IRO Journal on Sustainable Wireless Systems (ISSN: 2582-3167)
www.irojournals.com/irosws/

# Precision Health Monitoring: Exploring the Fusion of Wearable IoT Sensors, Multimodal Data, and ML

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**Abstract**

The current state of health detection in IoT sensors is affected by several limitations. Existing systems often struggle with inaccurate and unreliable readings, leading to potential misdiagnoses and patient discomfort. These systems also tend to lack adaptability and robustness when dealing with various modalities of data, hindering their overall effectiveness. Furthermore, the reliance on traditional algorithms in the absence of machine learning hampers their ability to provide precise and real-time heartbeat information. In light of these shortcomings, this work seeks to address these issues by studying the enhanced approach, emphasizing the integration of multimodal data fusion techniques and machine learning algorithms. The aim is to identify the drawbacks associated with existing systems and provide the more accurate and responsive solution for heath detection offered by IoT sensors through the application of data fusion and machine learning.

**Keywords:** IoT Sensors, Wearable device, Multimodal Data Fusion, Machine learning, Deep Learning, Heart Beat Detection.


*DOI: https://doi.org/10.36548/jsws.2023.4.005*
*Received: 08.12.2023, received in revised form: 06.01.2024, accepted: 24.01.2024, published: 07.02.2024*

## 1. Introduction

Healthcare monitoring and management have undergone a radical change in recent years due to the integration of wearable Internet of Things (IoT) sensors and sophisticated data analytics. This combination has facilitated early identification, diagnosis, and individualized treatment of diverse diseases by enabling the continuous monitoring of physiological indicators in real-time. To assess human health, this study investigates the innovative convergence of wearable IoT sensors, multimodal data fusion approaches, and machine learning algorithms.

In the current healthcare environment, accurately determining a person's health is crucial as it serves as a marker for various underlying diseases and indicates their level of fitness [1]. Nowadays, the gathering of data from numerous Internet of Things (IoT) sensors simultaneously has become prevalent due to advancements in circuit design and sensing technologies [2]. Wearable Internet of Things (IoT) sensors are being used to continuously monitor physiological signals, enabling early problem detection and preventative action. This technology is widely regarded as a means to reduce the risks and expenses associated with addressing these problems. Its rapid development has made it possible for medical applications. [1]

A significant obstacle in the field of wearable monitoring is the subpar signals obtained from these sensors. Electromyographic noise, electrode contact noise, and severe motion artifacts can impact ambulatory data collected from biosensor electrodes. Additionally, due to the smaller structure of sensors, electrode contacts are often positioned extremely close to each other rather than at typical measurement positions. This leads to low signal amplitudes, exacerbating issues with signal quality and resulting in inaccurate feature extraction, false alarms, and challenges in data interpretation [3], [7].

Alarm fatigue can result from an increased false alarm rate due to improper feature extraction, thereby slowing reaction times to unfavorable occurrences [4]. A method of combining data gathered from multiple sensors, known as data fusion, has emerged [5, 6]. This approach offers superior accuracy and specificity compared to using a single sensor source. These performance enhancements can be achieved with minimal additional computing effort and without requiring substantial changes to the existing data acquisition hardware, thus reducing expenses associated with power usage.Contrary to utilizing data from a single sensor source, the fusion of data from multiple sensors can enhance detection performance. Additionally, when noise interferes with data from any of the input sensors, fusion can improve the resilience and quality of the inferences. Fusion approaches have demonstrated the ability to enhance task performance with minimal additional computing and power consumption expenses, and without necessitating significant changes to the current data gathering setup. Consequently, data fusion is increasingly being incorporated into the design of wearable physiological monitoring systems [5] [6].

Through the synergistic integration of complementary information sources facilitated by multimodal data fusion techniques, a deeper understanding of underlying physiological processes is achieved. By applying sophisticated signal processing techniques, feature extraction algorithms, and fusion frameworks, the spatial linkages, temporal dynamics, and hidden correlations within the sensor data streams can be uncovered.

