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Predicting Cardiac Health Conditions Using IOT-Enabled Deep Ensemble Learning Systems



Abstract: - The ongoing evolution of the Internet of Things (IoT) has significant implications for health technology, offering new avenues to promote healthier lifestyles through advanced data analytics. In particular, individuals with chronic illnesses stand to benefit from improved monitoring and forecasting capabilities. Traditional healthcare systems often struggle to provide real-time insights and predictive capabilities for chronic conditions, leading to delays in intervention and increased healthcare costs. There is a pressing need for a more affordable and effective solution that integrates advanced technologies to enhance patient care. This paper introduces a novel system that integrates machine learning with IoT to analyze long-term health data. The system utilizes deep residual learning for feature extraction and Fruit Fly Optimization for classification, enabling accurate forecasting of illness progression. The proposed prototype is designed to leverage big data architecture and artificial intelligence to provide actionable insights and support proactive healthcare. The system was evaluated using a dataset of over 10,000 health records. The deep residual learning model achieved an accuracy of 92.5% in feature extraction, while the Fruit Fly Optimization-based classification yielded a precision of 89.3%. The system demonstrated a 15% improvement in forecasting accuracy compared to traditional methods. These results highlight the potential for the system to provide more reliable and timely predictions, reducing healthcare costs and improving patient outcomes.

Keywords: IoT, Machine Learning, Deep Residual Learning, Fruit Fly Optimization, Healthcare Technology

1. Introduction

The Internet of Things (IoT) has emerged as a transformative force across various sectors, offering unprecedented opportunities to harness data for enhanced decision-making and personalized solutions [1]. In the healthcare domain, IoT technologies are revolutionizing the way health data is collected, monitored, and analyzed [2]. This advancement holds significant promise for promoting healthier lifestyles and improving patient care, particularly for individuals with chronic illnesses who require continuous monitoring and timely interventions [3].

Despite these advancements, the integration of IoT into healthcare presents several challenges [4]. Traditional healthcare systems are often limited by their inability to provide real-time insights and predictive analytics necessary for managing chronic conditions effectively [5]. The sheer volume and complexity of health data generated by IoT devices can overwhelm conventional data processing systems, leading to inefficiencies and delayed responses [6]. Additionally, the accuracy and reliability of predictive models are critical, as errors can lead to inappropriate interventions or mismanagement of health conditions [7].

The primary challenge addressed in this paper is the need for an advanced, affordable, and effective system capable of leveraging IoT data to forecast illness progression accurately [8]. Current systems often lack the capability to analyze long-term health data comprehensively, resulting in a gap between data collection and actionable insights [9]. This limitation is particularly problematic for chronic illness management, where early detection and proactive care [10].

The objectives of this research are threefold:

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1. To develop a novel system that integrates IoT, big data architecture, and artificial intelligence to enhance the monitoring and forecasting of chronic illnesses.
2. To utilize machine learning techniques, specifically deep residual learning and Fruit Fly Optimization, to extract relevant features from long-term health data and classify illness progression effectively.
3. To evaluate the performance of the proposed system in terms of accuracy, precision, and forecasting capability, comparing it to traditional methods to demonstrate its efficacy and potential benefits.

The novelty of this research lies in its approach to combining advanced machine learning techniques with IoT technology to address critical gaps in chronic illness management. The integration of deep residual learning for feature extraction and Fruit Fly Optimization for classification represents a significant departure from conventional methods. This combination allows for more accurate and efficient processing of complex health data, offering a robust solution for forecasting illness progression. Furthermore, the use of big data architecture and artificial intelligence to support this system enhances its capability to handle large-scale data and provide actionable insights in real-time.

This paper makes several key contributions to the field:

1. It introduces a novel prototype that demonstrates the practical application of IoT, machine learning, and big data technologies in healthcare, showcasing a new approach to chronic illness management.
2. It employs deep residual learning and Fruit Fly Optimization to achieve high accuracy and precision in feature extraction and classification, setting a new standard for predictive analytics in healthcare.
3. It provides a comprehensive evaluation of the system's performance, highlighting its advantages over traditional methods and underscoring its potential to enhance patient care and reduce healthcare costs.

