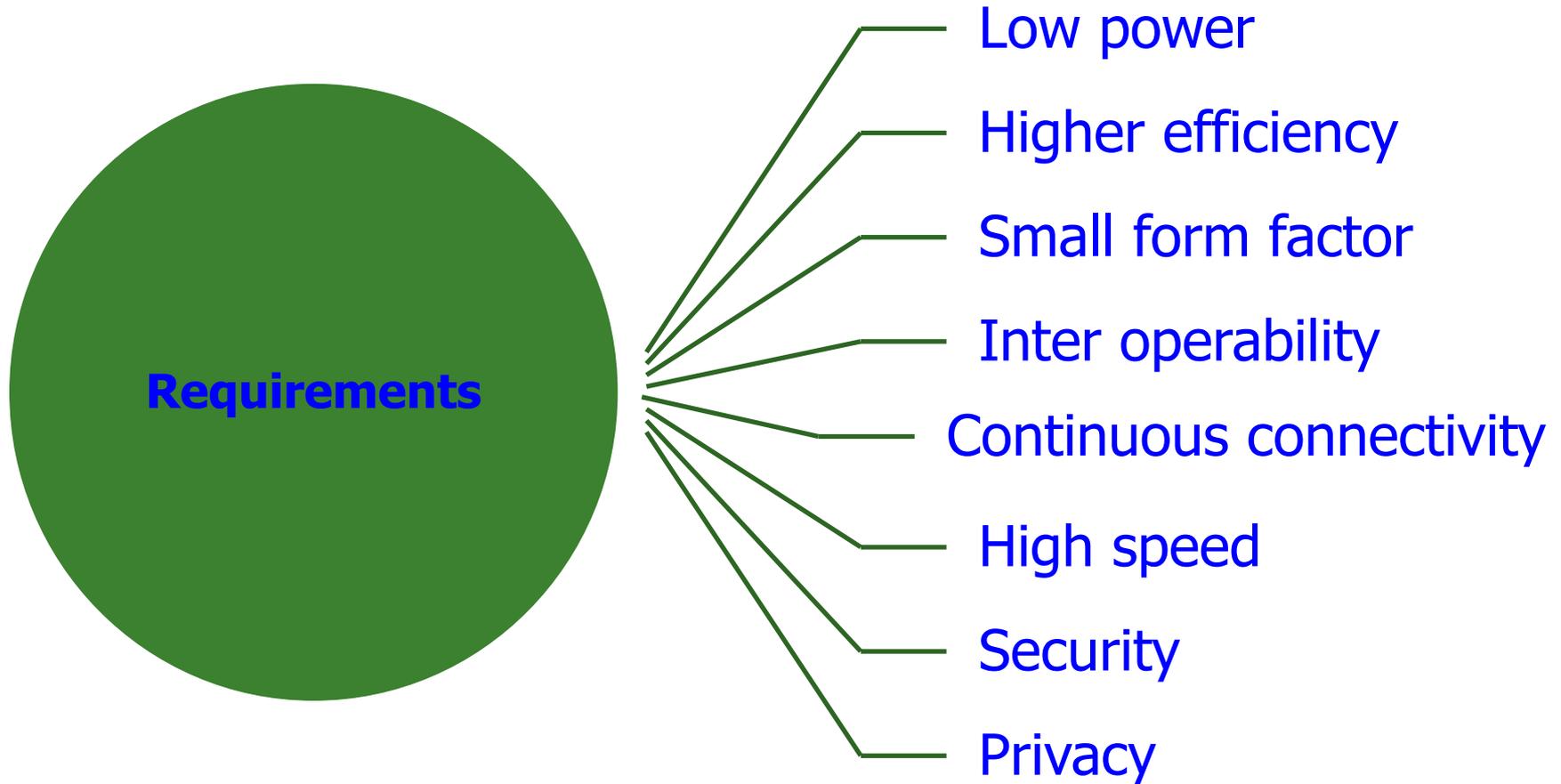
# Crowdsourcing for Smart Cities



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# Smart Healthcare – Challenges and Solutions

# Smart Healthcare Architecture – Requirements

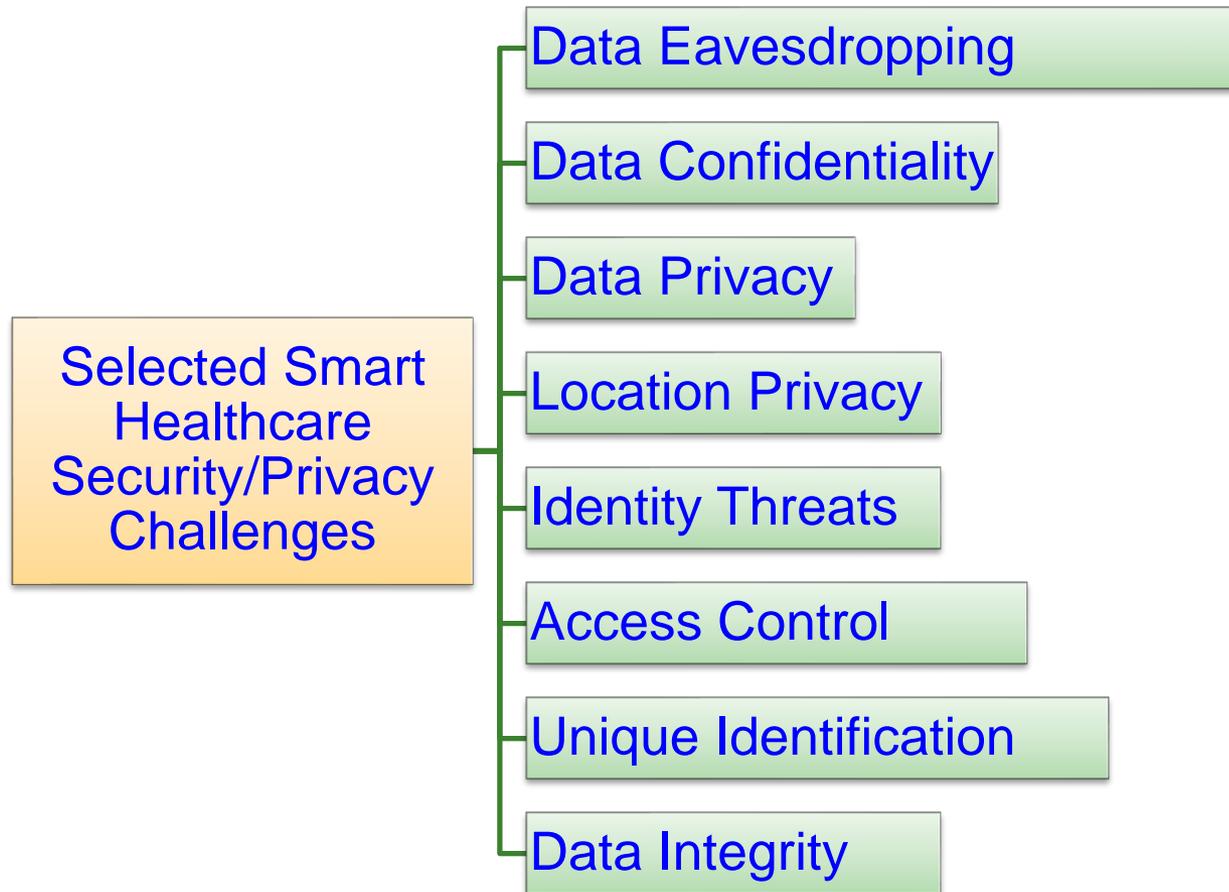


# Smart Healthcare – Data Quality



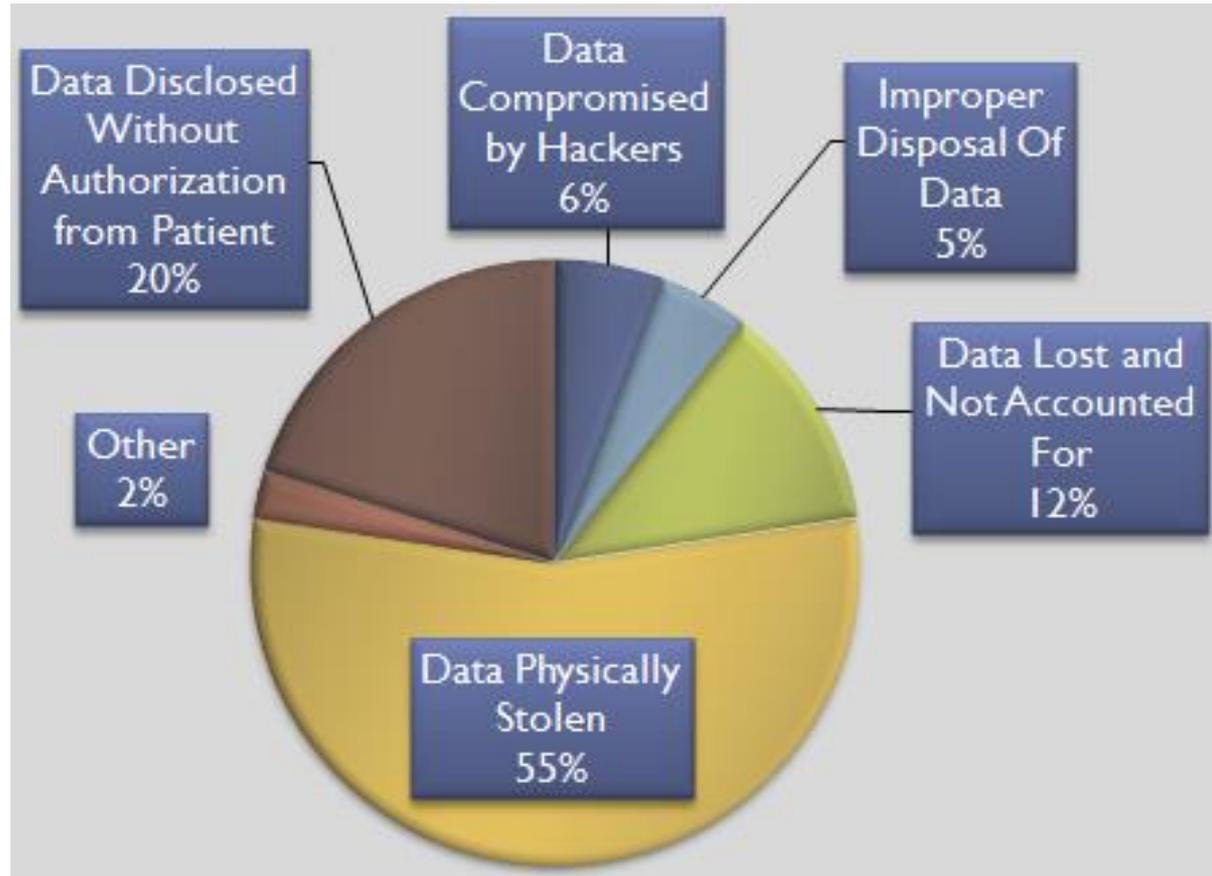
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# Smart Healthcare - Security Challenges



Source: P. Sundaravadivel, E. Kougianos, S. P. Mohanty, and M. Ganapathiraju, "Everything You Wanted to Know about Smart Health Care", *IEEE Consumer Electronics Magazine (CEM)*, Volume 7, Issue 1, January 2018, pp. 18-28.

# Health Insurance Portability and Accountability Act (HIPAA)



HIPPA Privacy Violation by Types

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# IoMT Security Issue is Real & Scary

- Insulin pumps are vulnerable to hacking, FDA warns amid recall:

<https://www.washingtonpost.com/health/2019/06/28/insulin-pumps-are-vulnerable-hacking-fda-warns-amid-recall/>

- Software vulnerabilities in some medical devices could leave them susceptible to hackers, FDA warns:

<https://www.cnn.com/2019/10/02/health/fda-medical-devices-hackers-trnd/index.html>

- FDA Issues Recall For Medtronic mHealth Devices Over Hacking Concerns:

<https://mhealthintelligence.com/news/fda-issues-recall-for-medtronic-mhealth-devices-over-hacking-concerns>

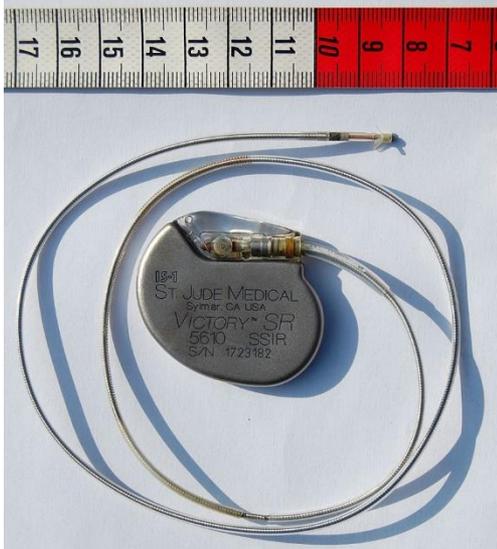
# Implanted Medical Devices - Attacks



- The vulnerabilities affect implantable cardiac devices and the external equipment used to communicate with them.
- The devices emit RF signals that can be detected up to several meters from the body.
- A malicious individual nearby could conceivably hack into the signal to jam it, alter it, or snoop on it.

Source: Emily Waltz, Can "Internet-of-Body" Thwart Cyber Attacks on Implanted Medical Devices?, IEEE Spectrum, 28 Mar 2019, <https://spectrum.ieee.org/the-human-os/biomedical/devices/thwart-cyber-attacks-on-implanted-medical-devices.amp.html>.

# IoMT Security Measures is Hard - Energy Constrained



Pacemaker  
Battery Life  
- 10 years

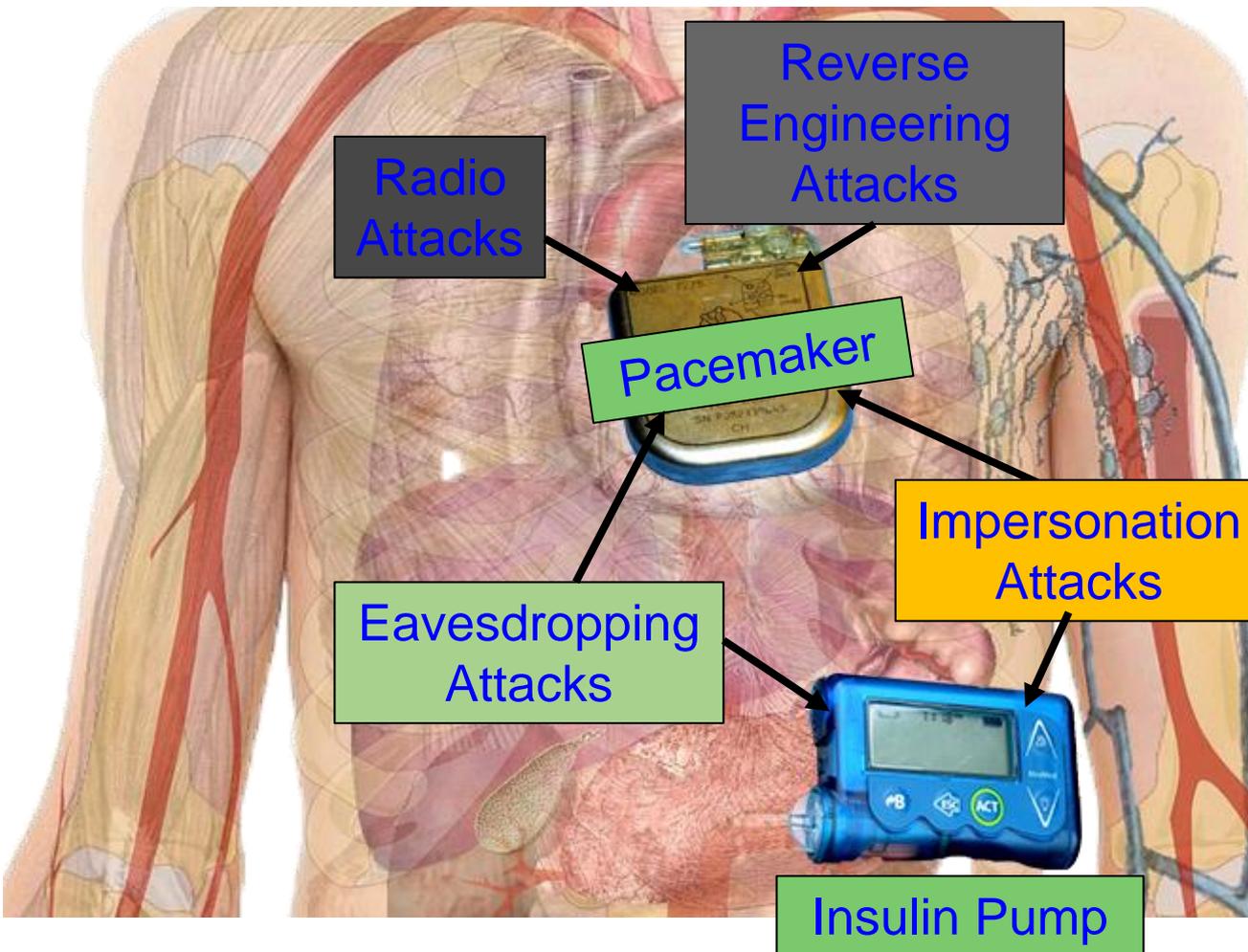


Neurostimulator  
Battery Life  
- 8 years

- Implantable Medical Devices (IMDs) have integrated battery to provide energy to all their functions → Limited Battery Life depending on functions
- Higher battery/energy usage → Lower IMD lifetime
- Battery/IMD replacement → Needs surgical risky procedures

Source: Carmen Camara, PedroPeris-Lopez, and Juan E.Tapiadora, "Security and privacy issues in implantable medical devices: A comprehensive survey", *Elsevier Journal of Biomedical Informatics*, Volume 55, June 2015, Pages 272-289.

