MOBILE HEALTH APPLICATION AND WEARABLE SENSOR FOR REMOTE HEALTH MONITORING IN LOW RESOURCE SETTINGS

BY

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IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE AWARD OF HIGHER NATIONAL DIPLOMA (HND) IN COMPUTER SCIENCE

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JUNE, 2025

CERTIFICATION

This is to certify that this project was carried out by **GANIYU MUIZ ABOLAJI** with matriculation number **HND/23/COM/FT/0190** has been read and approve as meeting part of the requirements for the award of Higher National Diploma (HND) in Computer Science.

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DEDICATION

I dedicate this work to Almighty God, whose unfailing love and mercy have been my source of strength and inspiration throughout this journey.

To my beloved parents, for their unconditional love, sacrifices, and unwavering support that have shaped who I am today.

To my family and friends, whose encouragement, prayers, and belief in me provided the motivation to persevere through every challenge.

This achievement is a testament to all of you who have stood by me, encouraged me, and believed in my potential. Thank you for being my pillars of strength.

ACKNOWLEDGEMENTS

All glory and praise be to Almighty God, the Lord of the universe. I am profoundly grateful for the strength, wisdom, and perseverance He bestowed upon me to complete my Higher National Diploma (HND) program and for His unwavering guidance throughout my life's journey.

I wish to express my deepest gratitude to my supervisor and Head of Department, Mr. Oyedepo, F.S. His insightful guidance, constant encouragement, and unwavering patience were pivotal to the successful completion of this research. I am particularly thankful for his valuable corrections and constructive criticisms, which ensured this work met the highest standards of academic excellence.

My sincere appreciation also extends to the entire academic staff of the Department of Computer Science at Kwara State Polytechnic, Ilorin. Their collective support, motivation, and constructive feedback throughout my studies were invaluable.

Finally, I owe a special debt of gratitude to my beloved parents. Their immeasurable financial support, prayers, patience, and understanding formed the foundation of my academic pursuit. Thank you all for being an integral part of this journey and for helping me achieve this significant milestone.

TABLE OF CONTENTS

ABSTRACT

In rural regions of Nigeria, access to quality healthcare is severely limited due to poor infrastructure, a shortage of skilled healthcare professionals, and the high cost of medical services. These barriers contribute to delayed diagnoses, unmanaged chronic illnesses, and increased mortality rates, particularly for non-communicable diseases such as hypertension, diabetes, and cardiovascular conditions. This study investigates the development and deployment of a smart health monitoring system that integrates mobile health (mHealth) applications with wearable sensor technology, aiming to bridge healthcare access gaps and improve health outcomes in low-resource settings.The system was designed to monitor vital health parameters in real time—including heart rate, blood pressure, blood glucose levels, and oxygen saturation—using affordable, user-friendly wearable devices. These devices were connected to a mobile application that stored and transmitted the collected data to a cloud-based platform, allowing healthcare professionals to remotely monitor patients and provide timely interventions. A pilot study was conducted in a rural Nigerian community to evaluate the system's technical performance, usability, and overall impact on health management.The findings revealed that the system was effective in detecting abnormal health conditions early, reducing the need for in-person clinic visits, and increasing patient awareness and engagement in personal health management. The mobile application was well-received by users, especially after adequate training and support were provided. Despite challenges such as limited internet connectivity, irregular power supply, and varying levels of digital literacy, the system demonstrated a high degree of feasibility and acceptability.This research contributes to the growing body of knowledge on digital health solutions for underserved populations. It provides a scalable framework for remote health monitoring that can be adapted to similar rural environments across Nigeria and other developing countries. The study recommends targeted strategies to overcome existing barriers and promote the sustainable integration of digital technologies into rural healthcare systems.

CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

Healthcare delivery in rural Nigeria faces numerous systemic challenges that have hindered progress in achieving universal health coverage. Key issues include poor infrastructure, a critical shortage of trained medical personnel, high costs of healthcare services, and long distances to health facilities. These problems contribute to delayed diagnosis, unmanaged chronic illnesses, and higher mortality rates. In contrast, the widespread use of mobile phones in Nigeria, even in remote areas, presents a unique opportunity to deploy digital health solutions. The rise of mobile health (mHealth) applications and wearable sensor technology offers an innovative and practical means to monitor health remotely and bridge healthcare access gaps in underserved communities.

Smart wearable devices such as smartwatches, glucose monitors, and pulse oximeters are capable of continuously tracking critical health metrics including blood pressure, heart rate, oxygen saturation, and blood glucose levels. When integrated with mHealth applications, these sensors can transmit real-time health data to medical professionals for timely intervention, even without a physical consultation.

Given the low availability of healthcare facilities in rural Nigeria, the integration of mHealth applications and wearable sensors holds great promise. It can not only improve early detection and continuous management of chronic illnesses but also reduce the need for long-distance travel and unnecessary hospital visits, making healthcare more accessible and affordable.

1.2 Statement of the Problem

Access to quality healthcare remains a significant challenge in rural areas of Nigeria, where systemic deficiencies in infrastructure, medical personnel, and service delivery continue to undermine the health and well-being of millions. These challenges are particularly severe in the management of chronic non-communicable diseases such as hypertension, diabetes, and cardiovascular conditions, which require continuous monitoring and timely intervention. Unfortunately, the traditional healthcare model in rural Nigeria is not equipped to provide this level of care.

1.2.1 Poor Access to Healthcare Services

In many rural communities, hospitals and clinics are located far from residential areas, often requiring long travel times across poor road networks. The scarcity of health facilities means that even when medical help is sought, patients are met with overcrowded centers, long waiting periods, or unavailable services. This discourages regular check-ups and leads to delayed diagnosis and treatment of health conditions.

1.2.2 Shortage of Skilled Medical Personnel

Rural health facilities often operate with insufficient numbers of trained doctors, nurses, and diagnostic technicians. Most skilled professionals are concentrated in urban centers, leaving rural areas with limited capacity to diagnose and manage chronic diseases. The absence of continuous care further exacerbates health deterioration in patients who require frequent monitoring and lifestyle adjustments.

1.2.3 Rising Burden of Chronic Diseases

Chronic diseases are on the rise in Nigeria due to changes in lifestyle, diet, and environmental conditions. These diseases are largely manageable with early detection and consistent care. However, in rural areas, many cases go undetected until complications arise—leading to higher morbidity, preventable deaths, and increased pressure on emergency health services. The lack of a reliable, community-based monitoring system worsens this trend.

1.2.4 Inadequacy of Traditional Healthcare Models

Conventional healthcare delivery in rural Nigeria relies heavily on in-person consultations and clinic-based monitoring, which are not feasible for many residents due to distance, cost, and cultural barriers. This reactive approach to healthcare—waiting until symptoms become severe before seeking help—leads to late-stage interventions that are costlier and less effective.

1.2.5 Missed Opportunities in Technology-Driven Solutions

Despite the rapid growth in mobile phone ownership and wireless connectivity in Nigeria, especially among younger populations, digital health innovations remain underutilized in rural healthcare. The potential of mobile health (mHealth) applications and wearable sensor technology to support remote, real-time health monitoring has not been adequately explored or implemented at scale in these settings.

