



Heart and Temperature Monitoring Design and Testing Over the Internet

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ABSTRACT

Design and testing of a heart rate monitoring system and human body temperature using an Arduino-based internet network, which aims to monitor heart conditions and body temperature on the internet network. This monitoring system tool is designed using Arduino with two measurement parameters, namely a heart rate sensor and a human body temperature sensor with the results displayed on the LCD, internet web, and android application. The research method used is to measure heart rate (BPM) and human body temperature compared with standard equipment in hospitals, by taking measurements of five patients with five measurements each. This study also aims to make it easier for medics to monitor patient conditions remotely. Based on measurement data for five patients who have been measured using a design tool, the relative error value for heart rate is less than 3% and body temperature with a correction factor of 1% and percentage below 2%. This value indicates that the designed tool functions quite well.

Key words: Arduino, Health Monitoring, Internet of Things, User Testing

1. INTRODUCTION

The normal heart rate in humans ranges from 60-100 BPM at rest [1]–[3]. A heart rate of 60 BPM at rest indicates a very healthy body condition. However, a heart rate that exceeds 100 BPM at rest indicates a possible heart disorder and this should not be underestimated because heart disease is one of the leading causes of death in the world. In 2014, the death rate in Indonesia was 1,551,000 people, of which 37% of the death rate was caused by heart disease [4]–[7].

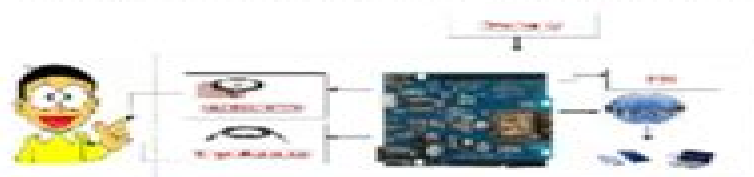
The heart is one of the most important organs of the human body, because the heart functions as a pump for the entire body through blood vessels. When blood is pumped

out of the heart in an artery it will feel a pulse wave and can be palpated at the place where the artery crosses a bone that is located near the surface of the skin, such as the dialysis artery in the wrist, temporal artery in the wrist, over the temporal bone, or the dorsalis pedis artery in the ankle [8], [9]. What is palpable is not the blood pumped by the heart into the aorta but the pressure waves that are diverted from the aorta and propagate faster than the blood itself. In addition to the heart, which must be considered is body temperature. Changes in body temperature are closely related to excessive heat production, maximum heat production and excessive heat expenditure [8].

By utilizing internet connectivity, we can do remote monitoring and can be used for patients who have difficulty mobility or difficulty being able to attend the hospital, several previous studies have shown that using the internet for remote monitoring of health can help patients and the medical team in treatment which they do [10]–[14]. Therefore, we need a device to detect the heart rate and human body temperature. With technology, the process of monitoring heart rate and body temperature can be done remotely so that the monitoring process becomes more efficient.

2. RESEARCH METHODOLOGY

This monitoring tool design research was conducted at Columbia Asia Palomas Hospital, Jakarta. From assembling tools to designing tools for monitoring heart rate and body temperature. Where the data obtained from research at this hospital is data on heart rate measurements and data on measuring human body temperature. The block diagram of a heart rate monitoring system and human body temperature



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