

POST STROKE PALM REHABILITATION FOR HEALTH MONITORING SYSTEM VIA IOT

SHALINI A/P SINGARA VALEN

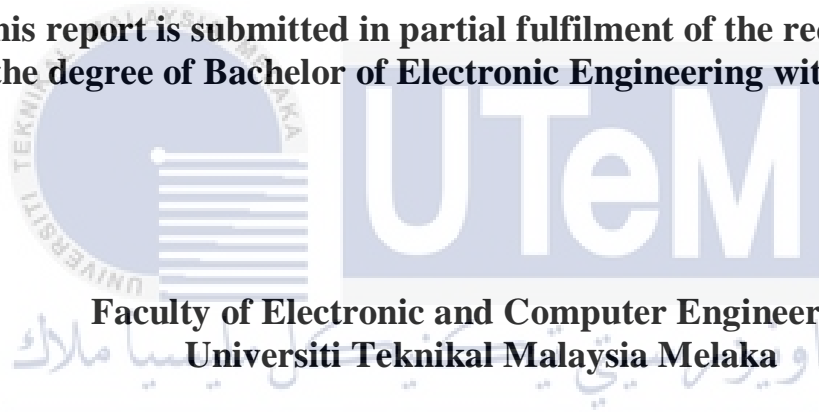


UNIVERSITI TEKNIKAL MALAYSIA MELAKA

**POST STROKE PALM REHABILITATION FOR HEALTH
MONITORING SYSTEM VIA IOT**

SHALINI A/P SINGARA VALEN

**This report is submitted in partial fulfilment of the requirements
for the degree of Bachelor of Electronic Engineering with Honours**



**Faculty of Electronic and Computer Engineering
Universiti Teknikal Malaysia Melaka**

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DEDICATION

Specially dedicated to my beloved parents, Mr. Singara Valen Ahambaram and Mrs.

Ahila Nadesan, my sister, brother, cousins, friends, and supervisor Ir Dr Ridza Azri



ABSTRACT

Stroke is one of the five most common illnesses in Malaysia and causes a significant amount of sadness and death in Malaysia and around the world. Although major strokes can be fatal, stroke survivors show weakness, stiffness, and decreased proprioception, depending on which part of the brain is damaged by the stroke. The patient is demotivated to participate in occupational therapy rehabilitation because of the high expense of the sessions as well as the restriction in mobility. Thus, to provide for a more thorough diagnosis of impairment and individualization of rehabilitation therapy, wearable technology offers the ability to objectively assess and monitor patients both within and outside of clinical contexts. The development of an IoT-based post-stroke palm rehabilitation system enables stroke patients to get daily treatment without regular supervision by a physical therapist. The goal of monitoring is for them to enhance the rehabilitation process. This system was developed using flexion sensors to measure hand flexion or flexure and pressure sensors to detect the physical pressure of the patient. In addition, the most suitable microcontroller has been identified for this system, Arduino Mega, and the ESP8266 Wi-Fi Module for Wi-Fi compatibility, which will be helpful to transfer the data to the IoT cloud to view the progress made by each patient. Furthermore, the data from the IoT application can be

exported to an excel file to send to the physiotherapist. The purpose of exporting the data to an excel file is because sometimes the physiotherapist will not be available while the patients are doing the exercises, and they will be missed to monitor their patient's progress. So, by sending the progress excel file to the physiotherapist, they can view and record the patient's progress by looking at the excel data file. The implementation of this system in the real application will be useful for stroke patients by saving their money, time, and energy with this effective system.