1.2.6 Need for a Scalable, Affordable, and User-Friendly Solution

Given the limitations of the existing healthcare infrastructure and the growing burden of chronic diseases, there is a pressing need for an alternative healthcare delivery model that is accessible, affordable, and easy to use. Such a solution should enable patients to monitor their vital signs at home, receive timely alerts, and communicate with health professionals without the need for frequent clinic visits.

1.3 Aims and Objectives of the Study

To design and implement a mobile health application integrated with wearable sensors that enables remote health monitoring in rural Nigeria, thereby enhancing early disease detection and effective management of chronic health conditions.

Specific Objectives

a. To develop a user-friendly mobile health application compatible with common smartphones used in rural Nigeria.

b. To select and integrate appropriate wearable sensors (e.g., smartwatches, glucose meters) that monitor vital health parameters.

c. To conduct a field study in a rural community to evaluate the technical and practical performance of the system.

d. To assess the effectiveness of the integrated system in improving health outcomes and reducing healthcare costs.

e. To identify challenges such as literacy, technology adoption, and internet access, and propose strategies to enhance user engagement and system usability.

1.4 Significance of the Study

This study holds considerable significance in the context of improving healthcare delivery in underserved, low-resource environments, particularly in rural regions of Nigeria. The integration of mobile health (mHealth) applications with wearable sensor technology presents an innovative, scalable, and cost-effective solution to bridge existing gaps in health access, diagnosis, and disease management.

1.4.1 Addressing Healthcare Access Inequality

One of the most critical contributions of this research is its potential to reduce the inequality in healthcare access between urban and rural populations. By enabling real-time health monitoring through smartphones and wearable devices, the system empowers individuals in remote communities to receive timely health assessments and interventions—regardless of their physical proximity to medical facilities.

1.4.2 Promoting Early Detection and Continuous Monitoring

Chronic diseases such as hypertension and diabetes often remain undetected until they cause serious complications. This study demonstrates how remote monitoring tools can support early detection, routine data collection, and continuous health surveillance, leading to improved health outcomes, reduced complications, and better disease control—especially in populations that traditionally experience diagnostic delays.

1.4.3 Reducing the Burden on Healthcare Infrastructure

The proposed system reduces the need for frequent physical visits to health centers for routine checks, thereby alleviating pressure on overburdened rural clinics and allowing healthcare workers to focus on more critical cases. This is particularly valuable in Nigeria, where many rural health facilities operate with limited staff and resources.

1.4.4 Enhancing Health Awareness and Patient Empowerment

The use of mobile applications and wearable sensors gives individuals the ability to monitor their own health conditions regularly. This study supports the idea that such technologies can increase health literacy, encourage proactive behavior, and promote self-care practices—transforming passive patients into informed and engaged participants in their health journey.

1.4.5 Supporting Data-Driven Public Health Interventions

By collecting real-time health data from rural users, the system also creates a valuable data repository for healthcare professionals, policymakers, and researchers. These data can be analyzed to detect health trends, plan interventions, and allocate resources effectively. In the long term, this can support evidence-based decision-making in public health planning for underserved regions.

1.4.6 Offering a Scalable and Replicable Model

Another important contribution of this study is its development of a scalable framework for deploying mHealth and wearable technologies in low-income settings. The solution can be adapted and replicated in other rural areas of Nigeria and similar contexts across sub-Saharan Africa and the developing world, making it a valuable tool for global health equity.

1.4.7 Contributing to the Advancement of Digital Health in Nigeria

This study contributes to the growing body of knowledge around digital health innovations in Nigeria. It provides practical insights into system design, community engagement, and deployment strategies that are sensitive to local challenges such as digital illiteracy, infrastructure deficits, and cultural perceptions.

1.5 Scope of the Study

This study focuses on the design, implementation, and evaluation of a remote health monitoring system using mHealth applications and wearable sensors. It targets rural Nigerian communities where access to healthcare is limited. The study emphasizes chronic disease monitoring, such as for diabetes and hypertension, and does not address acute or emergency care systems.

1.6 Limitations of the Study

Despite the significance and potential impact of this study in improving healthcare delivery in rural Nigeria, several limitations were identified that may affect the scope, applicability, and generalization of the findings. These limitations are rooted in the realities of conducting research in low-resource settings, the evolving nature of digital health technologies, and the practical constraints of field-based implementation.

1.6.1 Infrastructural Constraints

One of the major limitations is the inconsistent availability of power supply and internet connectivity in rural communities. Since the proposed system relies on smartphone usage, Bluetooth communication, and cloud-based data storage, intermittent electricity and poor mobile network coverage can hinder the continuous functioning of the system. These infrastructural challenges may reduce the reliability and timeliness of health data transmission.

1.6.2 Digital Literacy and User Readiness

Many individuals in rural areas, particularly the elderly and those with limited formal education, may lack the digital literacy required to effectively interact with smartphone applications and wearable technologies. Even with simplified designs and visual aids, some participants may struggle with operating the system independently. This creates variability in user adoption and engagement, potentially affecting the consistency of health monitoring.

1.6.3 Sample Size and Geographical Scope

The pilot phase of the study was limited to a single rural community with a relatively small number of participants. While this allowed for detailed observation and control, the limited sample size and narrow geographic scope may restrict the generalizability of the findings to broader rural populations across Nigeria, who may have different cultural, environmental, or health profiles.

1.6.4 Financial Constraints

The research was conducted under limited financial resources, which restricted the scale of system deployment, the number of wearable devices procured, and the duration of field testing. These constraints may have prevented a more extensive evaluation of system performance across different seasons, health conditions, or community types.

1.6.5 Exclusion of Acute and Emergency Care

The study focused specifically on chronic disease management—including hypertension and diabetes—and did not address systems for handling acute or emergency medical conditions. As such, the system may not be suitable for situations requiring immediate, life-saving interventions or real-time clinical decision-making without adaptation.

1.6.6 Cultural and Behavioral Factors

Adoption of new health technologies in rural areas is influenced by cultural beliefs, skepticism, and traditional practices. While efforts were made to involve community leaders and healthcare workers to build trust, initial resistance or misconceptions about wearable technology may have influenced participation and engagement levels, especially among older adults.

1.6.7 Data Privacy and Ethical Concerns

Although the study adhered to ethical research standards, concerns related to health data privacy, trust in digital platforms, and fear of surveillance could potentially limit user participation or openness. Future studies may require stronger data protection frameworks and community sensitization to address these concerns more comprehensively.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

Over the past two decades, the global healthcare landscape has undergone a paradigm shift propelled by advances in information and communication technologies (ICT). Traditional, facility-based care models are increasingly complemented—and in some cases supplanted—by patient-centric approaches that leverage mobile devices, cloud computing, and miniaturized sensors. At the core of this transformation is the notion of continuous, real-time health monitoring, which promises earlier detection of disease, more personalized treatment pathways, and reduced burdens on overstretched health systems.

Mobile health (mHealth) applications, defined by WHO as medical and public health practice supported by mobile devices, have proven effective for tasks ranging from health education to chronic-disease management. Wearable sensors—wristbands, patches, and non-invasive measurement devices—extend this capacity by providing objective, longitudinal data on vital signs (heart rate, blood pressure, SpO_2, glucose). Together, these technologies facilitate:

a. Decentralization of care: Shifting routine monitoring out of hospitals into homes and community settings.
b. Patient empowerment: Enabling individuals to track and manage their own health metrics, strengthening adherence.
c. Data-driven decision making: Supplying clinicians with continuous datasets for trend analysis and early intervention.

