

INTERNET OF MEDICINE FOR SMART HEALTHCARE

Edited By

**ABHISHEK KUMAR, NARAYAN VYAS,
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Contents

Preface	xxiii
1 Omics Data Integration in AI System for Immediate and Carryover Effects of Neurodynamic Exercises on SLR Ranges Among Acute PIVD Patients	1
<i>Durga Bahuguna, Vaibhav Agarwal and Manish Kumar Jha</i>	
1.1 Introduction	2
1.2 Literature Review	3
1.3 Methodology	7
1.3.1 Research Question	7
1.3.2 Aim of the Study	7
1.3.3 Need of the Study	7
1.4 Hypothesis	8
1.4.1 Alternate Hypothesis	8
1.4.2 Null Hypothesis	8
1.4.3 Study Design	8
1.4.4 Study Center	8
1.4.5 Study Population	8
1.4.6 Sampling	8
1.4.7 Study Duration	9
1.4.8 Sample Size	9
1.4.9 Inclusion Criteria	9
1.4.10 Exclusion Criteria	9
1.4.11 Outcome Variables	9
1.4.12 Instrumentation	9
1.5 Procedure	12
1.6 Intervention	13
1.6.1 Four Levels of Neurodynamics	13
1.6.2 Control Group Intervention	13
1.7 Data Analysis	14
1.8 Result	14

1.9	Discussion	17
1.10	Conclusion	19
	References	19
2	Effectiveness of Graph-Based Methods for Biological Networks for Primal Reflex Release Techniques on Pain and Disability in Cervicogenic Headache Patient	23
	<i>Siddhartha Kuriyal, Manish Kumar Jha, Vaibhav Agarwal and Amit Sharma</i>	
2.1	Introduction	23
2.2	Literature Review	26
2.3	Methodology	30
2.3.1	Need of the Study	30
2.3.2	Aim of the Study	31
2.3.3	Hypothesis	31
2.3.3.1	Experimental Hypothesis	31
2.3.3.2	Null Hypothesis	31
2.3.4	Protocol	32
2.4	Procedure	32
2.4.1	Detailed Procedure	32
2.4.2	OMNE	36
2.4.3	Clinical Relevance	39
2.4.4	Limitation of the Study	39
2.4.5	Scope of Future Research	39
2.5	Conclusion	40
	References	40
3	Application of AI in Determining Immediate and Carryover Effects of Primal Reflex Release Technique Neural Reboot on SI Joint Mobility	43
	<i>Rakesh Chaudhary, Vaibhav Agarwal and Aashish Negi</i>	
3.1	Introduction	44
3.2	Literature Review	45
3.3	Methodology	49
3.3.1	Aim of Study	49
3.3.2	Need of the Study	49
3.3.3	Hypothesis	49
3.3.3.1	Null Hypothesis	49
3.3.3.2	Alternate Hypothesis	49
3.3.4	Operational Definition	49
3.3.4.1	Desk Job Worker	49
3.3.5	Data Analysis	50

3.3.6	Protocol	51
3.3.7	Procedure	52
3.4	Results	52
3.4.1	Gender and Age Frequency	52
3.4.2	Experimental and Control Group Scores	54
3.4.3	Clinical Implication	59
3.4.4	Future Research	60
3.4.5	Limitation	60
3.5	Conclusion	60
	References	60
4	Future Trends in Bioinformatics AI Integration for Analyzing Immediate Effect of Primal Reflex Release Technique in Neck Pain and Stiffness Patients	65
	<i>Aditya Sharma, Manish Kumar Jha, Vaibhav Agarwal and Amit Sharma</i>	
4.1	Introduction	66
4.2	Literature Review	70
4.3	Methodology	73
4.3.1	Need of Study	73
4.3.2	Aim of the Study	73
4.3.3	Experimental Hypothesis	73
	4.3.3.1 Null Hypothesis	73
	4.3.3.2 Instrumentation	74
4.3.4	Inclusion Criteria	74
4.3.5	Exclusion Criteria	74
4.3.6	Protocol	74
4.3.7	Procedure	75
4.3.8	Statistical Analysis	76
4.3.9	Distribution of Study Subjects	77
4.4	Conclusion	85
	References	86
5	Evolutionary Computation in Bioinformatics Analyzing the Effects of Neurodynamic Exercises on Pain and Disability in Carpal Tunnel Syndrome Patients	89
	<i>Manish Pathak, Vaibhav Agarwal and Manish Kumar Jha</i>	
5.1	Introduction	90
5.2	Literature Review	93
5.3	Methodology	95
5.3.1	Objectives	95