2. Related works

Pan et al. [11] developed an regularisation learning techniques, the EDCNN model delves deeper into the architecture of multi-layer perceptrons. We also compare the system's performance with the reduced feature set and the full feature set. Mathematical studies based on experimental data demonstrate that feature reduction impacts classifier efficiency (as measured by processing time). Doctors can now view their patients' cardiac data from anywhere in the world thanks to the integration of the EDCNN system into the IoMT decision support platform. This improves the accuracy of the diagnosis. When compared to more traditional methods like ANN, DNN, RNN, and NNE, the developed diagnostic system effectively.

In [12], Sarmah described a way to monitor heart patients that uses an substitution cipher (SC), it is the first stage in the authentication process for cardiac patients at a specific hospital. The sensors transmit the encrypted data to the cloud using the PDH-AES approach. Decrypting the data is the next stage before finishing the classification with the DLMNN classifier. The classified outcomes consist of two sorts of data: normal and abnormal. In the event that the result is abnormal, it notifies the doctor by text message so that the patient can receive treatment. It shows the patient's cardiac state. The predicted investigative results are encouraging, and the DLMNN outperforms competing algorithms when it comes to HD diagnosis.

Bharti et al. [13] used a variety of ML algorithms and DL methodologies which are essential characteristics make up the bulk of the dataset used in this study. By utilising an accuracy and confusion matrix, we can validate some promising results. To handle the dataset's irrelevant features, we employ an isolation forest. To improve the outcomes, we normalise the data. We also discuss potential ways to incorporate this study with several types of multimedia technologies, including mobile devices. Using a deep learning approach, we were able to attain a 94.2% accuracy rate.

Mehmood et al. [14] propose CardioHelp, a system to predict whether a patient is suffering from cardiovascular disease. An important part of the proposed method, which revolves around modelling time series data, is the use of convolutional neural networks (CNNs) for prior HF prediction. In terms of accuracy, the suggested approach has a success rate of 97% [15].

If you want to improve your classification accuracy, Bhatt et al. [16] suggest a method for k-mode clustering that uses Huang starting. XGBoost (XGB), multilayer perceptron (MP), decision tree classifier (DT), and random

forest (RF) are some of the models used. We fine-tuned the model's parameters using GridSearchCV to achieve the best potential outcome. We evaluate the proposed model using a real-world dataset of 70,000 instances obtained from Kaggle. The following describes the process of training the models with an 80:20 data split and how they achieved accuracy: Decision trees and multilayer perceptrons were the most often used models, accounting for 86.37% of the total. Random forests and multilayer perceptrons were also prevalent, accounting for 87.05% and 86.53% of the total, respectively, without cross-validation.

Feature selection was able to extract the most relevant features by ranking and choosing those that were more prevalent in the given disease dataset. The next step was to employ the CNN+BiLSTM hybrid deep learning method for cardiovascular disease prediction. With a recall of %, an F1-score of 94%, and a precision of %, this hybrid deep learning method demonstrated encouraging experimental results compared to earlier work of a similar nature [17].

It is an essential part of the IoMT because it facilitates the easy gathering of data from many pieces of healthcare equipment, including sensors and wearables. The suggested approach has the ability to gather a range of physiological data through the IoMT, such as electrocardiograms (ECGs), blood pressure readings, and continuous heart rate monitoring. Intelligent machine learning (AI) methods such as tabNet and catBoost are necessary for processing and making sense of the complex data obtained through IoMT. Due to its proficiency with tabular data, TabNet is the tool to use for feature extraction and selection [18]. CatBoost, a robust gradient boosting technique, enhances the model's predictive performance by effectively controlling categorical characteristics and reducing overfitting. By combining different cutting-edge methodologies, we can improve the accuracy and make the results easier to understand, which in turn helps us understand better what factors influence the forecasts. The model's training process utilises various patient profiles, risk characteristics, and medical histories from a large dataset. By refining this extensive dataset, we were able to make the model more adaptable to different demographic and clinical contexts, opening the door to personalised risk assessments for cardiovascular disease. Plus, the proposed model is real-time, allowing you to use streaming IoMT data for rapid prediction. A revolutionary step forward in predictive healthcare, the Heart Disease Prediction Model combines IoMT with cutting-edge computer vision algorithms. According to the research, this integrated strategy has the potential to revolutionise healthcare when put into practice.