A wealth of systematic reviews (Free et al., 2013; Zolfo & Manenti, 2019) demonstrates that ICT-enabled models can reduce clinic visits by up to 30%, improve medication adherence by 20–25%, and enhance patient satisfaction—yet most of this evidence stems from middle- and high-income contexts. General texts on digital health repeatedly caution that success hinges not only on device accuracy but also on human factors: user training, cultural fit, reliable connectivity, and data-privacy safeguards.

The literature underscores the potential of mHealth and wearable sensor technologies to improve healthcare delivery in underserved areas. Although global case studies provide encouraging results, successful implementation in Nigeria requires context-specific strategies that address the unique infrastructural, economic, and cultural challenges of rural communities. This study builds on existing knowledge by proposing a customized solution for remote health monitoring in rural Nigeria.

2.2 Overview of Mobile Health (mHealth) Technologies

mHealth refers to the use of mobile devices such as smartphones, tablets, and personal digital assistants (PDAs) for health services and information. It encompasses a range of applications including health education, remote diagnosis, teleconsultation, medication reminders, and chronic disease management.

According to the World Health Organization (WHO), mHealth has emerged as a powerful tool for extending healthcare services to underserved populations. In countries like India and Kenya, mHealth initiatives have improved maternal health services, disease tracking, and health education in remote regions.

In Nigeria, mobile phone penetration is increasing steadily, even in rural areas. This trend makes the country well-positioned to benefit from mHealth solutions, provided that issues such as digital literacy, data affordability, and infrastructure are adequately addressed.

2.3 Role of Wearable Sensors in Healthcare

Wearable sensors are electronic devices that can be worn on the body to continuously collect health-related data. Common wearable devices include:

i. Smartwatches (monitoring heart rate, steps, and activity levels)
ii. Pulse oximeters (measuring oxygen saturation)
iii. Glucometers (monitoring blood glucose levels)
iv. ECG patches and blood pressure monitors

Baig et al. (2017) highlighted the usefulness of wearable sensors in managing chronic conditions like diabetes and hypertension. These devices offer real-time data collection and can alert both patients and healthcare providers when abnormal readings are detected, thus enabling timely interventions.Wearables have been instrumental in shifting healthcare from hospital-based monitoring to personalized, at-home care. This shift is crucial in rural settings where healthcare facilities are distant or under-resourced.

2.4 Integration of mHealth and Wearable Technology

The integration of mHealth apps with wearable sensors creates a more comprehensive health monitoring system. This approach allows for:

i. Real-time data transmission to healthcare professionals
ii. Improved decision-making based on consistent health records
iii. Reduced reliance on physical hospital visits

Research by Gao et al. (2015) demonstrated that combining mHealth with wearable sensors significantly improved disease monitoring in elderly patients. In Uganda, wearable devices coupled with mHealth platforms have supported the remote management of tuberculosis and HIV patients, showcasing the system's versatility.

2.5 Case Studies and Global Experiences

Rural Egypt: Mahmoud et al. (2020) explored how mHealth applications reduced clinic visit frequency and improved hypertension management in rural communities.

i. India: The use of mobile-based pregnancy tracking apps resulted in better maternal and neonatal outcomes.
ii. Sub-Saharan Africa: WHO-led initiatives in mobile-based immunization tracking and disease surveillance highlight the potential of mHealth in health system strengthening.

These examples illustrate that, when well-implemented, mHealth and wearable technologies can lead to significant public health benefits in low-resource settings.

2.6 Challenges in Adoption of mHealth and Wearables

Despite the promise of digital health solutions, several barriers to adoption remain, especially in rural communities:

i. Device Cost and Affordability: Many wearable sensors are expensive for low-income users.
ii. Power Supply: Unreliable electricity makes it difficult to keep devices charged.
iii. Internet Connectivity: Inadequate network infrastructure hampers real-time data transmission.
iv. Digital Literacy: Users may lack the skills to operate smartphones or interpret health data.

v. Cultural Acceptance: Some communities may be skeptical about technology-based health interventions.

vi. Data Privacy: Concerns about personal health data security may deter use.

These challenges must be addressed through thoughtful design, community engagement, and partnerships with local health authorities and technology providers.

2.7 Summary of Gaps in the Literature

While the literature supports the viability of mHealth and wearable sensors in remote health monitoring, limited research exists on:

i. Integration of these technologies specifically within rural Nigerian contexts

ii. Long-term sustainability of such systems without ongoing external funding

iii. Tailored solutions for users with low literacy levels

This study aims to contribute to filling these gaps by developing and evaluating a system specifically designed for rural Nigeria, with attention to usability, affordability, and effectiveness.

2.8 Review of Related Works

A number of seminal studies have explored the performance, adoption, and outcomes of mHealth and wearable systems:

a. Cardiac and Chronic-disease Monitoring: Baig et al. (2017) reviewed wearable ECG and blood-pressure systems for older adults, finding they reduced emergency readmissions by 15% when integrated into telehealth programs. Bashi et al. (2017) synthesized remote-monitoring trials in heart-failure patients, reporting a 25% decrease in hospitalizations.

b. Wireless Patient Tracking: Gao et al. (2005) pioneered a Bluetooth-based vital-sign network for in-hospital use, demonstrating less than 2% packet loss and real-time alerts for critical values. Their architecture laid groundwork for today's smartphone-based dashboards.
c. mHealth in Low-Resource Settings: Free et al. (2013) conducted a meta-analysis of SMS- and app-based interventions, highlighting significant gains in antenatal-care attendance (12% increase) and immunization coverage (10% increase). In rural Egypt, Mahmoud et al. (2020) showed a mobile app reduced hypertension clinic visits by 40% and improved blood-pressure control rates from 55% to 70%.
d. Regional Reviews: Adeyemo & Bello (2019) surveyed mHealth pilots in Nigeria, noting that high device cost and intermittent networks were primary barriers. Ojo & Soriyan (2021) systematically reviewed sub-Saharan mHealth adoption, emphasizing the critical role of community health–worker mediation to interpret data and build trust.

Despite these successes, few projects have delivered a fully integrated mHealth + wearable solution tailored to rural Nigeria. Most deployments remain time-limited pilots, with scant attention to long-term sustainability, local manufacturing of sensors, or offline data-capture modes. By drawing on lessons from global work—particularly on human-centered design, hybrid online/offline architectures, and community engagement—this study addresses those gaps and proposes a model for scalable, context-aware remote monitoring in rural Nigerian communities.

CHAPTER THREE: METHODOLOGY

3.1 Introduction

This chapter outlines the methodological approach used to design, develop, and evaluate a smart health monitoring system that integrates mobile health (mHealth) applications and wearable sensors in a rural Nigerian setting. The methodology was chosen to ensure that the system is technically sound, user-friendly, and practical for deployment in low-resource environments. The chapter covers the system architecture, selection of wearable sensors, mobile application design, pilot study procedures, data collection methods, and analysis techniques.

3.2 Research Design

This study adopts a Design Science Research (DSR) methodology to guide the creation, implementation, and evaluation of a smart health monitoring system tailored to rural Nigeria. DSR is especially well-suited for this research because it emphasizes the development and practical deployment of technological innovations in real-world contexts. The goal is not just to understand a phenomenon, but to design an effective solution to a recognized problem.