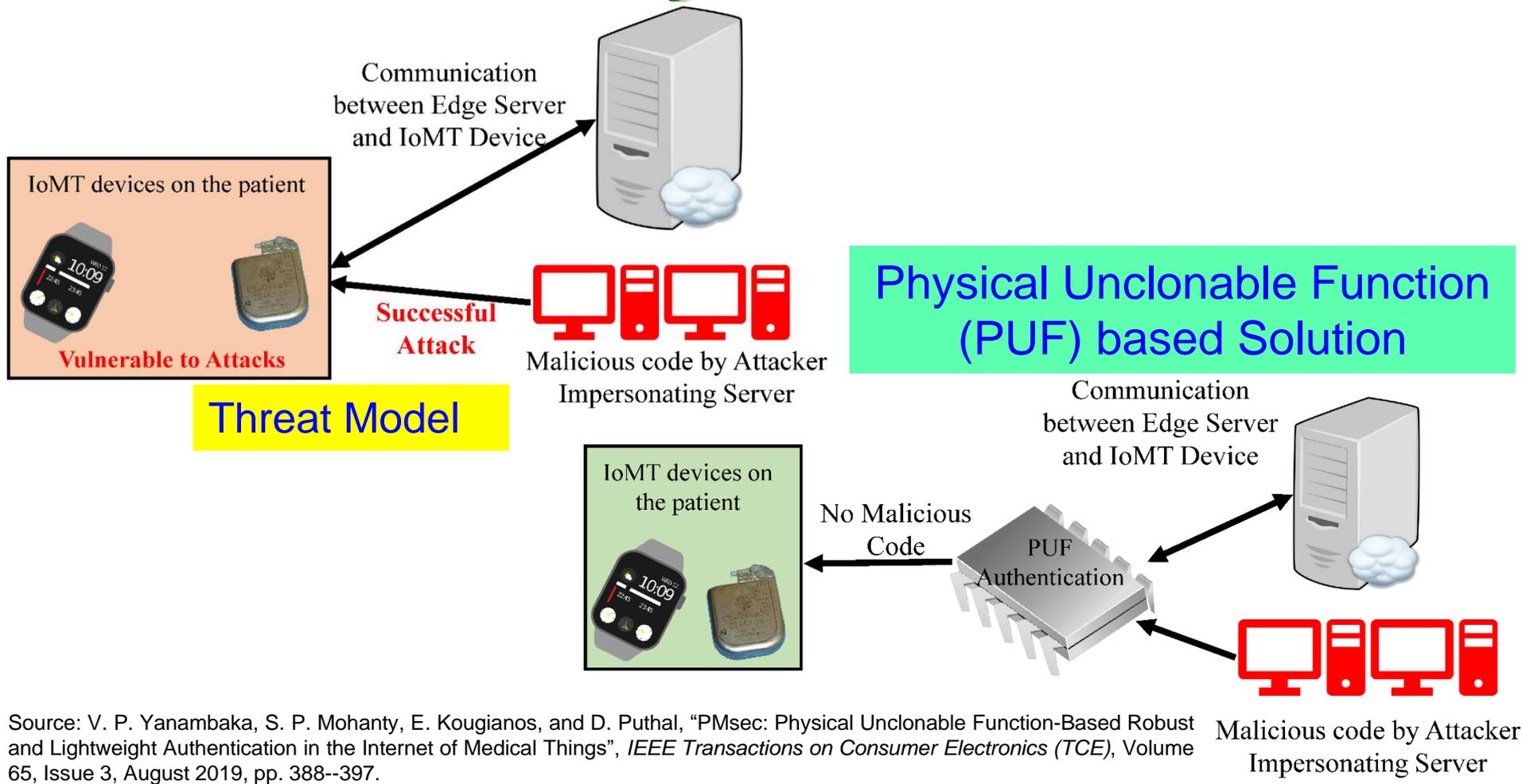
# IoMT Security Measures is Hard



Collectively (WMD+IMD):  
Implantable and Wearable Medical Devices (IWMDs)

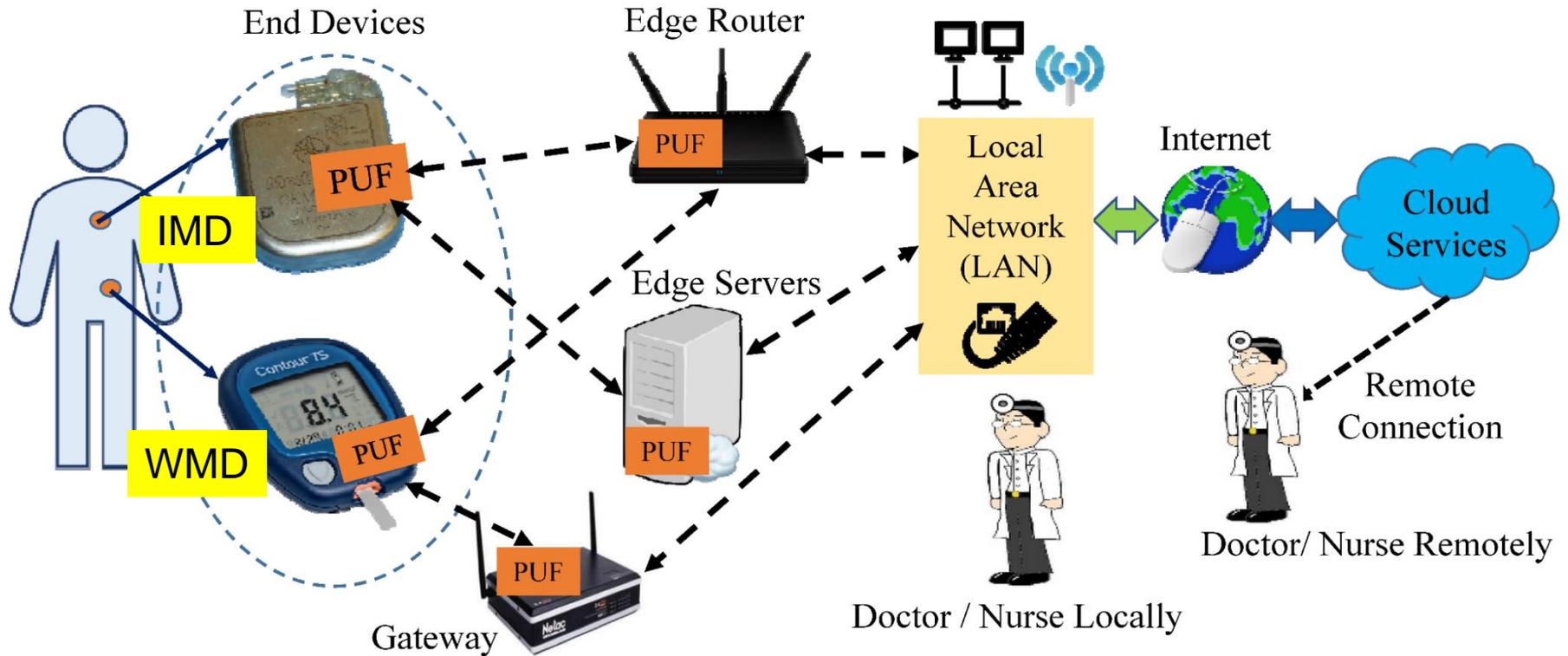
Implantable and Wearable Medical Devices (IWMDs) --  
Battery Characteristics:  
→ Longer life  
→ Safer  
→ Smaller size  
→ Smaller weight

# Our Secure by Design Approach for Robust Security in Healthcare CPS



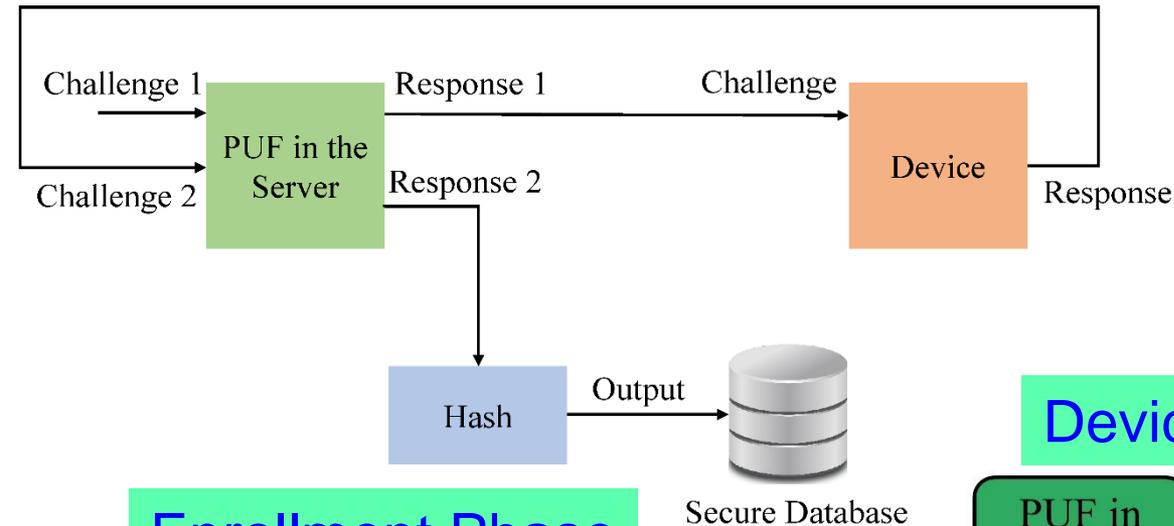
Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 388--397.

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Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 388--397.

# IoMT Security – Our Proposed PMsec

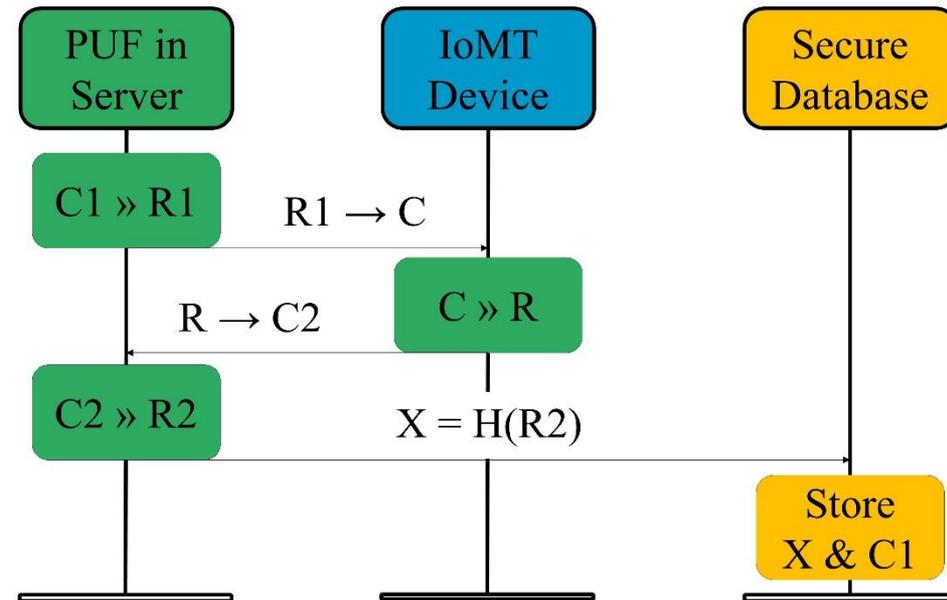


## Enrollment Phase

PUF Security Full Proof:

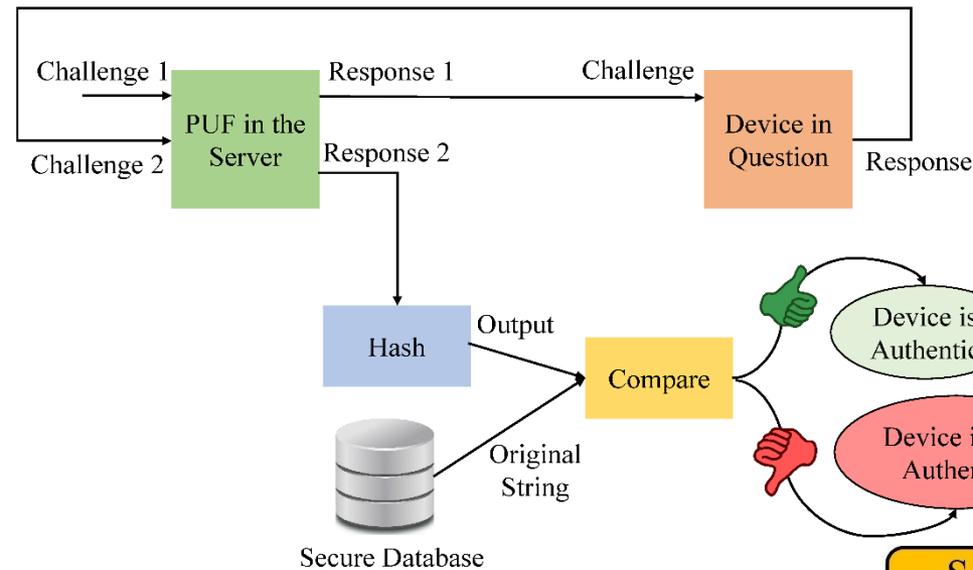
- Only server PUF Challenges are stored, not Responses
- Impossible to generate Responses without PUF

## Device Registration Procedure



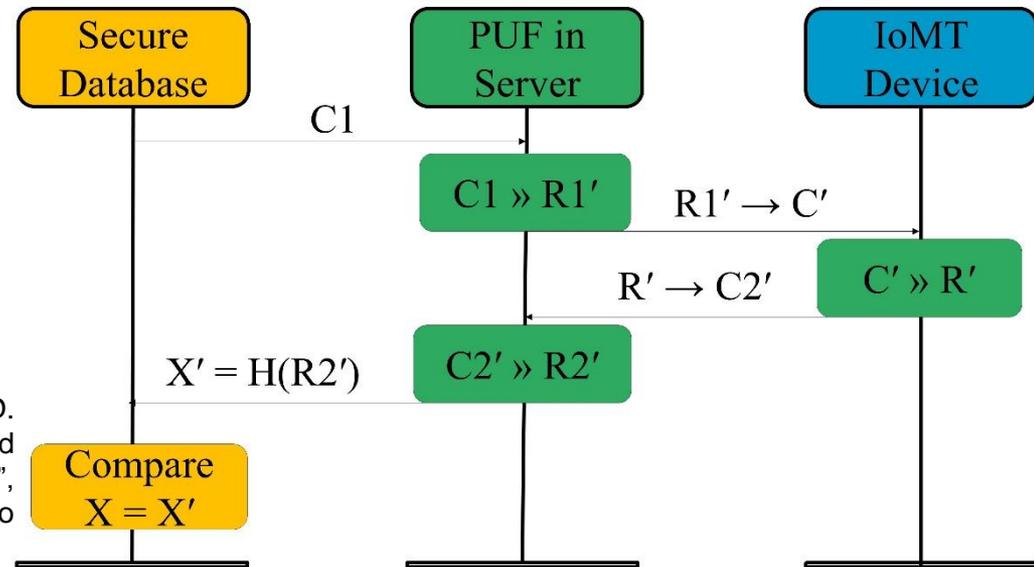
Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 388--397.

# IoMT Security – Our Proposed PMsec



Authentication Phase

Device Authentication Procedure



Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Vol. 65, No 3, Aug 2019, pp. 388--397.

# IoMT Security – Our PMsec in Action

## -----Enrollment Phase-----

Generating the Keys  
Sending the keys to the Client  
Receiving the Keys from the client  
Saving the database

Output from Server during Enrollment

>>>

COM4

Output from IoMT Device

Hello  
Received Key from the Server  
Generating PUF Key  
PUF Key : 1011100001011100101111000101111000101101001101110010100101000011  
Sending key for authentication

>>>  
Hello

Output from Server during Authentication

## -----Authentication Phase-----

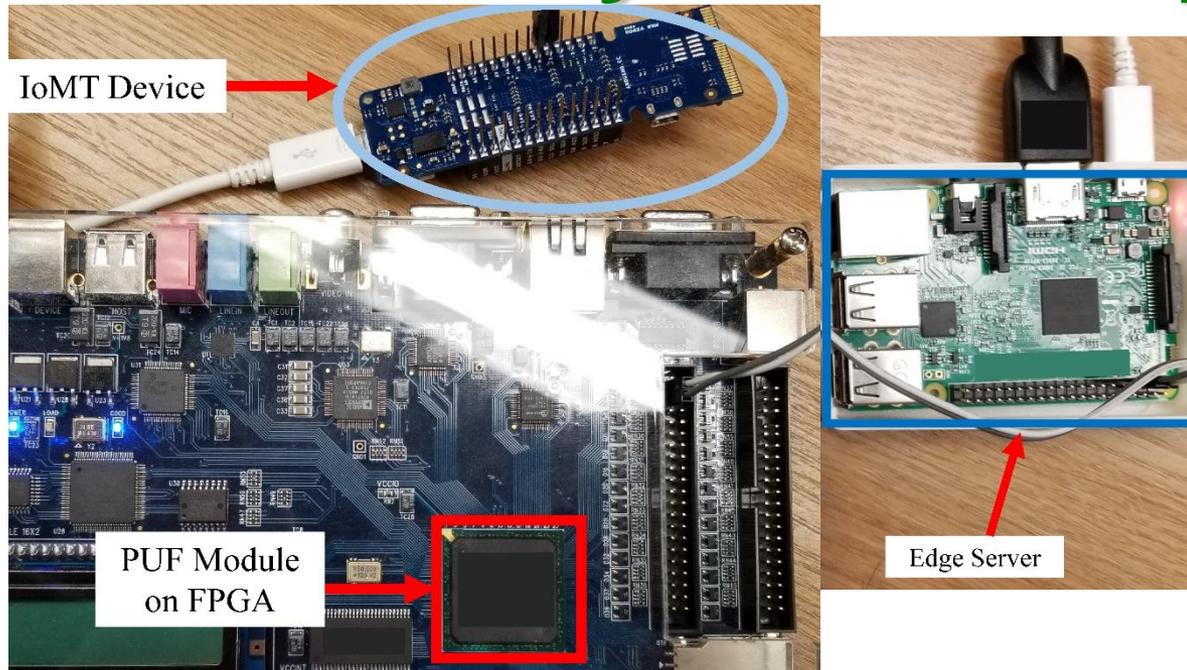
Input to the PUF at server : 01001101  
Generating the PUF key  
Sending the PUF key to the client  
PUF Key from client is 1011100001011100101111000101111000101101001101110010100101000011  
SHA256 of PUF Key is : 580cdc9339c940cdc60889c4d8a3bc1a3c1876750e88701cbd4f5223f6d23e76  
Authentication Successful

>>> |

Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 388--397.