ABSTRAK

Strok adalah salah satu daripada lima penyakit yang paling kerap berlaku dan boleh mengakibatkan kehilangan upaya dan boleh membawa kepada kematian. Keadaan strok yang teruk boleh membawa maut, walaubagaimana pun mereka yang terselamat dari strok kebiasaannya menunjukkan kelemahan daya upaya, kekakuan, dan penurunan proprioception. Keadaan ini bergantung pada bahagian otak yang rosak akibat daripada strok tersebut. Disebabkan kos rawatan yang tinggi dan mobiliti yang menyusahkan, pesakit enggan mengambil bahagian dalam aktiviti pemulihan terapi cara kerja. Oleh itu, kajian ini dijalankan untuk menyediakan diagnosis kecederaan yang lebih teliti dan rawatan pemulihan yang baik, menggunakan teknologi guna boleh pakai serta menyediakan penilaian keupayaan untuk merekod dan memantau pesakit secara objektif di dalam dan di luar persekitaran klinikal. Pembangunan sistem pemulihan pesakit berasaskan IoT untuk pesakit yang mengalami strok membolehkan pesakit strok menjalani aktiviti pemulihan terapi tanpa pengawasan tetap oleh ahli terapi fizikal. Matlamat pemantauan adalah untuk membolehkan mereka mendapatkan komitmen dan pemantauan dalam proses pemulihan terapi. Sistem ini menggunakan sensor fleksi untuk mengukur kelenturan anggota badan atau tangan dan sensor tekanan untuk

mengesan tekanan pada badan pesakit. Di samping itu, mikropengawal Arduino Mega didapati paling sesuai untuk sistem dan Modul Wi-Fi ESP8266, yang akan membantu untuk memindahkan data ke IoT untuk melihat tahap kemajuan setiap pesakit strok. Tambahan pula, data daripada aplikasi IoT boleh dieksport ke fail excel untuk dihantar kepada ahli fisioterapi. Tujuan mengeksport data ke fail excel adalah kerana kadangkala ahli fisioterapi tiada semasa pesakit melakukan senaman dan mereka akan terlepas untuk memantau perkembangan pesakit mereka. Jadi, dengan menghantar fail excel kemajuan pesakit kepada ahli fisioterapi, mereka boleh lihat dan merekod kemajuan pesakit dengan melihat fail data excel. Pelaksanaan sistem ini dalam aplikasi praktikal akan membantu pesakit strok menjimatkan wang, masa dan tenaga mereka melalui sistem yang dicadangkan ini.



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Moreover, I would like to express my gratitude and appreciation for my lecturers and panels whose guidance, support, and encouragement have been valuable throughout this project. I also like to thank ideas and recommendation given by them during project presentation to improve my project.

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TABLE OF CONTENTS

Declaration	
Approval	
Dedication	
Abstract	i
Abstrak	iii
Acknowledgements	v
Table of Contents	vii
List of Figures	xi
List of Tables	xiv
List of Symbols and Abbreviations	xv
List of Appendices	xvi
CHAPTER 1 INTRODUCTION	1
1.1 Overview of Project	2
1.2 Problem Statement	3
1.3 Objectives	4
1.4 Scope	4

1.5	Thesis Structure	6
CHAPTER 2 BACKGROUND STUDY		7
2.1	Introduction	7
2.2	Stroke	8
2.3	Types of Stroke	9
2.4	Flexion Sensor Technology	11
2.5	Force-Sensitive Resistor (FSR) Sensor Technology	13
2.6	Accelerometer Sensor Technology	14
2.7	Importance of Rehabilitation	15
2.8	Internet of Things (IoT)	16
CHAPTER 3 METHODOLOGY		18
3.1	Introduction	18
3.2	Study Design	19
3.3	Prototype Flowchart	21
3.4	Hardware Specifications	22
3.4.1	Arduino Mega 2560	23
3.4.2	Flex Bend Sensor	24
3.4.3	Force-Sensitive Resistor (FSR) Sensor	25
3.4.4	Resistor	26
3.4.5	ESP8266 Wi-Fi Module	27