Moreover, machine learning methods play a crucial role in transforming raw sensor data into actionable health insights. Using supervised, unsupervised, and semi-supervised learning techniques, predictive models can be developed to reliably and accurately identify physiological states, detect anomalies, and forecast health events.[8]

In this study, a thorough overview of the literature on machine learning algorithms, multimodal data fusion methods, and wearable IoT sensors for human health monitoring is offered. The difficulties and possibilities that come with each strategy are studied and interesting directions for further study and advancement are discussed.

In the end, there is great potential to revolutionize the healthcare delivery through the integration of wearable IoT sensors, multimodal data fusion techniques, and machine learning algorithms. This will enable people to proactively monitor their health, prevent diseases, and enhance their general well-being in real-time.

## 2. Literature Survey

John et al. [1] in his paper introduces a cutting-edge method for ambulatory heartbeat detection, leveraging the discrete wavelet transform (DWT) to fuse data from electrocardiogram (ECG) and photoplethysmogram (PPG) signals. The technique employs a unique signal quality index (SQI)-weighted fusion algorithm, ensuring accurate beat detection across varying wave morphologies. Through systematic evaluations, the proposed algorithm outperforms common beat detection methods in ambulatory monitoring scenarios, showcasing its robustness in handling noise levels from 30 dB to 50 dB Signal-to-Noise Ratios (SNRs). The study addresses challenges in wearable monitoring, such as signal interference and electrode noise, by proposing a data fusion approach that significantly reduces false alarms, mitigating the risk of alarm fatigue and enabling timely responses to critical events.

The methodology involves discrete stationary wavelet transform for frequency band selection without signal filtering, offering a novel way to preserve temporal information crucial for precise beat detection. Looking ahead, the paper suggests potential advancements by incorporating diverse signal inputs from wearables to further enhance noise reduction. In summary, this research contributes a sophisticated and effective solution to the complex landscape of ambulatory heartbeat detection, showcasing the potential for improved cardiac monitoring in IoT devices and wearable's.

John et al. [2] in his work, a unique convolutional neural network (CNN) model is proposed for merging multimodal and multiresolution data from several sensors. This paradigm enables the merging of multiresolution sensor data without the need for padding or resampling to account for frequency resolution variations, even during temporal inferences like high-resolution event detection. The fusion model, incorporating electrocardiogram (ECG), peripheral oxygen saturation signal (SpO2), and belly movement signal, achieved an accuracy of 99.72% and a sensitivity of 98.98%. For on-chip implementation, the energy per categorization of the suggested fusion model was calculated to be roughly 5.61 μJ. Additionally, the study investigated whether pruning could be used to reduce the complexity of the fusion models.

Latha C. et al. [8] Machine learning, a subset of artificial intelligence, addresses critical challenges in data science by predicting outcomes based on existing data. This paper [2] delves into the realm of ensemble classification, a technique vital for enhancing the accuracy of machine learning algorithms, particularly in predicting health-related outcomes. Focusing on a heart disease dataset, the study explores ensemble methods such as bagging and boosting, demonstrating their efficacy in improves the accuracy of weaker classifiers. Notably, the research emphasizes the practical application of these approaches in early disease prediction, showcasing their relevance in the healthcare domain. Results highlight the substantial improves in prediction accuracy, especially concerning heart disease risks, when employing ensemble techniques, particularly when coupled with feature selection techniques.

Heart disease, a significant global health concern, disproportionately affects individuals in middle and old age, with higher prevalence in men. WHO statistics underscore the gravity of noncommunicable disease-related deaths in India attributed to heart ailments, while globally, heart disease accounts for a significant portion of fatalities, particularly in developed countries. The paper underscores the importance of datasets such as the Cleveland Heart Disease Database (CHDD) and leverages the UCI machine learning repository to validate the proposed ensemble methods. The methodology encompasses classification algorithms, ensemble techniques like bagging and boosting, and the application of a multilayer perceptron. By employing these methods on real-world health data, the research contributes valuable insights to the intersection of machine learning and healthcare.