# IoMT Security – Our Proposed PMsec

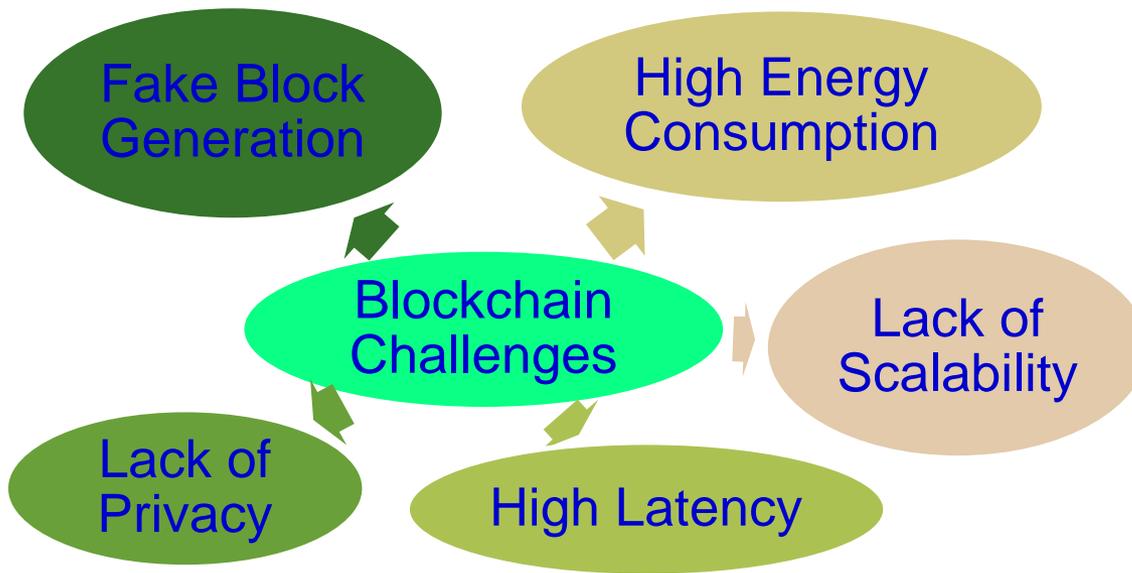


Average Power Overhead –  
~ 200  $\mu$ W

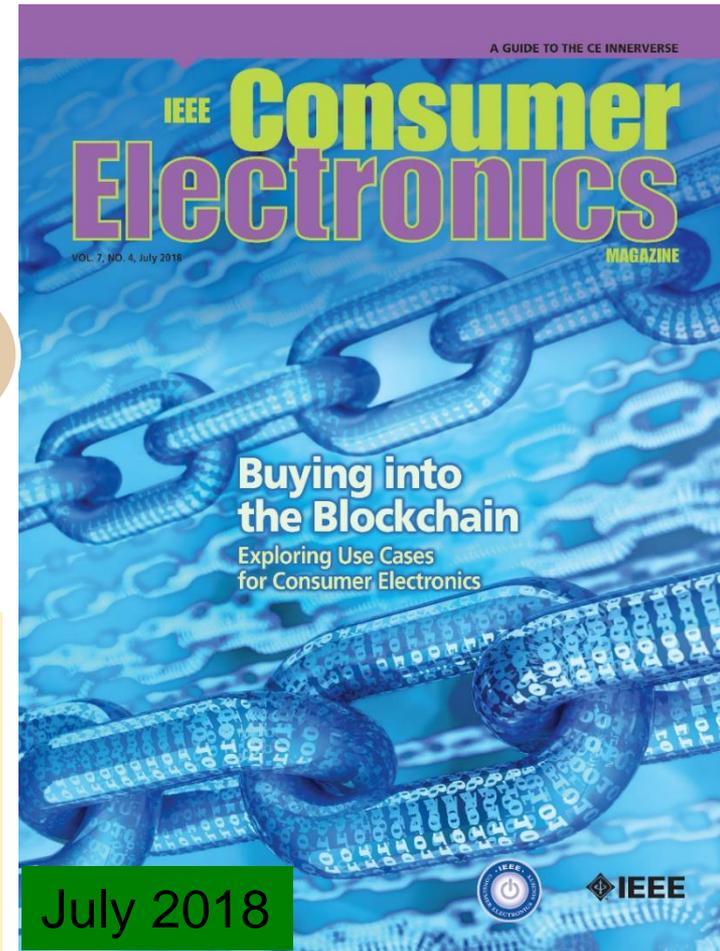
Proposed Approach Characteristics	Value (in a FPGA / Raspberry Pi Platform)
Time to Generate the Key at Server	800 ms
Time to Generate the Key at IoMT Device	800 ms
Time to Authenticate the Device	1.2 sec - 1.5 sec

Source: V. P. Yanambaka, S. P. Mohanty, E. Kougianos, and D. Puthal, "PMsec: Physical Unclonable Function-Based Robust and Lightweight Authentication in the Internet of Medical Things", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 388--397.

# Blockchain for Smart Healthcare?

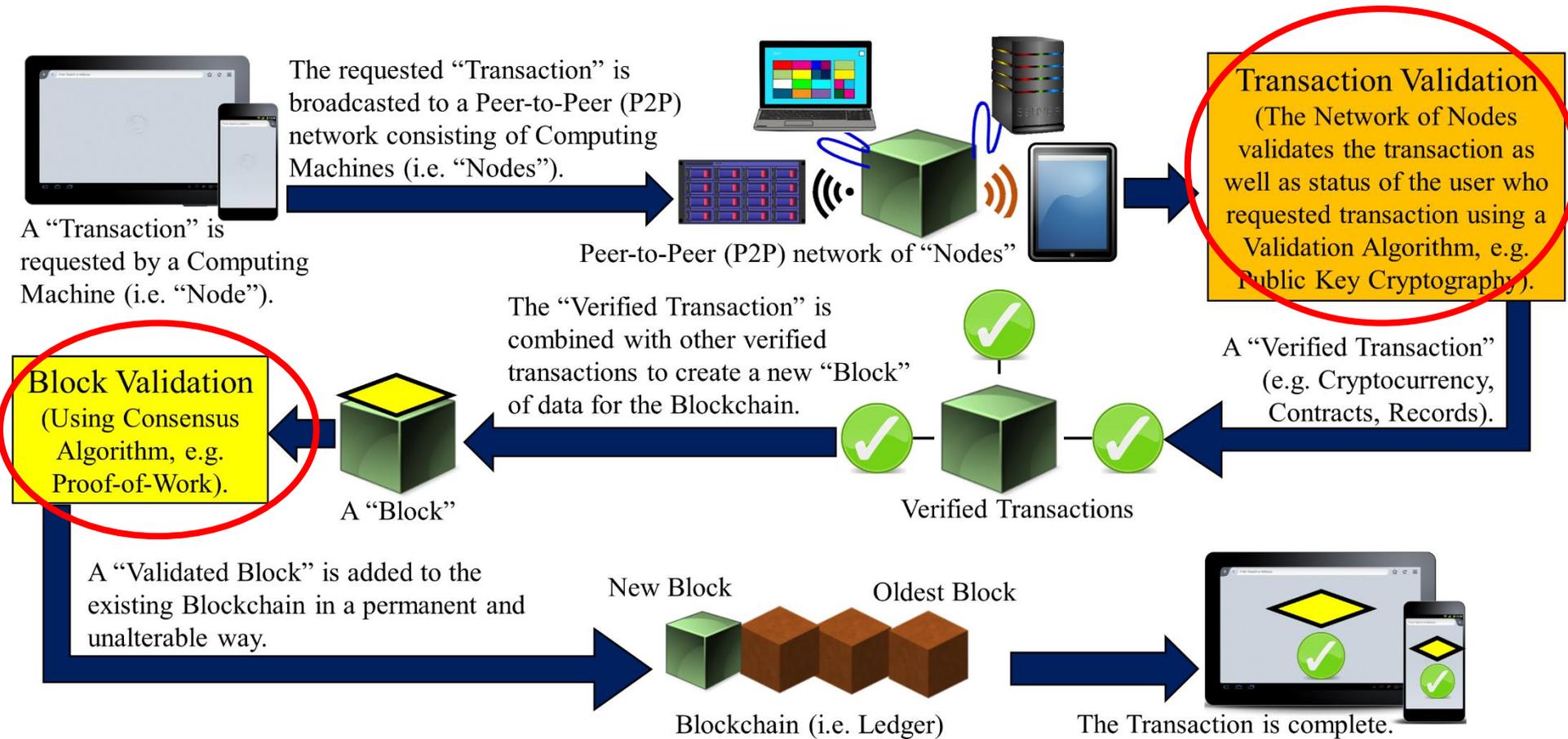


- Energy for mining of 1 bitcoin → 2 years consumption of a US household.
- Energy consumption for each bitcoin transaction → 80,000X of energy consumption of a credit card processing.



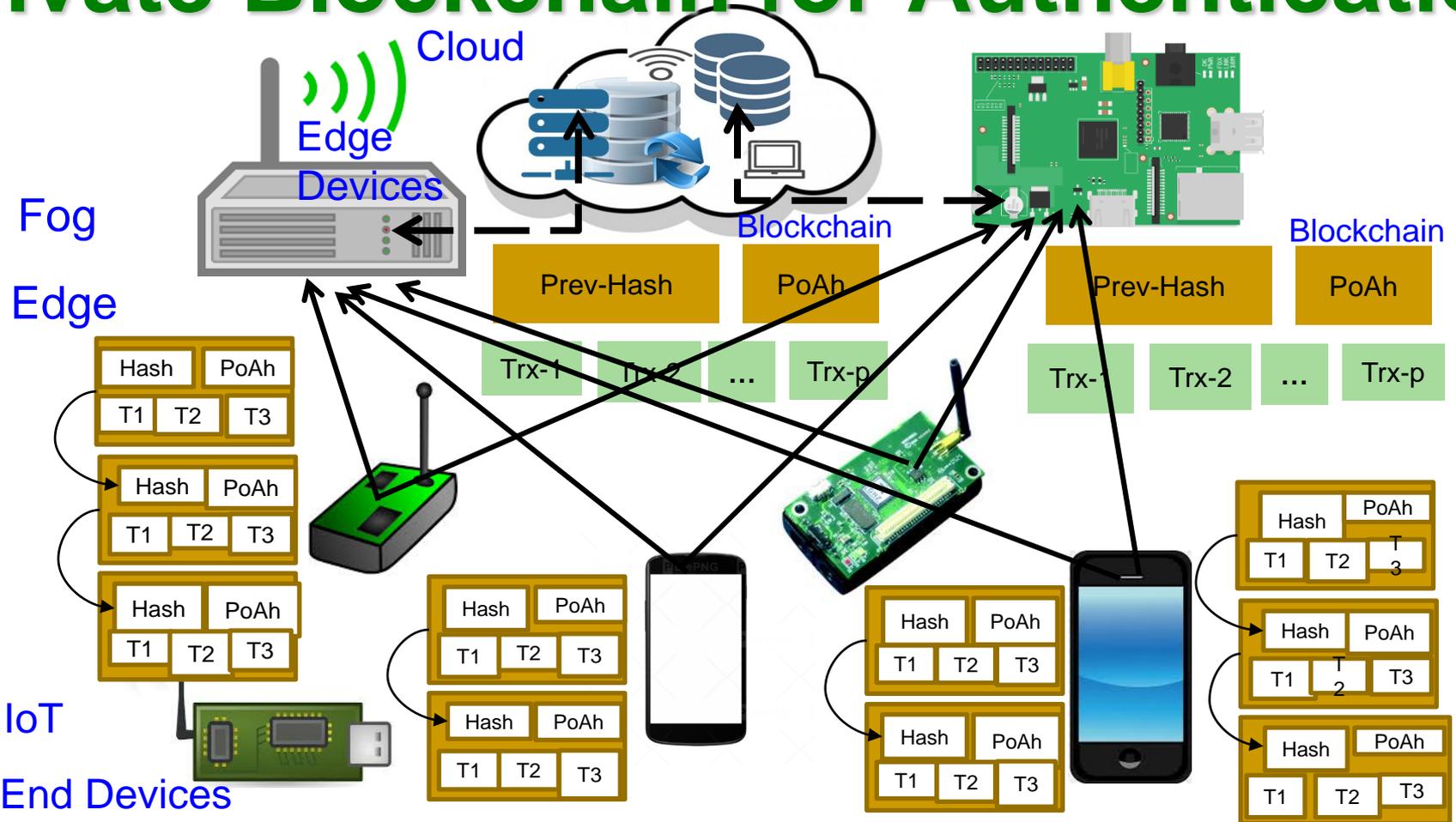
Source: D. Puthal, N. Malik, S. P. Mohanty, E. Kougianos, and G. Das, "Everything you Wanted to Know about the Blockchain", *IEEE Consumer Electronics Magazine (CEM)*, Volume 7, Issue 4, July 2018, pp. 06--14.

# Blockchain Challenges - Energy



Source: D. Puthal, N. Malik, S. P. Mohanty, E. Kougianos, and G. Das, "Everything you Wanted to Know about the Blockchain", *IEEE Consumer Electronics Magazine (CEM)*, Volume 7, Issue 4, July 2018, pp. 06--14.

# Our PoAh-Chain: The IoT Friendly Private Blockchain for Authentication



Source: D. Puthal and S. P. Mohanty, "Proof of Authentication: IoT-Friendly Blockchains", *IEEE Potentials Magazine*, Volume 38, Issue 1, January 2019, pp. 26--29.

# Blockchain Consensus Types

## Blockchain Consensus Algorithm

### Validation Based

Proof of Work (PoW)

Proof of Stake (PoS)

Proof of Activity (PoA)

Proof of Relevance (PoR)

Proof of Elapsed Time

### Voting Based

Ripple

Proof of Vote

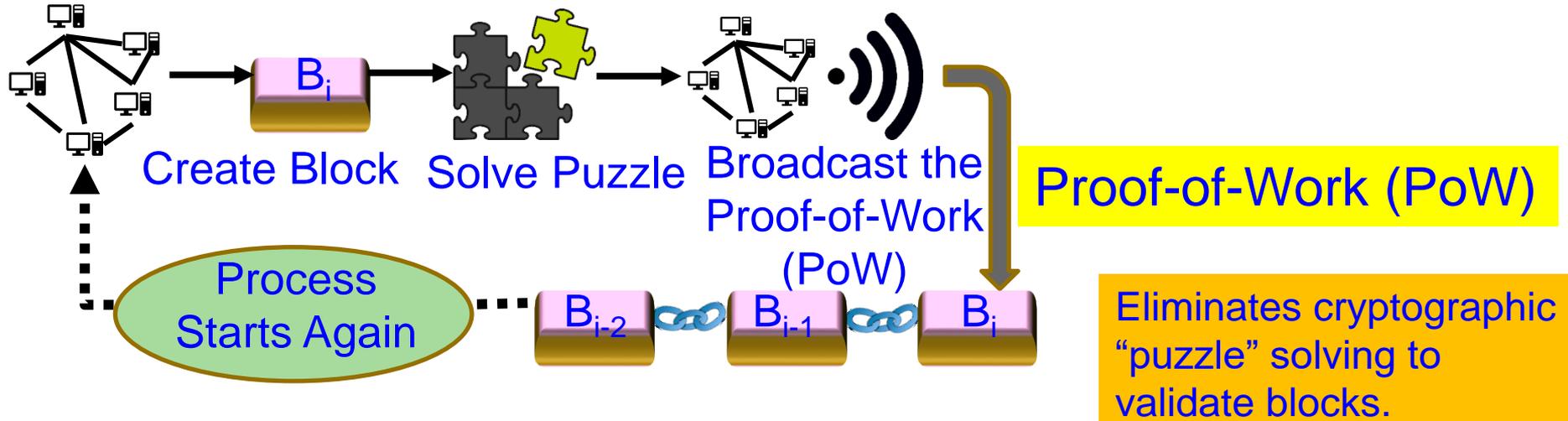
Proof of Trust

### Authentication Based

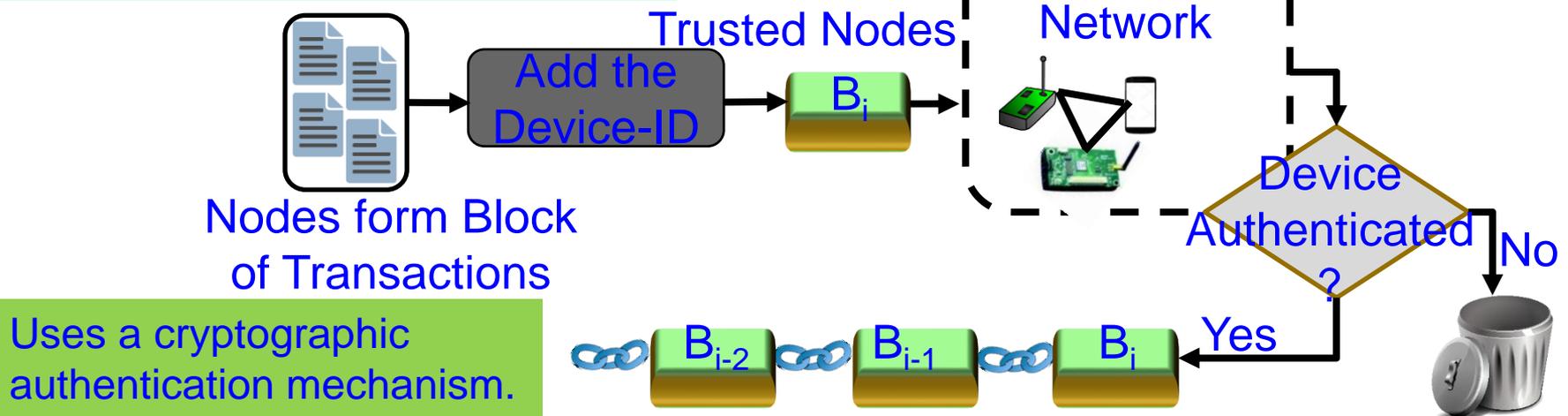
Proof of Authentication (PoAh)

Proof of PUF-Enabled Authentication (PoP)  
(Current Paper)