3.5	Software Implementation	28
3.5.1	Blynk Application	28
3.5.2	Arduino IDE	29
3.5.3	Excel	30
3.6	Preliminary Results	31
3.6.1	Circuit Construction in Proteus and Fritzing	31
3.6.2	Flex Sensor Integration with ESP8266 NodeMCU	33
CHAPTER 4 RESULTS AND DISCUSSION		35
4.1	Introduction	35
4.2	Final Schematic	36
4.3	Hardware Connection and Testing	37
4.4	Clinical Study	38
4.4.1	Clinical Study Approval	39
4.4.2	Interview Session	40
4.4.3	Tools Used for Physiotherapy Session	46
4.4.4	Final Year Project Presentation and Demo with Physiotherapist	48
4.5	Hardware Prototype	49
4.6	Result and Analysis	51
4.6.1	Result View in Blynk Application	51
4.6.2	Result Analysis in Excel Data	55

	x
4.6.2.1 Flex Bend Sensor Analysis	56
4.6.2.2 FSR Sensor Analysis	66
4.7 Coding Explanation	72
4.8 Environment and Sustainability	74
CHAPTER 5 CONCLUSION AND FUTURE WORKS	75
5.1 Conclusion	75
5.2 Future Works	77
REFERENCES	78
APPENDICES	82



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UNIVERSITI TEKNIKAL MALAYSIA MELAKA

LIST OF FIGURES

Figure 2.1: The blood flow while stroke attacking	8
Figure 2.2: Blood clot occurred in the brain	9
Figure 2.3: Classification of stroke	10
Figure 2.4: The cross-section of the human's brain and skull	10
Figure 2.5: Flex sensor bending angle	11
Figure 2.6: Manual angular measurement calibration	12
Figure 2.7: Force-sensitive resistor sensor layers	13
Figure 2.8: The arm movement activity	14
Figure 2.9: IoT based innovative applications	16
Figure 2.10: The IoT that powered by the technologies	17
Figure 3.1: Project flowchart	20
Figure 3.2: Flowchart of prototype	21
Figure 3.3: Arduino Mega 2560	24
Figure 3.4: Flex sensor	25
Figure 3.5: Connection of flex sensor	25
Figure 3.6: FSR sensor	26
Figure 3.7: Resistor	27
Figure 3.8: ESP8266 Wi-Fi Module	28

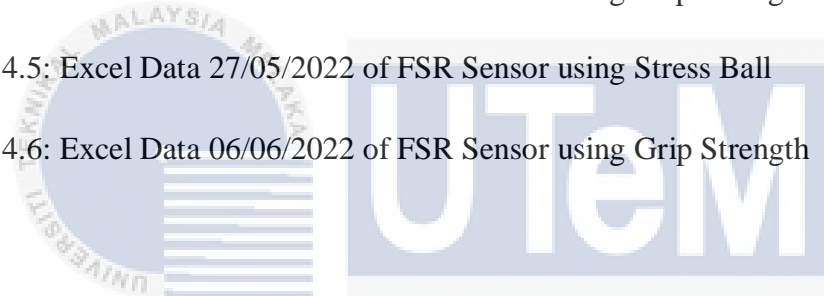
Figure 3.9: Blynk Application	29
Figure 3.10: Arduino IDE software	30
Figure 3.11: Excel File	31
Figure 3.12: Proteus circuit construction	31
Figure 3.13: Fritzing circuit construction	32
Figure 3.14: Flex sensor connected to ESP8266 NodeMCU	33
Figure 3.15: Reading of flex sensor	33
Figure 4.1: Proteus Schematic	36
Figure 4.2: Hardware Connection	37
Figure 4.3: Testing Hardware in Arduino IDE	37
Figure 4.4: Approval Letter for Clinical Study	39
Figure 4.5: Interview Session with Physiotherapist	44
Figure 4.6: Photo Section with Physiotherapist	45
Figure 4.7: Dumbbells and Stress Ball	46
Figure 4.8: Physiotherapist Comments	48
Figure 4.9: Top View of Health Monitoring System	49
Figure 4.10: Bottom View of Health Monitoring System	49
Figure 4.11: Measure Flex Bend without Tools	56
Figure 4.12: Excel Graph 27/05/2022 of Flex Sensor without Tools	58
Figure 4.13: Measure Flex Bend using Stress Ball	60
Figure 4.14: Excel Graph 31/05/2022 of Flex Sensor using Stress Ball	61
Figure 4.15: Measure Flex Bend using Grip Strength	63
Figure 4.16: Excel Graph 06/06/2022 of Flex Sensor using Grip Strength	64

