Review on IoT in Smart Healthcare Monitoring Systems

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Abstract: *The Internet of Things (IoT) is a rapidly evolving technology that is revolutionizing how we interact with our surroundings by connecting physical objects and sensors to the internet [37, 37]. This paper provides a detailed examination of IoT's adoption in healthcare, which is a transformative shift from a traditional, reactive healthcare model to a proactive, continuous, and coordinated one [37, 37, 39]. The review focuses on specific sensor types and communication methods, highlighting their role in enabling real-world applications like remote patient monitoring, personalized treatment strategies, and streamlined healthcare delivery. The paper also delves into the challenges and limitations associated with this technology, such as data security, interoperability, and the need for standardized protocols. By addressing these issues, healthcare providers, policymakers, and researchers can collectively harness the full potential of IoT to improve patient care, optimize resource allocation, and enhance overall healthcare efficiency.[1].*

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