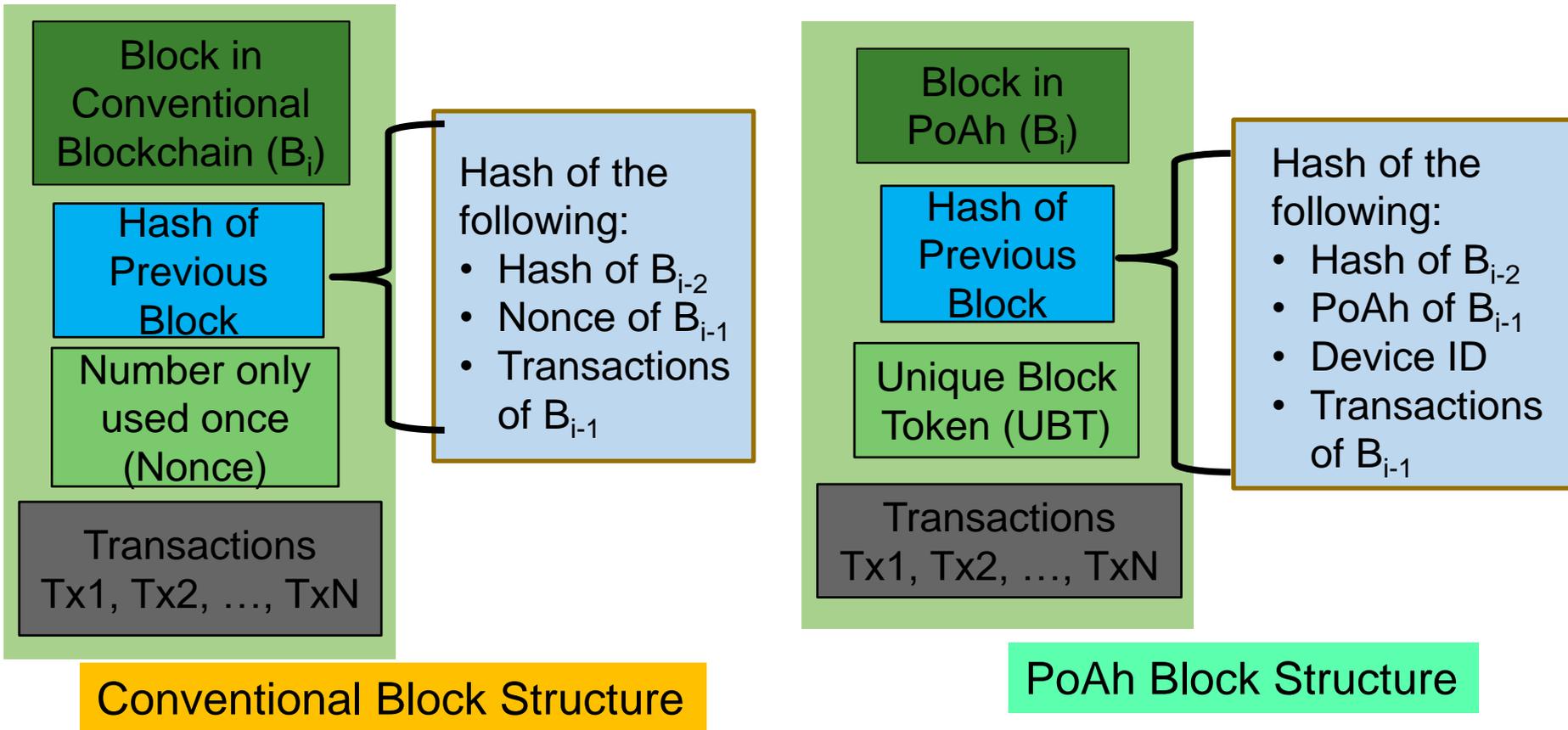
# Our Proof-of-Authentication (PoAh)



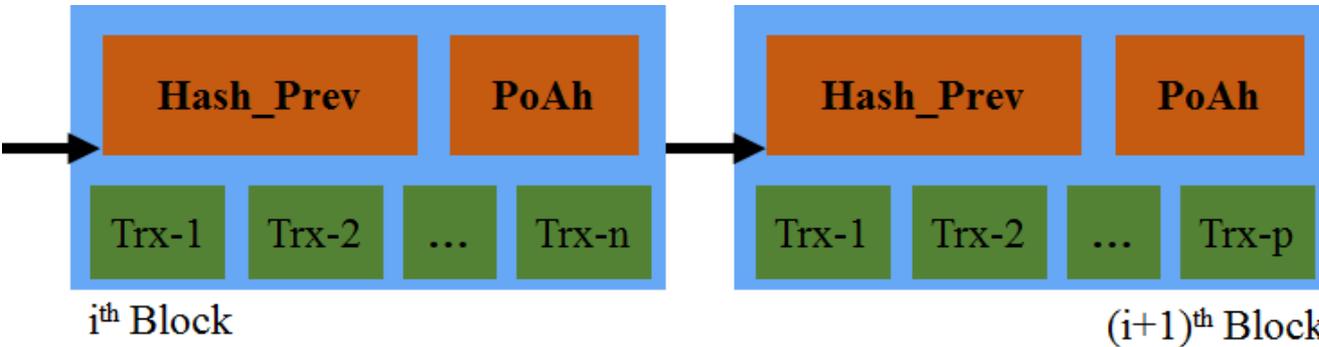
## Proof of Authentication (PoAh)



# Our PoAh-Chain: Proposed New Block Structure



# Our PoAh is 200X Faster than PoW



Eliminates cryptographic "puzzle" solving to validate blocks.

	Proof-of-Work (PoW)	Proof-of-Stake (PoS)	Proof-of-Activity (PoA)	Proof-of-Authentication (PoAh)
Energy consumption	High	High	High	Low
Computation requirements	High	High	High	Low
Latency	High	High	High	Low
Search space	High	Low	NA	NA

PoW - 10 min in cloud    PoAh - 3 sec in Raspberry Pi    PoAh - 200X faster than PoW

Source: D. Puthal, S. P. Mohanty, P. Nanda, E. Kougianos, and G. Das, "Proof-of-Authentication for Scalable Blockchain in Resource-Constrained Distributed Systems", in *Proc. 37th IEEE International Conference on Consumer Electronics (ICCE)*, 2019.

# Machine Learning Challenges



High Energy Requirements

High Computational Resource Requirements

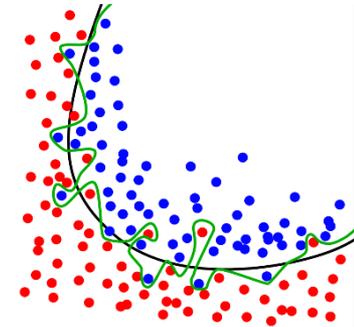
Large Amount of Data Requirements

Machine Learning Issues

Underfitting/Overfitting Issue

Class Imbalance Issue

Fake Data Issue

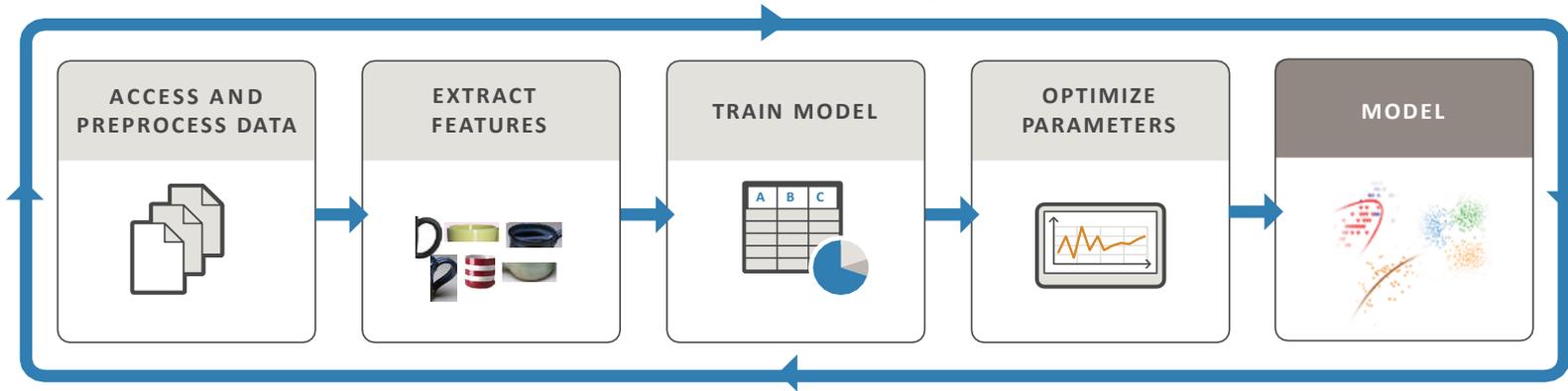


Source: Mohanty ISCT Keynote 2019

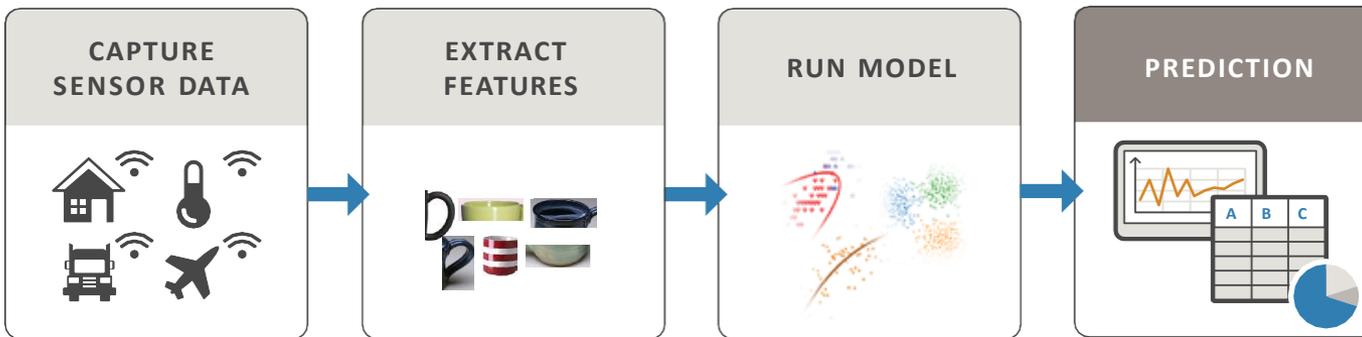
# Deep Neural Network (DNN) - Resource and Energy Costs

**TRAIN:** Iterate until you achieve satisfactory performance.

Needs Significant:  
➤ Resource  
➤ Energy



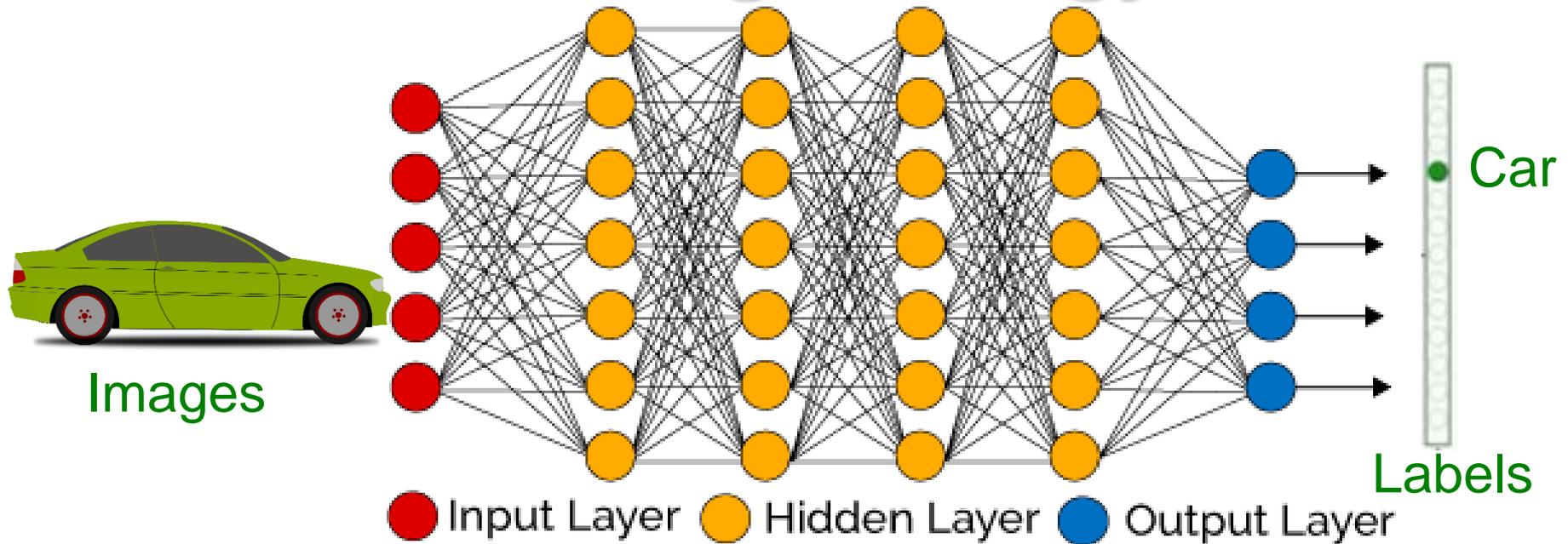
**PREDICT:** Integrate trained models into applications.



Needs:  
➤ Resource  
➤ Energy

Source: <https://www.mathworks.com/campaigns/offers/mastering-machine-learning-with-matlab.html>

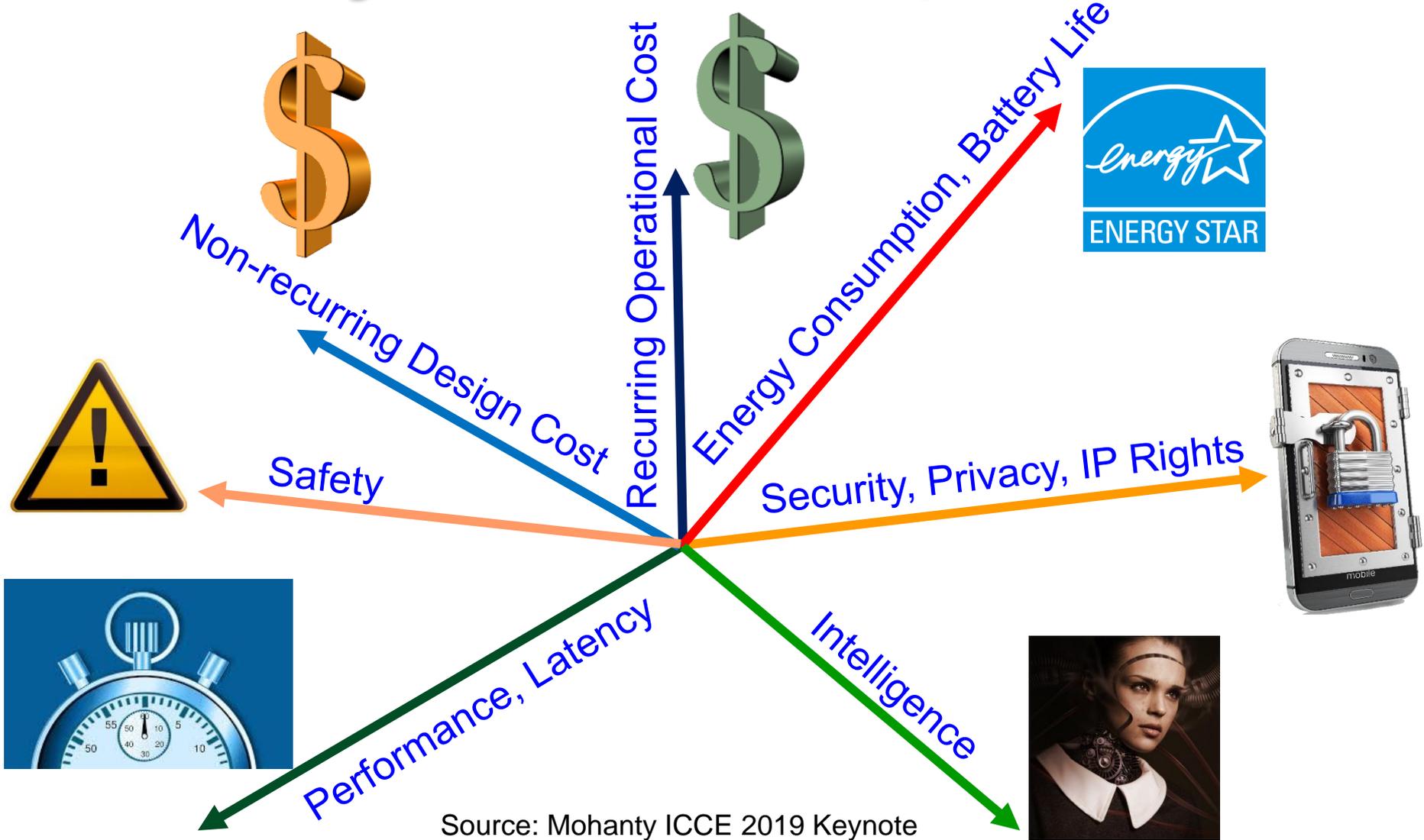
# DNN Training - Energy Issue



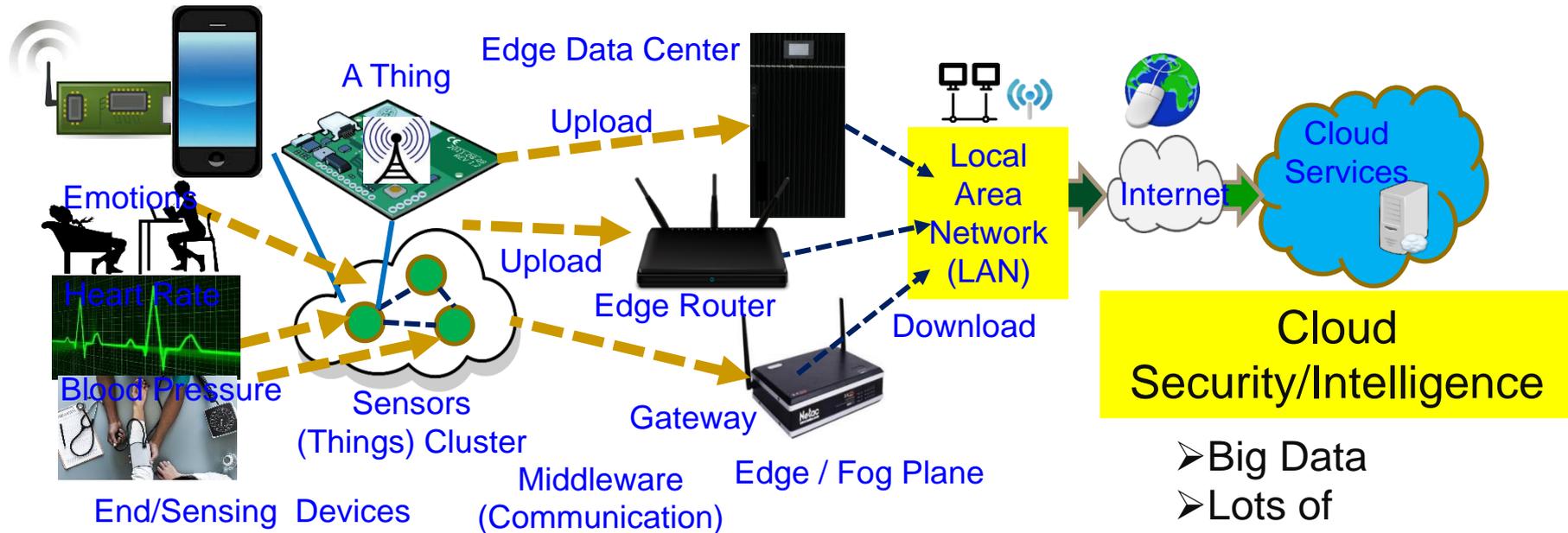
- DNN considers many training parameters, such as the size, the learning rate, and initial weights.
- High computational resource and time: For sweeping through the parameter space for optimal parameters.
- DNN needs: **Multicore processors and batch processing.**
- DNN training happens mostly in cloud not at edge or fog.