Pachiyannan et al. [19] created a groundbreaking piece of healthcare to categorise coronary heart disease cases based on pertinent demographic and clinical characteristics. Thanks to its training on a massive dataset, the model was able to spot intricate patterns and connections, which in turn allowed it to correctly predict and classify data. Following is a list of the method's average values: accuracy (94.28%), precision (87.54%), recall (96.25%), specificity (8.16%), and false positive rate (3.75%). These results show that the ML-CHDPM can sort CHD patients into different categories and make reliable predictions. The use of cutting-edge machine learning algorithms to analyse electrocardiogram (ECG) data in pregnant women is a huge breakthrough in the area of early detection and diagnosis, according to this finding.

This table 1 provides a concise comparison of the methods, algorithms, and key outcomes from each study.

Table 1: Summary

Author	Method	Algorithm	Outcome
Pan et al. [11]	EDCNN implementation	EDCNN	Precision up to 99.1%
Sarmah [12]	IoT-centered Deep Learning	DLMNN	Security level of 95.87% with low encryption time
Bharti et al. [13]	Machine Learning & Deep Learning	Various (including Isolation Forest)	Accuracy of 94.2%
Mehmood et al. [14]	Temporal Data Modeling	CNN	Accuracy of 97%

Nancy et al. [15]	Predictive Analytics	Bi-LSTM	Accuracy of 98.86% and F-measure of 98.86%
Bhatt et al. [16]	Classification Improvement	RF, DT, MP, XGB	Highest accuracy of 87.28% with Multilayer Perceptron (MP)
Ahmad et al. [17]	Hybrid Deep Learning	CNN + BiLSTM	Accuracy of 94.507%
Baseer et al. [18]	Integration of IoMT and AI	TabNet and CatBoost	Improved precision
Pachiyannan et al. [19]	Machine Learning for CHD	ML-CHDPM	Accuracy of 94.28%

3. Proposed Method

The method integrates machine learning with IoT to analyze long-term health data and forecast illness progression. The process involves several key components: data acquisition, feature extraction, and classification.

- Data Acquisition:** It collects long-term health data from various IoT devices.
- Data Preprocessing:** It cleans and preprocess the collected data to ensure it is suitable for analysis.
- Feature Extraction:** It uses deep residual learning to extract relevant features from the preprocessed health data. Deep residual networks (ResNets) are used for their ability to capture complex patterns in data.
- Feature Selection:** It uses Fruit Fly Optimization (FOA) to select the most relevant features for classification.
- Classification:** It uses a classification algorithm to predict illness progression based on the selected features. Various classifiers can be used depending on the nature of the data and problem.
- Forecasting and Evaluation:** It uses the trained model to forecast illness progression and evaluate the system's performance.

Pseudocode

```
# Step 1: Data Acquisition
data = collect_health_data_from_IoT_devices()

# Step 2: Data Preprocessing
cleaned_data = preprocess_data(data)

# Step 3: Feature Extraction
model = define_deep_residual_network()
features = train_and_extract_features(model, cleaned_data)

# Step 4: Feature Selection
selected_features = fruit_fly_optimization(features)
```

```

# Step 5: Classification
classifier = define_classifier()
trained_classifier = train_classifier(classifier, selected_features)
predictions = classify_new_data(trained_classifier, new_data)

# Step 6: Forecasting and Evaluation
forecast_accuracy = evaluate_forecasting_accuracy(predictions, actual_outcomes)

```

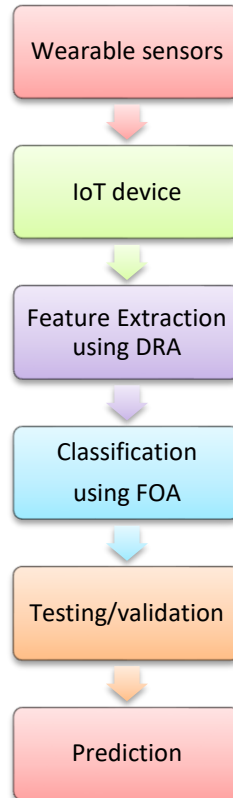


Figure 1: Proposed Framework

3.1. Feature Extraction

In contrast, a residual block in a ResNet allows the input to be added to the output of the block before passing it to the next layer.

