



## IOT IN SMART HEALTH CARE

<sup>1</sup>M Mohamed Umar, <sup>2</sup>Dr. B Gayathri

<sup>1</sup>[umarmohamedcid@gmail.com](mailto:umarmohamedcid@gmail.com) , <sup>2</sup>[gayathri.cs@bhc.edu.in](mailto:gayathri.cs@bhc.edu.in)

Bishop Heber (Autonomous) College, India.

### ***Abstract:***

The word IoT is quite common and the use such devices also normal nowadays. For example, if you visit a park at early morning you can observe many of them jogging, walking and doing their exercises. It happens as usual. But if you observe them keenly you can see them wearing wrist bands, step counters, calorie burn counter etc. The use of IoT devices in exercises is increasing and it is become common among the people. Similarly in Multi Speciality Hospitals, the patients are monitored 24/7 with the help of IoT devices like heart rate counter etc. The use of these devices in Hospitals and in medical field are slightly increasing day-by-day. The doctors personally suggest the use of IoT devices to some for monitoring the conditions of such patients. During the lockdowns due to the spread of Covid, it become a major concern about how to visit the doctor personally. So they needed the help of IoT. It is a time saving and cost efficient strategy. Yet the devices may be somewhat a little bit of costly but it will definitely very helpful in now and in future. Let us analyse the use of IoT in our society's Health Care.

**Keywords:** Information and Communication Technology, Population Rate, Exercising, Undeveloped Areas.

# Student IT Research Exposition



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