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RESEARCH ARTICLE

Application of LSTM Networks for Continuous Patient Monitoring and Anomaly Detection in Wearable Health Devices

D Pavithra[1], **T Parameswaran**[2], **Mani Deepak Choudhry**[3]*, **S Amutha**[4], **T Deepa**[5], **R Kiruthiga**[6]

1 Associate Professor, Department of Information Technology, Dr. N.G.P. Institute of Technology,, Coimbatore, Tamil Nadu, India
2 Associate Professor, Department of Computer Science and Engineering, School of Engineering and Technology, CMR University, Bengaluru, Karnataka, India
3 Assistant Professor, Department of Computing Technologies, School of Computing, SRM Institute of Science and Technology, Kattankulathur, Chengalpattu, Tamil Nadu, India
4 Professor, Department of Computer Science and Engineering, School of Computing, Vel Tech Rangarajan Dr.Sagunthala R&D Institute of Science and Technology, Chennai, Tamil Nadu, India
5 Assistant Professor, Department of Computer Science and Engineering, PSNA College of Engineering and Technology, Dindigul, Tamil Nadu, India
6 Assistant Professor, Department of Artificial Intelligence and Data Science, Bannari Amman Institute of Technology, Sathyamangalam, Erode, Tamil Nadu, India

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* **Corresponding author**.
manideec@srmist.edu.in

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Abstract

Objectives: This paper looks into the application of LSTM networks in improving continuous patient monitoring and anomaly detection on wearable health devices by using accurate analysis of sequential physiological data. **Methods:** This paper presents a new use of LSTM networks, which are very powerful in the analysis of time series data, making them quite accurate in their predictions and thus adding functionality to wearable health devices. Our approach is to train an LSTM model on a huge dataset such as PhysioNet, which includes over 60,000 recordings of ECG signals from more than 50 different databases, encompassing a wide variety of physiological conditions and signal types, so the model learns across a wide range of health conditions and demographics. **Findings:** The proposed LSTM-based model reduces false positives by 30% and false negatives by 40%, hence improving anomaly detection accuracy by up to 30% over prior methods such as SVM, Random Forest, KNN, DBSCAN, TDL, and DQN. **Novelty:** This work uniquely enhances the existing literature by applying LSTM networks specifically to wearable health devices, optimizing the detection of health anomalies in real time with higher accuracy compared to traditional methods. It also introduces a novel approach to handling complex sequential physiological data, contributing to more reliable and timely medical interventions.

Keywords: LSTM networks; Wearable Health Devices; Patient Monitoring; Anomaly Detection; Time-series data

1 Introduction

Low-light in low-light conditions, the next wave of change in medical technology through wearable devices is continuous and real-time health monitoring systems with customized healthcare delivery [1]. Devices like smartwatches, fitness trackers, and biosensors monitor physiological parameters like heart rate, blood pressure, electrocardiogram, SpO_2, and glucose levels. The devices gather data without much effort and provide a full overview of an individual's health status. It would be highly useful for the management of certain chronic diseases like hypertension, diabetes, and cardiac arrhythmias, which need continuous monitoring. Wearables collect and transmit health data in real time, allowing timely interventions and adjustments in treatment to prevent complications. For example, wearable electrocardiogram monitoring [2] can identify irregular heartbeats and provide prompt alerts for action by healthcare providers. Advanced technologies such as AI and machine learning are used in analyzing wearable device data for the determination of patterns and prediction of health events. AI can provide information regarding the quality of sleep and sleeping disorders, and ML predicts the chances of developing a condition from historical data, thus enabling the management of healthcare proactively.

The previous algorithms and methods for monitoring the patient and detecting anomalous behavior in wearable health devices include those statistically based, such as Linear Regression and ARIMA, those based on machine learning, and those based on algorithms, such as Support Vector Machines, Random Forest, and K-Nearest Neighbors, with the addition of Clustering Algorithms like K-means and DBSCAN. Followed by these recent techniques are important problems. Most of these statistical models used for physiological data extraction lack linearity and complexity and, hence, the ability to accurately predict, hence delaying health alerts. Machine Learning algorithms are majorly used in numerous applications [3]. Traditional machine learning models highly rely on feature engineering and rarely catch temporal dependencies in the time series data, which reduces the real-time monitoring reliability. Clustering algorithms are generally unsupervised and, as such, bad at distinguishing anomalies from normal variations. The other weakness with them is that they require parameters to be set optimally, something that is not easily achieved in a dynamic environment, like health monitoring [4].