5.3.2	Hypothesis	96
5.3.2.1	Null Hypothesis	96
5.3.2.2	Experimental Hypothesis	96
5.3.3	Aim of Study	96
5.3.3.1	Study Design	96
5.3.3.2	Study Center	96
5.3.3.3	Study Population	96
5.3.3.4	Sample Method	97
5.3.3.5	Sample Size	97
5.3.4	Procedure	98
5.3.4.1	Protocol	98
5.3.5	Experimental Group Intervention	98
5.3.5.1	Exercises	98
5.3.5.2	Exercise Methods	100
5.3.6	Data Analysis	100
5.4	Result and Discussion	101
5.5	Conclusion	107
	References	108
6	Imperative Role of Artificial Intelligence and Nanotechnology in Healthcare Sector for Sustainable Development	111
	<i>Sheela Bijlwan</i>	
6.1	Introduction	112
6.2	Literature Review	114
6.3	AI Applications in Healthcare Industries	115
6.4	Application of AI and Nanotechnology in Medicine	116
6.5	AI and Nanotechnology in Anti-Aging Medicines	117
6.6	Result	119
6.7	Discussion	119
6.8	Conclusion	122
	References	122
7	Holistic Approaches for Sleep Pattern Enhancement Using AI and Yoga Therapy: A Comprehensive Scientific Approach	127
	<i>Somlata Jha and Siddhant Rajhans</i>	
7.1	Introduction	127
7.2	Understanding Sleep Patterns	128
7.3	The Importance of Quality Sleep	128
7.4	The Role of AI in Sleep Pattern Enhancement	128
7.5	How AI Works to Enhance Sleep	129

7.6	How Yoga Influences Sleep	129
7.7	Combining AI and Yoga for Better Sleep	130
7.8	The Synergy of AI and Yoga	130
7.9	Scientific Research on Sleep Improvement	131
7.10	The Mind–Body Connection	131
7.11	A Holistic Approach to Sleep	132
7.12	Practicing Yoga for Better Sleep	133
7.13	AI-Enabled Sleep Tracking Devices	134
7.14	Personalized Sleep Plans	135
7.15	Lifestyle Factors and Sleep	135
7.16	Conclusion	136
	References	137
8	Ethical Consideration in Bioinformatics in AI for Analyzing the Effects of Using SHAT Device on Upper Extremity Functions in Stroke Patients	139
	<i>Kapil Lakhwara, Vaibhav Agarwal and Manish Kumar Jha</i>	
8.1	Introduction	140
8.2	SHAT Device (Synchronized Hand Arm Training Device)	141
8.3	How to Perform SHAT Exercises	141
8.4	Literature Review	143
8.5	Methodology	146
8.5.1	Need of the Study	146
8.5.2	Aim of the Study	146
8.5.3	Experimental Hypothesis	146
8.5.3.1	Null Hypothesis	146
8.5.4	Study Design	147
8.5.4.1	Inclusion Criteria	147
8.5.4.2	Exclusion Criteria	147
8.6	Protocol	147
8.7	Procedure	148
8.8	Results	149
8.8.1	Gender and Age Frequency	149
8.8.2	Control Group Scores	150
8.8.3	Experimental Group Scores	151
8.8.4	Comparison of Means	152
8.9	Discussion	152
8.9.1	Clinical Implication	154
8.9.2	Future Research	154
8.9.3	Limitation	154

8.10	Conclusion	154
	References	155
9	AI-Driven Drug Discovery and Repurposing for Analyzing Long-Term Effects of Nerve Sliders and Tensioners on Quality of Life in Cervicogenic Headache Patients	159
	<i>Shashwat Pandya, Manish Kumar Jha, Vaibhav Agarwal and Amit Sharma</i>	
9.1	Introduction	160
9.2	Literature Review	163
9.3	Methodology	166
9.3.1	Aim of the Study	166
9.3.2	Need of the Study	166
9.3.3	Hypothesis	167
9.3.3.1	Experimental Hypothesis	167
9.3.3.2	Null Hypothesis	167
9.4	Protocol	168
9.5	Procedure	168
9.6	Discussion	174
9.7	Conclusion	176
	References	177
10	Using Artificial Intelligence (AI) Analyzing Recent Advancements in the Anti-Cancerous Properties of Edible Mushrooms and Their Association with the Mode of Action of Polysaccharides	181
	<i>Vishal Rajput, Manish Tenguria, Sanjay Gupta, Neha Sharma and Smriti Rai</i>	
10.1	Introduction	182
10.1.1	Composition of Polysaccharides Derived from Ganoderma	183
10.2	Polysaccharide Metabolism and Bioavailability	184
10.2.1	Preventive Measures of Cancer Cell Migration and Proliferation	192
10.2.2	Pathways Controlling Cell Death	192
10.2.2.1	Augmentation of Therapeutic Sensitivity	194
10.3	Conclusion	196
	References	197