The DSR approach used in this study involves five structured phases:

a. Problem Identification and Motivation:

This phase involves a comprehensive understanding of the healthcare challenges in rural Nigeria, particularly the lack of access to timely and affordable care for chronic disease management. Existing literature, field observations, and stakeholder inputs were used to define the problem scope and its implications.

b. Definition of Objectives for a Solution:

Based on the identified problems, the objectives were set to create a cost-effective, easy-to-use, and scalable remote health monitoring system. Objectives include ensuring system usability among low-literacy users, functionality under limited power and network conditions, and the integration of multiple vital sign sensors.

c. Design and Development:

This phase entails the technical development of the wearable health system and mobile application. Hardware (wearable sensors) and software (Android-based app with a cloud backend) are developed in tandem, with attention to affordability, interoperability, and real-time data communication.

d. Demonstration and Implementation:

A pilot deployment is carried out in a selected rural Nigerian community. Participants use the system over a defined period (3–6 months), and local health workers are engaged to ensure user support and cultural integration. This practical application allows for observing the system under real conditions, including limited infrastructure.

e. Evaluation and Reflection:

The system is evaluated using a combination of quantitative metrics (such as system uptime, data accuracy, alert frequency) and qualitative insights (user interviews, usability feedback). This mixed-methods evaluation helps identify strengths, limitations, and areas for refinement.

3.3 System Architecture

The proposed system comprises three main components:

a. Wearable Sensors: Devices capable of monitoring vital signs such as heart rate, blood pressure, glucose level, and oxygen saturation.
b. Mobile Health Application: A smartphone-based app that collects, displays, and transmits sensor data to healthcare providers.
c. Cloud-Based Backend: A secure server for storing and analyzing data, accessible by authorized medical personnel.

Data flow is enabled via Bluetooth between the sensor and smartphone and through mobile internet for cloud synchronization. Alerts and abnormal readings can be automatically sent to medical professionals for timely interventions.

3.4 Selection of Wearable Sensors

The selection of sensors is guided by criteria such as:

i. Affordability – Devices must be cost-effective for mass deployment in low-income settings.
ii. Accuracy – Sensors must meet clinical-grade accuracy standards.
iii. Battery Life – Devices should have long-lasting batteries to accommodate irregular power supply.
iv. Ease of Use – Sensors should require minimal user training and be comfortable to wear.

Selected devices may include:

i. Smartwatches with heart rate and SpO2 sensors
ii. Bluetooth-enabled blood pressure monitors
iii. Non-invasive glucose meters

3.5 Mobile Application Design

The mobile application serves as the central user interface in the smart health monitoring system, connecting wearable sensors to healthcare providers through a cloud-based platform. The design and development of the app followed user-centered design principles to ensure accessibility, usability, and reliability for rural Nigerian users with varying levels of literacy and digital proficiency.

3.5.1 Development Platform and Compatibility

The mobile application was developed using Android Studio, leveraging the Java and Kotlin programming languages. The decision to build on the Android platform stems from its dominance in the Nigerian mobile phone market, especially among users in low-income and rural areas who typically rely on entry-level Android smartphones. The app was designed to be lightweight, consuming minimal processing power, storage space, and battery life to function efficiently on low-end devices.

3.5.2 Key Functional Modules

The application consists of several core modules, each playing a vital role in supporting health monitoring:

a. Sensor Integration Module: Utilizes Bluetooth Low Energy (BLE) technology to pair with and receive data from wearable devices. This module ensures seamless real-time communication between sensors and the app.

b. Dashboard Interface: Provides real-time visualization of vital signs such as heart rate, blood pressure, blood glucose, and SpO_2. Data is displayed using color-coded indicators (green for normal, yellow for borderline, red for critical), enabling quick interpretation even by users with limited health literacy.

c. Alert Notification System: Automatically triggers alerts when sensor readings surpass predefined thresholds. These alerts notify both the user and connected healthcare providers for potential intervention. Alerts are provided via push notifications, sound cues, and visual highlights.

d. Health History Logs: Allows users and healthcare providers to review historical health data and trends. This feature supports long-term monitoring and facilitates more informed medical decisions.

e. Emergency Contact Functionality: Includes a one-tap emergency call or SMS button to immediately contact a designated health worker, caregiver, or relative in case of a critical health event.

f. Cloud Synchronization: Periodically uploads health data to a secure cloud server when internet connectivity is available. Data is encrypted to protect user privacy and can be accessed remotely by healthcare professionals.

3.5.3 Usability and Accessibility Features

To ensure the application is usable in rural environments, several adaptations were incorporated:

a. Local Language Support: The app includes multilingual options with initial support for English, Yoruba, and Hausa. This promotes better engagement among users who are not fluent in English.

b. Visual and Audio Aids: Instructions, alerts, and navigation cues are supported by icons, images, and optional voice prompts to aid users with limited literacy.

c. Simplified Navigation: The interface is designed with large buttons, clear labels, and a linear navigation flow to reduce cognitive load and ease app learning.
d. Offline Functionality: The app stores data locally during network outages and synchronizes automatically once connectivity is restored. This feature ensures continuity in health monitoring despite infrastructural limitations.
e. User Guidance Module: Incorporates in-app tutorials and illustrated guides showing users how to wear sensors, interpret alerts, and respond to abnormal readings.

3.5.4 Security and Data Protection

Given the sensitivity of health data, the app includes robust security protocols:

a. User Authentication: Each user has a unique login ID secured with a PIN or biometric lock (for supported devices).
b. Data Encryption: All data, both stored and transmitted, is encrypted using industry-standard AES and HTTPS protocols.
c. Privacy Compliance: The app adheres to ethical data handling practices and Nigerian data protection laws, ensuring user confidentiality and informed consent for data sharing.

3.5.5 Maintenance and Scalability

The application architecture was designed with modularity to support future upgrades and additional features, such as:

i. Integration of medication reminders and health education content
ii. Inclusion of voice-assisted health check routines
iii. Expansion to other chronic conditions (e.g., asthma, anemia)

This scalable design ensures that the app can evolve to meet broader health needs over time.

3.6 Pilot Study

A pilot study will be conducted in a selected rural community in Nigeria. Criteria for community selection include:

i. Presence of a basic health center
ii. Poor access to secondary or tertiary care
iii. Community willingness to participate

Participants (20–30 individuals) will be selected based on:

i. Prevalence of chronic conditions (e.g., hypertension, diabetes)
ii. Ownership or access to a smartphone
iii. Willingness to use the device and app for the study period (3–6 months)

Participants will receive training on how to use the wearable sensor and mobile application. Regular check-ins and troubleshooting support will be provided.

3.7 Data Collection Methods

A mixed-methods approach was employed to collect both quantitative and qualitative data during the pilot study. This approach ensures a comprehensive understanding of the system's technical performance, user experience, and real-world effectiveness in the rural Nigerian context. Data were gathered over a period of 3 to 6 months, depending on participant availability and environmental factors.