Muzammal et al. [10] proposes an Ensemble technique with data fusion designed to operate within a fog computing environment using medical data from body Wireless Body Sensor Networks (WBSNs). A set of sensors is employed to collect daily activity data, which is then combined to generate high-quality activity data. Subsequently, an Ensemble classifier utilizes the fused data as input to predict heart disease in its early stages. The prediction calculations are decentralized, and the ensembles operate within a fog computing environment. In the fog computing environment, the output from each individual node is integrated to generate a single output. For classification purposes, a novel kernel random forest ensemble, which produces significantly higher-quality results than a standard random forest, is employed. Thorough experimental research supports the solution's applicability, and the results are encouraging: we achieve 98% accuracy with 40 estimators, a tree depth of 15, and the consideration of 8 features for the prediction task.

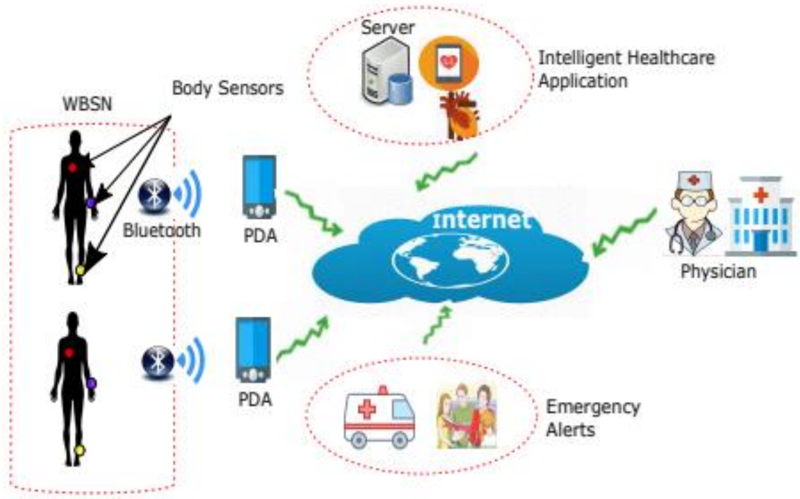


**Figure 1.** Wireless Body Sensor Networks for Monitoring Health [10]

Paliakaitė et al. [11] has proposed a novel to authentically simulate motion-induced artifacts in wrist photoplethysmograms (PPG), aiming to enhance the accuracy of PPG simulations. Researchers utilized a database of day-long PPG recordings from cardiac rehabilitation sessions to identify artifact characteristics and simulate artifacts representing life-threatening arrhythmias. The study evaluated the impact of different artifact types on the performance of a life-threatening arrhythmia detector, revealing significant decreases in sensitivity for extreme bradycardia and ventricular tachycardia due to specific artifact types. Instances of poor contact resulted in 2–4 times higher false alarms for ventricular tachycardia compared to other artifact types. This approach of simulating realistic artifacts encountered in daily activities provides a comprehensive evaluation of arrhythmia detectors, highlighting the specific artifact types that most negatively impact detection performance.

Sudden cardiac death remains the primary cause of all deaths, often preceded by ventricular tachycardia, and individuals with chronic kidney illness may frequently experience significant bradycardia. Detecting early arrhythmia events is crucial for timely intervention and close surveillance, yet current noninvasive electrocardiogram (ECG) equipment is uncomfortable for prolonged wear. The study acknowledges the potential of smartwatches for arrhythmia detection, focusing on wrist PPG but highlighting challenges with susceptibility to artifacts. The methodology involves artifact analysis and modeling using Markov processes and RMS amplitude distribution to create a simulation model for wrist PPG artifacts. This model aims to enhance the reliability of arrhythmia detectors dealing with artifact-corrupted

PPGs, particularly for life-threatening arrhythmias, where prompt intervention is critical. The study underscores the importance of realistic artifact simulation in the development and validation of detectors for ambulatory arrhythmia monitoring, with potential applications in extended surveillance and medical examinations, particularly for end-stage kidney disease patients undergoing hemodialysis.