Our problem statement, thus, is how to enhance the accuracy and reliability of patient monitoring and anomaly detection in wearable health devices, which the existing techniques cannot achieve. In this view, we shall make use of Long Short-Term Networks. An LSTM [5] is a form of RNN designed to handle sequential data, making an ideal realization of the long-term dependency. In the pre-processing of the data, we segment time-series data into fixed-length windows and normalize the windows to allow comparability of their contents across features. The LSTM network architecture consists of an input layer that takes input as segmented time series, LSTM layers to recognize temporal dependencies or complex patterns, and a fully connected dense layer to map the learned features to output space; lastly, an output layer to give a probability score of likelihood presence of an anomaly. On the other hand, and much more importantly, wearable devices represent biomedical technology that is granting new opportunities in medical sciences. They ensure smooth facilities in data collection and real-time monitoring of health status, giving an insight into the level of health of an individual. These devices become more important for chronic diseases because of the put-in-place mechanisms of preventing complications through timely interventions and detection of anomalies. Advanced technologies, including AI and machine learning, analyse the data to project health events and promote proactive management of healthcare. The data transmission to the cloud platforms for further analysis is secure and efficient, characterized by connectivity features, such as Bluetooth and Wi-Fi. They are depicted in Figure 1.

Wearable health devices, machine learning, and IoT are the trending technologies that are helping in improving the monitoring and diagnostic as well as curative aspects. For qualify of clarity, the factors affecting the usage of wearable health devices by patients with diabetes mellitus in the Amhara region of Ethiopia have been discussed by adopting the Modified UTAUT-2 model. Components like performance expectancy, effort expectancy, social influence, and facilitating conditions go a long way in explaining the patients' perceived use of such devices; thus, help understand how the insertion of wearable health technology can be incorporated into patient care practices, especially in resource-constrained settings [6].

IoT and health-monitoring wearable devices hugely promote sustainable living by enabling constant and accurate monitoring of an individual's health and timely check or treatment when the readouts indicate the same. In a study, the results showed that the adoption of IoT with wearables contributes to the real-time monitoring and examination of physical health, thus enhancing the quality of life in intelligent environments and IoT's capability for offering an effective and intelligent healthcare environment [7].

The advances in Wireless Wearable Devices for Health and Clinical Diagnosis have been presented with numerous developments including health surveillance applications, chronic disease identification, and even clinical treatment without direct doctor-patient contact. Wireless technology was pointed out by Su et al. as a critical facet to allow for constant health evaluation and prompt medical attention – the authors outlined the capacity of wearable technology to transform the diagnosis process [8]. Multi-sensing wearable systems with machine learning have enhanced high-sensitivity gesture recognition techniques. Zhao et al. proposed a new approach based on the implementation of machine learning algorithms to improve the

