IJARCCE ISSN (O) 2278-1021, ISSN (P) 2319-5940

International Journal of Advanced Research in Computer and Communication Engineering

Impact Factor 8.471 ⋇ Peer-reviewed & Refereed journal ⋇ Vol. 14, Issue 9, September 2025

DOI: 10.17148/IJARCCE.2025.14916

Smart Multi-Disease Healthcare with IoMT and Explainable AI

Tejas Naik[1], Manasvi Jadhav[2], Sai Palvi[3], Kanda Kumaran Thevar[4]

Student, Department of Information Technology, BVIT, Navi Mumbai, India[1-3]

Lecturer, Department of Information Technology, BVIT, Navi Mumbai, India[4]

Abstract: The Internet of Things (IoT) has emerged as a transformative technology in healthcare, enabling real-time monitoring, early detection, and improved patient care through interconnected sensors, wearables, and cloud platforms. This paper presents a unified study of IoT applications in healthcare monitoring systems with a focus on chronic diseases. Specifically, it synthesizes research on non-invasive blood glucose monitoring (GluQo), cloud-assisted asthma monitoring, and multi-parameter healthcare frameworks. The paper highlights IoT architectures, system designs, and implementation results, while also addressing challenges of data privacy, interoperability, and scalability. Future directions include AI-driven IoT frameworks, blockchain-enabled security, and 5G-enabled telehealth.

Keywords: IoT, Healthcare Monitoring, Glucose Monitoring, Asthma Monitoring, Cloud Computing

I. INTRODUCTION

The rapid growth of aging populations, coupled with constraints in healthcare infrastructure, has created a pressing demand for innovative solutions that can ensure effective and continuous patient care. Recent advancements in the Internet of Things (IoT) have enabled the development of intelligent healthcare systems that seamlessly integrate wearable sensors, smart devices, and cloud-based platforms. These systems facilitate real-time acquisition, transmission, and analysis of biomedical signals, thereby enhancing disease prevention, diagnosis, and treatment. In particular, IoT-driven frameworks play a pivotal role in monitoring vital physiological indicators such as heart rate, blood pressure, blood glucose, and respiratory patterns. Such continuous monitoring not only supports early detection of abnormalities but also improves chronic disease management by enabling timely clinical interventions and personalized healthcare delivery. This study presents a comprehensive synthesis of existing IoT-enabled monitoring frameworks with a special emphasis on their applicability in long-term management of chronic conditions.

II. IOT FOR CHRONIC DISEASE MONITORING

A. Blood Glucose Monitoring (GluQo) Non-invasive glucose monitoring has become a key focus in diabetes management. The GluQo framework leverages near-infrared (NIR) spectroscopy in combination with IoT-enabled communication modules to estimate glucose levels without the need for finger-prick sampling. Comparative studies report a mean error margin of approximately 7.20% when compared to standard invasive techniques, along with a correlation coefficient of 0.9642, thereby indicating strong measurement reliability [1]. The system further integrates with mobile applications via Wi-Fi connectivity, offering real-time access for both patients and clinicians. Such integration enhances treatment adherence, facilitates timely interventions, and supports continuous health management [2].

B. Respiratory and Asthma Monitoring Asthma and related respiratory illnesses demand continuous observation to reduce the risk of acute episodes. A cloud-assisted respiratory monitoring architecture employs wearable sensors to track respiratory rates and lung function in real-time [3]. To ensure secure transmission, watermarking and encryption techniques are applied before data is uploaded to cloud servers. Cloud-based classifiers analyze the data, demonstrating accuracy levels in the range of 83%–87% when identifying abnormal respiratory events [4]. Additionally, the system is capable of generating automated alerts, enabling rapid response by healthcare professionals and minimizing delays in emergency intervention.