Li et al. [12] focuses on addressing power consumption challenges in wearable healthcare devices based on electrocardiography at the system level design. The study primarily targets data capture and transmission under resource constraints, along with algorithm design and implementation, aiming to reduce power consumption. The research examines the applicability of nine current algorithms, assessing parameters such as sensitivity, positive predictivity, power consumption, parameter selection, and time delay for on-sensor QRS feature recognition. Through a combination of low-level register manipulations and the direct memory access (DMA) list technique, data gathering on CPU-based Internet of Things (IoT) devices is optimized, resulting in a significant threefold reduction in current consumption. The study also optimizes batch size, buffer, sampling rate, and acquisition data rate. Additionally, it explores the impact of on-sensor versus off-sensor processing to lower data transmission power consumption. While the experiments are conducted on a generic low-power wearable platform, the design optimizations and considerations suggested can be extended to custom designs, paving the way for further investigation into QRS detection algorithm optimization for wearable devices.

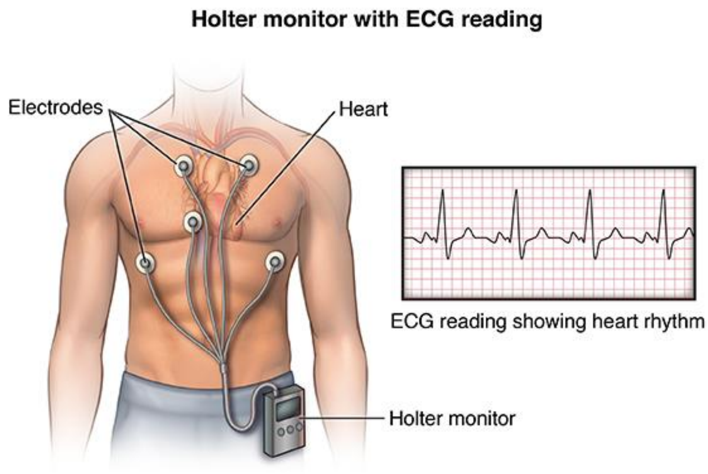


**Figure 2.** Holter Monitor with ECG reading (hopkinsmedicine.org)

Real-time wearable cardiac monitors have gained prominence for their mobility and early diagnosis capabilities compared to ambulatory Holter monitors. Continuous monitoring enables the early detection of cardiac rhythm problems, improving patient recovery chances and reducing healthcare costs. The study acknowledges the significance of ECG signals in diagnosing cardiac disorders and highlights the primary events—P wave, QRS complex, and T events—in a typical ECG signal. The research emphasizes the development of multimodal fusion approaches and suggests machine learning methods, particularly convolutional neural networks, to maximize QRS identification accuracy.

Fitriyani [13] underscores the critical role of early diagnosis in managing heart disease, a leading cause of global mortality. The researchers introduce an advanced Heart Disease Prediction Model (HDPM) for a Clinical Decision Support System (CDSS), incorporating innovative techniques for enhanced accuracy. The HDPM integrates Density-Based Spatial Clustering of Applications with Noise (DBSCAN) to detect and eliminate outliers, a hybrid Synthetic Minority Over-sampling Technique-Edited Nearest Neighbor (SMOTE-ENN) to balance training data distribution, and XGBoost for heart disease prediction.

Utilizing two publicly available datasets (Statlog and Cleveland), the proposed model's performance is rigorously compared with other established models, including naive bayes (NB), logistic regression (LR), multilayer perceptron (MLP), support vector machine (SVM), decision tree (DT), and random forest (RF), as well as previous study results. The findings reveal that the HDPM outperforms other models and prior studies, achieving high accuracies for both datasets. In addition to model development, the study also presents a prototype of the Heart Disease CDSS (HDCDSS), aiming to assist doctors and clinicians in diagnosing patients' heart disease based on their current condition. This technological advancement facilitates early intervention, potentially preventing fatalities resulting from delayed heart disease diagnosis.

The HDPM is rigorously evaluated through a 10-fold cross-validation process, demonstrating superiority over other well-established MLAs. The model's ability to address imbalanced training datasets, coupled with statistical analysis, confirms its substantial improvement over existing models. In summary, this research provides a robust contribution to the field of heart disease prediction, offering an advanced model with practical implications for improving diagnostic accuracy and enabling timely interventions.

