



# Integrating Artificial Intelligence and the Internet of Things in Healthcare: A Comprehensive Survey

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**Abstract:** The integration of Artificial Intelligence (AI) and the Internet of Things (IoT) is rapidly transforming the landscape of modern healthcare. This convergence enables the development of intelligent, connected systems capable of real-time data collection, analysis, and decision-making, leading to improved patient outcomes, enhanced operational efficiency, and personalized medical care. This survey provides a comprehensive overview of the current state of AI and IoT integration in healthcare, examining key applications such as remote patient monitoring, predictive analytics, personalized treatment, AI-assisted imaging, and smart hospital management. It explores the technological enablers, including wearable devices, cloud computing, and machine learning algorithms, and addresses major challenges related to data security, interoperability, and ethical concerns. Additionally, the paper discusses emerging trends, research gaps, and future directions that can guide the development of next-generation smart healthcare systems. This work aims to serve as a foundational reference for researchers, practitioners, and policymakers engaged in advancing healthcare through intelligent technologies.

**Keywords** - Smart Healthcare, Remote Patient Monitoring, Predictive Analytics, Personalized Medicine, AI-Powered Medical Imaging, Healthcare Data Analytics, Machine Learning in Healthcare, Connected Medical Devices.

## I. INTRODUCTION

In recent years, the healthcare industry has undergone profound digital transformation catalyzed by the rapid evolution of advanced technologies. Among the most impactful developments is the convergence of Artificial Intelligence (AI) and the Internet of Things (IoT), a synergy that holds immense promise in redefining healthcare delivery across diverse populations and settings. This integration, commonly referred to as AIoT, has the potential to optimize care delivery, enhance clinical decision-making, and revolutionize health monitoring, diagnosis, and managed [1][8].

AI comprises a suite of computational methods, including machine learning, deep learning, and natural language processing, which enable systems to detect patterns, interpret complex medical data, forecast clinical outcomes, and support data-driven decision making with increasing accuracy [4][6]. In parallel, IoT technologies have ushered in a new era of connected medical devices such as wearable sensors, implantable monitors, and smart diagnostic tools that facilitate the real-time acquisition and transmission of physiological and environmental data [3][5][8]. These continuous data streams provide dynamic insights into patient health, offering the foundation for more responsive and individualized care [5][9].

The convergence of AI and IoT creates a transformative AIoT ecosystem, wherein data are continuously captured, processed, and translated into actionable insights in real-time [1][13]. This enables a paradigm shift from reactive to proactive and even preventivemodels of healthcare. AIoT systems support early diagnosis,

personalized treatment strategies, and improved resource allocation, with applications in remote monitoring, chronic disease management, hospital automation, and clinical workflow optimization [3][6][12].

Despite its transformative potential, the integration of AI and the IoT in healthcare presents a range of challenges. Technical barriers such as data interoperability, system integration, and standardization remain unresolved across heterogeneous platforms [10][13]. Additionally, concerns surrounding data privacy, security, and the ethical use of AI, particularly regarding consent, transparency, accountability, and algorithmic bias, must be carefully addressed [6][7][13][14]. Realizing the full potential of AIoT also demands significant investment in digital infrastructure, skilled workforce development, and the establishment of robust regulatory frameworks to ensure safety, reliability, and public trust [7][11].

This survey provides a comprehensive overview of the integration of AI and IoT in the healthcare domain. It investigates major applications, evaluates the benefits and limitations of AIoT implementation, and identifies key research challenges and future directions. By examining this convergence through a multidisciplinary lens, this study aimed to inform researchers, practitioners, policymakers, and technology developers of their efforts to leverage AIoT to advance healthcare delivery and improve patient outcomes globally.

## II. LITERATURE REVIEW: RECENT RESEARCH CONTRIBUTIONS

The table below presents a summary of recent significant studies that have focused on the integration of Artificial Intelligence and IoT in healthcare. Each study highlights a distinct aspect of this interdisciplinary field encompassing areas such as wearable technology, predictive analytics, clinical decision support, and infrastructure enhancement.