Source: Mohanty iSES 2018 Keynote

# CE/IoT System - Multi-Objective Tradeoffs



# Smart Healthcare – Edge Vs Cloud



## End Security/Intelligence

- Minimal Data
- Minimal Computational Resource
- Least Accurate Data Analytics
- Very Rapid Response

## Edge Security/Intelligence

- Less Data
- Less Computational Resource
- Less Accurate Data Analytics
- Rapid Response

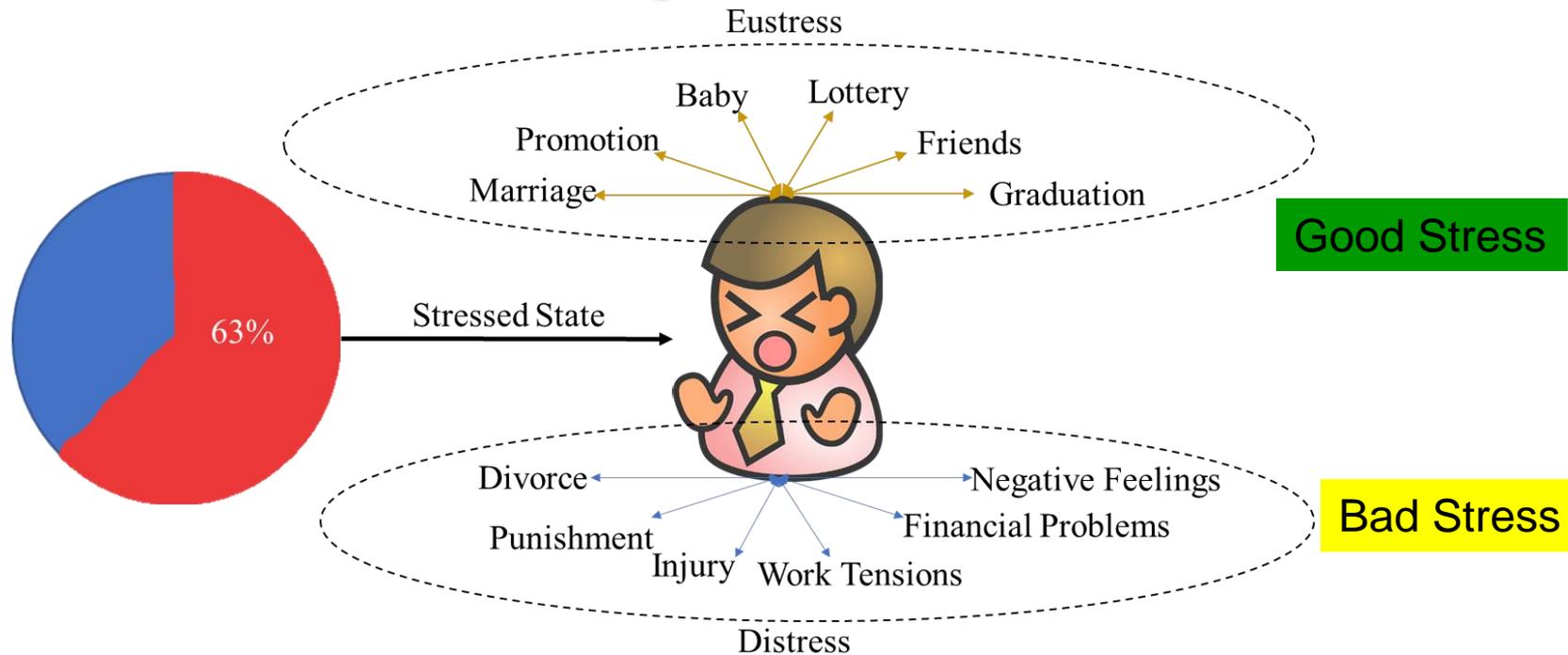
- Big Data
- Lots of Computational Resource
- Accurate Data Analytics
- Latency in Network
- Energy overhead in Communications

Source: Our IFIP IoT 2019 Talk (Good-Eye: A Combined Computer-Vision and Physiological-Sensor based Edge Device for Full-Proof Prediction and Detection of Fall of Adults)

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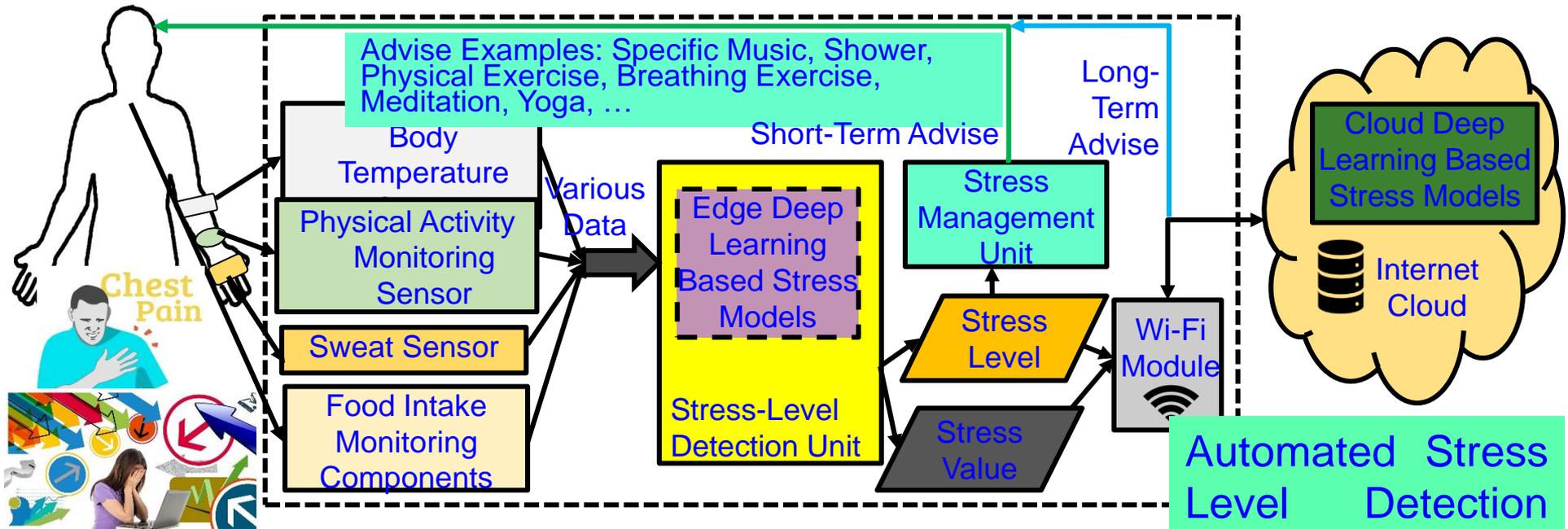
# Smart Healthcare – Specific Examples

# Stress is a Major Health Issue



- ❑ Stress is the relationship between a person and a situation, which adversely impacts the happiness and health of the sufferer or physiological reactions.
- ❑ Stress can be divided into two parts: stressor and reaction.
- ❑ Stressor is the activity or effect that triggers a change in the physiological parameter values of the human body.
- ❑ Reaction is the deviation of these parameter values from their normal levels.

# Smart Healthcare - Stress Monitoring & Control



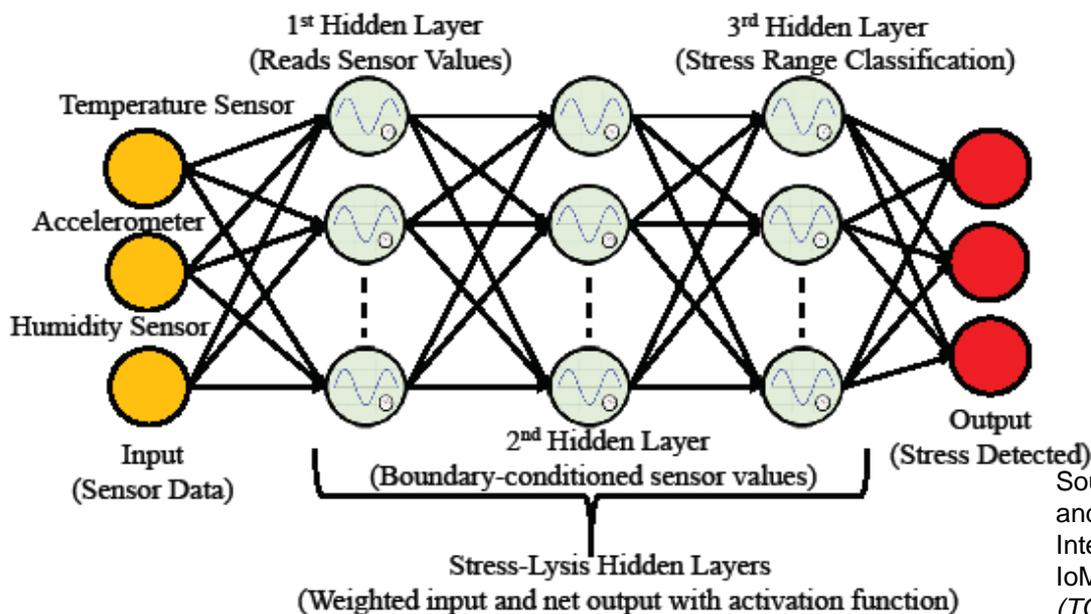
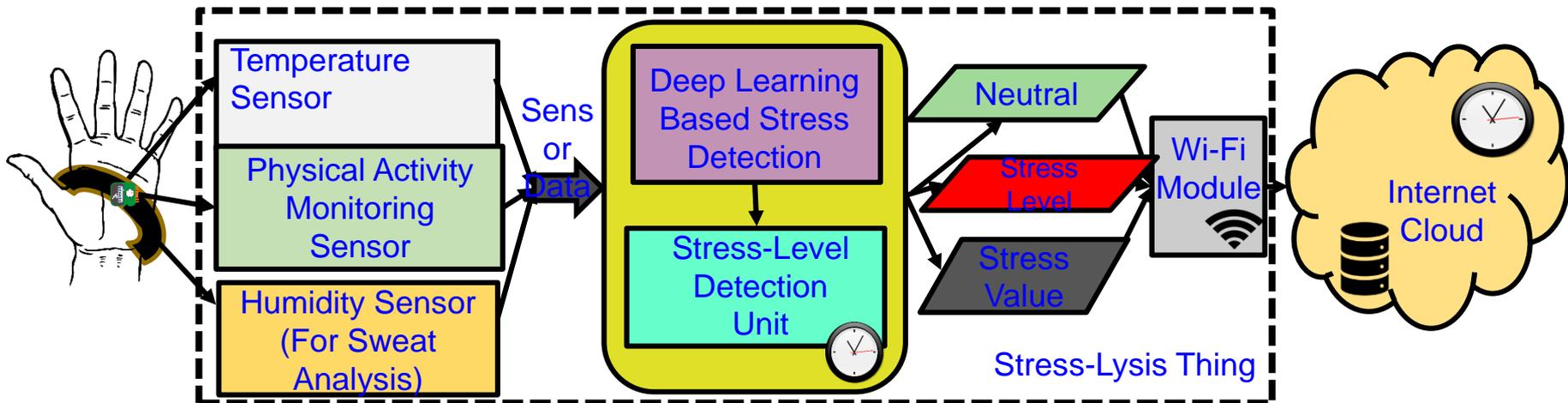
Sensor	Low Stress	Normal Stress	High Stress
Accelerometer (steps/min)	0-75	75-100	101-200
Humidity (RH%)	27-65	66-91	91-120
Temperature °F	98-100	90-97	80-90



Automated Stress Level Detection and Management

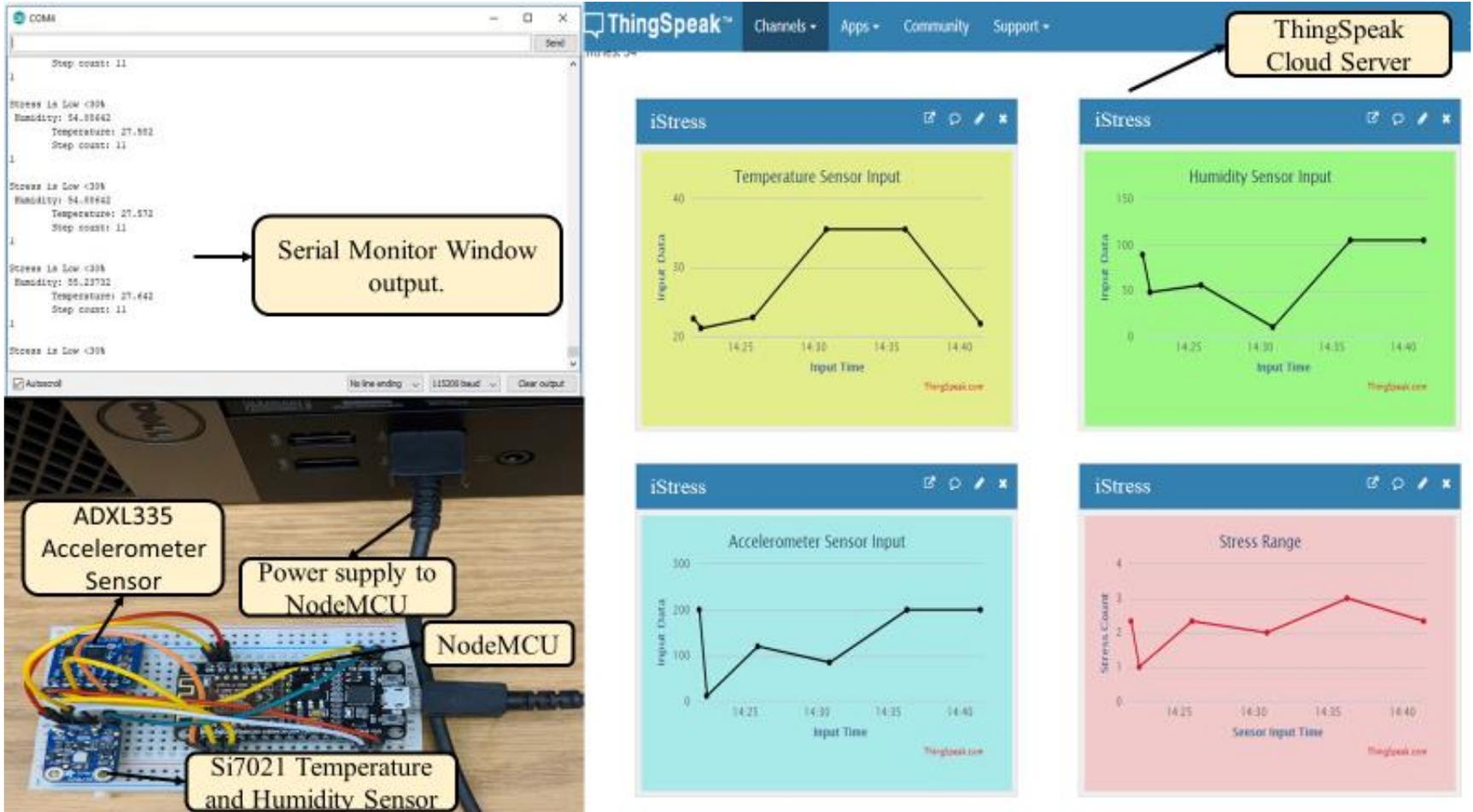
Source: L. Rachakonda, S. P. Mohanty, E. Kougianos, and P. Sundaravadivel, "Stress-Lysis: A DNN-Integrated Edge Device for Stress Level Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol 65, No 4, Nov 2019, pp. 474--483.

# Stress-Lysis: From Physiological Signals



Source: L. Rachakonda, S. P. Mohanty, E. Kougianos, and P. Sundaravadivel, "Stress-Lysis: A DNN-Integrated Edge Device for Stress Level Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol 65, No 4, Nov 2019, pp. 474--483.

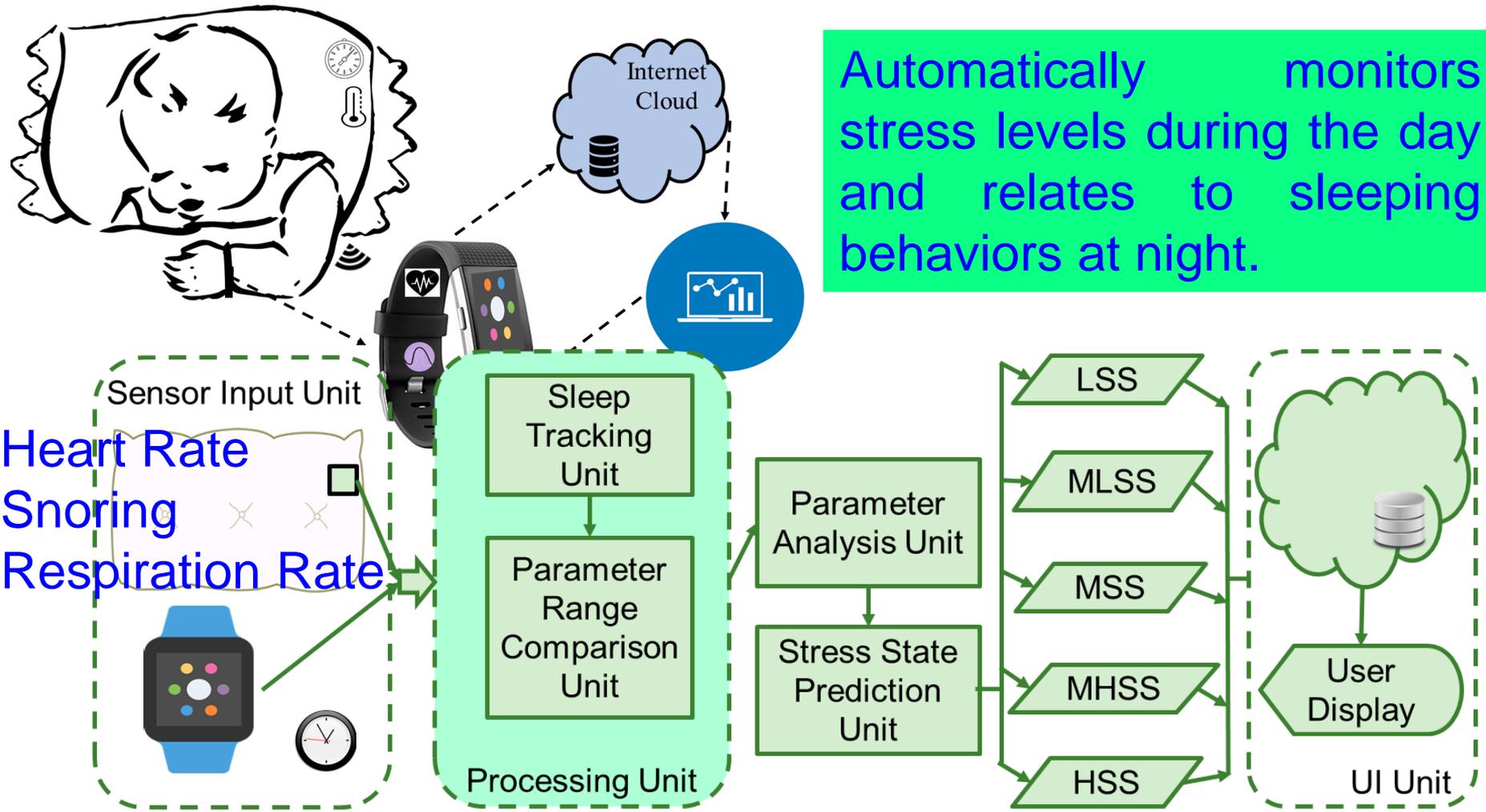
# Stress-Lysis: Experiments



Source: L. Rachakonda, S. P. Mohanty, E. Kougianos, and P. Sundaravadivel, "Stress-Lysis: A DNN-Integrated Edge Device for Stress Level Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol 65, No 4, Nov 2019, pp. 474--483.

