**Southeast Europe Journal of Soft Computing** ISSN 2233 – 1859
Available online: http://scjournal.ius.edu.ba

Vol 13, No. 1, March 2024, pp. 79-85

# Augmented Reality Based Assisted Healthcare for Enhancing Medical Rescue and Doctor-Patient Consultations with AR-Headset

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Article Info

*Article history:*

Article received on 30 12 2023

Received in revised form 25 01 2024

*Keywords:*

Augmented Reality, AR-Headsets, Healthcare, Medical Consultations, Medical Rescue, Doctor-Patient Interactions, Assistive Technology, User Experience.

**ABSTRACT:** Technological progress in the healthcare sector has created new opportunities to enhance surgical precision and patient care. This study explores how augmented reality (AR) technology can help the medical industry close the gap between the digital and physical realms. AR has the potential to improve communication between doctors and patients, make complex medical information easier to understand, and help medical professionals diagnose and treat patients more successfully. It can reduce the need for printed pictures and diagrams by superimposing digital information onto a patient's body to provide surgeons a clearer understanding of the anatomy they are working on. The purpose of this research paper is to develop and deploy an assistive system that uses augmented reality (AR) technology to give medical professionals and rescue teams vital information. The solution smoothly combines digital data with the real-world perspective by integrating semi-transparent glasses into AR-Headsets. Enhancing patient-physician consultation and increasing the knowledge of complicated medical information is the main goal. The creation, application, and possible effects of this AR-based system in the healthcare sector are covered in this study.

## 1. INTRODUCTION

Technology is still a major driver of revolutionary development in the rapidly changing field of modern medicine. Among the newest innovations in technology, augmented reality, or AR, has become a significant and well-liked breakthrough. Augmented reality (AR) creates a smooth transition between the digital and real worlds, and its use in the healthcare sector is quite exciting. This study explores how augmented reality (AR) technology might transform healthcare by improving communication between doctors and patients, making complex medical information easier to understand, and helping medical professionals diagnose and treat patients more successfully. Specifically, AR glasses can superimpose digital data on a patient's body, giving surgeons a never-before-seen visual help during surgery. This simplifies the medical procedure and lessens the need to print several diagrams and photographs, which saves time and money in the long run. AR has already had a significant impact on a number of industries, but its significant impact on healthcare is becoming more and more clear. It is changing the dynamic between medical professionals and patients by providing a more illuminating and visually appealing form of communication. Furthermore, augmented reality (AR) solutions offer a multitude of chances to boost productivity and improve patient

experience because they are extremely customizable and can be adapted to match the specific requirements of healthcare institutions. Surgeons are constantly searching for cutting-edge technology that improves their working environment in this quickly changing digital age. The surgical workforce's persistent commitment to enhancing surgical accuracy, patient contentment, and healthcare results has prompted the discovery of innovative technology. Notably, augmented reality's (AR) affordability, accessibility, and availability have made its application in healthcare both necessary and feasible. This paper explores the immense potential of AR technology in modern medicine and its ability to reshape the healthcare landscape, making it more informative, efficient, and patient-centric.

## 2. LITERATURE REVIEW

A comprehensive overview in [1] provides a thorough overview and in-depth analysis of the many uses of augmented reality in healthcare. It highlights how AR can improve medical procedures, patient education, and doctor-patient interactions. The study emphasizes how augmented reality (AR) has the potential to improve healthcare delivery by giving patients and medical professionals access to contextually relevant information in real-time. The research in [2] demonstrates the benefits of deploying AR-Headsets to give rescue teams location-based information in real-time during crucial missions. The study explores how augmented reality (AR) helps doctors make better decisions and streamlines rescue operations, which eventually improves patient outcomes. The impact of AR-Headsets on doctor-patient consultations is discussed in [3], on how AR technology can facilitate more understandable and engaging doctor-patient interactions by overlaying relevant medical information on the patient's body. The research findings suggest that AR-Headsets lead to improved patient education and comprehension of medical conditions, contributing to better healthcare outcomes [4] [5] [6]. The study in [7] demonstrates that AR-assisted surgeries lead to enhanced surgical precision, shorter recovery times, and improved patient outcomes. Most of the existing systems in healthcare rely on manual data collection, often leading to distractions for doctors during critical operations, the sensors used to gather patient data’s and display it on the display unit. In cases where doctor perform a critical operation, it is difficult for them to note the patient’s data’s. which can result in accidents. These systems lack real-time monitoring and timely alerts for abnormal conditions, posing risks to patient safety and surgical precision. They also suffer from inefficiencies in data recording and communication. The proposed system significantly improves patient safety and surgical precision by enabling real-time data monitoring, immediate alerts for abnormal conditions, and streamlined communication via AR glasses. It reduces distractions during critical operations, enhances efficiency, and facilitates remote monitoring, ultimately leading to better patient outcomes and cost savings.