Study	Authors	Year	Focus Area	Key Findings
AI, IoT, and Wearable Technology for Smart Healthcare	El-Fishawy, N., Elhoseny, M., Hassanien, A. E.	2020	Smart Healthcare & Wearables	This study underscores the integration of Artificial Intelligence, the Internet of Things, and wearable technologies within contemporary healthcare systems, highlighting their significance in real-time health monitoring and early disease detection. This illustrates how data gathered by wearable sensors can be analyzed using AI algorithms to support clinical decision-making, boost patient engagement, and ultimately improve health outcomes [1].
AIoT Framework for Chronic Disease Management	Chen et al.	2021	Remote Monitoring & Predictive Analytics	The effectiveness of applying AI algorithms to IoT sensor data to enhance the prediction of patient deterioration in chronic disease management [5].
Security in AIoT Healthcare Systems	Sharma et al.	2021	Cybersecurity	They pointed out critical vulnerabilities in AIoT systems and recommended the implementation of advanced encryption techniques and multi-factor authentication for enhanced security [13].
Ethical AI in Medical Decision-Making	Binns et al.	2021	Ethics & Bias	Emphasized the need for transparency, fairness, and the mitigation of bias in AI algorithms are deployed for healthcare decision making [6]."

Data Standardization & Interoperability Challenges	Zhang et al.	2020	Interoperability	To achieve smooth integration of IoT devices and AI models, standardized communication protocols are essential[10].
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This table illustrates the extensive research conducted on AIoT in the healthcare sector, highlighting practical applications and emphasizing the challenges that need to be overcome to fully harness this technology's potential. The results indicate the importance of an integrated, multi-stakeholder strategy that merges technological advancements with ethical considerations.

**SUMMARY OF LITERATURE REVIEW**

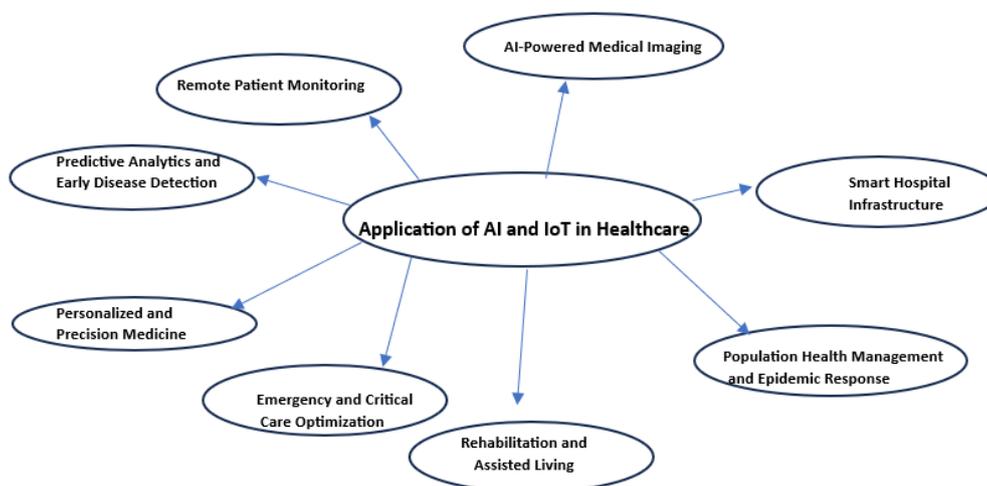
The literature on the convergence of Artificial Intelligence (AI) and the Internet of Things (IoT) in healthcare highlights the growing interest in integrating these technologies to enhance healthcare delivery. Key studies showcase the practical benefits of AIoT systems in various applications, including remote patient monitoring, elderly care, hospital automation, and predictive analytics.

Researchers such as Chen et al. (2021) [5] and Gupta & Singh (2020) [11] have demonstrated how AI-powered IoT frameworks can significantly improve the management of chronic diseases and the monitoring of elderly health. Studies by Al-Turjman & Deebak (2022) [13] have focused on the operational enhancements and real-time systems in smart hospitals, while others, including Zhang et al. (2020) [5] and Sharma et al. (2021) [12], have addressed key challenges such as interoperability and cybersecurity risks. Ethical concerns surrounding AI, such as algorithmic bias and transparency, have been raised by Binns et al. (2021) [6], who stressed the importance of responsible AI deployment in healthcare.