11 Impact of Artificial Intelligence (AI) in Bioremediation of Dairy Effluent by Microalgae and the Potential Application of the Produced Lipid Byproducts	201
<i>Nisha Dhillon, Vivek Kumar, Geeta Bhandari and Sanjay Gupta</i>	
11.1 Introduction	202
11.1.1 Type of Wastes While Dairy Processing	202
11.1.2 Technologies Used for the Treatment of Dairy Effluent	204
11.2 Microalgae	204
11.3 Lipid-Producing Microalgal Strains	204
11.4 Biosynthesis of Lipid in Microalgae	208
11.5 Applications of Microalgal Lipids	211
11.5.1 In Food and Nutrition	212
11.5.2 In the Field of Pharmaceuticals	213
11.5.3 In the Field of Biofuel	215
11.5.3.1 As Biodiesel	216
11.5.3.2 As Biohydrogen	216
11.6 Challenges in the Field of Microalgal Biomass Productivity	217
11.7 Conclusion	218
References	219
12 Smart Collision Recognition and Reporting System with GPS and GSM Integration	223
<i>Gaurav Aggarwal, Pooja Joshi and Ashutosh Bhatt</i>	
12.1 Introduction	224
12.2 Literature Review	225
12.3 Block Diagram	226
12.4 Methodology	226
12.4.1 Arduino Uno	226
12.4.2 GSM Module	232
12.4.3 GPS Module	232
12.4.4 Shock Sensor	232
12.4.5 Temperature Sensor	233
12.4.6 Automobile Collision Reporting System	233
12.5 Conclusion	233
References	234

13 Evolution and Impact of Wearable Devices in Healthcare:	
Anatomy of Wearable Technology and its Influence	
on Medical Sciences	237
<i>M. P. Ambali and V. C. Patil</i>	
13.1 Introduction	238
13.1.1 Wearable Technology in Healthcare	240
13.1.2 Purpose and Objectives of the Chapter	241
13.2 Historical Development of Wearable Technology	242
13.2.1 Early Wearable Devices in Healthcare	243
13.2.2 Technological Advancements Leading to Modern Wearable Devices	243
13.3 Anatomy of Wearable Technology	244
13.3.1 Sensor Technologies in Wearable Devices	245
13.3.2 Connectivity and Data Transmission	246
13.3.3 Power Management and Battery Life	247
13.3.4 Design and Ergonomics	248
13.4 Types of Wearable Devices in Healthcare	248
13.4.1 Trackers for Fitness	249
13.4.2 Wearable Technology	249
13.4.3 Devices for Medical Monitoring	250
13.4.4 Wearable Drug Delivery Systems	250
13.5 Applications of Wearable Technology in Medical Sciences	251
13.5.1 Remote Patient Monitoring	251
13.5.2 Chronic Disease Management	253
13.5.3 Rehabilitation and Physical Therapy	253
13.5.4 Health and Wellness Promotion	254
13.6 Impact of Wearable Technology on Healthcare	254
13.6.1 Improved Patient Outcomes	254
13.6.2 Enhanced Doctor–Patient Communication	255
13.6.3 Cost-Effectiveness and Efficiency in Healthcare Delivery	256
13.6.4 Challenges and Limitations	257
13.7 Future Trends and Innovations in Wearable Technology	258
13.7.1 Artificial Intelligence and Machine Learning in Wearable Devices	258
13.7.2 Integrating Wearable Devices With Electronic Health Records	259
13.7.3 Ethical and Legal Considerations in Wearable Technology	259

13.8	Conclusion	259
	References	260
14	Current State of Wearable Healthcare Technology: Physiology and Biochemistry of Wearable Sensors and Devices	263
	<i>Jyotsna A. Patil and Shrirang N. Patil</i>	
14.1	Introduction	264
14.1.1	Overview of Wearable Healthcare Technology	265
14.1.2	Importance of Monitoring Physiology and Biochemistry	266
14.2	Physiological Monitoring	266
14.2.1	Heart Rate Monitoring	267
14.2.2	Body Temperature Monitoring	267
14.2.3	Blood Pressure Monitoring	268
14.2.4	Respiratory Rate Monitoring	268
14.2.5	Activity and Sleep Monitoring	268
14.3	Biochemical Monitoring	269
14.3.1	Glucose Monitoring	269
14.3.2	Lactate Monitoring	269
14.3.3	Cortisol Monitoring	270
14.3.4	Other Biochemical Markers	270
14.4	Integration of Sensors and Devices	271
14.4.1	Wearable Sensor Technologies	271
14.4.2	Integration of Sensors into Wearable Devices	272
14.4.3	Data Transmission and Connectivity	273
14.5	Applications in Healthcare	275
14.5.1	Chronic Disease Management	275
14.5.2	Monitoring for Fitness and Sports	276
14.5.3	Stress Monitoring	276
14.5.4	Remote Patient Monitoring	277
14.6	Advances in Data Analytics and Artificial Intelligence	277
14.6.1	Machine Learning and Predictive Analytics	277
14.6.2	Real-Time Health Monitoring and Alerts	278
14.6.3	Personalized Healthcare and Treatment Planning	278
14.6.4	Data Security and Privacy	278
14.7	Challenges and Future Directions	279
14.7.1	Data Privacy and Security	280
14.7.2	Reliability and Accuracy of Wearable Devices	280
14.7.3	Interoperability with Healthcare Systems	282
14.7.4	Future Trends in Wearable Healthcare Technology	283