Habibzadeh et al. [14] In the context of evolving societal trends and the expanding landscape of Internet of Things (IoT) devices, the healthcare industry is on the cusp of a transformative era. The utilization of a network of wearable sensors, each uniquely identified, holds immense potential to capture health data at a level surpassing traditional clinical settings [7]. This aggregated, analyzed, and interconnected data, forming the Internet of Health Things (HIoT), paves the way for personalized and modernized healthcare. The paper explores both existing and emerging technologies that can actualize this vision, emphasizing three key technological domains: sensing, communications, and data analytics and inference. A case study vividly illustrates the impact of these trends, showcasing the potential for substantial improvements in healthcare outcomes and cost-effectiveness.

The convergence of advancements in IoT technology with the evolving needs of healthcare applications, particularly within clinical practice, is evident. As IoT devices proliferate rapidly and the healthcare sector seeks increased cost-effectiveness, personalization, and proactive approaches, the Healthcare Internet of Things (HIoT) is poised to play a pivotal role. HIoT is broadly categorized into personal and clinical types. Personal HIoT includes consumer-centric devices like activity trackers and smartwatches for self-monitoring, while clinical HIoT devices are purpose-built for health monitoring under professional supervision. The research focuses specifically on clinical HIoT, delving into its adoption, technological drivers, and potential benefits.

The adoption of IoT in healthcare is driven by a convergence of social and technological factors, with aging populations and rising healthcare costs creating a need for innovative solutions. IoT technologies in healthcare enable patients to track their progress and provide ongoing feedback to physicians, enhancing patient satisfaction and engagement. The paper underscores the appeal of IoT technologies in clinical healthcare functions, leveraging cheap cloud computing, high bandwidth connectivity, and large-scale data analytics. This transformative environment allows for automated identification of physiological anomalies through data analytics and visualization technologies, facilitating more informed research and highlighting essential trends without overwhelming healthcare professionals.

The methodology of the paper involves an in-depth analysis of Healthcare Internet of Things (HIoT) technologies, focusing on sensing and data acquisition, communication, and data analytics and inference. The study anticipates rapid advancements in each component, driven by maturing IoT technologies in HIoT. Future developments in VLSI technologies are expected to enhance data acquisition and sensing efficiency, communication standards will evolve for higher throughput with reduced power consumption, and intelligent energy-aware operating systems will play a crucial role in managing the energy needs of end devices.

Bertsimas et al. [15] Heart-related complications remain a major global cause of sudden and unpredictable deaths, necessitating skilled professionals to detect irregularities. This study [8] introduces a novel real-time (within 30 milliseconds) ECG-type prediction and feature extraction method, leveraging a dataset of approximately 40,000 annotated ECGs from diverse medical facilities. The models successfully recognize seven signal categories: Other, Tachycardia, Bradycardia, Arrhythmia, AF, Normal, and Noisy. Utilizing the well-established XGBoost machine learning technique, the models achieve out-of-sample F1 Scores ranging from 0.93 to 0.99. Despite medical advancements, heart-related diseases, particularly Atrial Fibrillation (AF), persist as a leading cause of death. Machine Learning (ML) techniques are gaining prominence in healthcare for swift and accurate data processing, complementing traditional disease detection methods. The study focuses on real-time detection of heart diseases, specifically ventricular response intervals, utilizing an innovative approach to analyze short single-lead ECG recordings. The models exhibit exceptional performance across diverse datasets, showcasing effectiveness in identifying heart abnormalities and offering potential for real-time applications through wearable devices.

The predictive process involves key steps, including signal preprocessing, feature extraction, model training, calibration, and evaluation. The feature extraction pipeline generates 110 distinct features, supporting the training of five models across diverse datasets. Notably, the models generalize effectively across varying settings and populations, addressing heart abnormalities such as Normal, Atrial Fibrillation, Tachycardia, Bradycardia, Other, Arrhythmia, and Noisy data. The research underscores the potential application in real-time scenarios, utilizing wearable devices for continuous heart rate monitoring. By analyzing a single lead of a standard ECG, the models maintain predictive power while ensuring feasibility in real-time applications. With a time complexity of less than 30 milliseconds for signals lasting under a minute, the models serve as fast and reliable tools to identify heart anomalies, guiding patients to expert evaluation. The ultimate goal is to assist specialists by efficiently screening individuals for potential heart issues, enhancing the diagnostic process without replacing the expertise of healthcare professionals.