In summary, the literature emphasizes the transformative potential of AI and IoT integration in healthcare, while underscoring the need for standardized protocols, robust security frameworks, and ethical guidelines to ensure the safe and equitable adoption of these technologies.

**III. APPLICATIONS OF AI AND IOT IN HEALTHCARE (EXTENDED DESCRIPTION)**

The integration of Artificial Intelligence (AI) and the Internet of Things (IoT) in healthcare is ushering in a paradigm shift from traditional, reactive care to proactive and personalized medical services. This fusion, often referred to as AIoT, harnesses real-time data collection and advanced analytics to enable a broad spectrum of transformative applications [1], [5], [13]. These applications range from continuous patient monitoring to enhancing operational efficiency in healthcare settings. The following subsections provide a detailed exploration of the most prominent applications:



### 3.1 Remote Patient Monitoring (RPM)

Remote patient monitoring (RPM) is among the most impactful applications of AIoT in healthcare. Devices such as smartwatches, wearable sensors, and implantable monitors continuously capture vital signs like heart rate, glucose levels, blood pressure, oxygen saturation, and physical activity [5], [9]. These data streams are sent to cloud-based platforms, where AI algorithms interpret trends, recognize abnormalities, and generate alerts when irregularities are detected [3]. This proactive approach enables timely clinical interventions, lowering hospital readmissions and emergency department visits. RPM is especially effective in chronic disease management, offering patients with conditions like diabetes, hypertension, and heart failure the ability to receive personalized care at home [12].

### 3.2 Predictive Analytics and Early Disease Detection

AI's capabilities in detecting patterns and generating predictive insights become particularly powerful when fused with real-time IoT data. By leveraging historical and live health data, machine learning models can anticipate the onset or progression of various diseases [4], [6]. For example, predictive systems can flag patients at elevated risk for sepsis, cardiac arrest, or stroke, allowing healthcare providers to intervene preemptively. Additionally, AIoT solutions can forecast public health events, such as disease outbreaks, by analyzing environmental and epidemiological data collected from distributed IoT devices [2], [13].

### 3.3 Personalized and Precision Medicine

AIoT catalyzes precision medicine, enabling treatments tailored to individual patient profiles by integrating genetic, behavioral, and physiological data [5], [6]. IoT devices gather continuous metrics, which are interpreted by AI models to adjust therapies in real time. These systems can optimize medication dosages, recommend lifestyle modifications, and respond dynamically to changes in a patient's condition. Such personalization enhances therapeutic efficacy, minimizes adverse effects, and elevates patient engagement and outcomes [4], [11].

### 3.4 AI-Powered Medical Imaging

Medical imaging has been transformed by the integration of AI, particularly through deep learning techniques capable of identifying and classifying anomalies in imaging scans such as MRIs, CTs, and X-rays [6]. When combined with IoT-enabled imaging equipment, these AI systems support real-time analysis and remote diagnostics, crucial for rural or resource-limited settings [1], [13]. AI also facilitates advanced tasks like tumor boundary segmentation, disease monitoring, and radiation planning in oncology [4].

### 3.5 Smart Hospital Infrastructure

Modern hospitals are becoming increasingly interconnected through IoT devices that link patients, staff, and equipment in real time [1], [10]. AI supports this digital infrastructure by managing hospital resources, forecasting equipment failures, and optimizing operational workflows [13]. Real-time location systems (RTLS), for example, can trace the location of medical tools and personnel, while AI processes this data to enhance coordination and reduce inefficiencies. Smart hospital beds with embedded sensors can monitor patient vitals and posture, enabling prompt intervention and the prevention of pressure ulcers [5].

### 3.6 Emergency and Critical Care Optimization

In emergency rooms and ICUs, where seconds count, AIoT enables real-time, high-fidelity monitoring of patient health indicators [3], [9]. AI models process these inputs to detect critical changes early, guide triage decisions, and allocate resources efficiently [13]. Furthermore, AIoT-powered robotic systems are being employed to handle repetitive or high-risk tasks, reducing clinician workload and minimizing the spread of infections [1].