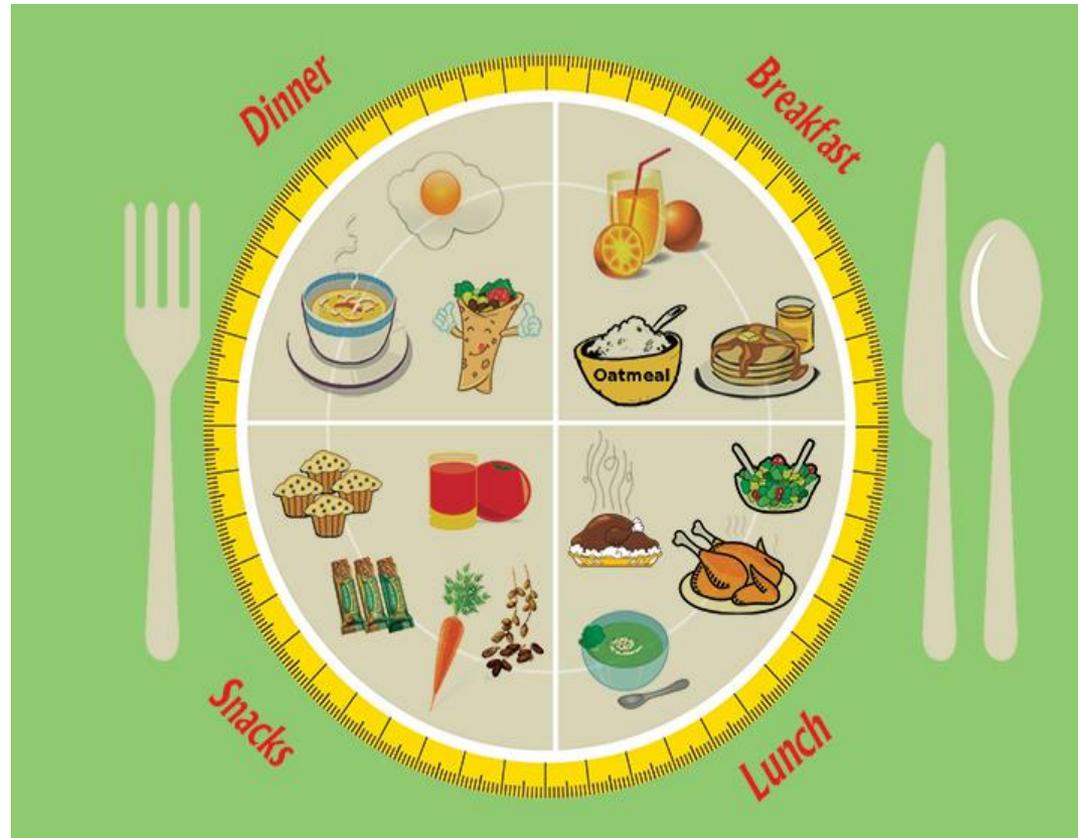
# Smart Healthcare – Smart-Pillow

Automatically monitors stress levels during the day and relates to sleeping behaviors at night.

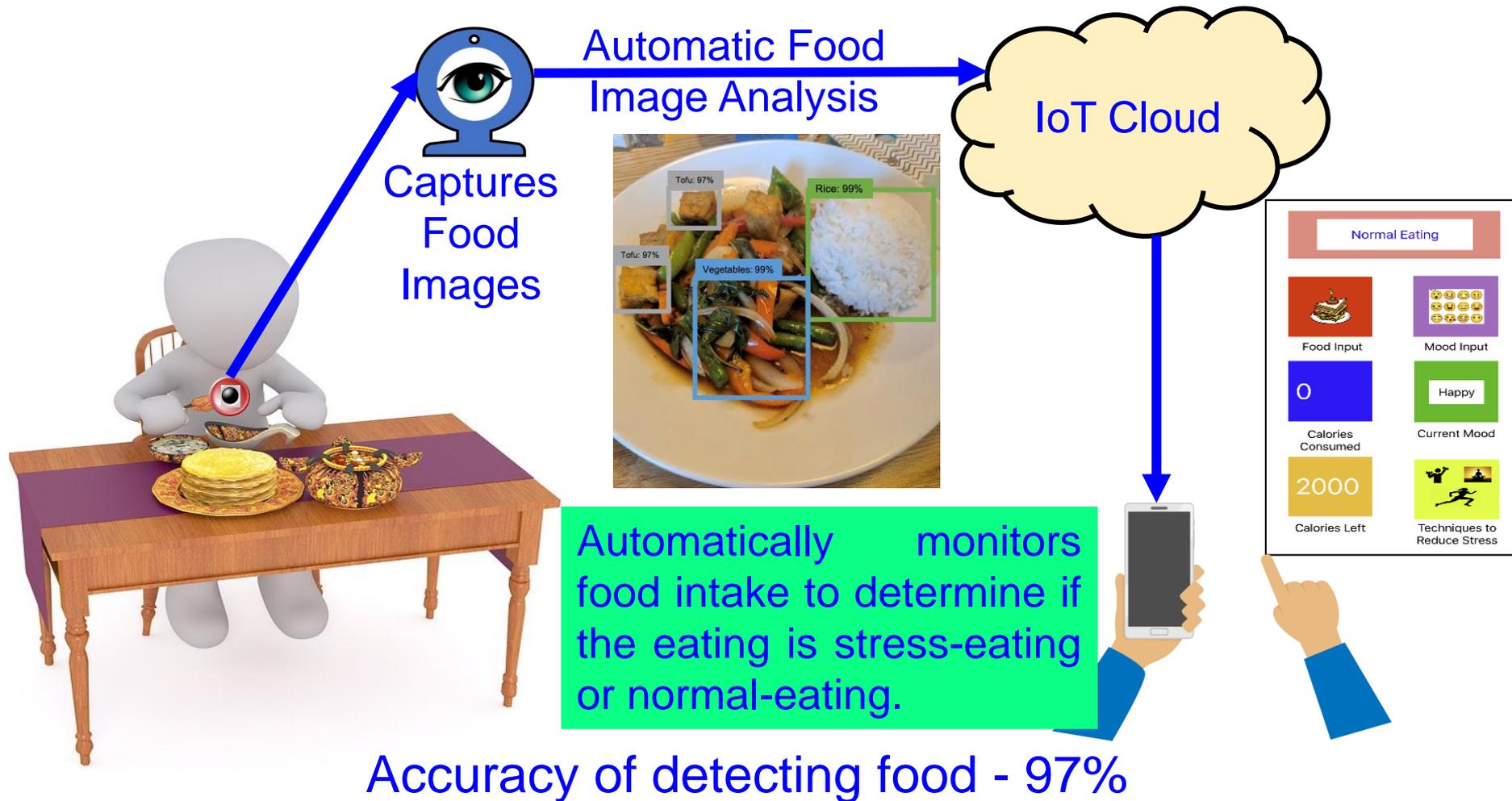


Source: Mohanty iSES 2018: "Smart-Pillow: An IoT based Device for Stress Detection Considering Sleeping Habits", in *Proc. of 4th IEEE International Symposium on Smart Electronic Systems (iSES) 2018*.

# Automatic Food Intake Monitoring and Diet Management is Important



# Smart Healthcare – Diet Monitoring



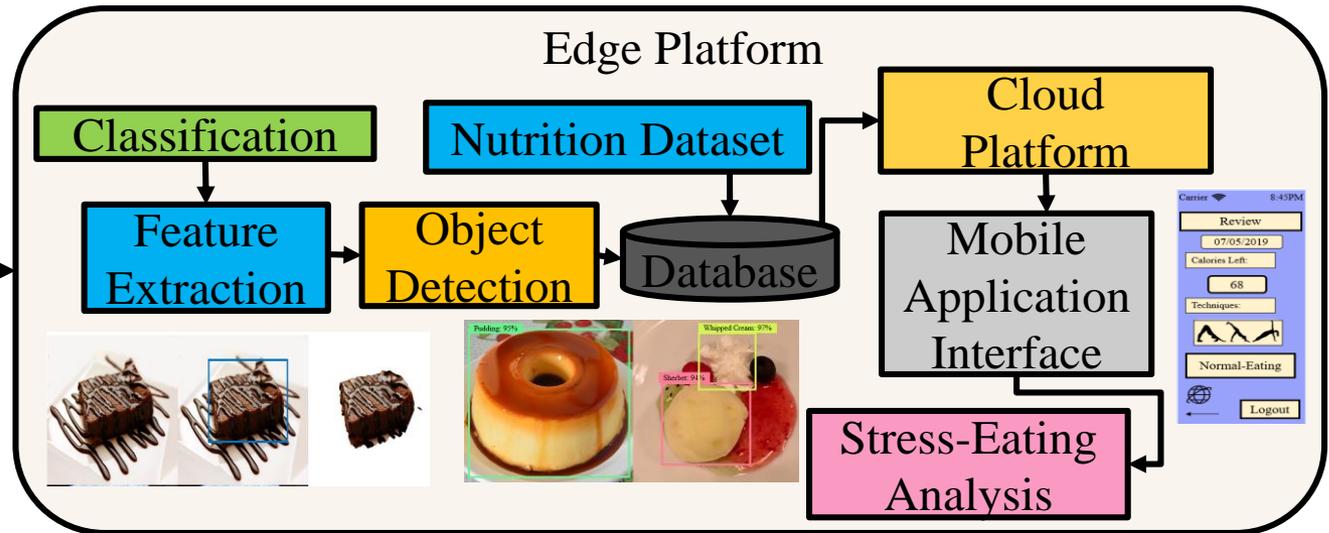
Automatically monitors food intake to determine if the eating is stress-eating or normal-eating.

Source: L. Rachakonda, S. P. Mohanty, and E. Kougianos, "iLog: An Intelligent Device for Automatic Food Intake Monitoring and Stress Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol. 66, No. 2, May 2020, pp. 115--124.

# Smart Healthcare – iLog



Reference Image



Source: L. Rachakonda, S. P. Mohanty, and E. Kougianos, "iLog: An Intelligent Device for Automatic Food Intake Monitoring and Stress Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol. 66, No. 2, May 2020, pp. 115--124.

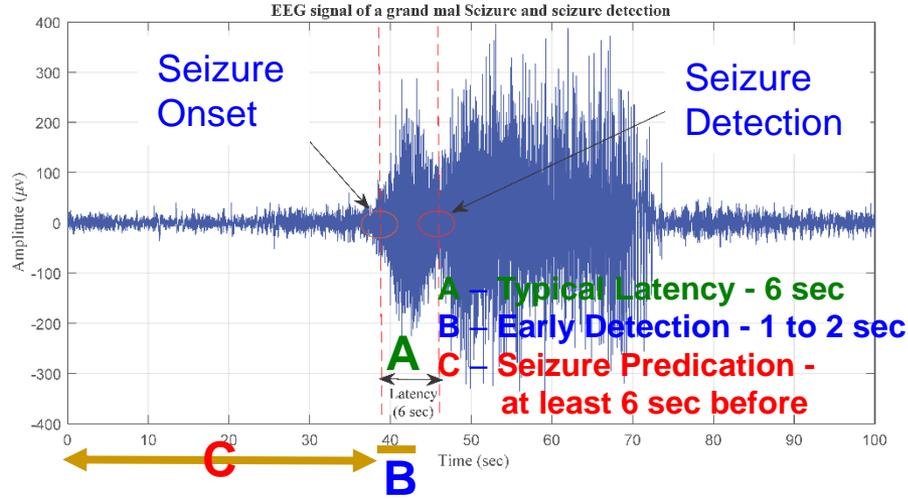
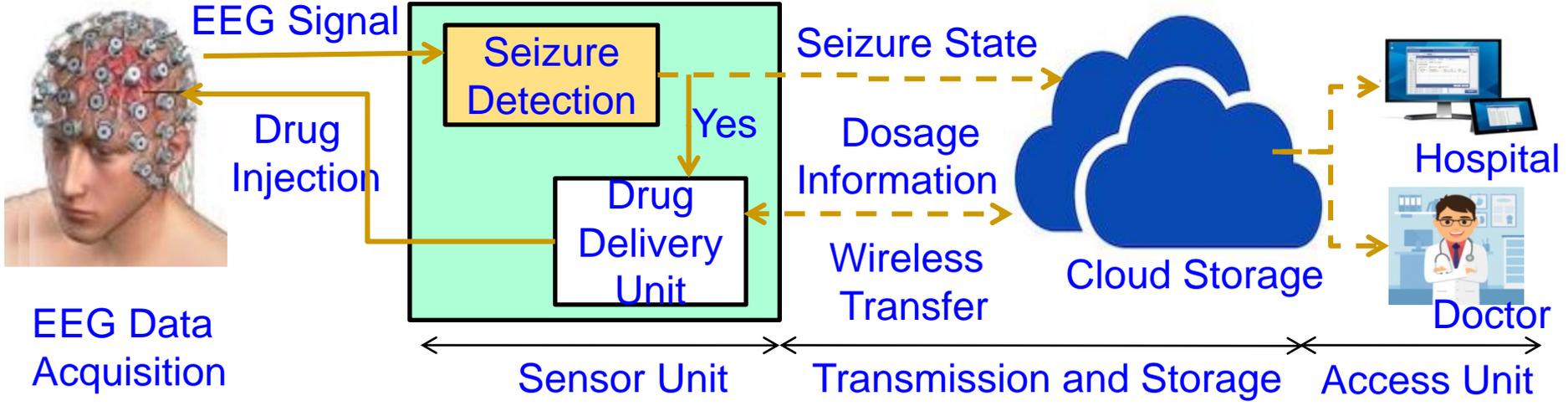
# Smart Healthcare – iLog



The data collected is sent to the Firebase Database in which the calorie count is generated by using a dataset with calories and sugars count of individual items from data.gov.

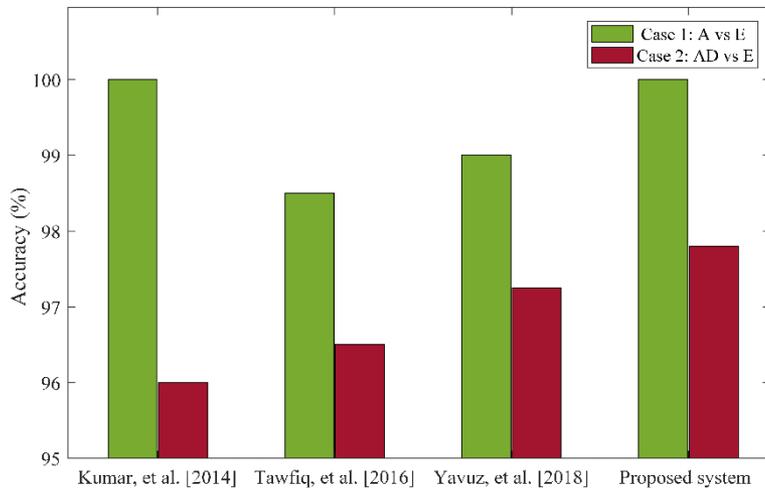
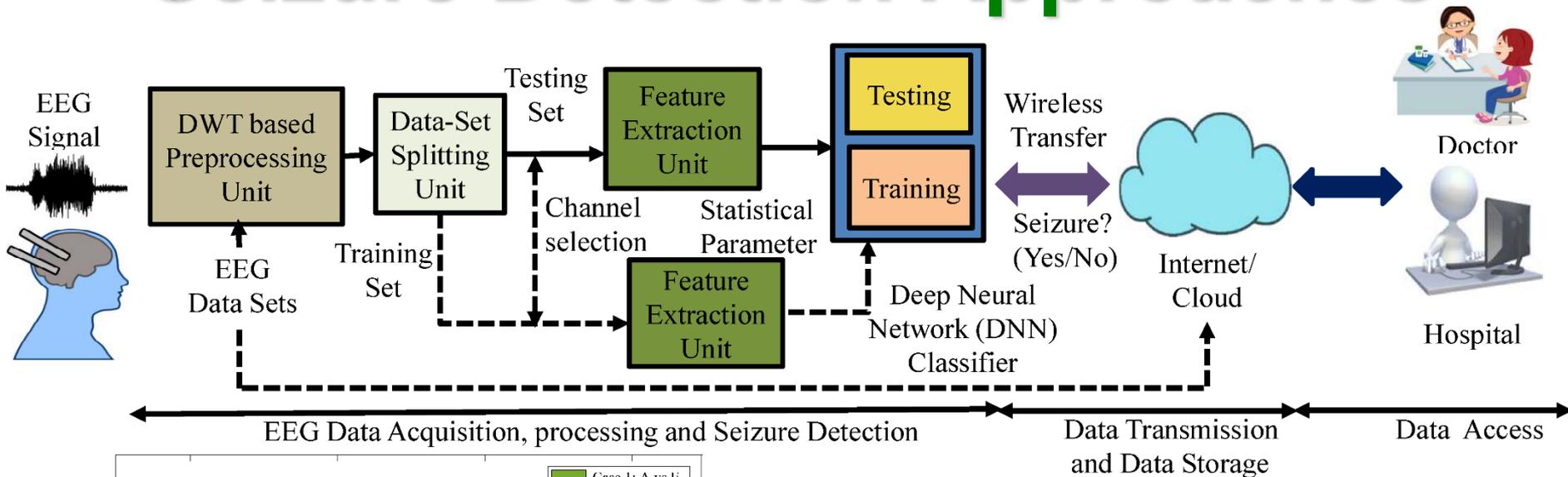
Source: L. Rachakonda, S. P. Mohanty, and E. Kougianos, "iLog: An Intelligent Device for Automatic Food Intake Monitoring and Stress Detection in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol. 66, No. 2, May 2020, pp. 115--124.