This study by Bashar et al. [16] introduces an innovative technique for accurately identifying QRS complex peaks in electrocardiograms (ECG) using the variable frequency complex demodulation (VFCDM) method. The approach reconstructs the ECG signal by exclusively utilizing the frequency components associated with QRS waveforms via VFCDM decomposition. Peak detection is performed on both the upper and lower signal sides, and cross-referencing is applied to minimize false peak identifications. Position-dependent adaptive thresholds further eliminate any remaining false peaks. The method is tested on the MIT-BIH arrhythmia dataset and three additional datasets, demonstrating superior accuracy compared to publicly available BioSig Matlab toolbox for ECG peak detection.

The electrocardiogram (ECG) is crucial for monitoring heart activity, with QRS complex identification holding significance in clinical and research domains. Various techniques have been explored for QRS detection, such as the pioneering work by Pan and Tompkins, digital filters, genetic algorithms, wavelet transforms, and empirical mode decomposition. Challenges include noise, mode mixing, sensitivity, and computational complexity. The proposed method, Variable Frequency Complex Decomposition (VFCDM), termed VERB, addresses these challenges by reconstructing the ECG signal and enhancing peak detection accuracy. The study evaluates VERB on the MIT-BIH arrhythmia dataset and additional datasets, demonstrating its effectiveness and robustness in comparison to existing methods.

The VERB algorithm achieves impressive results in detecting R peaks, showcasing accuracy even under challenging conditions with variable peak amplitudes. The study emphasizes the potential impact of choosing the optimal ECG lead for enhanced detection outcomes. Overall, VERB stands as an innovative approach for ECG R-peak detection, offering accuracy and robustness across various datasets and scenarios.

This study by Pan et al. [17] addresses the challenging task of diagnosing heart disease by leveraging significant advancements in deep learning and the Internet of Things (IoT). The Enhanced Deep Learning-Assisted Convolutional Neural Network (EDCNN) is introduced to improve patient prognosis. The EDCNN model incorporates regularization learning techniques into a deep architecture, and its performance is evaluated using both full and reduced features. The reduction in features impacts classifier efficiency in terms of processing time, and accuracy is examined through mathematical analysis and test results. The EDCNN system is deployed on the Internet of Medical Things (IoMT) Platform for decision support systems, allowing efficient diagnosis of heart patients' information on cloud platforms worldwide.

Heart disease remains a leading cause of death globally, emphasizing the need to enhance prediction methods. The accuracy of heart disease diagnosis is crucial, relying on essential body parameters and relevant pathological events. The study focuses on predicting heart disease using machine learning techniques, with a specific emphasis on deep learning. Deep learning has demonstrated significant advancements in predicting and analyzing heart disease, with a focus on leveraging patient data for mathematical computations involving distributive functions.

The Enhanced Deep Learning-Assisted Convolutional Neural Network (EDCNN) relies on diagnostic performance metrics, such as diagnostic odds ratios, sensitivity, and specificity, for heart disease classification. The deep learning prediction models and classification are constructed using a robust multi-layer perception framework that incorporates both non-linear and linear functions, regularization techniques, and binary sigmoid classifications. Feature selection techniques further contribute to the accuracy of the deep learning algorithms, allowing for highly precise and reliable heart disease diagnoses and reducing the risk of misdiagnoses harmful to patients.