### 3.7 Rehabilitation and Assisted Living

AIoT also plays a significant role in recovery and elderly care. Wearable technologies track patient movements and activity levels, enabling tailored physiotherapy and recovery planning [12]. In assisted living scenarios, smart environments equipped with motion sensors and AI can identify unusual behaviors, detect falls, and immediately notify caregivers or family members [1], [13], thereby improving safety and independence.

### 3.8 Population Health Management and Epidemic Response

On a macro scale, AIoT systems consolidate data from diverse sources to inform public health strategies and monitor epidemiological trends. During pandemics like COVID-19, AIoT tools were used for contact tracing, real-time symptom monitoring, and intelligent resource distribution [6], [13]. These systems played a key role in guiding policy decisions, deploying timely medical resources, and anticipating future outbreak patterns [7].

## IV. BENEFITS OF AI-IOT INTEGRATION IN HEALTHCARE

The convergence of Artificial Intelligence (AI) and the Internet of Things (IoT) in healthcare—commonly termed AIoT—has revolutionized medical care by enabling smarter, more connected, and data-driven systems. This integration empowers healthcare providers to deliver timely, customized, and proactive services. Below are the key advantages highlighting the substantial impact of AIoT on modern healthcare:

### **4.1 Real-Time Health Monitoring**

AIoT facilitates continuous tracking of vital physiological metrics such as heart rate, blood glucose, and oxygen saturation through IoT-enabled wearables and implantable devices [5], [9]. AI systems analyze these real-time streams to identify abnormalities and issue immediate alerts [3]. This capability is critical in the management of chronic conditions, elderly patients, and post-operative care [12].

### **4.2 Early Diagnosis and Predictive Analytics**

By processing both historical and real-time data, AI algorithms can uncover early indicators of diseases such as cancer, cardiovascular issues, and neurological disorders [4], [6]. Predictive analytics enable clinicians to anticipate disease progression and implement preventive strategies, leading to improved prognoses and reduced reliance on emergency interventions [13].

### **4.3 Personalized Medicine**

AIoT technologies support individualized care by integrating live patient data, medical history, and genetic information [5], [6], [11]. AI models generate tailored treatment plans, track therapeutic responses, and adjust interventions in real time. This precision-based approach boosts treatment outcomes while minimizing side effects.

### **4.4 Enhanced Operational Efficiency**

IoT sensors embedded in hospital environments track the status of medical equipment, patient movement, and room usage [1], [10], [13]. AI leverages this data to streamline hospital operations, optimize staff deployment, and manage inventory. The result is shorter wait times, better utilization of resources, and higher standards of patient care.

### **4.5 Reduction in Hospital Readmissions**

AIoT extends clinical oversight beyond the hospital by enabling remote surveillance of patients post-discharge [3], [5]. When signs of health deterioration are detected, early interventions can be initiated, thereby lowering the risk of readmission. This continuous care model enhances patient well-being and reduces pressure on healthcare systems [12].

### **4.6 Patient Empowerment and Preventive Health**

Smart wearables combined with AI-enabled applications offer users real-time insights into their health metrics [9], [11]. These tools promote active patient participation in health management, encouraging lifestyle changes and early preventive actions—shifting the focus from reactive to preventive healthcare.

### **4.7 Improved Access to Healthcare Services**

AIoT bridges geographic and infrastructural gaps by supporting telehealth and remote diagnostic capabilities in rural and underserved regions [1], [13]. Patient data collected through IoT devices is interpreted by AI systems, enabling clinicians to deliver accurate remote consultations and diagnoses, improving healthcare reach [8].

### **4.8 Data-Driven Clinical Decision Support**

The vast data generated by IoT systems is synthesized by AI to inform evidence-based medical decisions [4], [5], [6]. This supports healthcare professionals in diagnosing and treating patients with greater precision, while also fostering continuous improvement through feedback and analytics.

## V. CHALLENGES AND LIMITATIONS

The fusion of Artificial Intelligence (AI) and the Internet of Things (IoT) in healthcare holds great potential, yet it also presents a series of hurdles that must be overcome to enable responsible, efficient, and long-term implementation. These obstacles encompass technological, institutional, ethical, and regulatory dimensions.

