

AN ENERGY-EFFICIENT, LOW-LATENCY, AND SECURE COMMUNICATION FRAMEWORK FOR SMART HEALTHCARE IOT SYSTEMS

Malashree.N
Assistant Professor
Department Of CSE, VTU
CBIT, Kolar, Karnataka, India
malachinmai195@gmail.com

Dr. G K Venkatesh
Professor and Head
Department Of ECE, VTU
CBIT, Kolar, Karnataka, India
GKVLSHIV@gmail.com

Girish H
Professor
Department Of ECE, VTU
Cambridge Institute of Technology
KR Puram, Bengaluru-36
hgirishphd@gmail.com

Abstract: The healthcare sector's digital transformation, driven by the Internet of Things (IoT), has enabled continuous patient tracking, real time data analytics, and advanced clinical decisions through interconnected smart devices and sensors. Yet, these systems often suffer from excessive energy use, data-transmission delays, and serious security vulnerabilities. This study introduces an integrated communication framework designed to enhance energy efficiency, minimize latency, and strengthen data protection in smart healthcare IoT environments. The framework accomplishes quicker decision cycles and less reliance on the cloud by utilizing edge-fog computing for distributed processing and lightweight encryption for secure data management. For proactive healthcare responses, a multi-layer architecture that includes phases for acquisition, storage, analytics, and dissemination is enhanced using machine learning-based prediction models. The suggested method improves system responsiveness and prolongs device lifetime while preserving strong information confidentiality, according to experimental evaluation. It is therefore a feasible design for real-time, scalable healthcare ecosystems

Keywords: Smart Healthcare, IoT, Energy Optimization, Low Latency, Secure IoT Communication, Edge Computing, Fog Computing, Machine Learning, Predictive Monitoring.

1. INTRODUCTION

The integration of IoT into healthcare ecosystems has transformed medical delivery by enabling continuous monitoring, instant data capture, and evidence-based decision-making.

Wearable tech, mobile platforms, and medical sensors can help healthcare providers give more personalized care from a distance. This is especially useful in rural areas or areas with few resources. Even with these benefits, IoT-based

healthcare systems still have to deal with a number of long-term problems. One of the biggest problems is that sensing devices use a lot of energy, which shortens their useful life. Delays in moving data and processing it in the cloud can also slow down important medical responses. Data security and privacy issues are still very important because they directly affect how much patients trust these systems.

To get around these limits, you need a full framework that can effectively control energy use, lower latency, and make sure communication is safe. Edge and fog computing are two technologies that can help with these problems by making it easier to process data closer to the source. This reduces reliance on cloud infrastructure and speeds up response times. Lightweight encryption methods can also be used to protect sensitive medical data without putting too much strain on devices that can't handle a lot of processing power.

II. PROBLEM STATEMENT

Current IoT-enabled healthcare architectures are effective in data collection, struggle to maintain real-time performance, secure data handling, and energy adaptability.

The Core challenges include:

- 1) Short device lifetime arising from persistent high-power usage in wearable and sensor modules.
- 2) Delay-sensitive data bottlenecks due to cloud-centric processing and bandwidth limitations.
- 3) Weak security layers, exposing medical records to tampering, unauthorized access, and identity exploitation.

Existing models generally address one of these problems are efficiency, latency, or security in isolation. Thus, a single cohesive design that integrates all three dimensions is crucial.

The proposed work aims to design a multi-layer communication framework optimized for:

- 1) Energy-aware routing and processing
- 2) Low-latency edge-fog collaboration
- 3) Lightweight encryption and authentication

Such integration forms the foundation for reliable, scalable, and privacy-preserving healthcare systems capable of real-time medical response.

The following methods are proposed in the literature review.

Amey Kulkarni, Prashant Londhe, Dr. Jyotshna Dongardive[1]

This paper proposes an IoT-based healthcare analytics framework aimed at improving real-time patient monitoring and predictive decision-making. The framework is designed using a multi-layer architecture consisting of data acquisition, storage, analysis, and dissemination stages.

Wearable sensors are used to collect physiological data such as heart rate, temperature, and blood pressure, which is then transmitted to cloud servers for processing. The system integrates machine learning models, including Naïve

Bayes, Decision Trees, and Random Forest classifiers, to perform predictive analysis and assist medical professionals in diagnosis. However, challenges such as sensor limitations, interoperability, and cloud dependency has to be addressed.