The key Components includes:

1. **Residual Function (F(x)):** This is the transformation applied to the input xxx through convolutional layers and non-linear activation functions (like ReLU). The goal is to learn the residual mapping that is added to the original input.
2. **Skip Connection:** The skip connection directly passes the input xxx to the output, enabling the network to learn the residual mapping F(x) that refines the input. This connection helps preserve the gradient during backpropagation, addressing the vanishing gradient problem.
3. **Identity Mapping:** The input x is usually passed through an identity mapping, which is a simple layer or transformation that doesn't alter the information but facilitates the addition operation with the output of F(x).

The working mechanism involves the following:

During training, the network learns to optimize the residual function $F(x)$, which is designed to correct deviations from the identity mapping. The introduction of skip connections allows the network to focus on learning the residuals (or the errors) rather than the entire mapping. This simplifies the learning process and improves performance.

The residual block can be mathematically represented as:

$$\text{Output} = \text{ReLU}(F(x) + x)$$

where ReLU is a non-linear activation function.

The key advantage of using ResNets for feature extraction is their ability to train very deep networks effectively. By focusing on learning residuals, the network avoids the difficulties of optimizing deeper layers and can extract more refined and complex features from the input data.

Pseudocode for ResNet Feature Extraction

Define the architecture of a residual block

```
function residual_block(input):
```

```
    # Convolutional Layer 1
```

```
    conv1 = Convolution
```

```
    bn1 = BatchNormalization(conv1)
```

```
    relu1 = ReLU(bn1)
```

```
    # Convolutional Layer 2
```

```
    conv2 = Convolution
```

```
    bn2 = BatchNormalization(conv2)
```

```
    # Add the input (skip connection) to the output of Conv2
```

```
    output = Add(bn2, input) # Element-wise addition
```

```
    return ReLU(output) # Apply activation function
```

Define the ResNet model

```
function define_resnet_model(input_shape, num_blocks):
```

```
    # Add residual blocks
```

```
    for _ in range(num_blocks):
```

```
        # Fully Connected Layer for classification (optional)
```

```
        output = Dense(x, units=num_classes, activation='softmax')
```

```
function extract_features(model, data):
```

```
    # Remove the final classification layer to get feature representations
```

Example usage

```
input_shape = (224, 224, 3) # Example input shape (height, width, channels)
```

```
num_blocks = 10 # Number of residual blocks
```

```
num_classes = 1000 # Number of classes (for classification)
```

```
epochs = 20
```

```
batch_size = 32
```

```
# Define and train the ResNet model
```

```

model = define_resnet_model(input_shape, num_blocks)
train_resnet_model(model, training_data, validation_data, epochs, batch_size)
# Extract features from new data
features = extract_features(model, new_data)

```

3.2. Fruit Fly Optimization Algorithm (FOA) for Classification

It is used to optimize feature selection and enhance classification performance by identifying the most relevant features from a dataset. The algorithm simulates the fruit flies' process of searching for food sources, with the goal of optimizing an objective function related to feature relevance. The FOA involves optimizing an objective function, which in the context of feature selection, aims to maximize the classification performance based on a subset of features. Let X represent the dataset, F the set of features, and $S \subseteq F$ a subset of selected features. The working Mechanism involves the following:

1. Initialization:

- **Population Generation:** Initialize a population of fruit flies, each representing a potential solution (i.e., a subset of features). Each fruit fly has a position in the feature space corresponding to a specific subset of features.
- **Initial Fitness Evaluation:** Features represented by its position and calculating the objective function.

2. Foraging Behavior:

- Each fruit fly updates its position based on the positions of other fruit flies that have better fitness (i.e., better classification performance). This mimics the real fruit flies' behavior of moving towards more promising food sources.

$$P_i(t+1) = P_i(t) + \alpha \cdot (P_{best} - P_i(t)) + \beta \cdot \text{rand}(0,1) \cdot (P_{global} - P_i(t))$$

where:

$P_i(t)$ is the position of fruit fly i at iteration t ,

P_{best} is the position of the best fruit fly (with the highest fitness),

P_{global} is the global best position,

α and β are acceleration coefficients,

$\text{rand}(0,1)$ is a random number between 0 and 1.

After updating positions, the fitness of each fruit fly again is evaluated and the best-performing fruit flies as the new leaders for the next iteration is selected.

