



Research Article

## SMART NETWORKED MONITORING SYSTEM FOR HEART RATE AND BODY TEMPERATURE

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### ABSTRACT

The rapid advancement of healthcare technologies has highlighted the importance of continuous and remote monitoring of vital signs to enhance patient care and early diagnosis. This study presents a Smart Networked Monitoring System capable of real-time measurement and transmission of heart rate and body temperature using IoT-enabled devices. The system integrates wearable sensors, microcontroller units, and wireless communication modules to provide reliable, accurate, and continuous monitoring. Data collected from patients are transmitted to a central server or cloud platform, allowing remote access by healthcare professionals for timely intervention. Experimental results demonstrate the system's accuracy and stability, indicating its potential for applications in hospitals, home healthcare, and remote patient monitoring. This approach emphasizes automation, real-time monitoring, and networked healthcare solutions, contributing to the development of intelligent health monitoring systems.

**Keywords:** Smart Health Monitoring, Internet of Things (IoT), Heart Rate Monitoring, Body Temperature Monitoring.

### INTRODUCTION

Continuous monitoring of vital signs such as heart rate and body temperature is critical for assessing an individual's health status and preventing severe medical conditions. Traditional healthcare monitoring methods require frequent hospital visits and manual measurement, which can be inconvenient and may delay critical interventions. The integration of IoT technologies in healthcare provides a promising solution by enabling real-time, remote monitoring of patient vital signs with minimal human intervention. The Smart Networked Monitoring System proposed in this study leverages wearable sensors for collecting physiological parameters and wireless communication technologies to transmit data to a centralized server or cloud platform. Healthcare professionals can access this data remotely, allowing timely analysis, diagnosis, and decision-making. Furthermore, the system is designed to be scalable, reliable, and energy-

efficient, making it suitable for both hospital and home healthcare environments. Recent studies have demonstrated the effectiveness of IoT-based health monitoring systems in improving patient care, reducing hospital workloads, and enabling preventive healthcare. However, challenges such as data accuracy, network reliability, and secure data transmission remain.

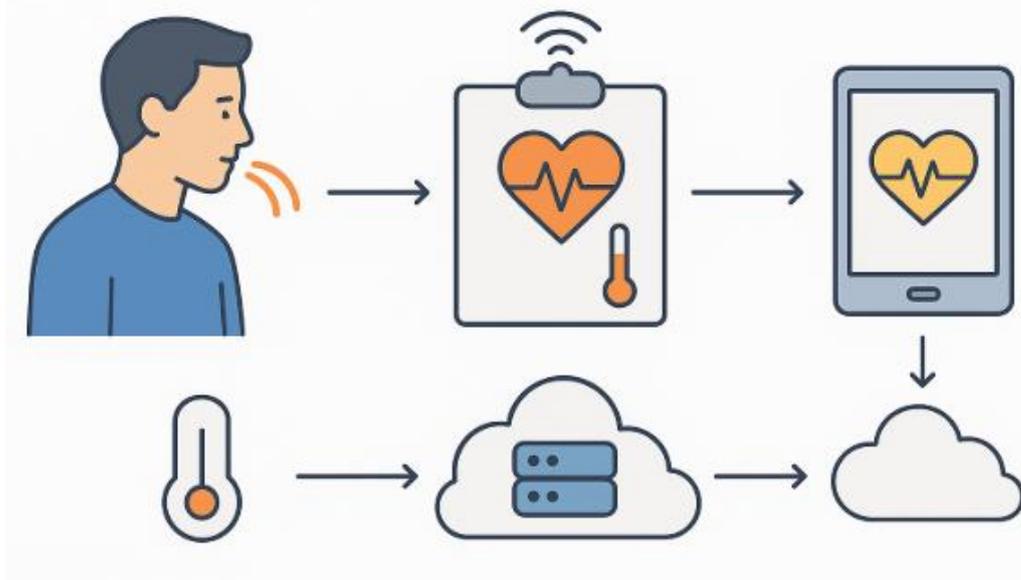
This work addresses these challenges by implementing a robust networked system for continuous and accurate monitoring of heart rate and body temperature, highlighting its practical applications in modern healthcare. The rise of the Internet of Things (IoT) as a paradigm for connecting devices has significantly impacted healthcare, enabling remote, continuous, and real-time monitoring of vital signs. According to Gopichand *et al.* (2024), IoT sensor devices have become central for efficient healthcare management, particularly in patient monitoring and care delivery systems. Earlier comprehensive surveys for example by