The study emphasizes a proposed framework for the Ubiquitous Healthcare System (UHS) consists of four basic stages such as:

- 1) Data Acquisition
- 2) Data Storage
- 3) Data Analysis and Processing
- 4) Data Dissemination

They focused on situation healthcare as the most crucial field. In metropolitan areas, hospitals are finding it difficult to accommodate such a huge influx of patients. The suggested paradigm combines sensor units and predictive analytics as a solution-based approach by utilizing the Internet of Things. The main goal of developing such a pervasive system is to reduce the time and expense of the traditional design while yet offering a system that can identify abnormalities quickly.

This proposed method's main advantage is that it reduces the cost of traditional healthcare while also saving time for both patients and medical staff.

Buddhadeb Pradhan, Shiplu Das, Diptendu Sinha Roy, Francesco Benedetto, Sidheswar Routray, and Rutvij H. Jhaveri [2]

A study conducted explores the combined impact of 5G technology, Massive MIMO, and artificial intelligence on enhancing the performance of IoT systems. This study reviews recent developments in smart healthcare IoT systems and points out key areas that require further improvement. It focuses on combining 5G technology with IoT-based healthcare monitoring to enhance communication efficiency and overall system performance.

The proposed approach uses advanced 5G features such as better resource allocation and interference handling to evaluate system behavior. The findings show that adopting 5G can improve network connectivity, reduce delays in data transmission, and support faster processing of healthcare data. It also contributes to better energy utilization in connected devices.

In addition to this future research directions, includes the use of Massive MIMO for improved communication quality, real-time monitoring and response systems, and advanced AI techniques for intelligent decision-making.

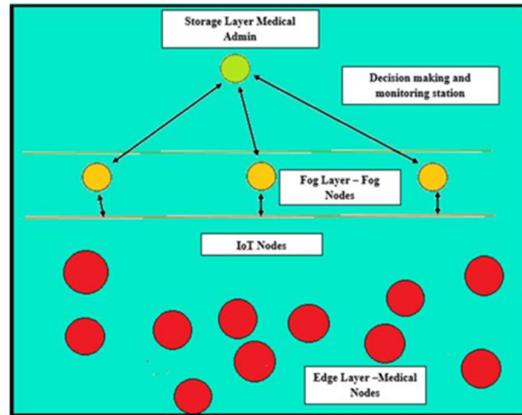


Fig. 1. Overview of a smart healthcare architecture integrating IoT devices with 5G communication for efficient data transmission and real-time monitoring.

R C Dharmik, Shashank Gotarkar, Pooja Dinesh Sant and Harshal Burde,[3]

Undetected health-related symptoms can lead to severe complications and may pose serious risks to human life. In modern healthcare systems, technology is not only used in sensing devices, but it is also important for storing data, communicating, and showing patient information. Because of this, a lot of people are interested in combining IoT with Machine learning methods to keep an eye on health. Studies have shown that algorithms like K-Means clustering and Decision Trees work well for analyzing biomedical data.

Furthermore, IoT-based frameworks have been created to facilitate the entire healthcare data flow, encompassing data collection, storage, processing, and analysis. A example IoT-based healthcare monitoring system is depicted in the related picture. These devices can monitor ailments like diabetes, heart disease, and regular exercise. The collected sensor data is sent to Cloud platforms for analysis and can be accessed remotely through smartphones, allowing for reliable and real-time healthcare services

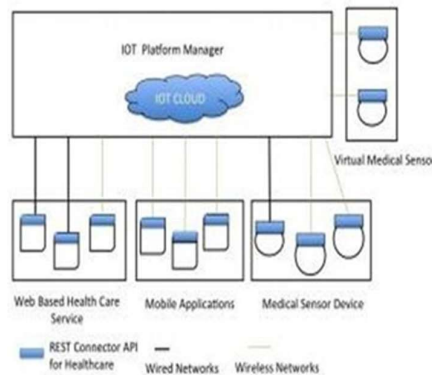


Fig. 2. General framework of an IoT-based healthcare monitoring system illustrating data acquisition, cloud processing, and remote access through mobile platforms.