## 3. Conventional Wearable Devices

The Conventional methods of Human health detection utilizing wearable IoT sensors that do not rely on multimodal data fusion techniques and machine learning algorithms frequently entail simple measurements and monitoring of particular physiological indicators. The conventional methods, their uses, and disadvantages are listed in the table .1 below

**Table 1.** Conventional Methods

<table>
<tr><th></th><th>Application</th><th>Tools used</th><th>Demerits</th></tr>
<tr><td rowspan="10">Conventional Wearable devices</td><td>Heart Rate Monitoring</td><td>Optical sensors</td><td rowspan="10">Limited Sensitivity and Specificity. incapable of handling Big Data.<br><br>faces issues in real-time monitoring. inadaptable to diverse range of physiological and lifestyle.<br><br>variations, does not accurately predict the health risks. insufficient Contextual Understanding.<br><br>cannot extract insights from the raw data sensed</td></tr>
<tr><td>Activity tracking</td><td>Accelerometers</td></tr>
<tr><td>Body temperature measurement</td><td>Temperature Sensors</td></tr>
<tr><td>Electrodermal Activity Monitoring</td><td>EDA sensors</td></tr>
<tr><td>Sleep Pattern Analysis</td><td>Accelerometers And Gyroscopes</td></tr>
<tr><td>Blood Pressure Monitoring</td><td>cuff-based devices and Sensors</td></tr>
<tr><td>Blood Oxygen Saturation (SpO2) Monitoring</td><td>pulse oximeters</td></tr>
<tr><td>Electrocardiogram (ECG or EKG) Recording</td><td>Sensors</td></tr>
<tr><td>Posture Monitoring</td><td>Accelerometers And Gyroscopes</td></tr>
<tr><td>Sweat Analysis</td><td>Sensors</td></tr>
</table>

While these traditional methods provide useful insights, they are frequently limited in their ability to present a complete picture of an individual's health. They are primarily concerned with individual characteristics and lack the ability to examine complicated correlations or patterns across various data streams, where multimodal data fusion approaches and machine learning algorithms can be most useful.

## 4. Comparative Study

The table .2 below show the comparative study of the using the multimodal fusion and machine learning algorithms in the wearable IoT sensors for monitoring the human health.

**Table 2.** Comparative Study

| S.No | Citation | Methodology | Dataset Used | Merits | Demerits | Application |
|---|---|---|---|---|---|---|
| 1 | [1] | Transform domain data fusion algorithm, uses DWT and application of fusing ECG and PPG | MIMIC III | shows enhanced PPVs and detection sensitivity under In ambulatory circumstances, heartbeats can be reliably detected. where IoT device single-channel monitoring frequently fails. | more computational power and sensors are required compared to using a single information channel for inference. | Ambulatory heart beat detection |
| 2 | [2] | 1D-CNN based fusion technique for multi-sensor data. It is done by developing the 1D CNN models for each sensor input | "St. Vincent's University Hospital's sleep apnea database" | High and adjustable resolution, quick detection, | Complexity, Resource-Intensive | Sleep Apnea detection |

| | | | | | | |
|---|---|---|---|---|---|---|
| 3 | [8] | Classification and Ensemble algorithms (Bayes Net, Random Forest, Naïve Bayes , C4.5, MLP, and Bagging , Boosting, Stacking, Majority voting) | Cleveland Heart Disease Database (CHDD), | Accuracy was improved by 73 %, performance enhancement was achieved by feature selection techniques | increased computation time with ensemble methods | Heart Disease and Diabetes Detection |
| 4 | [10] | WBSN with Fog computing and Ensemble Classifier's | Real-Time dataset | Improved accuracy | Requires more | Fall Detection Early Heart Disease Detection |
| 5 | [11] | The methodology involves artifact analysis and modeling using Markov processes and RMS amplitude distribution to create a simulation model for wrist PPG artifacts | PPG database collected during cardiac rehabilitation | enhance the reliability of arrhythmia detectors dealing with artifact-corrupted PPGs | The use of accelerometer may become ineffective in some situation as artifacts may arise from external sources like poor contact and fine hand movements. | Smart watches for arrhythmia detection |
| 6 | [12] | Nine algorithms based on-sensor QRS feature detection | MIT –BIT Arrhythmia Database from PhysioNet | For QRS classification, the Hamilton-Tompkins and Pan-Tompkin's algorithms provide the best detection performance and a low power consumption. | At smaller DMA buffer list sizes, will result in increased current consumption. Higher buffer list will cause increased delay | Ambulatory Holter monitors. |