Figure 4.17: Measure Force using Stress Ball	66
Figure 4.18: Excel Graph 27/05/2022 of FSR Sensor using Stress Ball	67
Figure 4.19: Measure Force using Grip Strength	69
Figure 4.20: Excel Graph 06/06/2022 of FSR Sensor using Grip Strength	70



LIST OF TABLES

Table 4.1: Flex Bend and FSR Sensor Before and While Use	52
Table 4.2: Excel Data 27/05/2022 of Flex Sensor without Tools	57
Table 4.3: Excel Data 31/05/2022 of Flex Sensor using Stress Ball	60
Table 4.4: Excel Data 06/06/2022 of Flex Sensor using Grip Strength	63
Table 4.5: Excel Data 27/05/2022 of FSR Sensor using Stress Ball	66
Table 4.6: Excel Data 06/06/2022 of FSR Sensor using Grip Strength	69



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LIST OF SYMBOLS AND ABBREVIATIONS

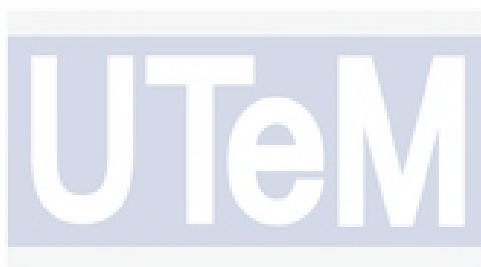
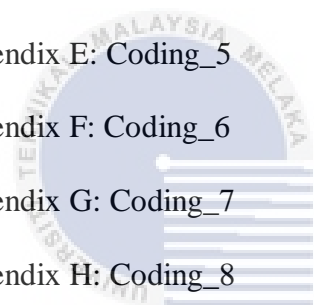
IoT: Internet of Things

FSR: Force-Sensitive Resistor



LIST OF APPENDICES

Appendix A: Coding_1	82
Appendix B: Coding_2	82
Appendix C: Coding_3	82
Appendix D: Coding_4	83
Appendix E: Coding_5	83
Appendix F: Coding_6	83
Appendix G: Coding_7	84
Appendix H: Coding_8	85



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CHAPTER 1

INTRODUCTION



This chapter explains the purpose of this project and the benefits for post-stroke patients when they use the proposed system. This chapter will consist of an overview of the project, problem statement, objective of the project, scope of the work, and thesis structure. Therefore, the overview of the project will explain the purpose of this system and how useful it is for the patients. Furthermore, the problem statement will explain the patient's problems while performing the rehabilitation at a rehabilitation centre or hospital. The project's objective explains the aim of the system that needs to be achieved at the end of this project. Then, the project's scope will explain the limitations of the project, and the thesis structure will explain the structure of each chapter in this thesis.

1.1 Overview of Project

More than 15 million people worldwide suffer from stroke (Narayana, 2015). The main cause of stroke is high blood pressure, which cuts off or reduces the blood supply to part of the brain, depriving brain tissue of oxygen and nutrients. Once a person is affected by a stroke, it can take weeks, months or years to recover, but unfortunately, some patients face lifelong disabilities. Every stroke patient must undergo rehabilitation, which returns the patient to semi-normal function. It is part of the recovery process, and patients must engage in daily physical activity. Unfortunately, most stroke patients lose interest or motivation when involved in the recovery process without knowing it. For this reason, they do not succeed in the recovery process. The solution is to develop a palm rehabilitation monitoring device that allows patients to do training for grip problems. The patient can do exercises and monitor their progress at the same time. Another advantage is that doctors can also authorize the system to monitor their patients' progress. The project consists of an Arduino Mega, ESP8266 Wi-Fi Module, a pressure sensor, and a flexible bend sensor. The system detects flexion and measures handgrip strength as the patient performs the exercises. The data can be accessed via a mobile application or a website via IoT. Furthermore, the data from the IoT application can be exported to an excel file so that the patient's progress can be viewed by the physiotherapist anytime.