SapnaTyagi,AmithAgarwal, Piyush Maheshwari [4]

This study introduces an integrated framework for smart healthcare IoT systems that effectively addresses key challenges such as energy efficiency, latency minimization, and data security. The proposed approach makes use of edge computing to process data closer to where it is generated, which helps reduce communication delays and improves response time. Additionally, lightweight encryption techniques are employed to guarantee that data is sent safely and dependably, and adaptive communication techniques are used to minimize energy usage more effectively.

When combined, these components form a well-balanced system appropriate for real-time healthcare applications. Without sacrificing security, the simulation findings demonstrate considerable reductions in latency and energy usage.

The system reacts faster by using edge-level computing, which is crucial in situations where time is of the essence, such emergency treatment and remote patient monitoring. All things considered, the framework offers a reliable and scalable solution that can accommodate the changing requirements of contemporary healthcare IoT systems.

To further enhance system performance and adaptability, future research will concentrate on combining AI-based predictive analytics, real-time clinical deployment, and cutting-edge technologies like blockchain and 5G.

Mario Binder, Vitaliy Mezhuyev [5]

This study presents a framework to evaluate the applicability of ChatGPT in generating IoT system specifications based on initial customer requirements. These requirements are provided as unstructured textual inputs describing user needs, expectations, and problem statements. The proposed framework is built upon an existing requirement engineering process model for IoT systems aligned with the ISO/IEC/IEEE 12207:2017 standard. A organized workflow is created by modifying and combining the generated subprocesses, allowing ChatGPT to provide distinct specification elements that together make up a comprehensive system design.

An IoT implementation in a campus laboratory is used as a case study to validate the framework. An expert survey with forty participants is used to compare the derived specs with the real system design. Understandability, completeness, unambiguity, feasibility, and congruence with initial needs are among the evaluation criteria.

Overall, the results show that ChatGPT can efficiently help create IoT specifications, cutting down on the time and effort needed during the design process. However, the study suggests an improved collaborative paradigm combining domain experts and stakeholders alongside ChatGPT to guarantee better alignment with stakeholder expectations.

A useful framework for IoT systems is depicted in the figure below. This method increases the resulting specifications' dependability and usefulness, demonstrating the promise of AI-assisted tools in IoT system development.

Baha Eldin Hamouda Hassan Hamouda[6]

Hamouda [6] presented a comprehensive security framework for AI-enabled IoT healthcare systems focusing on protecting sensitive patient data. The study highlights critical challenges such as data breaches, unauthorized access, and privacy risks in healthcare environments.

To address these issues, the author proposed a multi-layer security architecture incorporating encryption techniques like AES, secure communication protocols such as TLS/DTLS, role-based access control, and intrusion detection systems. Additionally, artificial intelligence is utilized for biometric authentication, anomaly detection, and predictive threat analysis. The framework also integrates privacy-preserving techniques including federated learning and differential privacy.



Figure 3. Layered architecture representing a practical IoT healthcare framework with integrated communication and processing components

Experimental analysis shows that the proposed approach improves data confidentiality, integrity, and system reliability. However, challenges such as interoperability and resource limitations of IoT devices still remain.

Aamir Hussain 1, Tariq Ali 2 , Faisal Althobiani 3, Umar Draz 4, Saher Shafiq 5 [7]

This study presents a security framework for real-time health monitoring systems aimed at ensuring data confidentiality, integrity, and authenticity.

The framework ensures secure transfer of sensor data across various network tiers by utilizing widely used IoT communication protocols like CoAP and MQTT. Because these protocols are lightweight and effective at managing constant data interchange, they are especially well-suited for Internet of Things Scenarios. HTTPS is also used to improve internet-based communication security by shielding data by potential attacks while it is being transmitted.

The corresponding figure illustrates the security framework for real-time healthcare applications along with the overall system block diagram.

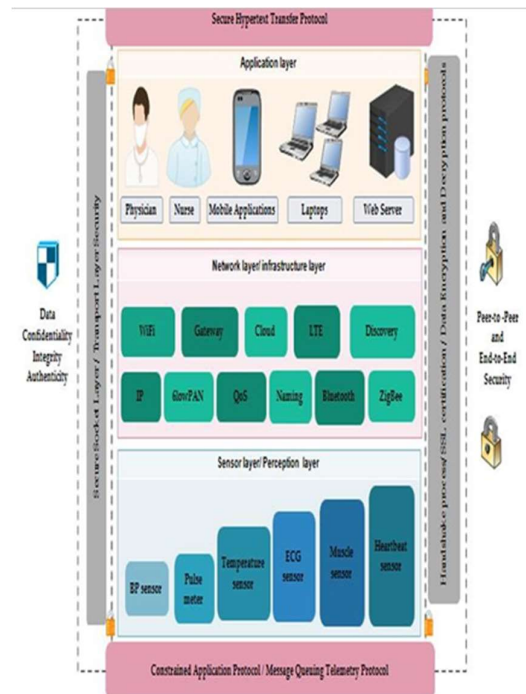


Figure 4. Security architecture for IoT-enabled healthcare applications highlighting protocol level protection mechanisms.