## 3. AUGMENTED REALITY IN HEALTHCARE

Augmented reality (AR) is a technology that seamlessly integrates digital information and visuals into the real world. In healthcare, AR is revolutionizing the industry by enhancing patient care, medical procedures, and doctor-patient interactions [8].

### *A. Real Time Data Visualization*

Augmented reality (AR) achieves real-time data visualization [9] in healthcare by overlaying digital information onto the physical world, providing immediate access to critical medical data. When it comes to providing patient information, diagnostics, and treatment data right in the doctor's field of vision during consultations or surgeries, AR-Headsets are essential [10] [11]. This improves medical professionals' ability to understand and apply complex medical information, which in turn helps them make better decisions and provide better care for their patients.

### *B. Role of AR-Headsets in Medical Rescue*

Through the provision of real-time guidance, patient data, and visual aids to surgeons during procedures, AR-Headsets provide invaluable surgical assistance [12]. By providing a dynamic and contextual view of the patient's anatomy, this technology improves surgical precision by lowering the possibility of mistakes and guaranteeing a more precise and successful surgical outcome [13].

## 4. PROPOSED APPROACH

The proposed approach comprises two critical phases, each designed to revolutionize the monitoring and response to a patient's vital signs during surgery. By seamlessly integrating technology, data analysis, and real-time communication, this approach addresses the longstanding challenges in monitoring patient vital signs

during surgery, ultimately leading to improved patient outcomes and a higher standard of surgical care.

1) *Phase 1 - The Transmitter Section*: Real-time data from patients in the hospital is gathered by sensors directly attached to them. These sensors capture vital information, such as temperature, heart rate, and breathing, and wirelessly transmit this data to the medical team. This phase ensures that the most up-to-date patient information is continuously collected and made available

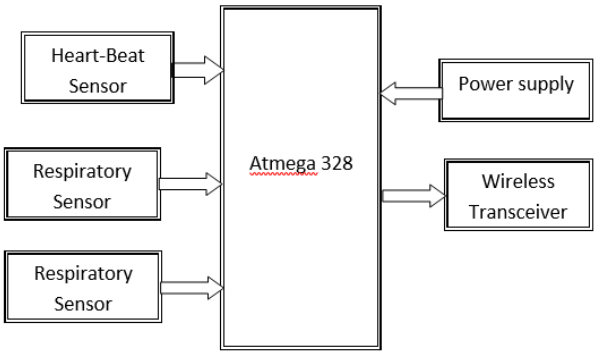



Fig. 1 Phase 1 of the proposed system

2) *Phase II - The Receiver Section*: Physicians equipped with AR-glasses receive this data and are instantly alerted in the event of any anomalies. Armed with the patient's current health status, doctors can take swift and informed action to address any concerns, significantly improving the quality of patient care and enhancing surgical precision.

