

BORANG PENGESAHAN STATUS TESIS

JUDUL : ONE STOP HEALTHCARE CENTER

SESI PENGAJIAN : TAHUN 3 / SEMESTER 2

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**ONE STOP HEALTH CARE CENTER  
(OSHC)**

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**This report is submitted in partial fulfillment of the requirements for the  
Bachelor of Computer Science (Software Development)**


**FACULTY OF INFORMATION AND COMMUNICATION TECHNOLOGY  
UNIVERSITY TEKNIKAL MALAYSIA MELAKA  
2010**


## DECLARATION

I hereby declare that this project report entitled

### ONE STOP HEALTH CARE CENTER (OSHC)

is written by me and is my own effort and that no part has been plagiarized without citations.

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## **DEDICATION**

To my beloved parents & family

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Wong Shire Chui

## ABSTRACT

One Stop Healthcare Center (OSHC) is mainly built for public in the purpose of increasing the awareness of staying healthy. OSHC is developed upon the domain of health. Health care is the prevention, treatment, and management of illness and the preservation of mental and physical well-being through the services offered by the medical, nursing, and allied health professions. Hence, OSHC is providing the BMI calculator and calories intake calculator, daily food menu sent to the subscriber's mobile phone and news of healthcare. Administrator will upload food menu, food type and healthcare news to OSHC while user can browse the news, calculate BMI, calculate total calories intake in a day and subscriber has the benefit of subscribing daily food menu. Small changes are the best way to start a good health

## ABSTRAK

Matlamat *One Stop Healthcare Canter (OSHC)* ditubuhkan adalah untuk mengingatkan orang ramai tentang kepentingan kesihatan. Domain untuk projek ini adalah kesihatan badan. Penjagaan kesihatan badan adalah penggelakkan, perawatan dan pengurusan untuk mengelakkan kesakitan sama ada dari segi mental atau fizikal yang disediakan oleh penasihat profesional kesihatan dan doktor. Oleh itu, *OSHC* telah menyediakan kalkulator bagi BMI dan juga untuk mereka yang ingin mengawal kalori makanan yang dimakan. *OSHC* juga mempunyai berita and tip yang bermanfaat terhadap kesihatan. Justeru, *OSHC* menyediakan menu makanan yang sihat untuk mereka yang berminat dan melanggan menu harian.

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**LIST OF ABBREVIATIONS**

<b>OSHC</b>	<b>One Stop Healthcare Center</b>
<b>HBP</b>	<b>High Blood Pressure</b>
<b>BMI</b>	<b>Body Mass Index</b>
<b>URL</b>	<b>Uniform Resource Locator</b>
<b>PHP</b>	<b>Hypertext Preprocessor</b>
<b>OOAD</b>	<b>Object-Oriented Analysis Development</b>
<b>UML</b>	<b>Unified Modeling Language</b>
<b>OOA</b>	<b>Object-oriented analysis</b>
<b>OOD</b>	<b>Object-oriented design</b>
<b>HTTP</b>	<b>Hypertext Transfer Protocol</b>
<b>MySQL</b>	<b>My Sequence Language</b>
<b>HTML</b>	<b>Hyper Text Markup Language</b>
<b>APIs</b>	<b>application program interfaces</b>
<b>NASA</b>	<b>National Aeronautics and Space Administration</b>
<b>XML</b>	<b>Extensible Markup Language</b>
<b>XSLT</b>	<b>Extensible Stylesheet Language Transformations</b>
<b>XHTML</b>	<b>Extensible Hypertext Markup Language</b>
<b>CSS</b>	<b>Cascading Style Sheets</b>
<b>CPU</b>	<b>Central Processing Unit</b>

<b>AJAX</b>	<b>Asynchronous JavaScript and XML</b>
<b>SMS</b>	<b>Short Message Service</b>
<b>PC</b>	<b>Personal Computer</b>
<b>GSM</b>	<b>Global System for Mobile Communications</b>
<b>ERD</b>	<b>Entity Relation Diagram</b>
<b>UAT</b>	<b>User Acceptance Testing</b>
<b>IT</b>	<b>Integrated Testing</b>
<b>ST</b>	<b>System Testing</b>



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## CHAPTER 1

### INTRODUCTION

#### 1.1 Project Background

The web-based system, “One Stop Health Care Center” is mainly build for the public and not built for any organization. Nowadays, people used to hold a hectic lifestyle. Most of them do not take appropriate meals and some of them even pick fast foods as their meals as it is fast and easy. The life style of having fast foods and instant noodle may lead them to the risk of having health problem such as obesity, heart attack, high blood pressure etc. Being so busy in the office, most of the people will give excuses when asked to have some sport activities after work. At the long run of the unhealthy lifestyle, people are easier exposed to the disease that may lead to fatal. Hence, this system is proposed to increase the awareness of healthy lifestyle by providing the information and news about healthcare, calculation of foods calories, list of variety of food types together with its calories, daily food menu that is free subscription to subscribers.