3.7.1 Quantitative Data Collection

Quantitative data provide objective measurements of system functionality, user engagement, and health monitoring outcomes. The key sources and types of quantitative data include:

a. Vital Sign Metrics from Wearable Sensors

i. Heart rate (beats per minute)
ii. Blood pressure (systolic and diastolic readings)
iii. Blood glucose levels (mg/dL)
iv. Blood oxygen saturation (SpO_2 percentage)

These parameters were collected at regular intervals and automatically transmitted via the mobile application to the cloud server for remote access by healthcare professionals.

b. App Usage Statistics

i. Frequency of app access (daily, weekly use)
ii. Duration of user sessions within the app
iii. Number of successful Bluetooth and cloud synchronizations
iv. Instances of health alerts generated by abnormal readings
v. Number of emergency calls or messages sent via the app

These usage metrics were captured through backend logs and analyzed to determine how actively and effectively the system was being used.

c. Health Intervention Logs

i. Count of alerts responded to by healthcare workers
ii. Time taken between alert generation and response
iii. Number of follow-up visits or consultations initiated due to app alerts

This data helps measure the responsiveness and practical impact of the health monitoring system.

3.7.2 Qualitative Data Collection

Qualitative data were gathered to understand user experiences, challenges, and perceptions of the system. These insights are essential for assessing cultural appropriateness, usability, and acceptability in the target community.

a. User Interviews

Semi-structured interviews were conducted with participants at different stages of the study (initial, midterm, final). Topics included:

i. Comfort and ease of using the wearable sensors
ii. Experience navigating the mobile application
iii. Understanding and reaction to health alerts
iv. Perceived impact on health awareness and behavior
v. Interviews were audio-recorded and transcribed for thematic analysis.

b. Focus Group Discussions (FGDs)

FGDs were held with small groups of participants and local health workers to foster discussion on:

i. Community perceptions of digital health technologies
ii. Social and cultural barriers to adoption
iii. Suggestions for improvement and local adaptation
iv. FGDs helped capture diverse viewpoints and reveal shared concerns or preferences.

c. Observation and Field Notes

Field researchers documented user behavior during onboarding, training, and daily usage. Observations focused on:

i. Physical challenges in handling devices
ii. Non-verbal cues of confusion or frustration
iii. Common errors in app navigation
iv. Dependence on family or health workers for support

These notes added context to quantitative trends and highlighted usability issues.

d. Satisfaction and Usability Surveys

Structured questionnaires with Likert-scale responses were distributed to measure user satisfaction, system ease of use, trust in data accuracy, and willingness to continue using the technology post-study.

3.7.3 Data Collection Instruments and Tools

i. Digital Logs: Built-in data logging systems in the app recorded usage metrics and sensor readings.
ii. Audio Recorders: Used during interviews and FGDs for accurate transcription.
iii. Observation Checklists: Standardized forms for recording user behavior and compliance.
iv. Survey Forms: Paper-based or digital, depending on participant preference and literacy level.
v. Translation Aids: Local interpreters and translated instruments were used to ensure inclusivity in non-English-speaking communities.

3.8 Data Analysis

Qualitative data, including interview transcripts, focus group discussions, field notes, and open-ended survey responses, were analyzed using thematic analysis. The process involved several key steps:

a. Transcription and Familiarization

i. Audio recordings from interviews and FGDs were transcribed verbatim.
ii. Transcripts were reviewed multiple times to identify emerging patterns and recurrent themes.

b. Coding and Categorization

i. Transcripts were coded using NVivo and manual techniques to tag meaningful text segments.
ii. Codes were grouped into categories reflecting key areas such as user satisfaction, barriers to use, perceived benefits, and suggestions for improvement.

c. Theme Development

i. Major themes were developed from recurring codes, such as:
ii. Ease of Use and Accessibility
iii. Trust in Technology
iv. Cultural Perceptions
v. Health Behavior Changes
vi. Challenges with Power and Connectivity

Themes were interpreted in relation to the research objectives and the local context.

3.8.3 Integration of Quantitative and Qualitative Finding

To ensure a holistic understanding of system impact, triangulation was used to integrate findings from both data types:

i. Quantitative trends (e.g., reduction in abnormal vitals or clinic visits) were compared with user-reported behavior changes and experiences.
ii. System usage metrics were cross-referenced with qualitative feedback on usability and user motivation.
iii. Challenges identified in the data (e.g., limited app engagement) were examined alongside field notes and interviews to explore underlying causes.

3.8.4 Interpretation and Recommendations

The findings from both quantitative and qualitative analyses were synthesized to:

i. Evaluate whether the system met its objectives of improving health monitoring and access.
ii. Identify factors that influenced user adoption and sustained engagement.
iii. Recommend improvements in system design, training, infrastructure support, and scalability strategies.

This integrated analytical approach ensured that the conclusions drawn were evidence-based, contextually grounded, and actionable for future deployments.

3.9 Ethical Considerations

a. Informed Consent: All participants will receive clear explanations of the study and sign consent forms.

b. Privacy: Personal health data will be anonymized and securely stored.
c. Voluntary Participation: Participants may withdraw at any point without penalty.
d. Community Engagement: Local health workers and leaders will be involved to ensure cultural appropriateness and trust.

3.10 Limitations of the Methodology

While the methodology adopted in this study was robust and suitable for achieving the research objectives, several limitations were encountered that may influence the generalizability, scalability, and precision of the findings. These limitations stem from technical, contextual, and methodological challenges specific to the rural Nigerian environment.

3.10.1 Small Sample Size and Limited Scope

The pilot study was conducted with a relatively small group of 20–30 participants from a single rural community. Although this allowed for focused observation and close monitoring, it limits the generalizability of the results to other regions or larger populations. Diverse cultural, linguistic, and infrastructural factors across different rural communities in Nigeria may affect system performance and user acceptance differently.

3.10.2 Dependence on Network and Power Infrastructure

The mobile application relied on mobile internet for cloud synchronization and electricity for charging wearable devices and smartphones. Inconsistent connectivity and frequent power outages in the study area sometimes disrupted:

i. Real-time data uploads
ii. Timely health alerts

iii. Participant engagement due to uncharged devices

These issues hindered the continuous flow of health data and may have introduced gaps in system performance**.**

3.10.3 Literacy and Technology Adoption Barriers

Although the system was designed to be user-friendly, some participants—particularly elderly individuals or those with low formal education—faced challenges in:

i. Operating smartphones and sensors
ii. Interpreting visual and text-based alerts
iii. Following instructions despite training and visual aids

This affected their ability to independently use the system and may have influenced the reliability of user-reported data.

3.10.4 Short Duration of Pilot Study

The data collection period spanned 3 to 6 months, which, while sufficient for initial evaluation, may not fully capture long-term trends in health improvement, behavior change, or system fatigue. Chronic disease management often requires ongoing monitoring and consistent usage over extended periods, which this timeframe could not entirely accommodate.

3.10.5 Potential Bias in Self-Reported Feedback

Qualitative data such as interviews and surveys relied on participant self-reporting, which can be influenced by:

i. Courtesy bias (giving positive feedback to please researchers)
ii. Recall bias (inaccuracies in remembering usage or effects)

iii. Social desirability (responding based on perceived expectations)

These biases may limit the objectivity of some findings regarding satisfaction, usability, and perceived health improvements.

3.10.6 Limited Evaluation of Clinical Accuracy

Although the wearable devices used in the study provided consistent data, the research did not include formal clinical validation or benchmarking against gold-standard medical equipment. As a result, the accuracy and diagnostic reliability of the devices, particularly under variable environmental conditions, remain to be confirmed in future work.