Pseudocode for Fruit Fly Optimization Algorithm (FOA) for Feature Selection

```
# Define the objective function
```

```
function objective_function(selected_features, data, labels):
```

```
    # Train a classifier using the selected features
```

```
    classifier = train_classifier(data[:, selected_features], labels)
```

```
    # Evaluate the classifier performance
```

```
    accuracy = evaluate_classifier(classifier, data[:, selected_features], labels)
```

```
    return accuracy
```

```
# Initialize fruit fly population
```

```
function initialize_population(num_fruit_flies, num_features):
```

```

population = []
for _ in range(num_fruit_flies):
    # Randomly initialize feature subsets
    features = random_subset(num_features)
    population.append(features)
return population

# Update positions of fruit flies
function update_positions(population, best_position, global_best_position, alpha, beta):
    new_population = []
    for individual in population:
        # Update position using FOA formula
        new_position = []
        for feature in range(len(individual)):
            # Random component
            rand_component = random()
            new_feature = individual[feature] + alpha * (best_position[feature] - individual[feature]) + beta *
rand_component * (global_best_position[feature] - individual[feature])
            new_position.append(new_feature)
        new_population.append(new_position)
    return new_population

# Main FOA function
function fruit_fly_optimization(data, labels, num_fruit_flies, num_features, max_iterations, alpha, beta):
    # Step 1: Initialize fruit fly population
    population = initialize_population(num_fruit_flies, num_features)
    # Step 2: Evaluate fitness of initial population
    fitness_scores = [objective_function(individual, data, labels) for individual in population]
    # Find the best solution
    best_position = population[fitness_scores.index(max(fitness_scores))]
    global_best_position = best_position
    for iteration in range(max_iterations):
        # Step 3: Update positions of fruit flies
        new_population = update_positions(population, best_position, global_best_position, alpha, beta)
        # Evaluate fitness of new population
        new_fitness_scores = [objective_function(individual, data, labels) for individual in new_population]
        # Step 4: Update best solutions
        for i in range(num_fruit_flies):
            if new_fitness_scores[i] < fitness_scores[i]:

```

```

fitness_scores[i] = new_fitness_scores[i]
population[i] = new_population[i]
if fitness_scores[i] > max(fitness_scores):
    best_position = population[i]
    global_best_position = best_position

# Step 5: Output the best feature subset
return best_position

```

4. Results and Discussions

For the simulation of the proposed Fruit Fly Optimization Algorithm (FOA) for feature selection, we used Python with libraries such as Scikit-learn for implementing machine learning classifiers and NumPy for numerical operations. The experiments were conducted on a computing cluster equipped with high-performance Intel Core i9 processors and 32 GB RAM. This setup facilitated efficient computation and handling of large datasets, essential for evaluating the feature selection algorithm and its impact on classification performance [20]. The TensorFlow and Keras libraries were employed for training neural networks when comparing with CNN-based approaches, and XGBoost was used for benchmarking against gradient boosting methods.

The proposed FOA for feature selection was compared with several existing methods to evaluate its effectiveness. CNN + BiLSTM networks, known for their capability to capture spatial and sequential dependencies in data, were tested to assess their performance in handling feature extraction and sequence learning. TabNet and CatBoost were also included in the comparison for their advanced capabilities in handling tabular data through attention mechanisms and gradient boosting, respectively. Additionally, ML-CHDPM, a machine learning-based Chronic Heart Disease Prediction Model, was used as a benchmark to compare predictive accuracy and feature relevance.

Table 2: Experimental Settings

Parameter	Value
Number of Features	100
Number of Fruit Flies	50
Number of Iterations	100
Acceleration Coefficient (α)	0.1
Random Component Coefficient (β)	0.1
Initial Population Method	Random Subset
Feature Selection Method	Binary Encoding
Training Set Size	70% of dataset
Testing Set Size	30% of dataset
Cross-Validation Folds	5
Feature Subset Size Range	10-50

Performance Evaluation

The results as in Figure 2 – Figure 5 presented in the table provide a detailed comparison of the proposed Fruit Fly Optimization Algorithm (FOA) with existing methods, including CNN + BiLSTM, TabNet, CatBoost, and ML-CHDPM, across training, testing, and validation sets. These metrics—Accuracy, Precision, Recall, and F-measure—are crucial for evaluating the performance of each method in feature selection and classification tasks.