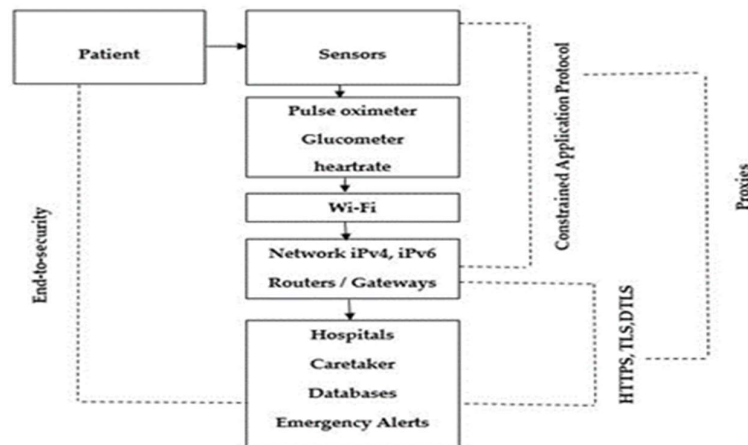


Figure 5. Block diagram of the proposed secure healthcare communication model demonstrating modular system components.

The suggested model can be applied using cooja, It is made to be adaptable because of its modular design, which allows for the independent development and testing of each component, it facilitates The suggested model can be applied and assessed using simulation tools like Cooja because it is made to be adaptable and it is modular, meaning that each part can be developed and tested on its own, it can be used on many different operating systems. This modular design makes IoT-based healthcare systems more reliable and safer to use.

Additionally, the system can be evaluated in conditions that closely resemble real-world scenarios through simulations derived from sensor-generated data. The model provides a useful foundation for further investigation in e-healthcare systems, despite not encompassing all possible concerns. Overall, the method gives researchers and developers a workable and flexible way to make healthcare IoT apps that are safe, scalable, and useful.

Sharath Kumar K S 1, Dr. Kumarswamy S 2[08]

Sharath Kumar et al. [8] proposed an IoT-enabled healthcare monitoring system integrated with deep learning techniques for real-time remote patient monitoring. The system continuously collects physiological parameters such as heartrate, blood pressure, oxygen saturation , and body temperature using wearable sensors [20]. The collected data is transmitted to a cloud platform where deep learning models, including CNN, RNN, and LSTM, are

The architecture integrates embedded systems, wireless communication, and cloud computing to provide a scalable and efficient healthcare solution. Experimental results show that the LSTM model achieves high accuracy in health prediction, improving early disease detection and clinical decision-making. However, challenges such as network dependency and sensor limitations remain. The system successfully combines embedded sensing, wireless communication, cloud computing, and intelligent analytics to provide continuous and accurate health assessment. The proposed framework is suitable for smart healthcare environments, chronic disease management, and emergency response systems.

III. CONCLUSION

This paper offers a comprehensive analysis of IoT-based smart healthcare systems, emphasizing the challenges associated with energy consumption, communication latency, and data security. The literature review indicates that numerous existing solutions predominantly address these issues in isolation, thereby diminishing their efficacy in real-time healthcare settings.

To fill this gap, a layered framework is introduced that combines edge computing, energy-efficient communication methods, and simple security methods. Processing data closer to the source has two benefits: it cuts down on delays and makes the system more responsive. Optimizing energy use also lets IoT devices run for longer, which is important for apps that need to be watched all the time. Methods are used to protect private health information without using up too many system resources. Simple analytical models for energy use and delay are also used to understand how the system works.

The proposed method offers a viable and scalable solution for modern healthcare applications by taking everything into account. Future improvements could include using the system in real life and adding new technologies like blockchain and artificial intelligence to make it even better..

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