14.8	Conclusion	284
	References	285
15	Real-Time Data Acquisition and Analysis Techniques: Microbiological and Immunological Aspects of Real-Time Health Data Collection	287
	<i>Satish R. Patil and Supriya S. Patil</i>	
15.1	Introduction	288
15.1.1	Overview of Real-Time Data Acquisition and Analysis Techniques	289
15.1.2	Importance of Microbiological and Immunological Data in Healthcare	290
15.2	Real-Time Microbiological Data Collection	292
15.2.1	Monitoring Microbial Populations in Healthcare Settings	292
15.2.2	Detection of Infectious Diseases and Antimicrobial Resistance	295
15.2.3	Applications in Infection Control and Outbreak Prevention	296
15.3	Real-Time Immunological Data Collection	297
15.3.1	Monitoring Immune Response to Pathogens and Vaccines	298
15.3.2	Use in Tracking Disease Progression and Predicting Immune-Related Disorders	300
15.3.3	Clinical Applications in Personalized Medicine and Patient Care	301
15.4	Technology and Tools for Real-Time Data Collection	302
15.4.1	Sensors and Devices for Microbiological and Immunological Data	302
15.4.2	Data Acquisition and Transmission Protocols	303
15.4.3	Integration with Existing Healthcare Systems	304
15.5	Data Analysis Techniques	305
15.5.1	Statistical Analysis of Real-Time Microbiological and Immunological Data	305
15.5.2	Machine Learning and AI Approaches for Pattern Recognition and Prediction	306
15.5.3	Visualization Techniques for Interpreting Complex Data	307
15.6	Case Studies and Applications	308
15.6.1	Real-World Examples of Real-Time Data Collection and Analysis in Healthcare	308

15.6.2	Impact on Patient Outcomes and Healthcare Efficiency	310
15.7	Future Directions and Challenges	311
15.7.1	Emerging Technologies and Trends in Real-Time Data Collection	311
15.7.2	Ethical and Regulatory Considerations	312
15.7.3	Challenges in Implementation and Adoption	312
15.8	Conclusion	313
	References	314
16	Applications of Real-Time Data in Healthcare Interventions: Pharmacological Interventions Based on Real-Time Data Analytics	317
	<i>V. M. Thorat and Satish V. Kakade</i>	
16.1	Introduction	318
16.1.1	Overview of Real-Time Data Analytics in Healthcare	320
16.1.1.1	Real-Time Monitoring and Alerts	320
16.1.1.2	Customized Healthcare	320
16.1.1.3	Analytics for Prediction	320
16.1.1.4	Managing the Health of a Population	321
16.1.2	Importance of Real-Time Data in Pharmacological Interventions	321
16.2	Personalized Medicine	323
16.2.1	Role of Real-Time Data in Personalized Medicine	323
16.2.2	Examples of Personalized Medicine in Pharmacological Interventions	325
16.2.3	Benefits and Challenges of Personalized Medicine	326
16.3	Treatment Efficacy	327
16.3.1	Enhancing Treatment Efficacy Through Real-Time Data Analytics	327
16.3.2	Case Studies Demonstrating Improved Treatment Outcomes	329
16.3.3	Strategies for Optimizing Treatment Efficacy Using Real-Time Data	330
16.4	Proactive Interventions	332
16.4.1	Real-Time Monitoring for Proactive Interventions	332
16.4.2	Examples of Proactive Interventions in Chronic Disease Management	333
16.4.3	Impact on Patient Outcomes and Healthcare Costs	334
16.5	Clinical Trials	334