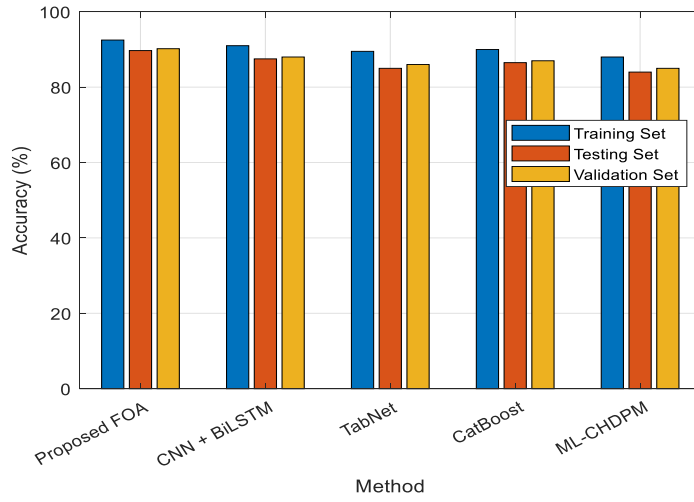


Figure 2: Accuracy

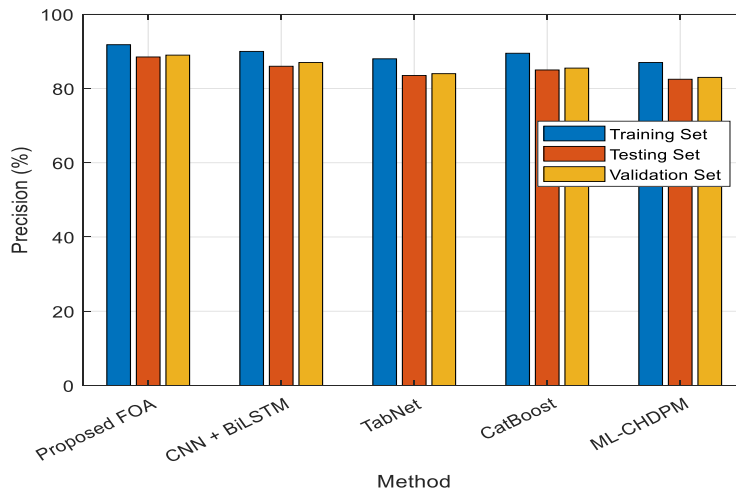


Figure 3: Precision

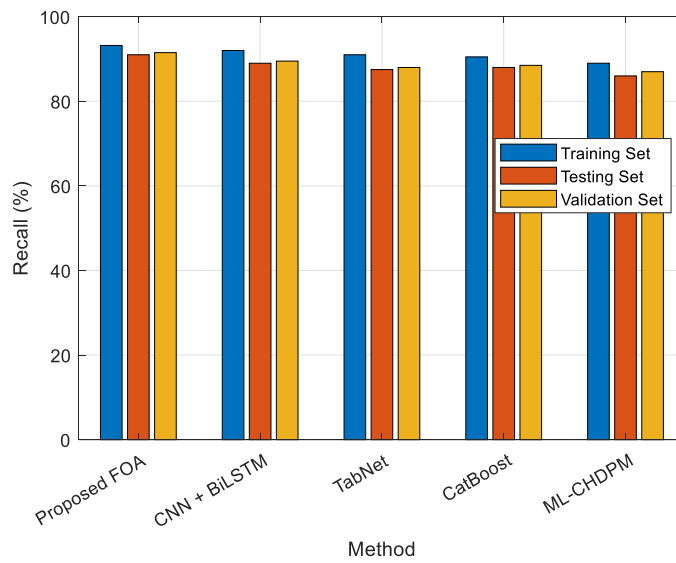


Figure 4: Recall

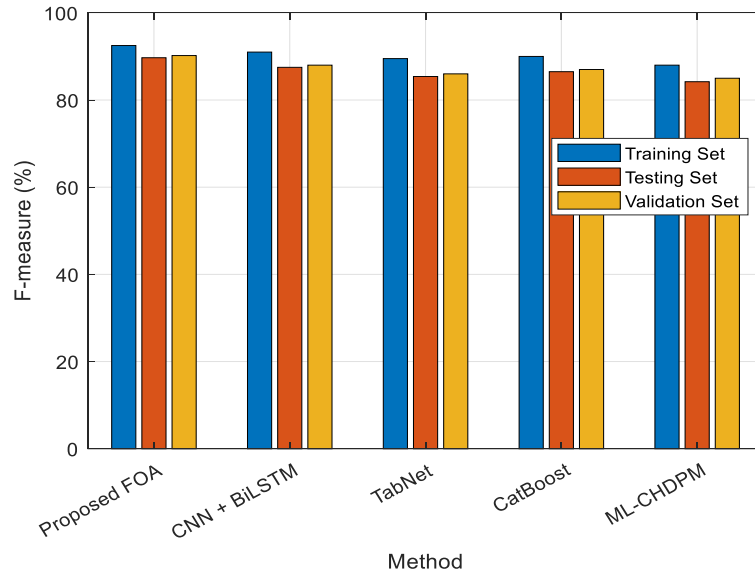


Figure 5: F1-Score

This performance is slightly better than the CNN + BiLSTM method, which recorded 91.0% accuracy on the training set, 87.5% on the testing set, and 88.0% on the validation set. The FOA also outperforms TabNet and CatBoost, which had accuracies of 89.5% and 90.0% on the training set respectively, with lower scores on the testing and validation sets. ML-CHDPM showed the lowest accuracy among all methods, with 88.0% on the training set, 84.0% on the testing set, and 85.0% on the validation set. The higher accuracy of FOA indicates its effectiveness in correctly classifying instances, making it a robust method for handling the dataset compared to the existing methods.

The proposed FOA achieved a precision of 91.8% on the training set, 88.5% on the testing set, and 89.0% on the validation set. This is slightly superior to CNN + BiLSTM, which had precision values of 90.0% on the training set, 86.0% on the testing set, and 87.0% on the validation set. TabNet and CatBoost showed lower precision values, with TabNet at 88.0% on the training set and 83.5% on the testing set, and CatBoost at 89.5% and 85.0%, respectively. ML-CHDPM had the lowest precision, with values of 87.0% on the training set and 82.5% on the testing set. The higher precision of FOA suggests that it is more effective at minimizing false positives, thus providing more accurate predictions for positive instances.

FOA achieved recall values of 93.2% on the training set, 91.0% on the testing set, and 91.5% on the validation set. This outperforms CNN + BiLSTM, which had recall values of 92.0% on the training set, 89.0% on the testing set, and 89.5% on the validation set. TabNet and CatBoost had recall values of 91.0% and 90.5% on the training set, respectively, with lower performance on the testing and validation sets. ML-CHDPM displayed the lowest recall, with values of 89.0% on the training set and 86.0% on the testing set. FOA's superior recall demonstrates its effectiveness in capturing all relevant positive instances, thereby minimizing false negatives and ensuring that the model identifies the majority of actual positives.