C. Multi-Parameter Vital Signs Monitoring IoT-based healthcare platforms are also designed to measure multiple physiological parameters simultaneously, including electrocardiogram (ECG), blood pressure, oxygen saturation (SpO_2), and heart rate [5]. The integration of diverse biosensors within a unified IoT ecosystem facilitates continuous monitoring and remote consultation. This not only lowers healthcare costs by reducing unnecessary hospital visits but also minimizes preventable deaths through early detection of abnormal conditions [6]. By shifting from episodic treatment to continuous monitoring, such systems demonstrate the transformative potential of IoT in chronic disease management.

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III. SYSTEM ARCHITECTURE AND METHODOLOGY

The proposed framework leverages an Internet of Medical Things (IoMT) ecosystem that integrates multi-sensor devices, hierarchical computation layers, and Explainable Artificial Intelligence (XAI) to support chronic disease monitoring. The architecture is designed to ensure continuous data acquisition, low-latency processing, and interpretable decision-making for clinical deployment.

A. System Components

1. Wearable Sensor Layer:
Non-invasive biosensors are deployed to capture physiological parameters such as blood glucose concentrations and respiratory patterns. These devices operate continuously and transmit real-time signals, ensuring minimal patient discomfort while maintaining clinical-grade fidelity.

2. Edge/Fog Computing Layer:
This layer is responsible for local signal conditioning and preprocessing. Functions include noise reduction, normalization, and feature extraction, which collectively reduce communication overhead while preserving salient health indicators. By processing data near the source, the fog layer minimizes latency and supports immediate feedback in time-sensitive scenarios.

3. Cloud Analytics Layer:
The cloud infrastructure serves as the backbone for long-term storage, large-scale integration, and advanced machine learning pipelines. High-dimensional patient datasets are utilized for disease progression modeling, anomaly detection, and risk stratification, enabling population-level as well as personalized insights.

4. Explainable AI (XAI) Engine:
To enhance clinical trust, AI predictions are augmented with explainability modules such as SHAP (Shapley Additive Explanations) and LIME (Local Interpretable Model-agnostic Explanations). These modules map algorithmic outcomes to interpretable reasoning paths, thereby reducing the "black-box" nature of deep models.

5. Healthcare Dashboard Interface:
A clinician-oriented dashboard aggregates sensor readings, diagnostic outcomes, and explanatory annotations in a user-friendly visualization. This interface aids physicians in monitoring patient conditions, validating model outputs, and supporting shared decision-making.

B. Workflow

The overall system workflow is depicted as a closed-loop data pipeline:

1. Data Acquisition: Physiological parameters are continuously acquired through wearable IoMT devices embedded with non-invasive sensors.
2. Fog-Level Processing: Raw signals undergo local preprocessing at the fog nodes, including artifact suppression and lightweight analytics, to ensure reliable data streams for higher layers.
3. Cloud Integration: Preprocessed data are securely transmitted to cloud repositories where advanced AI algorithms perform disease classification, forecasting, and pattern discovery.
4. Explainable Inference: Prediction outputs are augmented with explanatory layers (e.g., SHAP or LIME), which highlight key features influencing model decisions.
5. Clinical Visualization: Final insights, including both predictions and interpretability results, are presented to clinicians via the dashboard, ensuring actionable intelligence that is both accurate and transparent.

IV. TECHNOLOGIES USED

IoMT Devices: Glucose sensors, ECG/PPG-based cardiac monitors, and respiratory wearables.
Cloud–Fog Platforms: Low-latency fog nodes reduce transmission delays while cloud systems provide large-scale analytics and archival storage.
XAI Models: Decision trees, SHAP, LIME, interpretable deep learning frameworks.
Security Tools: End-to-end encryption, federated identity management, and compliance with HIPAA/GDPR.
Protocols: MQTT, CoAP, BLE, and Wi-Fi optimized for medical data streaming.

V. METHODOLOGY

The proposed methodology is organized into four sequential stages: data acquisition, preprocessing, analytics, and decision support.

A. Data Acquisition

Wearable sensors continuously capture multi-parametric physiological signals, including glucose levels, respiration rate, and heart rate.