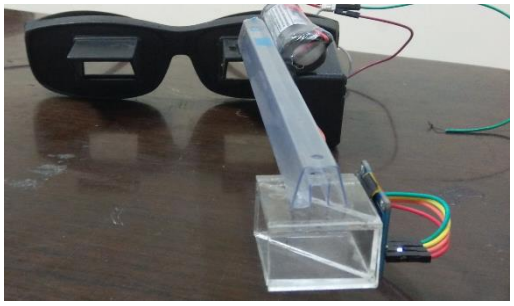


Fig. 2 Phase 2 of the proposed system

Physicians equipped with AR-glasses play a pivotal role in the proposed approach, receiving real-time patient data and gaining instant alerts in case of anomalies. The integration of augmented reality goes beyond mere data display, offering a transformative tool for simplifying complex medical information during surgery. The AR interface projects vital patient data onto the surgeon's field of vision, providing instantly available metrics in a format that is easy to read and understand, such as heart rate, temperature, and breathing rate. Without taking their eyes off the surgical field, this dynamic display guarantees that surgeons can easily access and comprehend vital signs. One of the main features of the AR-based assistive system is its capacity to generate virtual simulations and 3D visualizations of the patient's internal status. Surgeons can now comprehend complex medical information with unprecedented clarity thanks to this spatial representation. Using holographic representations of the patient's anatomy, for example, AR enables surgeons to explore and interact in real time with virtual versions of organs and critical structures. Surgeons can make more accurate decisions by using augmented reality (AR) to enhance 3D visualizations and obtain a more comprehensive spatial understanding of the patient's anatomy. Surgeons can virtually navigate through anatomical structures, detect anomalies, and plan surgical interventions with improved spatial awareness thanks to these visualizations. Incorporating AR in this manner not only simplifies the interpretation of vital signs but also transforms the surgical environment by providing a comprehensive and spatially accurate representation of the patient's internal status. This integration ensures that surgeons can make informed decisions promptly, contributing to improved patient outcomes and an elevated standard of surgical care.

## 5. DESIGN AND IMPLEMENTATION

The proposed system involves integrating sensors like heart rate and temperature sensors, respiratory monitors, and a microcontroller such as the Arduino. These sensors collect real-time patient data, which the microcontroller processes and displays or transmits. This setup ensures precise monitoring and enhances healthcare device functionality while maintaining power efficiency and flexibility.

**Heart Beat Sensor:** A person's heartbeat, a vital indicator of their health, can be effectively monitored and measured using heart rate sensors. These sensors utilize the principles of photo-plethysmography [14] [15], which involves detecting variations in light intensity in vascular areas to assess the blood flow rate, ultimately enabling the calculation of the heart rate. The sensor's working involves a light-emitting diode (LED) and a detector like a photodiode. When the LED illuminates the skin, either transmitted or reflected light passes through the tissue. The blood's volume in the tissue determines how much

light it absorbs. This absorbed light's changes are detected by the photodiode. Additionally, the sensor employs analog-to-digital conversion for accurate heart rate determination. By measuring the alternating current component synchronized with the heart's pulse, the heart rate is accurately computed, with the formula BPM = 60*f, where f is the pulse frequency. Heart rate sensors are used in a variety of medical applications and fitness devices, providing real-time data that helps medical professionals and individuals monitor their health.

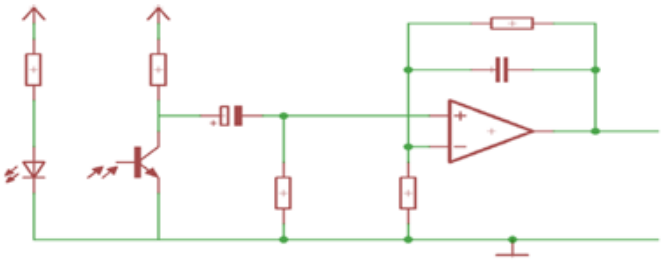


Fig. 3 Circuit Diagram 1

**Temperature Sensor:** Exemplified by the LM35 series, these are essential components for measuring temperature accurately. These precision sensors provide an output voltage linearly proportional to temperature, making them ideal for various applications, including medical devices. The LM35 is self-calibrating and can measure temperatures from -55 to +150 degrees Celsius with an accuracy of about 1/4 degree Celsius. It operates using a voltage supply between 4 and 30 volts and has low self-heating, making it suitable for a range of scenarios. These sensors are commonly used in medical thermometers, incubators, and climate-controlled medical storage units, ensuring precise temperature monitoring.