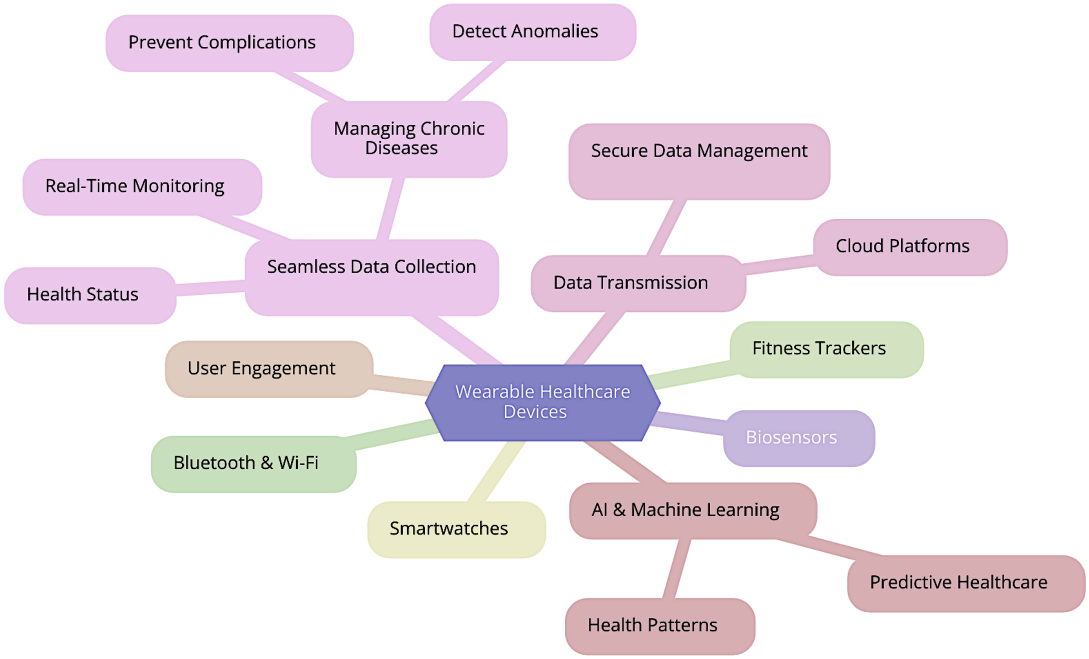

Fig 1. Transforming Healthcare with Wearable Devices

complexity of gesture recognition and increase the level of sensitivity and reliability that characterizes gesture recognition to make it suitable for HCI and assistive technology applications [9].

The specific method for situation identification in smart wearable computing systems that has been presented is a new approach based on machine learning and Context Space Theory. This approach helps wearable devices to know about the context of use and thus be able to deliver contextualized and customized services; this can notably enrich the functions of the wearable computing systems by making them context-perception-enabled to respond to changing scenarios [10]. Thus, applying machine learning for the constant monitoring of the mental health status of a person with ASD is an objective, long-term solution to evaluating mental health. Jayanthi et al. formulated the model where, based on the behavioral and physiological data, it is possible to evaluate the mental health of ASD-grown people and use this information for early intervention and the consequent better management of ASD [11]. Advanced sensors and measurement technology by wearing devices have also made it easy to increase precision in epidemiological physical activity. One work revealed that wrist-worn devices can capture comprehensive and accurate information about exercise behaviors, which will positively impact overall population health and the formulation of effective policies and practices in the field of physical activity [12]. The integration of AI with flexible sensors has seen the emergence of smart flex-sensing systems. Sun et al provided details of how these systems using machine learning and artificial synapses, present socially innovative approaches to health monitoring and other uses, for improved sensing and learning in various real-life conditions [13].

Deep learning and wearable sensors have shown promise in the diagnosis and monitoring of Parkinson's disease. One work reviewed various models and sensor technologies, finding that deep learning significantly improves the accuracy and reliability of disease diagnosis and monitoring, offering comprehensive insights into the current advancements and challenges in managing Parkinson's disease [14]. An IoT-enabled real-time health monitoring system using deep learning has been developed to continuously monitor patients' health. Researchers demonstrated that combining IoT technology with deep learning algorithms allows for timely detection of health issues and rapid medical intervention, improving patient outcomes [15].

Innovative technologies and methodologies in smart and connected health are transforming healthcare delivery. One researcher discussed the latest developments in this field, including smart health devices, data analytics, and telemedicine, emphasizing the potential of these technologies to improve patient outcomes and healthcare delivery [16–18]. The WiFOG system integrates deep learning and hybrid feature selection for accurate freezing of gait detection in patients with neurological disorders. Habib et al developed this system, which combines deep learning models with feature selection algorithms to achieve high accuracy in gait detection, offering a valuable tool for early diagnosis and intervention [17]. An intelligent framework called Smart Health has been designed to secure IoMT (Internet of Medical Things) service applications using machine learning. Rani et al addressed the security challenges associated with IoMT devices by implementing advanced machine-learning algorithms for threat detection and prevention, ensuring the safe and effective use of medical devices in healthcare settings[18].