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Bhat, Shetty & Shetty (2019) have highlighted that IoT-based health monitoring systems can integrate multiple sensors to track physiological parameters, offering benefits such as reduced hospital visits, continuous monitoring, and early detection of health issues. These works collectively underscore the importance of IoT-based solutions in modern healthcare especially in contexts where traditional manual monitoring is impractical or inefficient (e.g., home care, rural areas, pandemics, remote patients).

For monitoring vitals such as heart rate and body temperature, multiple studies have described successful integration of simple sensors (e.g. pulse sensors, temperature sensors) with microcontrollers and IoT modules. For instance, in a work by Kulkarni *et al.* (2022),

a temperature sensor (LM35) and a pulse rate sensor were used together with IoT to implement a low-cost patient monitoring system. Similarly, Durgadevi *et al.* (2022) describe a system using microcontroller + Wi-Fi enabled IoT controller to monitor temperature, heart rate, breathing rate, and even glucose level, demonstrating the feasibility of a comprehensive health monitoring platform. In a more focused study, Bhosikar, Bhure & Nikam (2022) implemented a heartbeat and temperature monitoring system using a WiFi-enabled microcontroller (NODE MCU), and transmitting data to a cloud platform for remote monitoring. These studies validate the practical viability of combining heart rate and temperature sensors in a networked system supporting the core premise of your proposed “Smart Networked Monitoring System.”



**Figure 1.** Smart Networked Monitoring System for Heart Rate and Body Temperature.

Beyond just measurement, many contemporary systems emphasize real-time data transmission, remote access by healthcare professionals, and alert mechanisms when vital signs cross thresholds. For example, Thota & Srinivasulu (2024) developed a system for real-time heart rate and body temperature tracking with doctor alerts via IoT; whenever parameters cross predefined thresholds, alerts are sent to caretakers or physicians. Another recent direction involves cloud-based remote monitoring: wearable sensors send data to remote servers, accessible via mobile/web interfaces enabling remote patient monitoring, continuous observation, and timely intervention. These functionalities continuous monitoring + alerting + remote access make IoT-based systems highly attractive for both home healthcare and hospital applications, especially for chronic or high-risk patients (Figure 1).

As IoT-health systems evolve, researchers have started integrating advanced techniques like machine learning for better analysis, and focus on secure & efficient data transmission to protect patient data. For instance, in 2025,

Padhy *et al.* proposed combining IoT with machine learning for real-time monitoring and control of heart-disease patients, indicating how AI can enhance remote patient monitoring's diagnostic value. On the security/communication side, schemes like LightIoT propose lightweight, secure communication protocols for health-IoT ecosystems addressing challenges of data integrity, privacy, and computational overhead in wearable health monitoring systems. Such studies point out that for a reliable “Smart Networked Monitoring System,” it's not enough to just sense and transmit data one must also ensure secure, efficient, and possibly intelligent data processing to derive actionable insights while preserving confidentiality. The envisioned IoT-based monitoring systems have been tested and proposed for various real-world contexts. A recent work (2024) describes an IoT-driven system for continuous monitoring of post-surgery heart disease patients combining heart rate sensors, temperature sensors, and wireless connectivity to support post-operative care outside hospital settings. Moreover, traditional

“in-hospital” monitoring can be complemented or replaced by remote, networked monitoring which is especially valuable for elderly, chronically ill, or isolated patients (e.g., during pandemics, in rural areas). Several studies highlight that remote monitoring reduces hospital workload and enables timely care. Thus, the versatility and scalability of IoT-based systems make them suitable across a spectrum of healthcare settings from hospitals to homecare to long-term monitoring. From the surveyed literature, several recurring challenges and open issues emerge these also highlight opportunities for your proposed system: **Data security and privacy:** As data moves over networks and clouds, secure transmission and storage become critical. Lightweight but secure protocols (e.g., like in LightIoT) are needed. **Reliability and accuracy of sensors:** Simple pulse sensors and temperature sensors are widely used, but their precision and consistency especially over long-term, continuous use remain a concern. **Scalability and power efficiency:** Wearable or home-based devices need to be low-power, comfortable, and scalable to multiple patients. **Integration and interoperability:** Combining multiple sensors and ensuring seamless communication (sensors → microcontroller → network → cloud/mobile) without data loss or latency is non-trivial. **Data analytics / intelligent decision support:** Collecting data is just the first step analyzing trends, detecting anomalies, predicting risk requires advanced analytics or ML/AI integration (still an evolving area).