# Smart Healthcare - Seizure Detection & Control



Source: M. A. Sayeed, S. P. Mohanty, E. Kougianos, and H. Zaveri, "eSeiz: An Edge-Device for Accurate Seizure Detection for Smart Healthcare", *IEEE Transactions on Consumer Electronics (TCE)*, Volume 65, Issue 3, August 2019, pp. 379--387.

# Seizure Detection Approaches

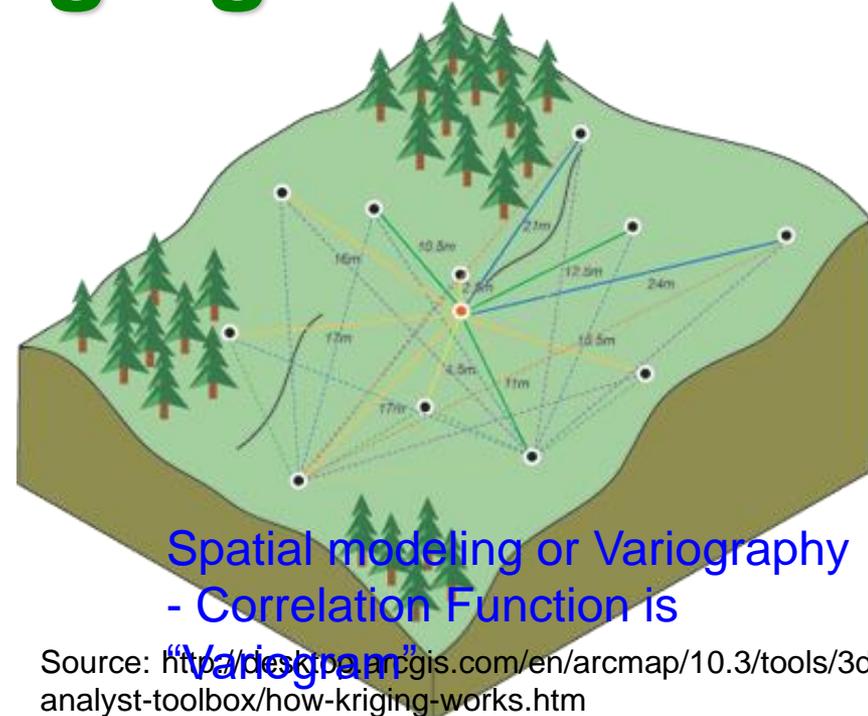
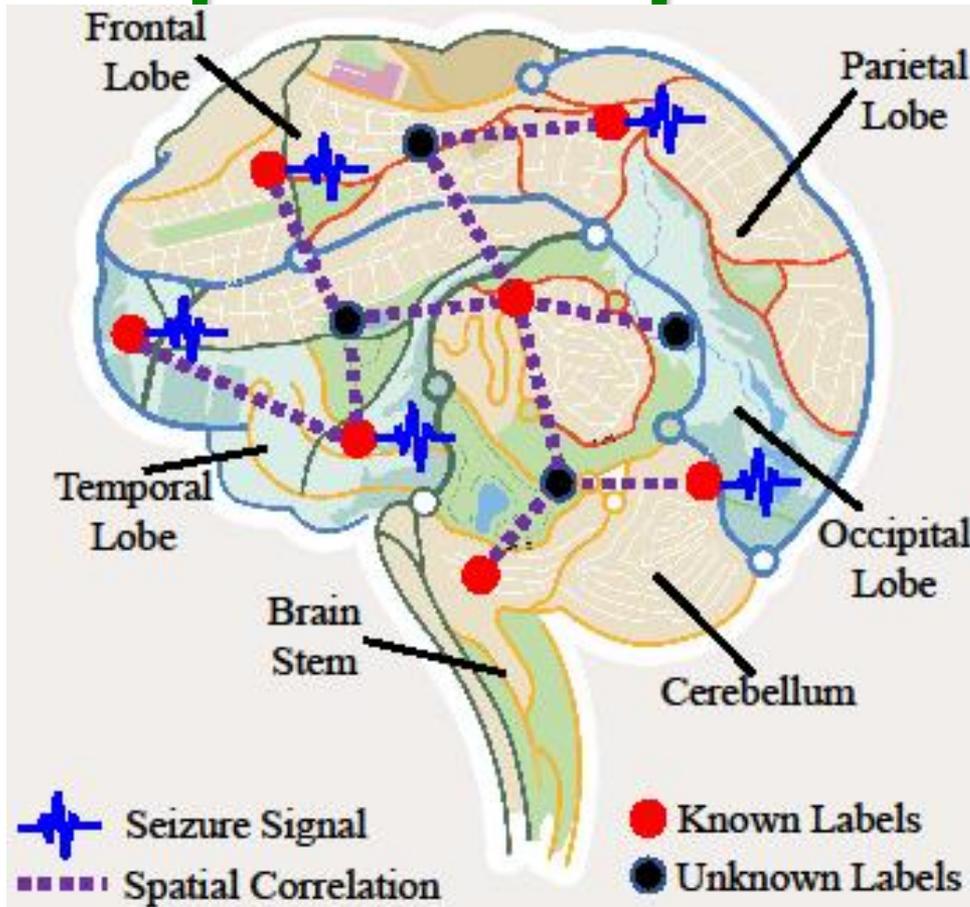


## Cloud Vs Edge Computing

Cloud Vs Edge	Latency	Accuracy
Cloud-IoT based Detection	2.5 sec	98.65%
Edge-IoT based Detection	1.4 sec	98.65%

Source: M. A. Sayeed, S. P. Mohanty, E. Kougiianos, and H. Zaveri, "Neuro-Detect: A Machine Learning Based Fast and Accurate Seizure Detection System in the IoMT", *IEEE Transactions on Consumer Electronics (TCE)*, Vol 65, No 3, Aug 2019, pp. 359--368.

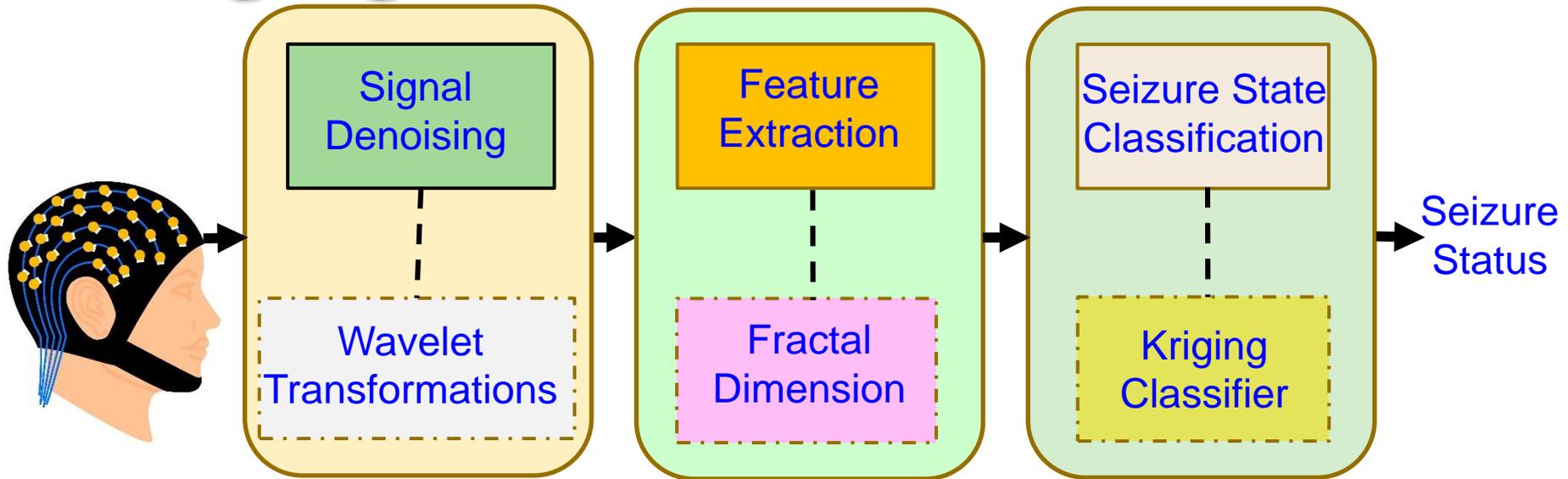
# Smart Healthcare – Brain as a Spatial Map → Kriging Methods



Spatial autocorrelation principle  
- things that are closer are more alike than things farther

Source: I. L. Olokodana, S. P. Mohanty, and E. Kougianos, "Ordinary-Kriging Based Real-Time Seizure Detection in an Edge Computing Paradigm", in *Proceedings of the 38th IEEE International Conference on Consumer Electronics (ICCE)*, 2020, Accepted.

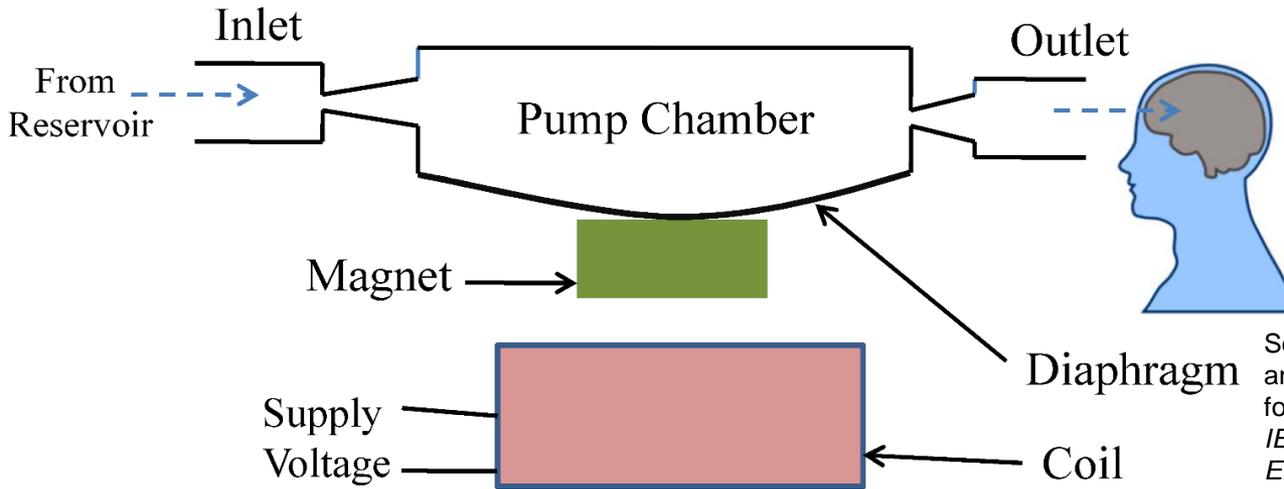
# Kriging based Seizure Detection



Works	Extracted Features	Classification Algorithm	Sensitivity	Latency
Zandi, et al. 2012 [23]	Regularity, energy & combined seizure indices	Cumulative Sum thresholding	91.00%	9 sec.
Altaf,etal. 2015 [24]	Digital hysteresis	Support Vector Machine	95.70%	1 sec
Vidyaratne, et al. 2017 [25]	Fractal dimension, spatial/ temporal features	Relevance Vector Machine (RVM)	96.00%	1.89 sec
<b>Our Proposed</b>	Petrosian fractal dimension	Kriging Classifier	100.0%	0.85 s

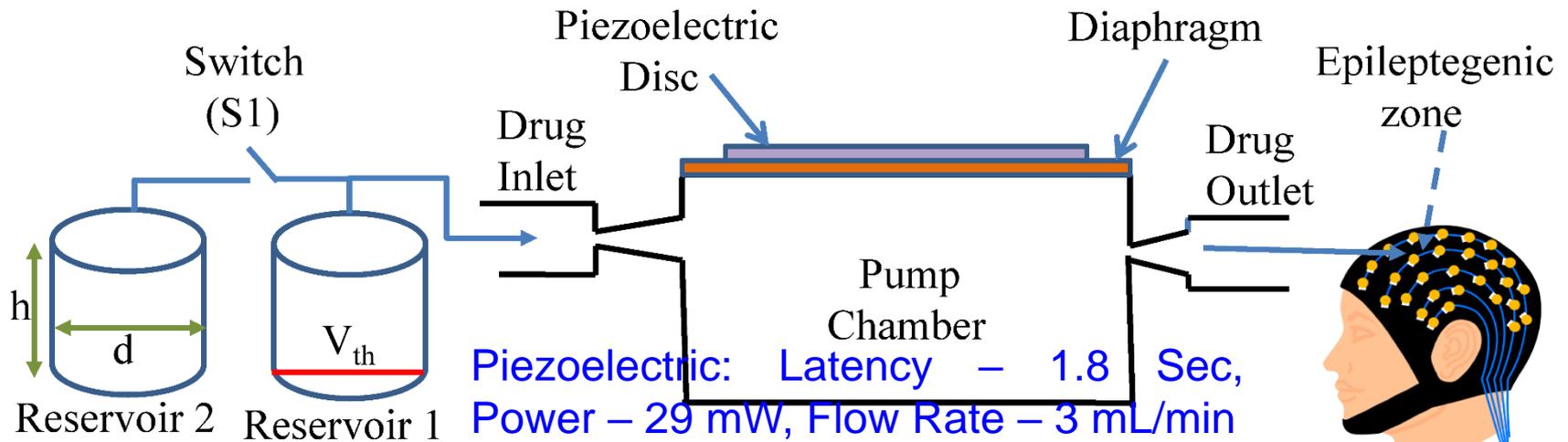
Source: I. L. Olokodana, S. P. Mohanty, and E. Kougianos, "Ordinary-Kriging Based Real-Time Seizure Detection in an Edge Computing Paradigm", in *Proceedings of the 38th IEEE International Conference on Consumer Electronics (ICCE)*, 2020, Accepted.

# Seizure Control Methods



Electromagnetic: Latency – 1.8 Sec, Power – 12.81 mW, Flow Rate – 0.34 mL/min

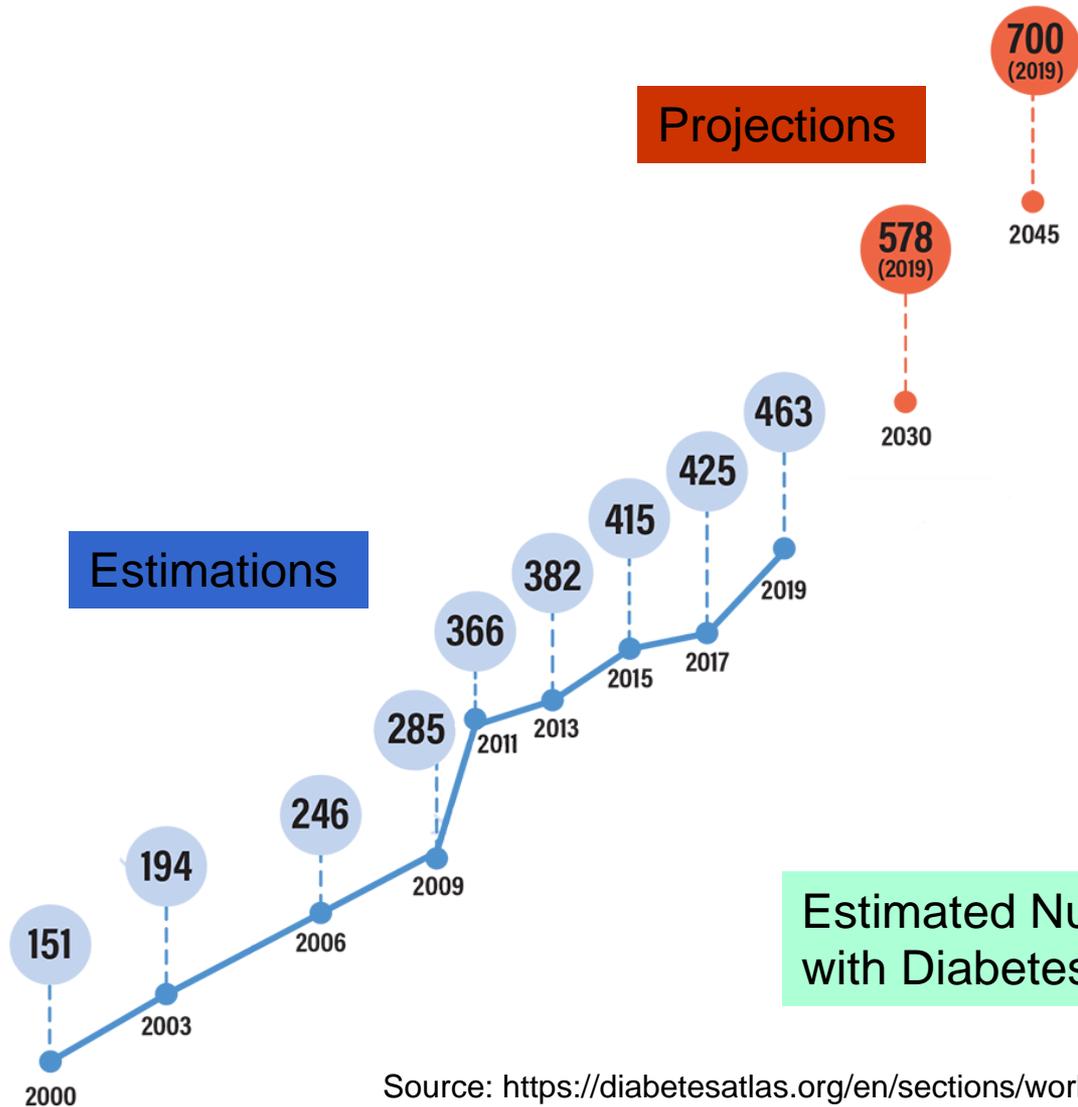
Source: M. A. Sayeed, S. P. Mohanty, E. Kougianos, and H. Zaveri, "An IoT-based Drug Delivery System for Refractory Epilepsy", in *Proceedings of the 37th IEEE International Conference on Consumer Electronics (ICCE)*, 2019.



Piezoelectric: Latency – 1.8 Sec, Power – 29 mW, Flow Rate – 3 mL/min

Source: M. A. Sayeed, S. P. Mohanty, E. Kougianos, and H. Zaveri, "iDDS: An Edge-Device in IoMT for Automatic Seizure Control using On-Time Drug Delivery", in *Proceedings of the 38th IEEE International Conference on Consumer Electronics (ICCE)*, 2020.

