IOT Based Antenatal Care System

S. Aravindkumaran[1], Abisshake[2], Jagannath[3], Karthikeyan[4]

[1]Assistant Professor, Department of BME, Rajiv Gandhi College of Engineering and Technology, Puducherry, India.

[2,3,4]Student, Department of BME, Rajiv Gandhi College of Engineering and Technology, Puducherry, India.

Abstract

Pregnancy is a transformative and delicate phase in a woman's life, with proper nutrition being of paramount importance for ensuring the health and well-being of both the mother and the developing fetus. This project introduces an innovative mobile application tailored to the specific needs of pregnant women. The app empowers expectant mothers to actively manage their nutrition by sending nutrient and diet information on a monthly basis. It goes beyond basic dietary tracking and offers comprehensive features such as personalized diet plans, nutritional prescriptions, user profiles, and a feasibility assessment.The feasibility of implementing such a solution is also scrutinized. The report addresses concerns related to data privacy, security, and scalability to ensure the app's long-term viability and growth potential. These considerations are vital in ensuring that the app remains a trusted and sustainable resource for pregnant women throughout their pregnancy journey.The project further involves the collection of critical diet and nutrient data, which is systematically analyzed to uncover trends and insights into the dietary habits of pregnant women and their nutritional demands. This data-driven approach allows for a deeper understanding of the dietary choices made by expectant mothers and enables the app to offer evidence-based recommendations.The results of this project underscore the potential positive impact of the app on the nutrition and health of pregnant women. By enhancing accessibility and convenience in tracking dietary intake and offering personalized diet plans and prescriptions, the app strives to contribute to improved maternal and fetal health outcomes. This paper recommends for future enhancements and developments, emphasizing the app's potential to positively transform the lives of pregnant women by ensuring they receive the nutrients essential for a healthy pregnancy.

KEYWORDS: Antenatal, pregnancy, nutrition diet, flask

1. INTRODUCTION

Pregnancy represents a profound and transformative period in a woman's life, characterized by the remarkable journey of nurturing a new life within. Throughout this journey, proper nutrition assumes a central role in ensuring the health and well-being of both the mother and the developing fetus. Adequate intake of essential nutrients and the maintenance of a balanced diet are critical components in safeguarding a healthy pregnancy. Recognizing the importance of maternal nutrition, this project endeavors to present a pioneering solution in the form of a mobile application. This application is designed to serve as a trusted companion for expectant mothers, enabling them to actively manage their nutrition by sending nutrient and diet information on a monthly basis.The motivation behind the development of this application is rooted in the collective recognition of the challenges faced by pregnant women in maintaining a balanced

and nutritious diet. Pregnancy often introduces a myriad of physical and physiological changes, making it crucial for women to be vigilant about their nutritional choices. This project aims to bridge this gap by providing a holistic tool that not only empowers pregnant women to monitor their dietary intake but also offers personalized diet plans and nutritional prescriptions, specifically tailored to their unique needs during each stage of pregnancy. By taking advantage of technology, here aspire to make it easier for expectant mothers to receive the essential nutrients required to nurture both themselves and their developing infants.As we delve into this project, we embark on a journey to understand the nuances of maternal nutrition, the technological underpinnings of our application, and the potential it holds in positively impacting the lives of pregnant women. This report will explore the methodology employed in developing the app, emphasizing the choice of technology stack, design principles, and the user interface that ensures a seamless and intuitive user experience. Moreover, it will delve into the app's distinctive features, including the creation of individual user profiles, which enable users to monitor their progress and receive tailored diet recommendations, making their pregnancy journey more manageable and health-conscious.Throughout the report, we will also touch upon the feasibility aspect, addressing concerns such as data privacy, security, and scalability, which are fundamental for ensuring the app's sustainability and future growth. Finally, we will analyze the data collected through the app, aiming to uncover insights into dietary patterns and nutritional requirements of pregnant women, which are essential for further improving the app's recommendations and its overall impact.In the pursuit of promoting healthier pregnancies, this project embodies the convergence of technology and maternal care, striving to make a tangible and positive difference in the lives of expectant mothers and their unborn children. By enhancing the accessibility and convenience of dietary tracking and providing personalized nutritional guidance, this app serves as a beacon of hope and support during the incredible journey of pregnancy.