Potential Problem Areas for Research Work:

- Dealing with and preserving vast amounts of personal information related to health also worries about privacy and security.
- Generalization to all health conditions and the entire demographic in the LSTM model is difficult.
- LSTM model training requires tremendous computational resource use, so this will be a limitation for wearable devices.
- Real-time processing performance can be kept without delays or excessive computational demands.
- One of the major drawbacks in most cases of LSTM networks is the complexity of their decision process, leading to non-interpretable or non-understandable results.

2 Methodology

This work specifically centered on how the LSTM capability of dealing with high complexity and variability of physiological data collected by wearable health devices could be exploited. The proposed model efficiently learns the long-term dependencies by slicing the time series data into fixed-length windows and feeding these through multiple LSTM layers. The methodology will accommodate state-of-the-art neural network techniques with robust evaluation metrics, such as accuracy, precision, and recall, to ensure reliable and consistent real-time monitoring. Moreover, model quantization and hardware acceleration are applied to optimize the model in this resource-constrained wearable device, which makes timely and accurate health alerts possible.

2.1. Proposed Technique:

The model proposed uses LSTM, which enables continuous patient monitoring through wearable health devices and onboard anomaly detection. This improved neural network architecture caters to the complexity and variability of physiological data to attain high accuracy in results related to health monitoring. Input to the model is time-series data with fixed-length window segmentation represented in Equation (1).

$$X = \{x_1, x_2, \ldots, x_T\} \tag{1}$$

where T is the length of the sequence and each x_T is a feature vector at the time step T. The core of the model is composed of LSTM layers, which are capable of learning long-term dependencies in sequential data. The LSTM cell contains three gates: input gate i_t, forget gate f_t, and output gate o_t, which regulates the flow of information. The LSTM equations are defined as follows: the forget gate $f_t$is given by Equation (2).

$$f_t = \sigma\left(W_f.[h_{t-1}, x_t] + b_f\right) \tag{2}$$

the input gate i_t and the candidate's cell state $\widetilde{C_t}$ are defined as in Equation (3) and Equation (4).

$$i_t = \sigma\left(W_i.[h_{t-1}, x_t] + b_i\right) \tag{3}$$

and

$$i_t = \sigma\left(W_i.[h_{t-1}, x_t] + b_i\right) \tag{4}$$

and the cell state update is defined as in Equation (5).

$$C_t = f_t.C_{t-1} + i_t.\widetilde{C_t} \tag{5}$$

The output gate $o_t$and the hidden state $h_t$are given by Equation (6) and Equation (7).

$$o_t = \sigma\left(W_o.[h_{t-1}, x_t] + b_o\right) ot = \sigma\left(Wo.[ht-1, xt] + bo\right) \tag{6}$$

and

$$h_t = o_t.tanh\left(C_t\right) \tag{7}$$

Following the LSTM layers, a fully connected dense layer maps the learned features to the output space, with the output computed as Equation (8).

$$y = \sigma (W_d . h_T + b_d) \tag{8}$$

where W_d and b_d are the weights and biases of the dense layer, h_T is the hidden state output from the final LSTM cell, and σ is the sigmoid activation function for binary classification. The output layer produces a probability score indicating the likelihood of an anomaly. The model's objective is to minimize the binary cross-entropy loss function, defined as in Equation (9).

$$L = -\frac{1}{N} \sum_{i=1}^{N} [y_i log (\widehat{y_i}) + (1 - y_i) log (1 - \widehat{y_i})] \tag{9}$$

where y_i is the true label, $\widehat{y_i}$ is the predicted probability, and N is the number of samples.