16.5.1	Real-Time Data Analytics in Clinical Trial Design	334
16.5.2	Adaptive Trial Designs Enabled by Real-Time Data	336
16.5.3	Accelerating Drug Development with Real-Time Data Analytics	337
16.6	Challenges and Future Directions	339
16.6.1	Ethical Considerations in Real-Time Data Analytics	339
16.6.2	Addressing Data Privacy and Security Concerns	340
16.6.3	Future Trends and Innovations in Real-Time Data Analytics for Pharmacological Interventions	341
16.7	Conclusion	343
	References	343
17	Strategies for Integrating Wearable Technology with Healthcare Systems: Pathological Considerations in Wearable Device Integration	347
	<i>Sujata Raghunath Kanetkar and Vaishali V. Raje</i>	
17.1	Introduction	348
17.1.1	Overview of Wearable Technology in Healthcare	349
17.1.2	Importance of Integrating Wearable Devices with Healthcare Systems	350
17.2	Pathological Considerations in Wearable Device Integration	352
17.2.1	Challenges in Collecting and Interpreting Pathological Data	352
17.2.2	Specialized Sensors and Algorithms for Pathological Data	354
17.2.3	Interoperability with Existing Healthcare Systems	355
17.3	Strategies for Effective Integration	357
17.3.1	Developing Standards for Data Exchange	358
17.3.2	Implementing Robust Security Measures	358
17.3.3	Ensuring Seamless Integration with Electronic Health Records (EHRs)	360
17.3.4	Enhancing User Engagement and Compliance	361
17.4	Case Studies and Examples	362
17.4.1	Successful Integration of Wearable Technology in Pathological Monitoring	362
17.4.2	Lessons Learned and Best Practices	363
17.5	Future Directions and Emerging Trends	366
17.5.1	Advances in Sensor Technology for Pathological Monitoring	366

17.5.2	Integration with Artificial Intelligence and Machine Learning	367
17.5.3	Regulatory Considerations and Policy Implications	368
17.6	Conclusion	370
	References	371
18	Challenges and Solutions in Healthcare System Integration: Histological Perspectives on Wearable Device Integration Challenges	373
	<i>Yugantara R. Kadam and Sujata Raghunath Kanetkar</i>	
18.1	Introduction	374
18.1.1	Overview of Wearable Devices in Healthcare	375
18.1.2	Importance of Integration in Healthcare Systems	376
18.2	Challenges in Integrating Wearable Devices	377
18.2.1	Interoperability Issues	377
18.2.2	Security and Privacy Concerns	377
18.2.3	Accuracy and Reliability of Data	378
18.2.4	Scalability and Sustainability	379
18.3	Interoperability Challenges	381
18.3.1	Different Data Formats and Standards	381
18.3.2	Integration with Electronic Health Records (EHRs)	382
18.4	Security and Privacy Concerns	383
18.4.1	Data Encryption	384
18.4.2	Authorization and Access Control	385
18.4.3	Compliance with Regulations (e.g., HIPAA)	386
18.5	Accuracy and Reliability of Data	387
18.5.1	Sensor Technology	387
18.5.2	Data Calibration	388
18.5.3	User Compliance and Education	389
18.6	Scalability and Sustainability	390
18.6.1	Cloud-Based Solutions	391
18.6.2	Needs for Infrastructure	393
18.6.3	Cost Considerations	394
18.7	Solutions to Integration Challenges	395
18.7.1	Development and Adoption of Standards	395
18.7.2	Enhanced Security Measures	396
18.7.3	Improvements in Sensor Technology	397
18.7.4	Cloud-Based Storage and Processing Solutions	398
18.8	Case Studies and Best Practices	398

18.8.1	Successful Integration Examples	399
18.8.2	Lessons Learned	399
18.8.3	Recommendations for Healthcare Systems	399
18.9	Future Trends and Outlook	400
18.9.1	Advancements in Wearable Technology	400
18.9.2	Integration Challenges and Opportunities	401
18.9.3	Implications for Healthcare Delivery	401
18.10	Conclusion	402
	References	402
19	Role of Wearable Technology in Mental Health Monitoring and Management: Psychiatric Insights into Wearable Technology Adoption	405
	<i>Sharad V. Kshirsagar and V. C. Patil</i>	
19.1	Introduction	406
19.1.1	Overview of Wearable Technology in Mental Health Monitoring and Management	407
19.1.2	Importance of Psychiatric Insights in Wearable Technology Adoption	409
19.2	Adoption of Wearable Technology in Mental Healthcare	410
19.2.1	Things that Affect Adoption	410
19.2.2	Psychiatric Perspectives on User Acceptance	413
19.2.3	Design Considerations for User-Friendly Wearable Devices	414
19.3	Data Privacy and Security in Mental Healthcare	414
19.3.1	Importance of Data Privacy in Mental Health Monitoring	414
19.3.2	Psychiatric Insights into Secure Data Management Systems	415
19.3.3	Regulatory Compliance in Wearable Technology Adoption	416
19.4	Potential Impact of Wearable Technology in Mental Healthcare	418
19.4.1	Early Detection of Symptoms	418
19.4.2	Personalized Interventions	419
19.4.3	Patient Engagement and Self-Management	421
19.5	Case Studies and Examples	421
19.5.1	Successful Implementation of Wearable Technology in Mental Healthcare	421
19.5.2	Lessons Learned and Best Practices	422
19.6	Future Directions and Challenges	424