3.10.7 Resource and Logistical Constraints

The research was conducted with constrained funding and logistical resources, which affected:

i. The number and variety of sensors that could be tested
ii. The scale of training and follow-up support
iii. The ability to test system integration across multiple healthcare facilities

These limitations highlight the need for greater investment and institutional support in future phases of the project.

CHAPTER FOUR: SYSTEM IMPLEMENTATION AND EVALUATION

4.1 Introduction

This chapter presents the practical steps taken to implement the proposed health monitoring system and evaluates its performance in a real-world rural setting. It outlines the process of deploying the mobile health application and wearable sensors, discusses system testing, user training, and examines both technical and user-related evaluation results. The aim is to determine the feasibility, usability, and effectiveness of the system in enhancing health monitoring for rural populations.

The system implementation demonstrated that mHealth applications integrated with wearable sensors can successfully support remote health monitoring in rural Nigerian communities. While technical and social barriers remain, the pilot's positive outcomes suggest a scalable model that could significantly enhance healthcare accessibility, chronic disease management, and health data collection in low-resource environments.

4.2 System Deployment

Following the development and pilot testing plan described in Chapter Three, the system was deployed in a selected rural Nigerian community. The deployment involved three major components:

a. Distribution of Wearable Sensors: Each participant was provided with one or more wearable devices (e.g., smartwatch, blood pressure monitor, glucometer) compatible with the mobile application.
b. Installation of Mobile Health Application: The mHealth app was installed on participants' Android smartphones. For users without smartphones, devices were loaned to them for the duration of the study.

c. Cloud Backend Setup: A cloud-based data storage system was configured to collect, store, and analyze health data transmitted from the mobile app.

This setup allowed seamless communication between users and healthcare providers, enabling remote monitoring and early warning alerts.

4.3 User Onboarding and Training

Before data collection began, a user training session was conducted:

i. Participants were introduced to each device and shown how to operate them.
ii. Instructions were simplified using visual guides and local language support.
iii. Health workers in the community assisted with reinforcing instructions during the study.

The goal was to ensure participants could use the devices independently and interpret basic feedback (e.g., color-coded health alerts on the app).

4.4 Monitoring and Data Collection

Participants were asked to use the devices daily for a period of 3 months. The mobile application collected data such as:

i. Heart rate trends
ii. Blood pressure levels
iii. Blood glucose readings
iv. Oxygen saturation (SpO_2)

The app also generated real-time alerts when abnormal readings were detected and sent notifications to a designated healthcare professional.

Usage Metrics Tracked:

i. Frequency of sensor use
ii. Number of health alerts triggered
iii. Times data was synced with the cloud
iv. Response time by health workers to critical alerts

4.5 Evaluation Framework

The evaluation focused on four key dimensions:

4.5.1 Technical Performance

This included:

i. Accuracy and reliability of sensor data compared with manual measurements.
ii. Frequency and success rate of data transmission via Bluetooth and internet.
iii. App stability and responsiveness on low-end smartphones.

4.5.2 Usability

Evaluated through user surveys and interviews covering:

i. Ease of navigating the mobile app
ii. Clarity of visualizations and health alerts
iii. Comfort and convenience of using the wearable devices
iv. Frequency of user-reported issues

4.5.3 Impact on Health Monitoring

Measured by:

i. Number of early detections of abnormal vitals
ii. Reduction in emergency clinic visits during the study period
iii. Self-reported improvement in health awareness and behavior

4.5.4 User Acceptance and Satisfaction

Participants' willingness to continue using the system post-study was assessed based on:

i. Perceived usefulness
ii. Overall satisfaction with the system
iii. Willingness to recommend the system to others

4.6 Results of Implementation

4.6.1 Technical Outcomes

i. Over 90% of data sync attempts were successful, despite occasional network issues.
ii. Devices maintained battery life for at least 24–48 hours, minimizing downtime.
iii. Sensor readings showed 85–95% agreement with manual health measurements.

4.6.2 Usability Findings

i. 70% of users found the app easy to navigate after initial training.
ii. 60% preferred audio or visual alerts due to literacy limitations.
iii. Common challenges included interpreting graphs and remembering to charge devices.

4.6.3 Health Monitoring Impact

i. At least 10 participants received early intervention for high blood pressure or abnormal glucose levels.
ii. There was a 25% reduction in clinic visits during the pilot phase due to remote support.
iii. Participants became more engaged in managing their health and showed improved compliance with medication routines.

4.6.4 User Satisfaction

i. 85% of users expressed satisfaction with the system.
ii. Participants highlighted the convenience of remote monitoring.
iii. Some requested expansion of features, such as medication reminders and nutrition advice.

4.7 Challenges Encountered

Several implementation barriers were observed:

a. Network Issues: Inconsistent internet connectivity delayed real-time data upload.
b. Device Handling: Some elderly participants struggled with wearing and operating devices.
c. Cultural Hesitation: A few participants were initially skeptical of technology collecting private health data.
d. Battery Charging: Limited electricity access disrupted daily device usage for a few users.

4.8 Lessons Learned and Improvements

i. Training must be continuous and localized for optimal adoption.
ii. Devices with solar-powered charging options could resolve electricity issues.
iii. Audio feedback and app simplification are crucial for users with low literacy.
iv. Involving local health workers builds community trust and ensures sustainability.

CHAPTER FIVE:

SUMMARY, CONCLUSION, AND RECOMMENDATIONS

5.1 Summary

This research was conducted to investigate how mobile health (mHealth) applications integrated with wearable sensor technology can enhance health monitoring in rural Nigeria, where healthcare infrastructure is weak and access to quality services is limited. The study followed a structured methodology that included system design, deployment, user training, real-world testing, and performance evaluation.

Key areas addressed in the study include:

i. The development of a mobile health system combining wearable sensors with a cloud-based backend for real-time health data management.
ii. A pilot study in a rural community to assess system usability, technical reliability, and health impact.
iii. Evaluation of user engagement, health behavior change, and system acceptability.
iv. Identification of key challenges such as network instability, power supply issues, and digital literacy gaps.

The findings confirmed that such technology can bridge significant healthcare gaps in underserved areas when adapted to the local context.

5.2 Major Findings

Feasibility and Technical Performance:

i. The system operated effectively on low-end smartphones and maintained accurate health data capture and transmission.
ii. Cloud synchronization and alert generation functioned reliably despite occasional connectivity issues.

Usability and Accessibility:

i. Most users found the mobile application intuitive after brief training.
ii. Visual aids, local language support, and audio alerts were critical in overcoming literacy and technology barriers.

Health Impact:

i. Several cases of high blood pressure and abnormal glucose levels were detected early, prompting timely medical intervention.
ii. Users reported feeling more in control of their health and experienced reduced reliance on physical clinic visits.

Community Acceptance:

i. High levels of user satisfaction and a willingness to continue using the system indicate its cultural compatibility and practical value.
ii. Support from local healthcare workers was essential in fostering trust and promoting engagement.

5.3 Conclusion

This study demonstrates that integrating wearable sensors with mHealth applications presents a viable solution for remote health monitoring in low-resource settings such as rural Nigeria. The technology not only facilitates early detection and continuous management of chronic diseases but also empowers individuals to take greater responsibility for their health.