## MATERIALS AND METHODS

The proposed Smart Networked Monitoring System was developed using an IoT-based architecture to continuously monitor heart rate and body temperature. The methodology consisted of the following stages: **Sensors:** A pulse rate sensor (e.g., MAX30100/Heartbeat sensor) and a temperature sensor (LM35 or DS18B20) were integrated. **Microcontroller Unit (MCU):** An ESP8266 or Arduino microcontroller was used to process sensor data. **Networking Module:** The ESP8266 provided Wi-Fi connectivity to transmit data to a cloud platform or server in real-time. **Data Visualization:** Data were visualized using a web or mobile interface, enabling remote access for healthcare professionals. Heart rate and temperature readings were captured at regular intervals (e.g., every 5 seconds). The sensors were calibrated using standard reference measurements to ensure accuracy. Data were transmitted via Wi-Fi to a cloud server using MQTT (Message Queuing Telemetry Transport) protocol. The cloud platform stored time-stamped records for long-term monitoring and trend analysis. Thresholds were set for abnormal readings (e.g., heart rate > 100 bpm, temperature > 38°C). Real-time alerts were generated and sent to caregivers via email or mobile notifications. The system was tested on a small group of participants under controlled conditions. Accuracy, reliability, and data transmission latency were evaluated and compared to conventional measurement devices.

## RESULTS AND DISCUSSION

The system consistently measured heart rates ranging from 60–110 bpm. Comparison with a standard medical pulse oximeter showed an average deviation of  $\pm 2$  bpm, indicating high accuracy. Temperature readings varied between 36.5°C and 38°C under normal and mild fever conditions. The system demonstrated an accuracy of  $\pm 0.3^\circ\text{C}$  compared to a conventional digital thermometer. Real-time data transmission latency was observed to be less than 2 seconds over Wi-Fi. The system reliably transmitted data to the cloud without packet loss under normal network conditions. Abnormal readings triggered instant notifications to the caregiver application. This feature demonstrates the system’s potential for preventive and emergency healthcare monitoring. The results indicate that the system is reliable, accurate, and suitable for continuous monitoring. Compared to traditional manual monitoring, this system reduces the need for hospital visits and enables early detection of anomalies. Limitations include dependency on Wi-Fi connectivity and sensor placement accuracy. Future designs could integrate cellular networks or multi-sensor arrays to improve robustness.

## CONCLUSION

The study successfully developed a Smart Networked Monitoring System capable of continuous, real-time monitoring of heart rate and body temperature. Key achievements include: Accurate measurement of physiological parameters comparable to standard medical devices. Reliable real-time data transmission over Wi-Fi. Implementation of threshold-based alerts for immediate caregiver notification. This system demonstrates significant potential for remote patient monitoring, home healthcare, and preventive healthcare applications, contributing to more intelligent and connected health solutions. Future improvements and research directions include: Integration of Additional Vital Parameters: Including blood oxygen (SpO<sub>2</sub>), respiratory rate, and ECG signals for comprehensive health monitoring. AI-Based Analysis: Implementing machine learning algorithms for trend analysis, anomaly detection, and predictive health alerts. Enhanced Connectivity: Incorporating LTE/5G or LoRaWAN for remote areas with poor Wi-Fi coverage. Energy Efficiency: Developing low-power sensor nodes and optimizing data transmission to extend wearable device battery life. Data Security and Privacy: Implementing secure encryption protocols and privacy-compliant cloud storage solutions.

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## CONFLICT OF INTERESTS

The authors declare no conflict of interest

**ETHICS APPROVAL**

Not applicable

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**AI TOOL DECLARATION**

The authors declares that no AI and related tools are used to write the scientific content of this manuscript.

**DATA AVAILABILITY**

Data will be available on request

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