19.6.1	Emerging Trends in Wearable Technology for Mental Health	424
19.6.2	Challenges and Opportunities for Further Development	424
19.7	Conclusion	425
	References	426
20	Ethical Considerations in Mental Health Data Collection and Analysis: Ethical and Legal Aspects of Mental Health Data in Wearable Technology	429
	<i>V. M. Thorat and M. P. Ambali</i>	
20.1	Introduction	430
20.1.1	Overview of Wearable Technology in Mental Health	432
20.1.2	Importance of Ethical and Legal Considerations in Data Collection and Analysis	432
20.2	Ethical Principles in Mental Health Data Collection and Analysis	433
20.2.1	Autonomy	433
20.2.2	Beneficence	434
20.2.3	Non-Maleficence	434
20.2.4	Justice	434
20.3	Legal Frameworks for Mental Health Data in Wearable Technology	435
20.4	Informed Consent in Wearable Technology	436
20.4.1	Challenges in Obtaining Informed Consent	436
20.4.2	Strategies for Ensuring Informed Consent	437
20.5	Data Security and Privacy in Mental Health Wearables	438
20.5.1	Security Risks in Data Collection and Transmission	440
20.5.2	Privacy Protection Measures	440
20.6	Potential Misuse of Mental Health Data	441
20.6.1	Stigmatization and Discrimination	441
20.6.2	Commercialization of Mental Health Data	442
20.7	Ensuring Equity in Access to Mental Health Wearables	442
20.7.1	Addressing Technological Barriers	443
20.7.1.1	Addressing Financial Barriers	443
20.7.2	Promoting Inclusivity in Wearable Technology Design	443
20.8	Ethical Guidelines for Researchers and Practitioners	444
20.8.1	Best Practices for Data Collection and Analysis	444
20.8.2	Ethical Decision-Making Frameworks	445

20.9	Conclusion	446
	References	446
21	Ethical Challenges and Guidelines for AI Deployment in Healthcare: Urological and Gastroenterological Perspectives on Ethical AI Deployment	449
	<i>Sujata Raghunath Kanetkar and V. M. Thorat</i>	
21.1	Introduction	450
21.1.1	Overview of AI in Healthcare	451
21.1.2	Importance of Ethical Considerations in AI Deployment	452
21.2	Ethical Principles in AI Deployment	453
21.2.1	Principles of Beneficence, Non-Maleficence, Autonomy, and Justice	453
21.2.2	Transparency and Explainability in AI Algorithms	455
21.2.3	Accountability and Responsibility in AI Decision-Making	456
21.3	Challenges in AI Deployment in Urology and Gastroenterology	456
21.3.1	Data Privacy and Security Concerns	456
21.3.2	Bias and Fairness in AI Algorithms	457
21.3.3	Clinical Integration and Acceptance of AI Technologies	457
21.4	Guidelines for Ethical AI Deployment in Urology and Gastroenterology	458
21.4.1	Data Governance and Management	459
21.4.2	Patient Consent and Privacy Protection	460
21.4.3	Bias Mitigation Strategies in AI Algorithms	461
21.4.4	Clinical Validation and Evaluation of AI Technologies	462
21.5	Case Studies	463
21.5.1	Use of AI in Urology for Early Detection of Prostate Cancer	463
21.5.2	Use of AI in Gastroenterology for Diagnosing Digestive Disorders	464
21.6	Future Directions and Recommendations	465
21.6.1	Advancements in AI Ethics and Regulation	465
21.6.2	Collaboration Between Stakeholders for Ethical AI Deployment	465
21.6.3	Continuous Monitoring and Evaluation of AI Technologies	466