2. RELATED WORK

[1]Smartphone applications available to pregnant women in the United Kingdom: an assessment of nutritional information.Published Year: 2019Author: Bland, Catherine, Kathryn V. Dalrymple, Sara L. White, Amanda Moore, Lucilla Poston, and Angela C. Flynn.Description:The study titled "Assessing Nutritional Information in Smartphone Applications for Pregnant Women in the United Kingdom" conducts a comprehensive evaluation of smartphone applications tailored to pregnant women in the United Kingdom.

[2] Effectiveness of a smartphone app to promote healthy weight gain, diet, and physical activity during pregnancy (HealthyMoms): randomized controlled trial.Published Year: 2019Author: Sandborg, Johanna, Emmie Soderstrom, Pontus Henriksson, Marcus Bendtsen, Maria Henstrom, Marja H. Leppanen, Ralph Maddison, Jairo H. Migueles, Marie Blomberg, and Marie Lof.Description:The study titled "Effectiveness of a smartphone app to promote healthy weight gain, diet, and physical activity during pregnancy (HealthyMoms): randomized controlled trial" aims to assess the impact of a smartphone application, known as "HealthyMoms," on promoting healthy behaviors during pregnancy.

[3] Educational app proposal to support pregnant women.Published Year: 2019
Author: Gloria Scherer, Daniel, and José George Dias De Souza.Description:The paper introduces a novel educational app designed to cater to the specific needs of pregnant women. Recognizing that pregnancy is a critical and often challenging period, the authors propose a digital solution that leverages mobile technology to offer valuable information and support. The app is intended to empower expectant mothers to make informed decisions about their health and well-being during pregnancy. Key features of the

proposed app include educational content related to pregnancy, nutrition, prenatal care, and other relevant topics. The app aims to provide expectant mothers with access to evidence-based information and resources that can help them navigate the various stages of pregnancy. This educational content is designed to promote a healthier pregnancy and, by extension, improved maternal and fetal outcomes.

3. PROPOSED SYSTEM

Pregnancy is a crucial period in a woman's life, and proper nutrition is essential for the health of both the mother and the developing baby. To aid pregnant women in maintaining a balanced and nutritious diet, this paper presents the "Pregnant Women Nutrient Food Diet on Monthly Basis" app. This app is designed to provide expectant mothers with personalized dietary recommendations tailored to each month of their pregnancy journey. It offers a range of features to support and guide pregnant women in making informed food choices for a healthy and happy pregnancy.

3.1 KEY FEATURES

Monthly Nutrition Plans: The web app offers customized meal plans for each month of pregnancy. These plans are designed to meet the specific nutritional needs of the mother and the developing baby at various stages of pregnancy.

Nutrient Information: Detailed information about essential nutrients like folic acid, iron, calcium, and more is provided. Users can learn about why these nutrients are important during pregnancy and which foods are rich sources.

Reminders and Alerts: Users can set up reminders for prenatal vitamins, doctor's appointments, and meal times to stay on track with their health and nutrition.

Food Tracker: Users can track their daily food intake, ensuring they are meeting their nutritional requirements. The web app can generate reports and give feedback on the user's diet.

Nutritional Tips: Regular tips and articles on pregnancy nutrition, healthy eating habits, and lifestyle choices are provided to educate and empower expectant mothers.

Offline Access: The ability to access content and information offline, ensuring that users can get guidance even in areas with poor connectivity.

4. SOFTWARE PLATFORM

4.1 VISUAL STUDIO CODE

Visual Studio Code (VS Code) is a lightweight, versatile, and free code editor developed by Microsoft. It's compatible with Windows, macOS, and Linux, and supports a wide range of programming languages. You can enhance its functionality by installing extensions, making it adaptable for various development tasks. It includes features like intelligent code editing, Git integration, a built-in terminal, and extensive customization options. VS Code is well-supported with a large community and offers features like Live Share for collaborative coding. It's suitable for different types of development and can be tailored to your preferences.

4.2 FLASK

Flask Python is the perfect framework for our project, which centers around providing a comprehensive platform for planning women's nutrient-rich food diets on a monthly basis. As we delve into the details of this initiative, here's how Flask Python aligns with our goals:

Customizable Diet Plans: Flask Python's flexibility allows us to create a platform where users can customize their diet plans according to their nutritional needs, preferences, and dietary restrictions.

Whether it's catering to specific health goals like weight management, prenatal care, or postpartum recovery, Flask Python enables us to tailor diet plans to individual requirements.