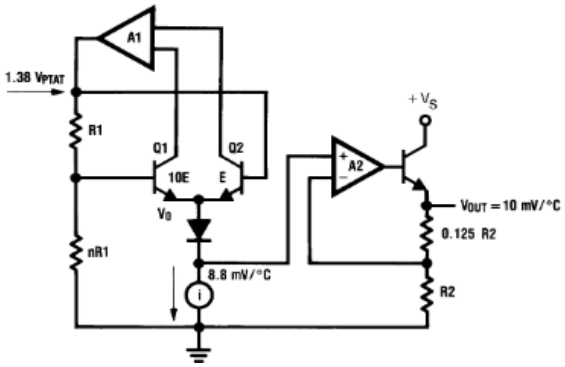



Fig. 4 Circuit Diagram 2

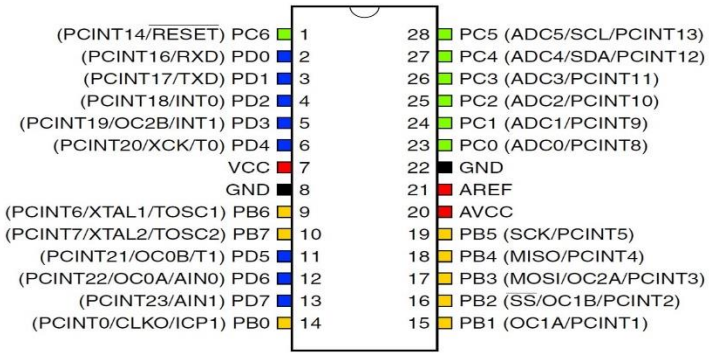
**Respiratory Sensor:** Monitoring a patient's respiratory rate is crucial in healthcare, and this is achieved through various sensors. One method is impedance anemography, which measures the rate by assessing the patient's chest's expansion and contraction. Additionally, capnography is used to assess the carbon dioxide concentration in exhaled breath, which indirectly helps determine the respiratory rate. These sensors have applications in medical devices used for patient monitoring and respiratory assistance, ensuring healthcare providers can track a patient's respiratory health accurately.

**Power Supply:** Power supplies are integral components in medical devices to ensure they operate effectively. The described power supply system uses a transformer to convert high-voltage AC power from a wall outlet into low-voltage AC, followed by rectification to produce pulsating DC voltage. Filter circuits are then employed to smoothen this pulsating DC and provide a ripple-free DC supply. Voltage regulators further stabilize the voltage to provide a constant 5V DC supply required by the microcontroller and other components in the system.

**Controller (Arduino):** In healthcare applications, microcontrollers like the ATmega328 on Arduino boards are used to manage various sensors and components. These microcontrollers have a range of analog and digital input/output pins and can interface with sensors, actuators, and communication devices. For instance, they can receive data from temperature sensors, process it, and display it on a screen or transmit it to a remote system. The architecture of the ATmega328 emphasizes efficiency and power savings, making it suitable for low-power medical devices. Communication with other devices is possible through UART TTL serial, I2C, and SPI, expanding the microcontroller's capabilities in healthcare applications.

**Communication:** The Arduino Uno facilitates versatile communication capabilities.

Fig. 5 Pin Diagram




It offers UART TTL serial communication through digital pins 0 (RX) and 1 (TX) on the ATmega328, allowing data exchange with PCs and other microcontrollers. With an onboard ATmega8U2, the Uno can transmit serial data through USB, acting as a virtual com port. The Arduino IDE includes a built-in serial monitor for textual data exchange. The RX and TX LEDs indicate data transmission through the USB-to-serial chip. Additionally, the Uno supports I2C and SPI communication with the ATmega328. This versatility enables seamless connectivity and data exchange for various applications in the Arduino ecosystem.

**Software:** The Arduino Software (IDE) is a comprehensive environment for programming and managing Arduino boards. It offers essential features such as a text editor, a message console, and a user-friendly toolbar. Users create "sketches," which are essentially programs saved as ".ino" files. The IDE includes tools for copying, pasting, and searching code while providing real-time error feedback in the message console. It compiles code with the "Verify" function and uploads it to the connected Arduino with the "Upload" feature. The software is equipped with a "Serial Monitor" for debugging. Menus like File, Edit, Sketch, Tools, and Help provide context-sensitive options for a seamless development experience.

## 6. RESULTS

The experiments performed to improve surgical patient monitoring were very effective. The technology successfully collected and communicated data from many sensors in real time to the doctors AR glasses. These measurements included core body functions including temperature, heart rate, and respiratory rate, allowing for continuous monitoring during surgical operations. The system's capacity to continuously analyse data in real time was a major success, since it gave medical staff instantaneous understanding of their patients' situations. Quick solution was made potential due to the AR glasses' ability to notify doctors of any abnormalities in patient data. The contextual information provided by the system was very impressive. The method real-time data, this system combined the study of patient data from the past, enabling healthcare personnel to view patterns and trends and make preventative decisions. It was also clear that the technology may help minimize mistakes made by humans while processing and reacting to data. The technology enhanced patient outcomes and safety during surgery by automating monitoring and giving real-time message notifications.