### **5.1 Interoperability and Data Integration:**

A significant technical hurdle lies in achieving interoperability among diverse devices, platforms, and systems. The absence of universally accepted communication standards and data formats obstructs smooth integration and fluid information exchange within AIoT healthcare ecosystems [8].

### **5.2 Data Privacy and Security:**

AIoT frameworks process large volumes of sensitive health information, making them attractive targets for cyber threats. Protecting this data demands strong encryption methods, stringent access controls, and secure transmission protocols. Adhering to regulations like HIPAA and GDPR further complicates data governance strategies [7].

### **5.3 Ethical and Legal Challenges:**

Deploying AI in healthcare introduces complex ethical issues, including algorithmic bias, lack of transparency, accountability gaps, and concerns around patient consent. AI-driven decisions should be interpretable and equitable, and patients must be adequately informed about how their data is utilized [6].

### **5.4 Infrastructure and Resource Limitations:**

Rolling out AIoT systems necessitates substantial investments in digital infrastructure such as cloud platforms, edge computing devices, and high-speed internet. These prerequisites can pose barriers, particularly in low-resource or remote areas with limited technological access [3].

### **5.5 Regulatory and Compliance Challenges:**

Technological innovation often advances more quickly than legal frameworks can adapt. Navigating the evolving landscape of medical device certification, AI oversight, and data compliance is a major obstacle to widespread AIoT adoption [13].

### **5.6 Data Accuracy and Consistency:**

The effectiveness of AI models relies heavily on the quality and completeness of the input data. Issues like sensor inaccuracies, inconsistent data collection, and missing values can hinder the performance and trustworthiness of AIoT healthcare applications [4].

### **5.7 Scalability and Lifecycle Management:**

Expanding AIoT solutions across healthcare networks requires ongoing efforts in system maintenance, software upgrades, and hardware upkeep. This long-term operational demand can strain organizational resources and slow down widespread deployment [12].

## **VI. FUTURE DIRECTIONS AND RESEARCH OPPORTUNITIES**

As the fusion of Artificial Intelligence (AI) and the Internet of Things (IoT) continues to evolve, healthcare is poised for groundbreaking innovation. Although considerable advancements have been achieved, the vast potential of AIoT in medicine remains largely unexplored. Continued research and innovation are imperative to overcome current limitations and to pioneer intelligent, interconnected, and patient-focused healthcare ecosystems. The following subsections highlight promising future directions and emerging areas of investigation in the AIoT healthcare domain.

### **6.1 Development of Standardized Protocols and Interoperability Models**

For AIoT systems to scale effectively, it is essential to establish standardized communication protocols and unified data formats. Future work should prioritize creating globally accepted interoperability models that allow smooth interaction among diverse healthcare devices, software platforms, and information systems [8]. This includes the adoption of open APIs, consistent data schemas, and secure integration mechanisms to support real-time, privacy-preserving data sharing.

### **6.2 Advancements in Edge and Fog Computing for Low-Latency Analytics**

While cloud infrastructure remains foundational, the transition toward edge and fog computing is gaining traction to meet the demands of low-latency, high-speed data processing. These decentralized architectures enable immediate analysis of patient data near the source, which is critical for time-sensitive environments like ICUs and emergency care [5]. Future research should focus on optimizing edge computing topologies, energy-efficient AI models, and real-time data processing strategies tailored for healthcare applications.

### **6.3 Convergence with Emerging Technologies**

AIoT's capabilities can be significantly enhanced by integrating other disruptive technologies such as blockchain, 5G, and augmented reality (AR). Blockchain technology can ensure secure, transparent, and tamper-proof medical data management [7]. The rollout of 5G networks will offer ultra-reliable, low-latency connections crucial for continuous monitoring and AI inference at the edge [10]. AR, when combined with AIoT, can assist in remote diagnostics, virtual training, and augmented surgical procedures [13]. Research should explore these cross-technology synergies and their collective impact on improving healthcare delivery.