Pythonic Simplicity: Leveraging the Python programming language, Flask Python ensures that our platform is built on a foundation of readability, simplicity, and maintainability. This is crucial as to provide an intuitive user experience while managing complex nutritional data and calculations behind the scenes.

Modular Web approach: With Flask Python's modular design, to implement various features and components of our diet planning platform in a scalable and organized manner. From meal recommendations and recipe suggestions to tracking nutritional intake and setting dietary goals, Flask Python allows us to structure our application in a way that promotes reusability and extensibility.

Dynamic Content Generation: Utilizing the Jinja2 templating engine, Flask Python empowers us to generate dynamic HTML content for displaying personalized diet plans, nutritional information, and interactive features. This enables users to visualize their monthly diet schedules, understand the nutritional value of their meals, and make informed decisions about their food choices.

Local Testing and Deployment: Flask Python's built-in development server facilitates local testing of our platform, ensuring that it functions smoothly before deployment. This allows us to iterate quickly on new features and enhancements, guaranteeing a seamless user experience on the live site.

Reliable Performance: Built on the Werkzeug WSGI toolkit, Flask Python offers reliable performance for handling HTTP requests and responses, essential for delivering a responsive and efficient diet planning application. This ensures that users can access their dietary information without any latency or downtime, even during peak usage periods.

Extension Integration: With Flask Python's rich ecosystem of extensions, the proposed system is seamlessly integrate additional functionality into our platform to enhance the user experience. Whether it's integrating with external APIs for nutritional data, implementing user authentication and authorization, or incorporating social sharing features, Flask Python provides the tools to extend the capabilities of our diet planning application. It aims to empower women to make informed choices about their nutrition and well-being by providing them with a personalized and accessible platform for planning their monthly food diets. With Flask Python as our development framework, we're confident in our ability to deliver a robust and user-friendly solution that promotes healthy eating habits and supports women's health goals effectively.

4.3 SQLite 3

SQLite 3 is a powerful relational database management system that we'll be using for our chat application project. Unlike Firebase, which is a cloud-based platform, SQLite 3 offers a lightweight, serverless database solution that's perfect for managing chat data locally on the client side.

Local Database Management: With SQLite 3, it can manage our chat data locally on the client side, storing conversations, messages, and user information directly within the application. This eliminates the need for a centralized cloud database, giving us more control over data privacy and security.

Structured Data Storage: SQLite 3 allows us to structure our database using relational tables, providing a flexible and efficient way to organize our chat data. To create tables for users, conversations, and messages, linking them together through primary and foreign keys to establish relationships between different entities.

Real-Time Updates: While SQLite 3 doesn't offer built-in real-time synchronization like Firebase, the proposed system implement real-time updates using other technologies such as WebSockets or server-side

polling. This ensures that users receive new messages and updates in their chat rooms as soon as they're available, creating a seamless chat experience.

Authentication and Security: To implement authentication and security measures within our chat application to ensure that only authorized users can access and contribute to conversations. This may involve implementing login systems, encrypting sensitive data, and enforcing access control rules to protect user privacy.

Scalability: SQLite 3 is well-suited for small to medium-scale applications, but may not be as scalable as Firebase for large-scale deployments with thousands of simultaneous users. However, with proper optimization and scaling strategies, the proposed system ensure that our chat application remains responsive and efficient as it grows in popularity.

Platform Integration: SQLite 3 can be easily integrated into various platforms, including web and mobile applications. This allows us to create a consistent chat experience across different devices and operating systems, reaching a wider audience of users.

Offline Capabilities: SQLite 3 supports offline capabilities, enabling users to continue using the chat application even when they're not connected to the internet. Messages sent while offline are stored locally and synchronized with the server once the connection is restored, ensuring a seamless user experience.

Analytics and Monitoring: While SQLite 3 doesn't offer built-in analytics and monitoring tools like Firebase, it can implement custom logging and monitoring solutions to track user behavior, app performance, and identify areas for improvement.

SQLite 3 provides a robust and reliable solution for managing chat data locally within our application. By leveraging its features for structured data storage, real-time updates, authentication, and security, the proposed system build a secure and efficient chat application that meets the needs of our users. With proper planning and implementation, SQLite 3 can serve as a solid foundation for our chat application project, empowering us to create a seamless and enjoyable chatting experience for our users.