There are some existing systems such as The Health Care Center which only provide the health information to the user while other existing systems tend to provide the information with charge. Hence, it can be seen that the existing systems are created mainly for commercial purpose. The proposed system is providing every feature without charge. Apart from that, this system is also providing a variety of food menu especially for those who got health problem such as obesity and HBP.

## 1.2 Problem Statement:

### **i. Existing systems provide food menu to user with charge.**

The existing systems charge for food menu provided. Users are prompted to enter credit card number in order to get the food menu. Some systems even make business by selling diet products which are not qualified by the Health Ministry of the country. They tend to influence the user by pictures and slogan. This may put the user's health at risk. It is very obvious that those systems are built with commercial purpose with considering the individual's health.

### **ii. Existing systems provide the food menu by email.**

The existing systems provide their clients' food menu by email it to them. This way is beneficial to those who work in the office as they face the computers every day. However, not everyone will be on the computer every day. Apart from that, they need to jot down the food menu on a paper so that they will remember what to get from the market.

### **iii. The low awareness of user on his/her total of daily foods intake calories.**

User might be lazy or do not have the time to search for the food's calories that he/she has taken and calculate the total foods calories. Hence, this system will calculate the total calories of foods intake by the user and increase the awareness of user about the importance of taking too much fat foods.

### **iv. The patient who is struggling with health problem does not know what food is good for them.**

The patient of HBP or obesity might struggle with what food is suitable for them. They are afraid of choosing the right food for themselves. They may bore with the same food menu that they eat every day.

### 1.3 Objective:

- i. **To provide food menu to user without any charge.**

The web-based system that I proposed here is providing the food menu to user without any charge whereas the existing systems provide food menu to user with charge.

- ii. **To provide a better service by sending the food menu in short message service (SMS).**

This system will send the food menu to the subscriber in short message service so that he can displays it in his mobile phone at the market without need to dote down in the paper as he may forget to do so.

- iii. **To increase the awareness of the important of healthy lifestyle by calculate foods calories and BMI and provide the appropriate exercise suggestion.**

From this system, user can enter the foods he/she has take and the calories of the food will displayed and user can total up the total foods intake calories on that particular day. If the daily foods intake calories of the user has exceed the calories needed for him/her, then some suitable exercises are suggested to the user.

- iv. **To help the user who has problem with his/her health such as High Blood Pressure (HBP), obesity etc in making the right foods choice decision.**

This system provides the special field for those who suffer with health problem such as HBP, obesity etc. This system provides them a variety of suitable foods menu and the ways to prepare foods for some cases such as obesity.

## 1.4 Project Scope:

### a. User Scope:

#### i. Administrator

- ❖ Administration controlling.
- ❖ Manage health information and news and foods' nutrition list.
- ❖ Manage the daily foods menu for subscribers.
- ❖ Manage the variety of foods in the food types of foods calories calculation.

#### ii. Public and Authorized User:

- ❖ Unauthorized user can only access to view the health information and news and perform the calculation of total foods calories intake and his BMI.
- ❖ Public user can sign up as a member and login to subscribe the daily food menu.
- ❖ Public user can perform the calculation of total foods calories intake and his BMI.
- ❖ Authorized user can login and subscribe the daily food menu and an URL of the food menu will be sent to subscriber through short message services.

### b. Modules:

#### i. Modules for administrator:

- ❖ **Login module.**

- Administrator has to login to manage the system.

❖ **Food module.**

- Administrator can add and delete the food menu.
- Administrator can add and delete the daily news and information.

❖ **Search module.**

- Administrator can search the news and information by the food menu's keywords for modification.

**ii. Modules for public and authorized user:**

❖ **Sign up module.**

- Public user need to sign up as a member and login in order to subscribe the daily food menu and post comment.

❖ **SMS module.**

- Authorized user can choose to get the food menu URL by short message services.

❖ **Subscribe module.**

- Authorized user can subscribe their desired daily food menu.

❖ **Calculate module**