| | | | | | | |
|---|---|---|---|---|---|---|
| 7 | [13] | DBSCAN- eliminate outliers, SMOTE-ENN for balancing training data, XGBoost for prediction | Statlog and Cleveland | Improves diagnostic accuracy, timely interventions | Faced privacy and security issues | “Heart Disease Clinical Decision Support System” |
| 8 | [14] | Sensors and data analytics | Real-time | Improved sensing efficiency and accuracy | Decreased throughput and increased power consumption | Healthcare Internet of Things applications |
| 9 | [15] | XGBoost | annotated ECGs from diverse medical facilities collected in real-time | swift and accurate data processing | No Access to Entire Proprietary Datasets, Challenges in Accessing Clinical Data, Limited Model Features in Chapman Data | potential for real-time applications through wearable devices |
| 10 | [16] | VFCDM-based ecg reconstruction<br>VERB Algorithm for beat detection | MIT-BIH,<br>UMass DB, MIMIC III and salt-water ECG dataset | robust on different ECG dataset, improved sensitivity, accurate detection | Not suited for wide range of dataset | ECG peak detection in wearables |
| 11 | [17] | “Enhanced Deep learning assisted Convolutional Neural Network” (EDCNN) | UCI repository dataset | Better diagnostic accuracy, sensitivity, specificity and precision | struggles to generalize well to new, unseen data. | Internet of Medical Things Platform |

## 5. Discussion

The use of multimodal data fusion and machine learning enables comprehensive health assessment by integrating multiple sensor modalities, allowing for a holistic evaluation of an individual's health with consideration for various physiological parameters simultaneously. Machine learning algorithms can analyze multimodal data to create personalized health profiles, offering insights tailored to individual health patterns and behaviors. This technology can also identify subtle patterns or anomalies in multimodal data, enabling early detection of health issues before they manifest clinically. Wearable sensors, combined with machine learning, facilitate continuous real-time monitoring, allowing for prompt intervention in case of sudden changes or emergencies. Additionally, it aids in predicting potential health trends based on historical data, providing users with proactive insights and recommendations for preventive measures. Multimodal data fusion and machine learning enhance the accuracy and precision of health assessments by considering the complex interplay between different physiological parameters. Machine learning algorithms can adapt to individual variations, providing more accurate and relevant health predictions that account for unique physiological profiles. They efficiently process and analyze large volumes of multimodal data, overcoming the limitations of traditional methods in handling big data. Moreover, multimodal data fusion enables a better understanding of health-related events in the context of external factors, such as environmental conditions, lifestyle choices, and social interactions.

The implementation of multimodal fusion and machine learning with wearable IoT sensors also encounters several disadvantages, as it necessitates sophisticated technology and integration efforts, which can be complex and resource-intensive. Additionally, it may be susceptible to unauthorized access and misuse. Moreover, users may become overly reliant on technology, leading to negligence in traditional health practices. The use of machine learning poses challenges, as users may struggle to comprehend the underlying decision-making processes of complex models.

To address these issues, it is essential for developers, healthcare providers, and policymakers to collaborate. This collaboration should focus on providing proper education on the limitations of technology and encouraging users to complement digital insights with professional medical advice. Promoting a balanced approach that integrates technology with traditional health practices is crucial. Implementing robust encryption protocols and secure data transmission methods, along with incorporating explainable AI techniques, can enhance transparency in machine decision-making

## 6. Conclusion

Clinical findings play a vital role in determining the presence of the adverse health condition. By utilizing various procedures, the framework can identify the underlying health condition of an individual and provide a list of potential health disorders with its symptoms. To enhance diagnostic accuracy, the use of multimodal data fusion with machine learning has become essential in wearable IoT devices. This study presents an overview of existing methods, discusses the challenges within them, and provides a comprehensive exploration of the utilization of multimodal data fusion with machine learning in wearable IoT devices. The discussion includes an examination of both the advantages and disadvantages of this approach, along with potential solutions to overcome its drawbacks. The findings of this study can contribute to future research by offering a better understanding of the use of multimodal data fusion with machine learning in wearable IoT devices.

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