21.7	Conclusion	466
	References	467
22	Future Directions and Opportunities in AI-Driven Healthcare: Family Medicine and Anesthesiological Future Directions in AI-Driven Healthcare	469
	<i>Vithal K. Dhulkhed and Shekhar M. Kumbhar</i>	
22.1	Introduction	470
22.1.1	Overview of AI in Healthcare	471
22.1.2	Scope of the Chapter	471
22.2	AI Applications in Family Medicine	472
22.2.1	Electronic Health Record (EHR) Management	472
22.2.2	Patient Triage and Risk Stratification	473
22.2.3	Chronic Disease Management	473
22.2.4	Telemedicine and Remote Monitoring	474
22.2.5	Patient Engagement and Education	475
22.3	AI Applications in Anesthesiology	475
22.3.1	Preoperative Assessment and Planning	475
22.3.2	Monitoring During Surgery and Helping with Decisions	476
22.3.3	Postoperative Care and Recovery	476
22.3.4	Anesthesia Drug Dosing and Management	477
22.4	Current Challenges and Limitations	478
22.4.1	Data Quality and Accessibility	478
22.4.2	Legal and Ethical Considerations	479
22.4.3	Integration with Existing Healthcare Systems	479
22.4.4	Patient Privacy and Consent	480
22.5	Future Directions and Opportunities	480
22.5.1	Advancements in Machine Learning and Deep Learning	480
22.5.2	Enhanced Clinical Decision Support Systems	481
22.5.3	Personalized Medicine and Treatment Planning	481
22.5.4	AI-Driven Research and Drug Discovery	482
22.6	Case Studies and Examples	482
22.6.1	Successful AI Implementations in Family Medicine	482
22.6.2	New Ways That AI is Being Used in Anesthesiology	484
22.7	Conclusion	484
	References	485
	About the Editors	489
	Index	493

Preface

This book is organized into 22 chapters. In *Internet of Medicine (IOM) for Smart Healthcare*, we usher in a dialogue that melds the computational prowess of artificial intelligence (AI) with the nuanced realm of healthcare. Within 22 chapters, each is a beacon of innovation, exploring how AI is reshaping patient care, from diagnostics to treatment and beyond. As the editors, we have witnessed a tapestry of research that not only pushes the boundaries of technology but also tethers it closely to the human condition. From the micro-scale of genetic data to the macro-impact of wearable technology, the contributions herein address both the potential and the challenges of these converging worlds, underlining the importance of ethical considerations as we tread forward. This book stands as an invitation to embrace the future—a future where technology and healthcare converge to better human lives.

Delving into the intersection of omics data and AI, Chapter 1 illustrates how integrating vast biological datasets can refine neurodynamic exercises for PIVD patients, offering insights into personalized care strategies that yield both immediate and lasting therapeutic effects. Chapter 2, based on the exploration of graph-based methods in biological networks, reveals how AI can enhance the treatment of cervicogenic headache patients, optimizing reflex release techniques to reduce pain and disability more effectively than ever before. Focusing on the potent synergy of AI with primal reflex release techniques, Chapter 3 discusses the role of AI in quantifying the effects of such interventions on SI joint mobility, providing data-driven insights for clinicians. Next, Chapter 4 probes into the future of AI in bioinformatics, projecting its transformative impact on understanding and addressing neck pain and stiffness through innovative reflex release techniques. In Chapter 5, evolutionary computation underscores the value of bioinformatics in dissecting the effects of neurodynamic exercises, offering new avenues for treating pain and disability in carpal tunnel syndrome patients. In Chapter 6, AI and nanotechnology are presented as pivotal drivers for sustainable development in healthcare, with discussions

centered on their imperative roles in ushering a new era of medical innovation. Chapter 7 basically synthesizes AI and yoga therapy as holistic approaches to sleep pattern enhancement, presenting a scientific approach that could redefine therapeutic strategies for better health. Next, Chapter 8 focused on ethical considerations in AI, and bioinformatics are dissected in the context of analyzing the rehabilitation effects of the SHAT device on stroke patients, underscoring the importance of ethical data handling. In Chapter 9, the AI's transformative impact on drug discovery and repurposing is discussed, with a focus on its potential to improve the long-term quality of life for patients with cervicogenic headaches. In Chapter 10, the antineoplastic potential of edible mushrooms is examined through the lens of AI, showcasing how advancements in AI can elucidate the polysaccharides' modes of action and their health benefits. Chapter 11 evaluates the role of AI in enhancing the bioremediation processes of dairy effluent using microalgae, highlighting the innovative use of resulting lipid byproducts. Chapter 12 focused on the smart collision recognition, and reporting system employing GPS and GSM technology is introduced, signifying how AI can leverage automation to enhance safety measures. In Chapter 13, the evolution and consequential impact of wearable devices in healthcare are chronicled, with particular attention to their anatomical integration and their expansive influence on medical science. In Chapter 14, the current overview of wearable healthcare technology delves into the physiological and biochemical intricacies of these devices, emphasizing their role in proactive health monitoring. In Chapter 15, techniques for real-time data acquisition and analysis are detailed, revealing their microbiological and immunological aspects and their revolutionary impact on health data collection. Chapter 16, based on real-time data applications in healthcare, discusses the groundbreaking implications for pharmacological interventions, heralding a new wave of data-informed treatment protocols. In Chapter 17, the strategies for the integration of wearable technology with healthcare systems are outlined, with a focus on the pathological considerations vital for successful device adoption. In Chapter 18, the challenges and solutions surrounding healthcare system integration are examined from a histological perspective, addressing the nuanced difficulties of incorporating wearable devices into medical routines. In Chapter 19, the wearable technology's role in mental health monitoring and management is dissected, providing psychiatric insights into the adoption and efficacy of these innovative tools. In Chapter 20, the ethical considerations in mental health data collection and analysis are scrutinized, discussing the delicate balance between technology's benefits and the privacy of the individuals. Next, Chapter 21 discusses the ethical challenges and guidelines necessary

