Health Data: Exploring the adoption of Internet of Things in Healthcare

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Technological innovation has been the motor for social and economic development, as it has brought about a change in the paradigm of how various activities were carried out.

The health sector is one of the points where technological innovation has contributed to the creation of more sophisticated means to provide a more efficient and comprehensive service cycle. One of the innovative technologies is the so-called Internet of Things.

The Internet of Things (IoT) refers to a system of interrelated, internet-connected objects that are able to collect and transfer data over a wireless network without human intervention.

The IoT provides a high number of solutions in health care. The innovative nature of IoT allows the involvement of different sectors in health care and constant interaction between patients and doctors. With this constant interaction between devices to collect, transmit and control data it provides a solution for a wide range of problems in health care, and provides a trustful source in case of a national health emergency. As it allows the integration of different tools including the diagnosis and monitoring, allowing the effective surveillance and control measures.

Although the IoT can provide a positive transformation of health care. Its successful implementation and efficient use will depend on a number of points that must be addressed.

- First is the capacity building of the medical sector, as the main users they must have a complete understanding of the system;
- Second familiarization of the system within the patients and the development of advocacy programs to explain how the IoT can improve patient outcomes and enhance the quality of care;
- The implementation team must ensure that all products and platforms are in compliance with the exist standards, including the Data Protection and Privacy standard(s);
- The implementation team must also embed cybersecurity across all external-facing tools and platforms and develop risk reports (about possible vulnerabilities and threats).

With an involved technology such as IoT, the update and change of tools must be a continuous process in order to adapt to new possible challenges across the health system.

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