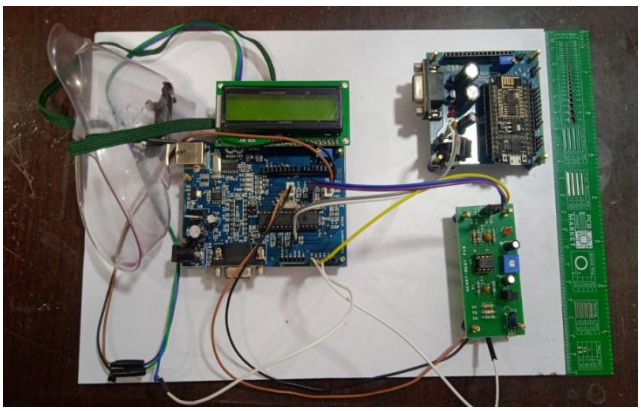


Fig. 6 Hardware Implementation

One significant advance is the use of past data to provide context. The technology enables healthcare practitioners to make proactive decisions based on insights regarding patient trends and patterns, with the goal of improving patient care and outcomes. Another major advantage is less room for mistakes on the part of human workers. Moreover, the system's capacity to give real-time warnings and the automation of data monitoring highlight the benefits of this technology by reducing the potential of errors in data interpretation and decision-making. The use of wireless data transmission techniques, such as SMS message with RF modules, allows for more mobility

and communication in the operating room. Maintaining understanding without being tied to a desk improves doctors' capacity to give timely treatment. For patient information to stay secure, healthcare providers must adhere to privacy legislation and standards. The hardware implementation of the patient monitoring system incorporating AR glasses and IoT sensors for surgery entails a number of key components. Patients are provided with IoT devices such temperature, heart rate, and breathing rate monitors. These sensors record information in real time, which is then analysed by an Atmega 328 microcontroller. The information is sent wirelessly to the doctor's AR glasses, either via GSM modules. The AR glasses show the doctor the patient's vitals and any abnormalities. Continuous, real-time monitoring improves both patient safety and surgical results, and this hardware solution provides just that. It also includes protects to prevent unauthorized access to sensitive patient data. The system records the patient's temperature and heart rate. Important for quick detection of aberrant patient states and notifications of necessary actions by healthcare personnel, these measures and alerts include.

| Sensor / Measured Parameter | Normal Range | Alert Threshold | Alert Message |
|---|---|---|---|
| Temperature Sensor / Body Temperature | 36.5-37.5 °C | < 36.0 or > 38.0 °C | "Alert: Abnormal Body Temperature Detected" |
| Heart Rate Monitor / Heart Rate | 60-100 bpm | < 60 or > 100 bpm | "Alert: Abnormal Heart Rate Detected" |

Table 1. Vital Sign Alerts

The device which included temperature and heart rate sensors connected via the internet, was able to effectively track patients' health conditions. The system reliably provided healthcare professionals with current information, with warnings generated if values deviation significantly from the results. Quick action was taken in response to these notifications by healthcare experts. Patient safety was improved as the technology quickly detected abnormal values for vital signs and sent out alerts. The results of the trial showed that the technology might be used in real-world settings to enhance clinical care for patients.

The system performs real-time monitoring and alerting system. The approach was easy to learn and use for healthcare professionals, so it became part of their daily routine and aided them in making better decisions. In addition, patients felt more certain in the high quality of their treatment as a consequence of the constant observation. Important patient data was continuously and reliably provided by the system, as shown by an evaluation of its correctness and dependability. The system's ability to improve patient safety, reduce the time it takes to react to abnormal vital signs, and optimize the healthcare delivery process demonstrated promise

## 7. DISCUSSION

The results indicate promising prospects for AR integration in healthcare. The system demonstrates effectiveness in improving medical rescue operations and doctor-patient consultations by enhancing engagement and real-time data access. While there are notable benefits, including increased patient comfort and healthcare professional support, there are challenges in terms of privacy and technical limitations. Future research should focus on refining the system, addressing ethical concerns, and further integration into existing healthcare practices. Overall, AR holds substantial potential for revolutionizing healthcare, but careful consideration of its ethical and technical aspects is essential for its successful implementation.

## 8. CONCLUSION

In the realm of healthcare management, our paper introduces an innovative solution that harnesses Augmented Reality (AR) to significantly elevate patient care and surgical procedures. Our research discusses the transformative potential of AR in closely monitoring vital signs, such as temperature and heart rate, during surgeries. We aim to enhance the patient's experience with their medical professionals, especially when confronting the uncertainties of invasive procedures. By keeping crucial data readily accessible to the surgeon through AR technology, we bridge the knowledge gap and improve communication, thereby mitigating potential risks and fostering a safer medical environment. This technology holds the key to a future where patient well-being is augmented by real-time data and informed doctor-patient interactions, ultimately improving the quality of medical care and safety within surgical settings.

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