for the deployment of AI in healthcare, offering perspectives from urology and gastroenterology on how to navigate this complex landscape. Finally, Chapter 22 concludes the book, and a forward-looking perspective highlights the future directions and opportunities within AI-driven healthcare, inspiring family medicine and anaesthesiology to integrate AI in their practices.

To conclude, we extend heartfelt gratitude to all the authors who contributed their expertise to this volume. Their dedication to advancing our understanding and their commitment to ethical practice in Internet of Medicine and AI-driven healthcare sets the groundwork for the future of medicine. This book is dedicated to all those who stand at the forefront of technological innovation and healthcare, who seek to push the boundaries of what is possible for the benefit of patients worldwide.

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Omics Data Integration in AI System for Immediate and Carryover Effects of Neurodynamic Exercises on SLR Ranges Among Acute PIVD Patients

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Abstract

Prolapsed intervertebral disc (PIVD) is a disease that occurs when there is a rupture of annulus fibrosus, which further leads to an effusion of nucleus pulposus. In order to obtain a more thorough knowledge of a biological system, data from several omics technologies—such as transcriptomics, proteomics, metabolomics, and genomics—are combined in a process known as “omics data integration.” Thus, different medical data of each patient are collected, which makes easy for their treatment. The aim of this study is to analyze the immediate and carryover effects of neurodynamic exercises on straight leg raise test ranges among acute PIVD patients using omics data integration in artificial intelligence (AI) system. There is no evidence-based study on neurodynamic exercises including static opener and four levels of sliders and tensioners to decrease the mechanosensitivity and nerve root irritation among acute PIVD patients, to promote more tolerance to exercises with less pain experience, and to decrease more reliability over electrotherapy, using omics data integration in AI system. This study can be further carried by comparing the age and gender by giving two different interventions, and their effectiveness can be seen in longer period of time, which becomes easy due to AI.

Keywords: AI, data integration, SLR, neurodynamics, omics, PIVD

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1.1 Introduction

Prolapsed intervertebral disc (PIVD) is a disease that occurs when there is a rupture of annulus fibrosus, which further leads to an effusion of nucleus pulposus [1, 2]. Lumbar disc herniation is a frequent condition that affects 5% of individuals in adults [3]. In the world, the incidence of PIVD in males is from 1.9% to 7.6%, and, in females, it is between 2.2% and 5.0% [4]. It is one of the most common condition among low back ache (LBA) patients, which affects about 10% of the population [5, 6]. It consists of four stages that are nucleus degeneration, nucleus displacement, protusion, and extrusion [7, 8].

Studies have been conducted in usefulness of various physical examination results. They suggest that the straight leg raise (SLR) continues to remain the gold standard test for identifying the radicular symptoms [9]. Root irritation is typically thought to be present when the examiner elevates the affected limb and the pain reproduces or intensifies [10–15]. When the test reproduces pain in the gluteal or lower leg region as the examiner passively lifts the affected leg with the hip in flexion and knee in extension, it is said to be positive. The relevance given to the angle of elevation at which the pain is produced varies greatly. Brieg and Troups and others suggested that less than 70° is clinically relevant [16–19].

PIVD propulsion of disc leads to compression due to which there is compromised distal sliding of neural structures, which, in turn, possess challenges to physiotherapist in treatment of acute PIVD patients. There is no evidence-based study on neurodynamic exercises including static opener and four levels of sliders and tensioners to decrease the mechanosensitivity and nerve root irritation among acute PIVD patients. The purpose of this study was to analyze that neurodynamic exercise including static opener and four levels of sliders and tensioners can significantly alter neural mobility, SLR ranges, visual analog scale (VAS), and pain side code score [20–26].

The primary focus in gaining practical understanding of cellular processes is now on the examination of multi-omics data in conjunction with clinical informations. A methodical and thorough comprehension of complex biology seems to be possible through the integrations of multi-omics data relevant to biomolecule at several levels. They aid in evaluating the information transfer between omics levels and, hence, aid in closing the gap between genotype and phenotype. Integrative techniques can eventually contribute to better prevention and management because they can