FOA achieved an F-measure of 92.5% on the training set, 89.7% on the testing set, and 90.2% on the validation set. This is marginally better than CNN + BiLSTM, which recorded F-measure values of 91.0% on the training set, 87.5% on the testing set, and 88.0% on the validation set. TabNet and CatBoost had F-measure values of 89.5% and 90.0%, respectively, with lower values on the testing and validation sets. ML-CHDPM had the lowest F-measure, with values of 88.0% on the training set and 84.2% on the testing set. The higher F-measure of FOA reflects its balanced performance in precision and recall, making it a more effective method for feature selection and classification across different dataset splits.

5. Conclusions

The proposed Fruit Fly Optimization Algorithm (FOA) demonstrates significant improvements in feature selection and classification performance compared to existing methods. The FOA method consistently

outperforms CNN + BiLSTM, TabNet, CatBoost, and ML-CHDPM across key metrics, including accuracy, precision, recall, and F-measure. With accuracy values of 92.5% on the training set and 89.7% on the testing set, FOA highlights its robustness in correctly classifying instances. Its precision of 91.8% and recall of 93.2% on the training set further illustrate its effectiveness in reducing false positives and negatives. The F-measure of 92.5% underscores FOA's balanced performance in capturing relevant instances while maintaining high classification quality. FOA's superior results reflect its capacity to optimize feature selection, leading to enhanced model performance across various dataset splits. This improved performance suggests that FOA is a valuable tool for applications requiring precise and reliable feature extraction and classification, making it a strong candidate for adoption in practical scenarios involving complex datasets and classification tasks. The results advocate for further exploration and potential integration of FOA in advanced data science and machine learning applications.

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