5. DESIGN AND IMPLEMENTATION OF APP

5.1 PRELUDE

This paper introduces a mobile app designed for pregnant women, focusing on nutrition. It provides monthly nutrient information, personalized diet plans, and user profiles for precise tracking. The report covers conceptualization, development methodology, and technology, ensuring a user-friendly and secure platform. Data analysis uncovers trends in pregnant women's dietary habits. The app aims to positively impact maternal and fetal health by enhancing accessibility to nutritional information.

5.2 DESIGN DATA

Database: A database is a structured collection of data that is organized in a way that a computer program can quickly select and retrieve specific pieces of data. Databases can be classified into different types, such as relational databases, NoSQL databases, and more, each serving specific needs.

E-SMS Service: An e-SMS (electronic Short Message Service) service refers to the electronic or online provision of SMS messaging. SMS, or Short Message Service, is a widely used text messaging service available on most mobile phones, smartphones, and other mobile devices. An e-SMS service takes this traditional messaging system and brings it into the digital realm, often involving web-based platforms or application programming interfaces (APIs) to send and receive messages.

User Creation: The process of establishing user accounts within a system, involving the collection of essential information like username, email, and password. Security measures, such as encryption and

verification steps, are often part of the user creation process.

Admin User: An administrator user with elevated privileges within a system, responsible for managing user accounts, configuring system settings, and ensuring the smooth operation of the application.

Main App: The core software or platform where users interact with various features and functionalities, serving as the central hub for tasks, information access, and user engagement. User creation and admin user management typically occur within the main app.

Block Diagram
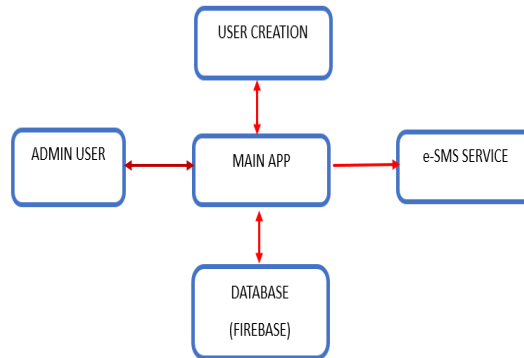
Fig : Block diagram of web app
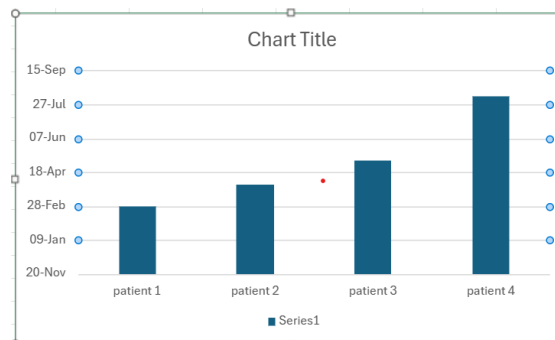
Fig : Chart for patient schedule

6. RESULTS AND DISCUSSION

Fig 6.1 Login Page: The login page serves as the entry point for users to access the website. Users are required to authenticate themselves using a username and password before proceeding to the home page.
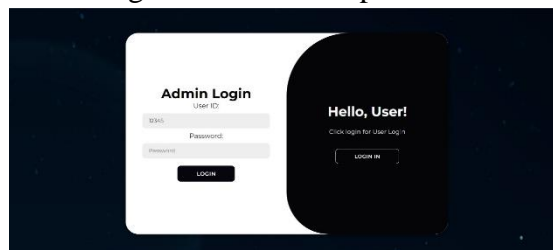
Fig 6.1 : Login Page of an Web Application

Fig 6.2: This register page serves as a patient to register the information to login the page.
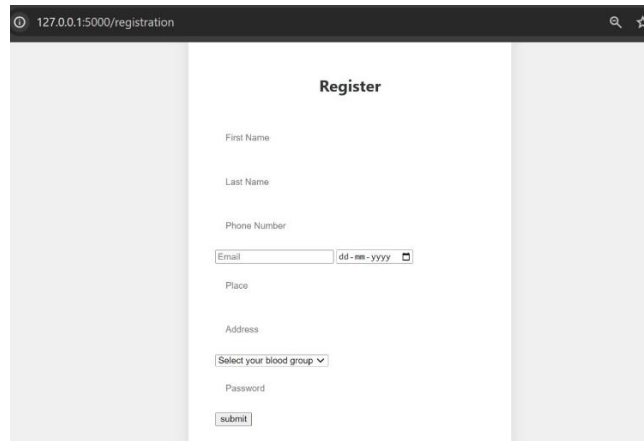
Fig 6.2 : Register page of an web application

