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| **Title:** | Analysis of Patient Health Using Arduino and Monitoring System | | |
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| **Published Journal Name:** | Journal of Engineering Research and Reports (JERR) | | |
| **Type of Publication:** | Journal | | |
| **Volume:** | 26 | Issue | 3 |
| **Publisher:** | Journal of Engineering Research and Reports | | |
| **Publication Date:** | 22nd February 2024 | | |
| **ISSN:** | 2582-2926 | | |
| **DOI:** | https://doi.org/10.9734/jerr/2024/v26i31090 | | |
| **URL:** | https://journaljerr.com/index.php/JERR/article/view/1090 | | |
| **Other Related Info.:** | Page 25-33 | | |
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| **Abstract:** |  |
| The proposed project is a health monitoring system using Arduino that measures key health parameters such as heart rate, blood oxygen level, and body temperature. The system consists of sensors such as DHT11 for temperature, MAX30100 for heart rate and blood oxygen level, and an Arduino Nano for processing the data. The measured results are displayed on an LCD screen and a buzzer sounds when the results are ready. The system has been designed with simplicity and ease-of-use in mind, making it accessible for personal use. While the system has limitations such as sensor accuracy and lack of IoT functionality, it still has potential for improving individual health monitoring and wellness. In the future, potential areas for development include the inclusion of more sensors, IoT functionality, and machine learning algorithms for personalized insights and recommendations. Overall, the proposed health monitoring system is a promising step towards empowering individuals to take a more active role in monitoring their health and wellness. | |