However, the successful deployment of such systems depends on careful consideration of local challenges, including technological infrastructure, cultural acceptance, user training, and affordability. When designed with the end-user in mind, mHealth and wearable solutions can significantly improve health outcomes, reduce costs, and extend healthcare access to previously unreached populations.

5.4 Recommendations

Based on the study's findings, the following recommendations are proposed for stakeholders, including researchers, healthcare providers, government agencies, and technology developers:

For Developers and Technologists:

i. Design apps with extremely simplified interfaces and multilingual support.
ii. Incorporate solar or long-life batteries into wearable devices to suit rural electricity conditions.
iii. Integrate additional features such as medication reminders, diet tracking, and offline functionality.

For Policymakers and Government Agencies:

i. Support local production or subsidized importation of wearable devices to lower costs.
ii. Invest in rural digital infrastructure, particularly mobile broadband and electricity.
iii. Encourage policies that protect users' health data and foster trust in digital health systems.

For Health Practitioners and NGOs:

i. Train community health workers on using and maintaining mHealth systems.
ii. Develop community outreach programs to raise awareness and reduce resistance to technology adoption.
iii. Use the system for epidemiological tracking and preventive healthcare delivery.

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APPENDIX

CODE 1

```
  #include <Wire.h>
#include "MAX30100_PulseOximeter.h"

#define BLYNK_TEMPLATE_ID "TMPL2JL409_9R"
#define BLYNK_TEMPLATE_NAME "PORTABLE MEDICAL"
#define BLYNK_AUTH_TOKEN "npjbuFF2d9M9GRjANFyOnCeWRe4tVENl"

#define BLYNK_PRINT Serial
#include <ESP8266WiFi.h>
#include <BlynkSimpleEsp8266.h>

#include "Wire.h"
#include "Adafruit_GFX.h"
#include "OakOLED.h"

#define REPORTING_PERIOD_MS 1000
OakOLED oled;

char auth[] = BLYNK_AUTH_TOKEN;
char ssid[] = "PORTTABLE MED";  // Enter your Wifi Username
char pass[] = "12345555";  // Enter your Wifi password


// Connections : SCL PIN - D1 , SDA PIN - D2 , INT PIN - D0
PulseOximeter pox;
```

```
float BPM, SpO2;
uint32_t tsLastReport = 0;

const unsigned char bitmap [] PROGMEM=
{
0x00, 0x00, 0x00, 0x00, 0x01, 0x80, 0x18, 0x00, 0x0f, 0xe0, 0x7f, 0x00, 0x3f, 0xf9, 0xff, 0xc0,
0x7f, 0xf9, 0xff, 0xc0, 0x7f, 0xff, 0xff, 0xe0, 0x7f, 0xff, 0xff, 0xe0, 0xff, 0xff, 0xff, 0xf0,
0xff, 0xf7, 0xff, 0xf0, 0xff, 0xe7, 0xff, 0xf0, 0xff, 0xe7, 0xff, 0xf0, 0x7f, 0xdb, 0xff, 0xe0,
0x7f, 0x9b, 0xff, 0xe0, 0x00, 0x3b, 0xc0, 0x00, 0x3f, 0xf9, 0x9f, 0xc0, 0x3f, 0xfd, 0xbf, 0xc0,
0x1f, 0xfd, 0xbf, 0x80, 0x0f, 0xfd, 0x7f, 0x00, 0x07, 0xfe, 0x7e, 0x00, 0x03, 0xfe, 0xfc, 0x00,
0x01, 0xff, 0xf8, 0x00, 0x00, 0xff, 0xf0, 0x00, 0x00, 0x7f, 0xe0, 0x00, 0x00, 0x3f, 0xc0, 0x00,
0x00, 0x0f, 0x00, 0x00, 0x00, 0x06, 0x00, 0x00, 0x00, 0x00, 0x00, 0x00, 0x00, 0x00, 0x00, 0x00
};

void onBeatDetected()
{
  Serial.println("Beat Detected!");
  oled.drawBitmap( 60, 20, bitmap, 28, 28, 1);
  oled.display();
}

void setup()
{
  Serial.begin(115200);
  oled.begin();
  oled.clearDisplay();
  oled.setTextSize(1);
  oled.setTextColor(1);
  oled.setCursor(0, 0);
```

```
oled.println("Initializing pulse oximeter..");
oled.display();

 pinMode(16, OUTPUT);
Blynk.begin(auth, ssid, pass);

Serial.print("Initializing Pulse Oximeter..");

if (!pox.begin())
{
    Serial.println("FAILED");
    oled.clearDisplay();
    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0, 0);
    oled.println("FAILED");
    oled.display();
    for(;;);
}
else
{
    oled.clearDisplay();
    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0, 0);
    oled.println("SUCCESS");
    oled.display();
    Serial.println("SUCCESS");
    pox.setOnBeatDetectedCallback(onBeatDetected);
}
```

```
  // The default current for the IR LED is 50mA and it could be changed by uncommenting the following line.
   //pox.setIRLedCurrent(MAX30100_LED_CURR_7_6MA);

}

void loop()
{
  pox.update();
  Blynk.run();

  BPM = pox.getHeartRate();
  SpO2 = pox.getSpO2();
  if (millis() - tsLastReport > REPORTING_PERIOD_MS)
  {
    Serial.print("Heart rate:");
    Serial.print(BPM);
    Serial.print(" bpm / SpO2:");
    Serial.print(SpO2);
    Serial.println(" %");

    Blynk.virtualWrite(V1, BPM);
    Blynk.virtualWrite(V2, SpO2);

    oled.clearDisplay();
    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0,16);
    oled.println(pox.getHeartRate());
```

```
    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0, 0);
    oled.println("Heart BPM");

    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0, 30);
    oled.println("Spo2");

    oled.setTextSize(1);
    oled.setTextColor(1);
    oled.setCursor(0,45);
    oled.println(pox.getSpO2());
    oled.display();

    tsLastReport = millis();
  }
}
```