# Diabetes is a Global Crisis



Estimated Number of Adults with Diabetes (in Millions)

Source: <https://diabetesatlas.org/en/sections/worldwide-toll-of-diabetes.html>

# Blood Glucose Monitoring – Invasive Vs Noninvasive

## Invasive Approach (Capillary Glucose Measurement)

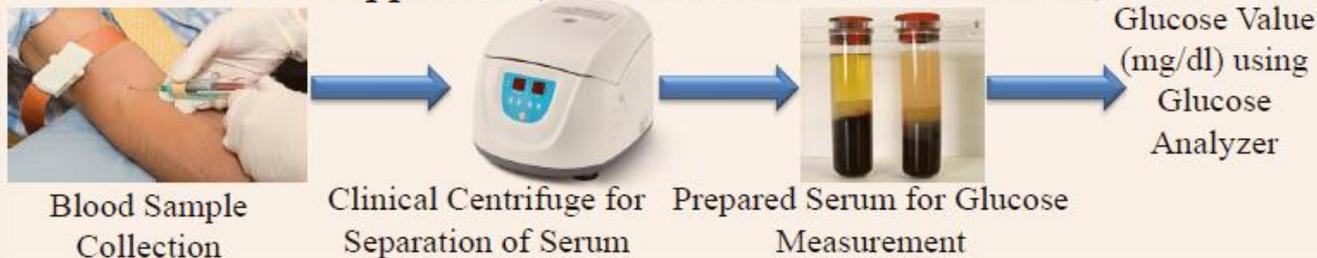


Traditional – Finger Pricking



Invasive Approach – Processing Blood/Serum

## Invasive Approach (Serum Glucose Measurement)

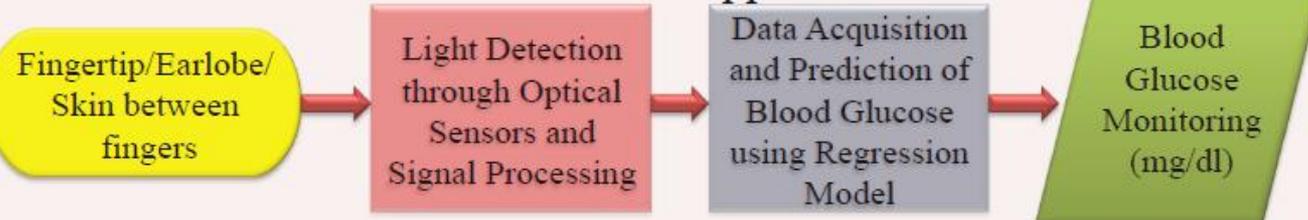


Noninvasive – Wearable

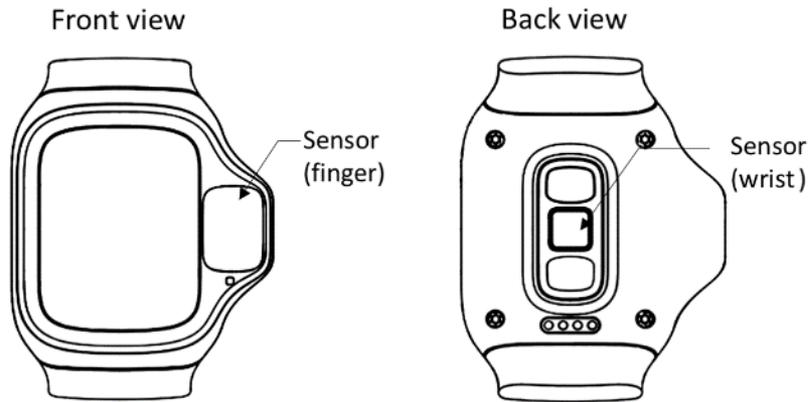


Noninvasive Approach – Processing Light

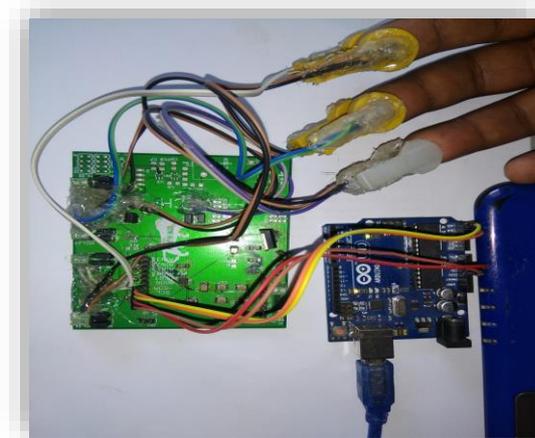
## Non Invasive Approach



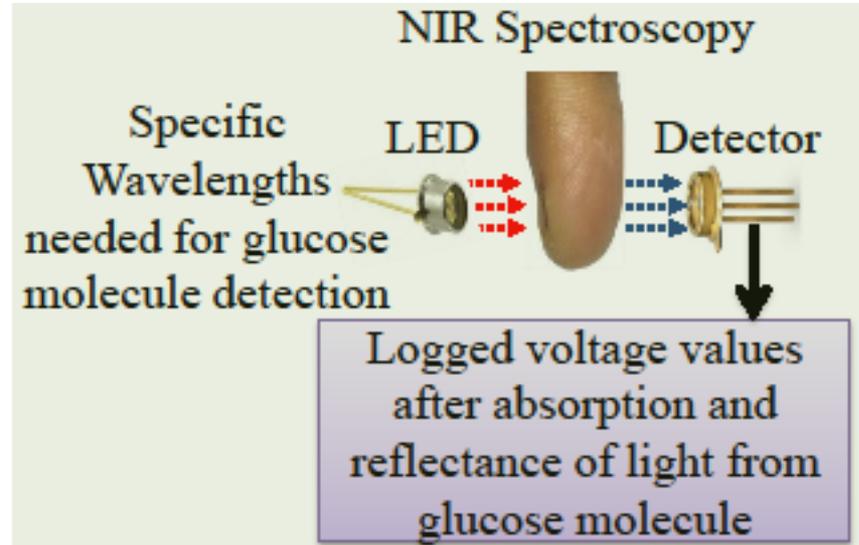
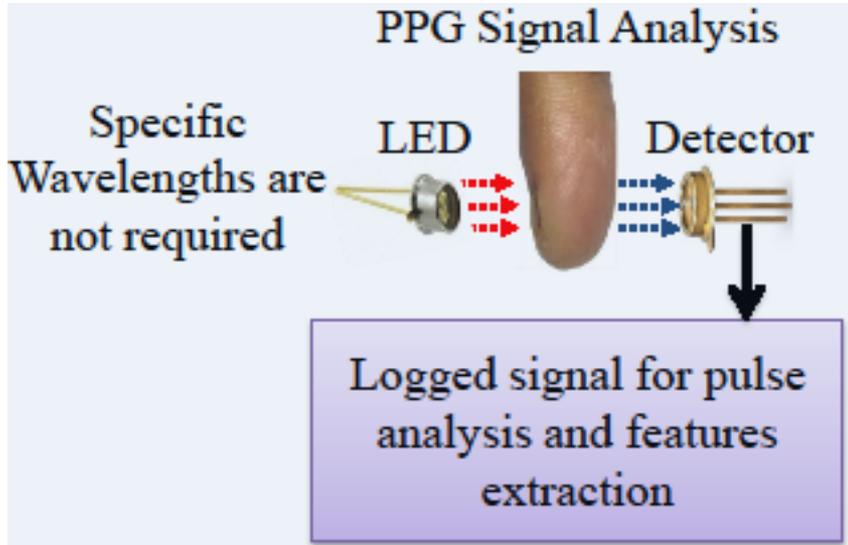
# Noninvasive Glucose-Level Monitoring



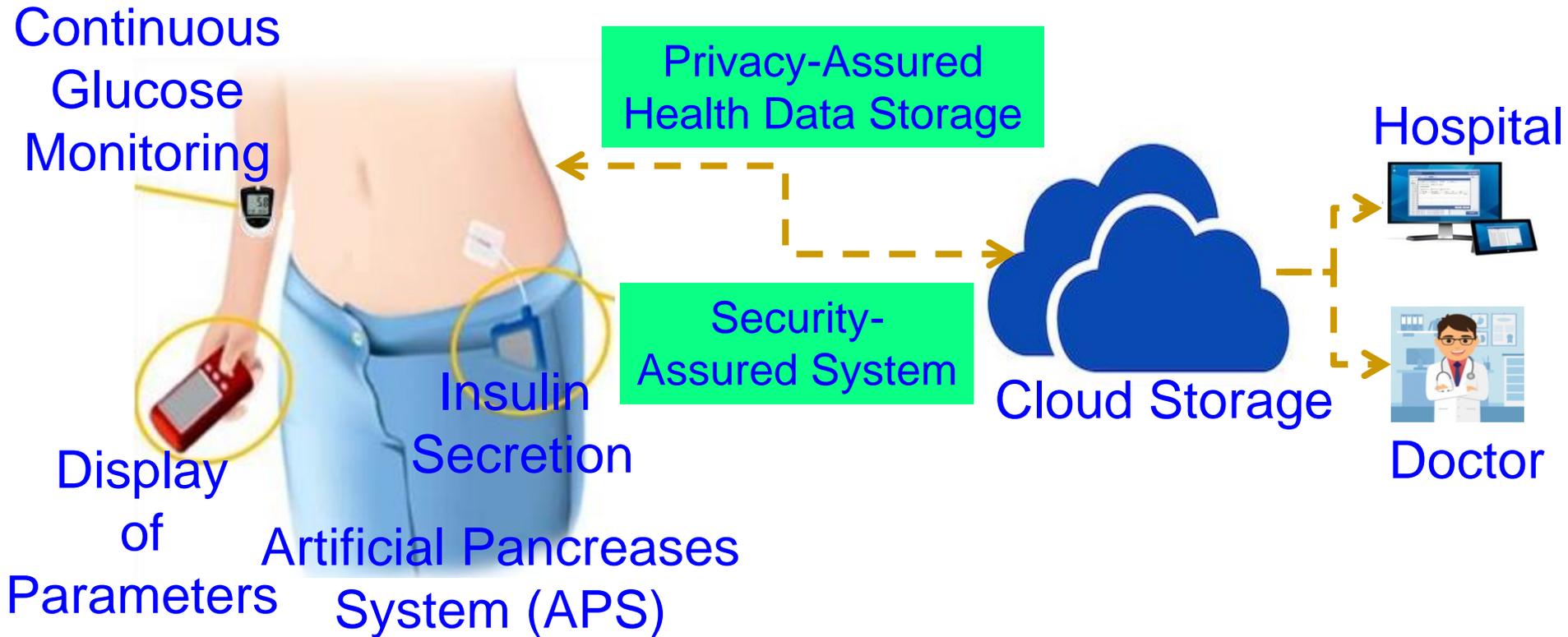
Photoplethysmogram (PPG)



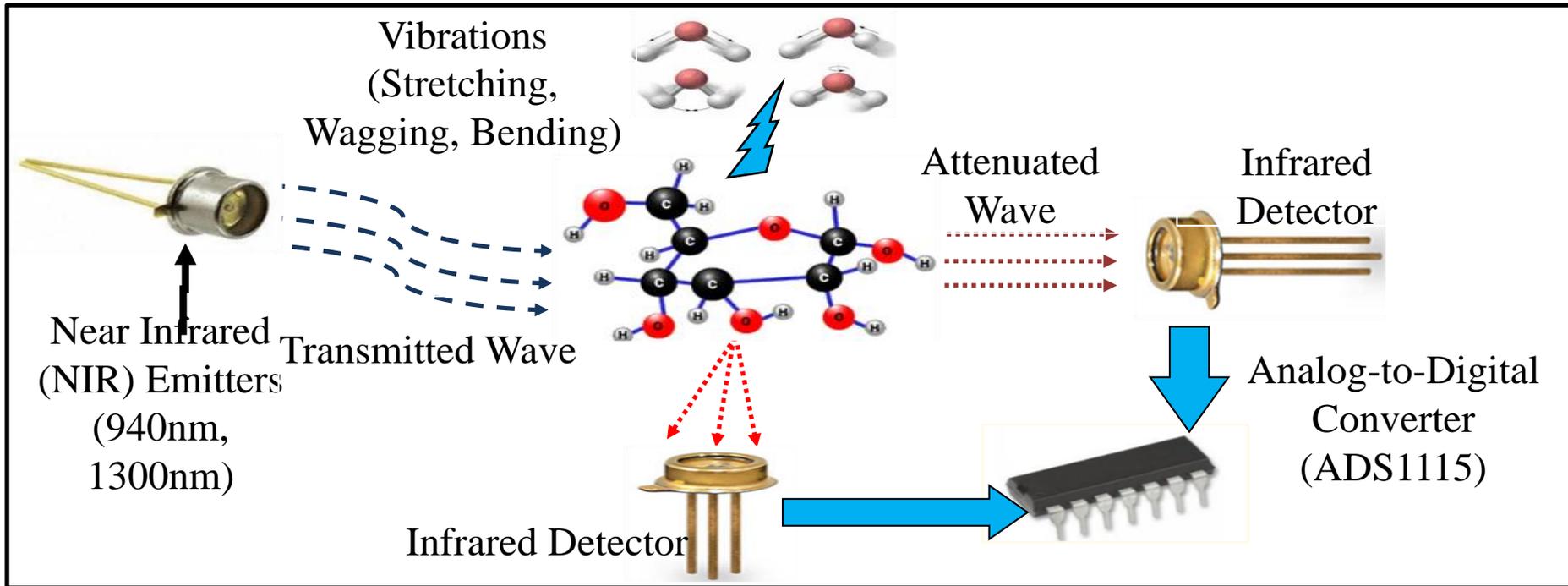
Near Infrared (NIR)



# Our Vision – iGLU (Intelligent Noninvasive Monitoring and Control)



# iGLU 1.0: Capillary Glucose

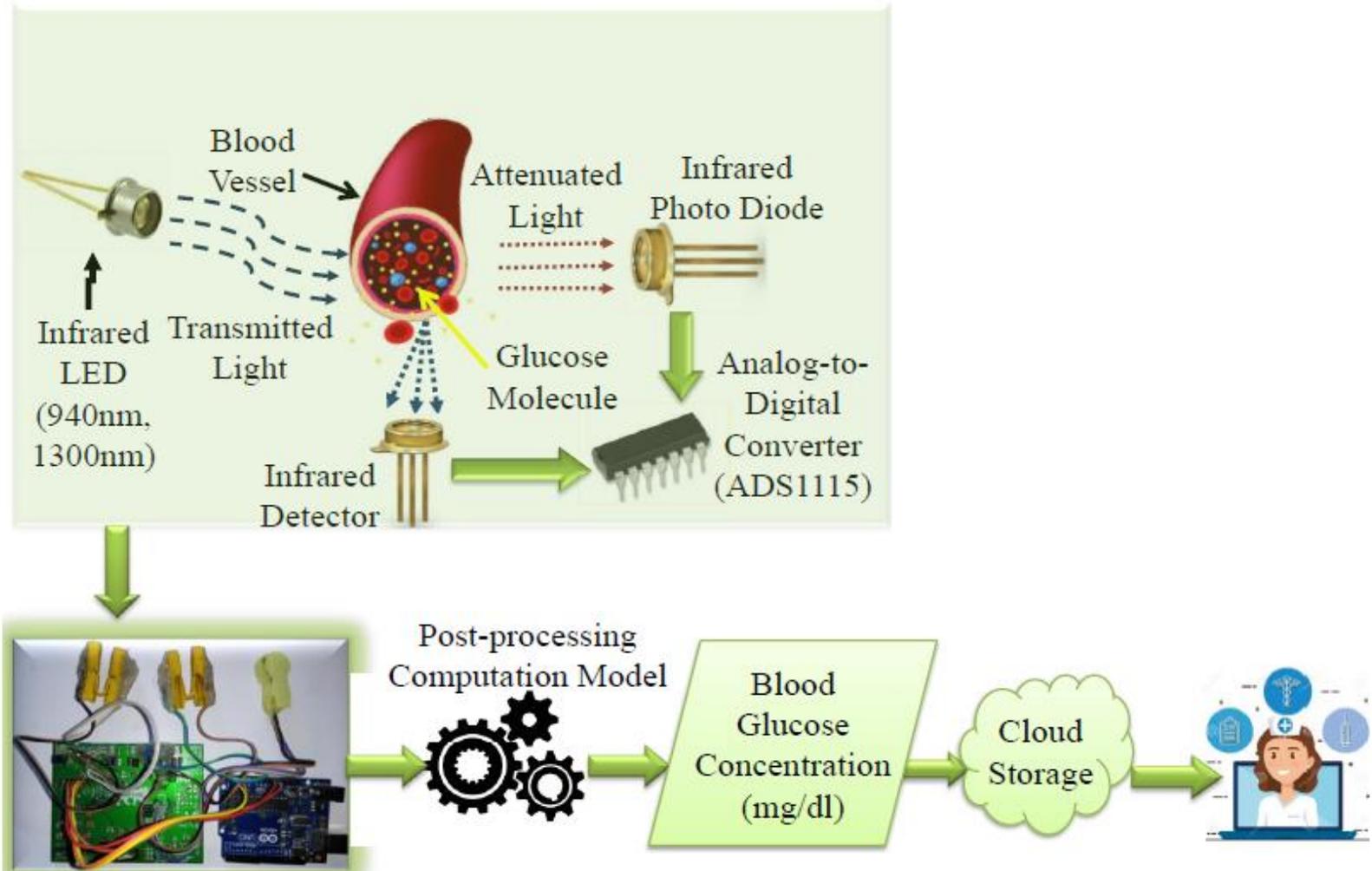


Clinically tested in an hospital.

Cost - US\$ 20  
Accuracy - 100%

Source: P. Jain, A. M. Joshi, and S. P. Mohanty, "iGLU: An Intelligent Device for Accurate Non-Invasive Blood Glucose-Level Monitoring in Smart Healthcare", *IEEE Consumer Electronics Magazine (MCE)*, Vol. 9, No. 1, January 2020, pp. 35-42.

# iGLU 2.0: Serum Glucose



Source: P. Jain, A. M. Joshi, N. Agrawal, and S. P. Mohanty, "iGLU 2.0: A New Non-invasive, Accurate Serum Glucometer for Smart Healthcare", *arXiv Electrical Engineering and Systems Science*, arXiv:2001.09182, January 2020, 19-pages.

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# Conclusions and Future Research



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# Conclusions

- Healthcare has been evolving to Healthcare-Cyber-Physical-System (CPS) i.e. smart healthcare.
- Internet of Medical Things (IoMT) plays a key role smart healthcare.
- Smart healthcare can reduce cost of healthcare and give more personalized experience to the individual.
- IoMT provides advantages but also has limitations in terms of security, privacy, etc.

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# Future Research

- Internet-of-Everything (IoE) with Human as active part as crowdsourcing need research.
- IoE will need robust data, device, and CPS security need more research.
- Security of IWMDs needs to have extremely minimal energy overhead to be useful and hence needs research.
- Integration of blockchain for smart healthcare need research due to energy and computational overheads associated with it.

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# Acknowledgement(s)

This material is based upon work supported by the National Science Foundation under Grant Nos. OAC-1924112. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.