Fig 6.3: AdminPage: It allows the admin to select the user and can schedule the message.
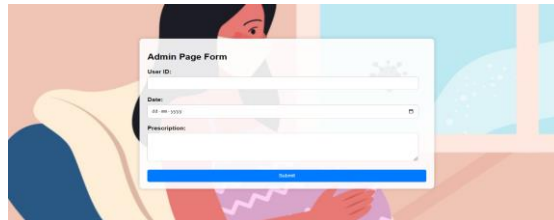

Fig 6.3 : Admin Page of an WebApplication

Fig 6.4: User Dashboard: The User Dashboard page serve as the access to all facilities where there check their trimester ,schedule appointment to doctor and daily checkin.
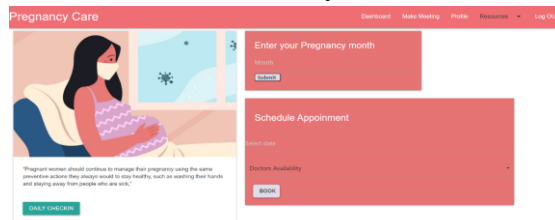

Fig 6.4: User Dashboard Page of an Web Application

Fig 6.5: Meeting Page: The Meeting Page serve as the access to all facilities where there check join with doctor's call by uploading the heath report files.
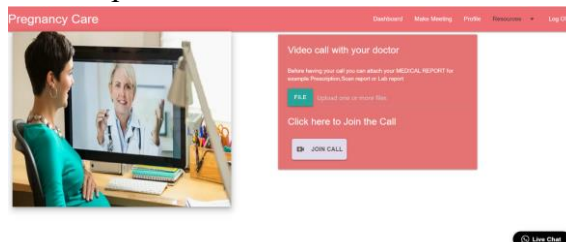

Fig 6.5: Meeting Page of an Web Application

Fig 6.6 Profile Page: The Profile page serve as the access to view the profile details.

Fig 6.6: Profile Page of an Web Application

Fig 6.7: Doctor Advice Page: The Doctor Advice page serve as the access to view the Doctor Advice video.
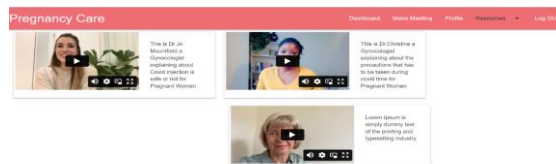

Fig 6.7 : Doctor advice Page of an Web App

Fig 6.8: FAQ Page: The FAQ page show the frequently asked question.
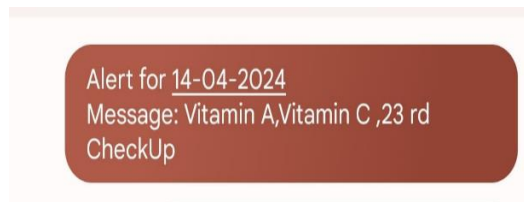

Fig 6.8 : FAQ Page of an Web Application

Fig 6.9 : Message received by patient

7. CONCLUSION

According to the Comprehensive National Nutrition Survey of children (CNNSC) between 0 and 19 years in 2019 in India, zinc deficiency was observed in 19 % of pre-school children and 32 % of adolescents, whereas 23 % of pre-school children and 37 % of adolescents were deficient in folate. Epidemiologic studies, mostly from developing countries, strongly suggest that women who are underweight before pregnancy and who have insufficient energy intakes during pregnancy are at higher risk of delivering growth-retarded infants.Improving the nutrition of women during pregnancy and lactation reduces the risk of intrauterine growth retardation and may improve lactation performance. These effects occur without apparent change in physical activity and have been interpreted as being due to improvement in energy balance, although such an interpretation may be overly simplistic.The effect of such nutritional improvement on other maternal (mortality, postpartum health, and nutritional status) and fetal/child (spontaneous abortion, congenital anomalies, and morbidity) outcomes is difficult to evaluate from the available evidence. Finally, this proposed system is helpful to the children from their foetal period to improve their vitamin and nutrition capacity.This can reduce the child who born with vitamin deficiency.

Conflict of Interest

The authors declare no conflict of interest..

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