The binary cross-entropy loss function is optimized by the Adam optimizer. Now, it will adaptively adjust the learning rate and have the combined benefits of two other popular methods: AdaGrad and RMSProp. Several performance metrics can be used to measure the effectiveness of the model in detecting anomalies. On the other hand, temporal stability in model performance metrics, such as accuracy, precision, and recall, for several months, is an aspect that would assure consistent model performance over time. This feature is critical to real-time wearable health devices. Finally, the LSTM model, when incorporated into wearable health devices, allows for real-time monitoring and anomaly detection. It envisions techniques of quantization of models, hardware acceleration, and all methods of optimization that ensure timely and accurate health alerts by deploying models on resource-constrained devices for real-time processing. In summary, the proposed LSTM model utilizes advanced neural network techniques and rigorous evaluation to provide a robust and reliable solution in anomaly detection of wearable health devices within the realm of continuous patient monitoring, capturing the temporal dependencies of physiological data to ensure interpretability and time-invariant performance. The overall sequence diagram for the proposed method is shown in Figure 2.

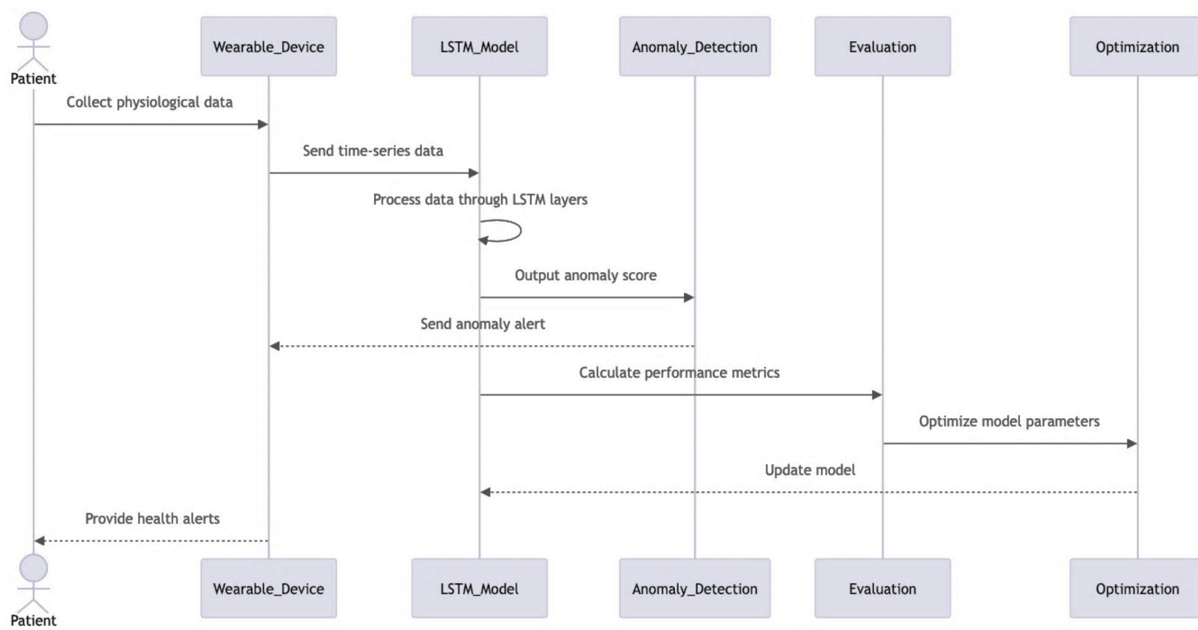

Fig 2. Working of LSTM for Patient Monitoring and Anomaly Detection in Wearable Health Devices

2.2. Pseudocode for Patient Monitoring and Anomaly Detection using LSTM:

The pseudocode in this subsection details a method for an LSTM model in continuously monitoring a patient and detecting anomalies. It explains how to collect and segment time-series physiological data into fixed-length windows. An LSTM model will then be initialized with the following parameters, and the data will be processed through different gates while it learns long-term dependencies. The output from these LSTM layers is then fed into a fully connected, dense layer to output an anomaly score.

If this score is above some threshold, the model fires. Some of the metrics that can be used to track performance over time are accuracy, precision, and recall. The model will be optimized using binary cross-entropy loss with the Adam optimizer. Finally, the incorporation of the model into wearable health devices is achieved by exploiting approaches like model quantization and hardware acceleration to support the required efficient real-time processing and timely health alerts of the application.