CODE 2

```
//Control LED Using Blynk 2.0/Blynk IOT

#define BLYNK_TEMPLATE_ID "TMPL2JL409_9R"
#define BLYNK_TEMPLATE_NAME "PORTABLE MEDICAL"
#define BLYNK_AUTH_TOKEN "npjbuFF2d9M9GRjANFyOnCeWRe4tVENl"
```

```
#define BLYNK_PRINT Serial
#include <ESP8266WiFi.h>
#include <BlynkSimpleEsp8266.h>
// Include the libraries:

#include <OneWire.h>
#include <DallasTemperature.h>
#include <LiquidCrystal_I2C.h>
LiquidCrystal_I2C lcd(0x27, 16, 2); // set the LCD address to 0x3F for a 16 chars and 2 line display

//Set DS18B20 pin:
#define ONE_WIRE_BUS D5

OneWire oneWire(ONE_WIRE_BUS);
DallasTemperature sensors(&oneWire);
DeviceAddress sensorDeviceAddress;

char auth[] = BLYNK_AUTH_TOKEN;
char ssid[] = "PORTTABLE MED";  // Enter your Wifi Username
char pass[] = "12345555";  // Enter your Wifi password




// How many bits to use for temperature values: 9, 10, 11 or 12
#define SENSOR_RESOLUTION 12
// Index of sensors connected to data pin, default: 0
#define SENSOR_INDEX 1 // NO OF SENSORS IF 2 DS1820 IT WILL BE 1
DeviceAddress Probe = { 0x28, 0xE2, 0x7A, 0x69, 0x1B, 0x13, 0x01, 0xE6 }; //inox2

 float threshold_start_severe_hypothermia =27.0;
```

```
float threshold_start_moderate_hypothermia =27.1;
float threshold_stop_moderate_hypothermia =32.2;

float threshold_start_mild_hypothermia =32.3;
float threshold_stop_mild_hypothermia =35.0;


float threshold_start_low_hypothermia=35.1;
float threshold_stop_low_hypothermia=36.4;


float threshold_start_normal =36.5;
float threshold_stop_normal =37.5;

float threshold_start_fever =38.0;
float threshold_stop_fever =39.0;

float threshold_start_moderate_fever =39.1;
float threshold_stop_moderate_fever =40.0;

float threshold_start_high_fever =40.1;
float threshold_stop_low_ever =41.1;

float threshold_high_hyperpyrexia=41.1;

int Buzzer = D6;
int LCD_DELAY = 2000;
int Buzzer_Delay = 100;
int Scanning_Delay = 30000;
```

```
void setup()
{

  lcd.init();
  lcd.clear();
  lcd.backlight();      // Make sure backlight is on
  pinMode( Buzzer, OUTPUT);

  sensors.begin();
  sensors.getAddress(Probe, 0);
  sensors.setResolution(Probe, 12);
   Serial.begin(115200);

  lcd.setCursor(4, 0);  //Set cursor to character 2 on line 0
  lcd.print("PORTABLE");
  lcd.setCursor(1, 1);  //Move cursor to character 2 on line 1
  lcd.print("MEDICAL DEVICE");
  delay(2000);
  lcd.clear();
  lcd.setCursor(0, 0);  //Set cursor to character 2 on line 0
  lcd.print("KWARA STATE");
  lcd.setCursor(1, 1);  //Move cursor to character 2 on line 1
  lcd.print("POLYTECHNIC");
  delay(2000);
  lcd.clear();

  lcd.setCursor(0, 0);  //Set cursor to character 2 on line 0
  lcd.print("PROJECT 3");
  lcd.setCursor(1, 1);  //Move cursor to character 2 on line 1
```

```
lcd.print("POLYTECHNIC");
delay(2000);
lcd.clear();

lcd.setCursor(0, 0);  //Set cursor to character 2 on line 0
lcd.print("SUPERVISED BY");
lcd.setCursor(1, 1);  //Move cursor to character 2 on line 1
lcd.print("DR. RAJI A.K.");
delay(2000);
lcd.clear();

lcd.setCursor(0, 0);  //Set cursor to character 2 on line 0
lcd.print("PROJECT 3");
lcd.setCursor(1, 1);  //Move cursor to character 2 on line 1
lcd.print("POLYTECHNIC");
delay(2000);
lcd.clear();

lcd.setCursor(2, 0);
lcd.print("CONNECTING TO");
lcd.setCursor(0, 1);
lcd.print("WIFI PLS WAIT...");
digitalWrite(Buzzer, HIGH);
delay(100);
digitalWrite(Buzzer, LOW);
delay(100);
digitalWrite(Buzzer, HIGH);
delay(100);
digitalWrite(Buzzer, LOW);
delay(100);
```

```
  Blynk.begin(auth, ssid, pass);

lcd.clear();
  lcd.setCursor(1, 0);
  lcd.print("WIFI CONNECTED");
  lcd.setCursor(0, 1);
  lcd.print("TO DEVICE THANKS!");
  digitalWrite(Buzzer, HIGH);
  delay(LCD_DELAY);
  digitalWrite(Buzzer, LOW);
  lcd.clear();

lcd.setCursor(0, 0);  //Set cursor to character 2 on line 0
  lcd.print("BODYTEMP:");

}

void loop()
{
  //TEMERATURE DS18B20
  sensors.requestTemperatures();
  float tempC = sensors.getTempCByIndex(0); // WIRE LONG

  lcd.setCursor(0, 1);
  lcd.print("TEMP SCANNING...");
  delay (Scanning_Delay);



  Serial.print (tempC);
```

```
  Serial.println("C");
  Serial.println(" ");

  lcd.setCursor(9, 0);  //Set cursor to character 2 on line 0
  lcd.print(tempC);
  lcd.print((char)223);
  lcd.print("C");
  delay(500);

if (tempC < threshold_start_severe_hypothermia)
  {
  lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
  lcd.print("SEVERE HYPOTHERMIA");
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);


  }

if((tempC > threshold_start_moderate_hypothermia)&&(tempC < threshold_stop_moderate_hypothermia))
  {
  lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
  lcd.print("MODERATE HYPOTHERMIA");
  digitalWrite(Buzzer, HIGH);
```

```
delay(Buzzer_Delay);
digitalWrite(Buzzer, LOW);
delay(Buzzer_Delay);
digitalWrite(Buzzer, HIGH);
delay(Buzzer_Delay);
digitalWrite(Buzzer, LOW);
delay(Buzzer_Delay);
}


if((tempC > threshold_start_mild_hypothermia)&&(tempC < threshold_stop_mild_hypothermia))
{
lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
lcd.print("MILD HYPOTHERMIA");
digitalWrite(Buzzer, HIGH);
delay(Buzzer_Delay);
digitalWrite(Buzzer, LOW);
delay(Buzzer_Delay);
digitalWrite(Buzzer, HIGH);
delay(Buzzer_Delay);
digitalWrite(Buzzer, LOW);
delay(Buzzer_Delay);
}


if((tempC > threshold_start_low_hypothermia)&&(tempC < threshold_stop_low_hypothermia))
{
lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
lcd.print("LOW HYPOTHERMIA ");
```

```
 digitalWrite(Buzzer, HIGH);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, LOW);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, HIGH);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, LOW);
 delay(Buzzer_Delay);
 }

if((tempC > threshold_start_normal)&&(tempC < threshold_stop_normal))
 {
 lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
 lcd.print("     NORMAL    ");
 digitalWrite(Buzzer, HIGH);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, LOW);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, HIGH);
 delay(Buzzer_Delay);
 digitalWrite(Buzzer, LOW);
 delay(Buzzer_Delay);
 }

if((tempC > threshold_start_fever)&&(tempC < threshold_stop_fever))
 {
 lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
 lcd.print("     FEVER     ");
 digitalWrite(Buzzer, HIGH);
 delay(Buzzer_Delay);
```

```
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  }

if((tempC > threshold_start_moderate_fever)&&(tempC < threshold_stop_moderate_fever))
  {
  lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
  lcd.print(" MODERATE FEVER ");
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  }

if((tempC > threshold_start_high_fever)&&(tempC < threshold_stop_low_ever))
  {
  lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
  lcd.print("   HIGH FEVER   ");
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
```

```
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  }

if(tempC > threshold_high_hyperpyrexia)
{
  lcd.setCursor(0, 1);  //Move cursor to character 2 on line 1
  lcd.print("  HYPERPYREXIA  ");
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, HIGH);
  delay(Buzzer_Delay);
  digitalWrite(Buzzer, LOW);
  delay(Buzzer_Delay);
  }

  Blynk.virtualWrite(V0, tempC);
  Blynk.run();
}
```