#### 6.4 Explainability and Ethical AI Practices

With AI systems making high-stakes clinical decisions, transparency and ethical compliance are of utmost importance. The development of explainable AI (XAI) models that can offer interpretable and justifiable recommendations without sacrificing performance is a pressing need [6]. Simultaneously, ethical standards must be refined to promote fairness, accountability, and patient autonomy, especially in settings involving sensitive data or vulnerable groups.

#### 6.5 Next-Generation Personalized Medicine

AIoT systems are set to advance the practice of personalized medicine by delivering tailored healthcare based on an individual's genetic data, lifestyle patterns, and continuous biometric monitoring [4]. Future research should emphasize the creation of adaptive AI models that evolve with patient data over time, as well as explore privacy-preserving technologies like federated learning to ensure secure, scalable personalization.

#### 6.6 Expanding Access in Low-Resource Settings

To reduce global health disparities, AIoT solutions must be adapted for use in underserved and rural regions. This includes designing affordable, durable IoT devices, developing AI algorithms capable of functioning offline, and integrating sustainable energy options such as solar-powered sensors [3]. Addressing these constraints is essential to achieve equitable healthcare access worldwide.

#### 6.7 Bridging the Gap Between Research and Clinical Practice

Although many AIoT innovations demonstrate promise in research environments, few have undergone rigorous validation in clinical contexts. There is a growing need for comprehensive real-world testing, including longitudinal studies, randomized clinical trials, and pilot deployments to assess the practicality, safety, and economic impact of AIoT implementations [9]. Multidisciplinary partnerships among medical professionals, technologists, researchers, and regulators will be vital to foster adoption and scalability.

## VII. CONCLUSION

The fusion of Artificial Intelligence (AI) and the Internet of Things (IoT) in healthcare signifies more than a mere technological breakthrough—it marks a fundamental transformation in the way healthcare is conceptualized, delivered, and experienced. This powerful integration, often referred to as AIoT, creates a dynamic ecosystem that shifts healthcare from traditional reactive models to proactive, predictive, and highly personalized systems. From remote monitoring and diagnostics to workflow automation and chronic care management, AIoT is poised to redefine every facet of medical practice.

IoT serves as the backbone for continuous, real-time data acquisition through a vast network of interconnected devices, wearables, and smart medical tools. These data streams, characterized by high volume and velocity, are then processed by AI algorithms capable of detecting subtle trends, forecasting potential health issues, and enabling timely medical interventions. The result is a more intelligent, adaptive healthcare system—one that enhances diagnostic precision, reduces hospital readmissions, and empowers clinicians to make faster, evidence-based decisions.

Despite its transformative potential, the widespread implementation of AIoT faces several critical obstacles. Chief among these is the lack of standardized data structures, communication protocols, and system interoperability. These gaps hinder seamless integration across diverse healthcare infrastructures, limiting scalability and operational efficiency.

Equally important are the challenges surrounding data protection, cybersecurity, and ethical oversight. Given the sensitive nature of health data handled by AIoT systems, robust security protocols and privacy-preserving frameworks are imperative to safeguard patient information. Additionally, issues like algorithmic fairness, transparency, and informed consent must be carefully addressed to foster equitable and responsible AI deployment in clinical settings.

Education and workforce readiness also play a pivotal role in AIoT adoption. Healthcare providers, policymakers, and developers must be trained to understand and responsibly manage these advanced systems. Promoting interdisciplinary collaboration among clinicians, technologists, ethicists, and regulatory bodies is essential to ensure that AIoT tools are both technically robust and socially aligned with patient-centric values.

Looking forward, the future of healthcare will be increasingly defined by smart, interconnected, and adaptive technologies. Innovations such as 5G connectivity, edge computing, and federated learning will further elevate the functionality of AIoT by enabling real-time decision-making, distributed processing, and secure, privacy-conscious data analysis. These technologies will support the creation of decentralized, scalable healthcare models that can deliver high-quality care across urban centers and underserved rural regions alike.

In summary, the convergence of AI and IoT is driving a paradigm shift in healthcare. While the opportunities are vast, their realization depends on addressing a range of technical, ethical, and organizational challenges. With strategic implementation and cross-sector collaboration, AIoT can become the foundation of a smarter, more resilient, and more compassionate healthcare system—one that places patient well-being at its core.

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