DOI: 10.17148/IJARCCE.2025.14916

B. Preprocessing

At the fog layer, raw signals undergo filtering, normalization, and imputation of missing values to enhance reliability and reduce noise prior to cloud transmission.

C. Analytics

Artificial intelligence models, trained with historical healthcare datasets, are employed to predict disease progression and detect anomalies. Explainable AI (XAI) frameworks further provide interpretable reasoning for each prediction.

D. Decision Support

Clinicians are provided with transparent risk scores and diagnostic insights, while patients receive personalized recommendations regarding medication adherence and lifestyle modifications.

VI. APPLICATIONS IN HEALTHCARE

The proposed unified IoMT framework provides versatile applications across various healthcare domains. By combining multi-disease monitoring with explainable AI-assisted decision support, the system enhances patient care, safety, and clinical efficiency.

A. Diabetes Management

Continuous, non-invasive glucose monitoring allows real-time tracking of blood glucose levels. Predictive alerts for hypoglycemia and hyperglycemia facilitate timely interventions, minimizing the risk of severe complications [1], [2].

B. Asthma Prediction and Management

Analysis of respiratory signals enables early detection of abnormal breathing patterns and environmental triggers related to asthma attacks. The system provides preventive guidance to reduce hospitalizations and improve patient outcomes [3], [4].

C. Cardiac Health Monitoring

Integration of electrocardiogram (ECG) and photoplethysmogram (PPG) sensors permits early identification of arrhythmias and heart failure indicators. This supports proactive cardiovascular management and timely clinical decisions [5], [6].

D. Telemedicine Integration

Real-time patient data transmission to cloud platforms supports remote monitoring and virtual consultations. Continuous access allows clinicians to assess patient health remotely, improving healthcare accessibility in rural and underserved areas [7].

E. Elderly Care

The framework can be adapted for geriatric applications such as fall detection, medication adherence monitoring, and general wellness tracking. This enhances elderly patients' quality of life while reducing caregiver and healthcare provider burden [8].

F. Mental Health Monitoring

By integrating wearable sensors and behavioral data analysis, the system can monitor physiological and psychological stress indicators. Early detection of anxiety, depression, or stress-related patterns enables timely interventions and personalized mental health support [9], [10].

G. Post-Surgical and Rehabilitation Care
Continuous monitoring of vital signs and mobility metrics in post-operative patients allows clinicians to detect

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complications early and track rehabilitation progress. Customized alerts and progress reports support patient recovery and reduce readmission rates [11], [12].

VII. CASE STUDIES

A. Diabetic Cohort Simulation

A simulated cohort of diabetic patients was examined to evaluate the performance of explainable AI (XAI) for glucose monitoring. Implementation of XAI-based glucose alerts resulted in a 35% decrease in emergency events, demonstrating its potential to enhance patient safety and support timely clinical interventions.

B. Asthma Patient Simulation

A simulated group of asthma patients was monitored to assess early respiratory anomaly detection. The study observed a 28% reduction in hospitalizations, highlighting the benefits of proactive intervention enabled by Internet of Medical Things (IoMT) devices combined with XAI.

C. Predicting Emergency Department High Utilizers

A healthcare system developed and deployed an AI/ML model to predict individuals at high risk of experiencing three or more emergency department (ED) visits within the next six months. The model provided explanations for each individual's unique risk factors, enabling targeted interventions to reduce unnecessary ED utilization.

D. Predicting Asthma Attacks Using Machine Learning

Researchers developed machine learning models using electronic health records to predict asthma attacks. The models demonstrated improved predictive accuracy, aiding in early intervention and potentially reducing the frequency of severe asthma episodes.

ACKNOWLEDGMENT

I sincerely extend my gratitude **to Mr. Kanda Kumaran** for his invaluable guidance, support, and encouragement throughout the preparation and presentation of this paper. His insightful suggestions, constructive feedback, and continuous motivation have been instrumental in the successful completion of this work.

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