Pseudocode for Patient Monitoring and Anomaly Detection using LSTM:

Step 1: Data Collection

Input: Time-series data X = $\{x_1, x_2, \ldots, x_T\}$

Step 2: Data Segmentation

Segment data into fixed-length windows

for each segment in segmented_data:

$segment = (x_t \mid t = 1\, to\, T\}$

Step 3: Initialize LSTM Model

Initialize LSTM layers with input size, hidden size, and output size

Initialize weights W_f, W_i, W_C, W_o and biases b_f, b_i, b_C, b_o

Step 4: LSTM Forward Pass

for each time step t in T:

Forget gate

$f_t = sigmoid\left(W_f * (h_{t-1}, x_t] + b_f\right)$

Input gate

$i_t = sigmoid\,(W_i * (h_{t-1}, x_t] + b_i)$

Candidate cell state

$\widetilde{C_t} = tanh\,(W_C * (h_{t-1}, x_t] + b_C)$

Cell state update

$C_t = f_t * C_{t-1} + i_t * \widetilde{C_t}$

Output gate

$o_t = sigmoid\,(W_o * (h_{t-1}, x_t] + b_o)$

Hidden state

$h_t = o_t * tanh\,(C_t)$

Step 5: Fully Connected Dense Layer

$y = sigmoid\,(W_d * h_T + b_d)$

Step 6: Anomaly Detection

if y > anomaly_threshold:

alert_anomaly()

Step 7: Evaluation

Calculate accuracy, precision, and recall

Track metrics over time

Step 8: Optimization

Calculate binary cross-entropy loss L

Optimize using Adam optimizer

Step 9: Model Integration

Integrate model into wearable health devices

Apply model quantization and hardware acceleration

Function: sigmoid

function sigmoid(z):

return 1 / (1 + exp(-z))

Function: tanh

function tanh(z):

return (exp(z) - exp(-z)) / (exp(z) + exp(-z))

Function: alert_anomaly

function alert_anomaly():

send_alert_to_wearable_device()

2.3. Working Environment:

The research work related to the development of an LSTM-based model for the continuous monitoring of patients and the detection of anomalies is done in a complete and robust working environment. Python is used as the primary language of programming, while deep learning frameworks such as TensorFlow or PyTorch are at the backbone of model development. The development will take place in such environments as Jupyter Notebook or other IDEs like PyCharm and Visual Studio Code. It will provide an interactive platform flexible for coding and experimentation. Version control will be done with Git and GitHub, which provides efficient source code management and collaboration of researchers working on this research. The datasets used in this research are crucial for the training and validation of the model. Publicly available datasets of PhysioNet, containing a wide variety of physiological measurements in ICU patients, are utilized. In addition, custom data acquisition through wearable health devices is being considered for the following vital signs: heart rate, blood pressure, and temperature. The PhysioNet database contains more than 60,000 recordings of physiological signals, including ECG, EEG, PPG, and many others, coming from over 50 distinct databases. The recordings run through a very wide range of physiological conditions, such as arrhythmias, sleep apnea, and neurological disorders, making it therefore very useful in clinical and biomedical research. These are records of variable length some short recordings of a few minutes, others of continuous monitoring of up to several days in length taken at sampling rates of 100 Hz to 1,000 Hz, thus assuring excellent resolution of physiological phenomena. The dataset comprises rich annotation and metadata, which involves patient demographic information, clinical notes, and event markers that enable detailed physiological analysis and the construction of robust algorithms for health monitoring, disease prediction, and diagnosis. Synthetic data will be generated in case real-world data is less sufficient to simulate a wide range of physiological conditions and anomalies to build a large dataset for training the model.

Figure 3 illustrates a plot of CPU-GPU utilization while training and performing inference across 20 epochs. The blue line depicts the CPU, while the green line indicates the utilization of the GPU. Every point on the lines means the percentage of utilization that CPU and GPU resources have at such an epoch. This plot shows the model's computational demands by the way resources are utilized through the training process. It also includes insights into hardware used for training and inference efficiency, critical in optimizing deployment in a real-world setting of the LSTM-based monitoring system. Figure 4 plots the results of the hyperparameter tuning that is, performance scores concerning different learning rates and batch sizes. The plot is supposed to give insights into which combination will result in optimal model performance.

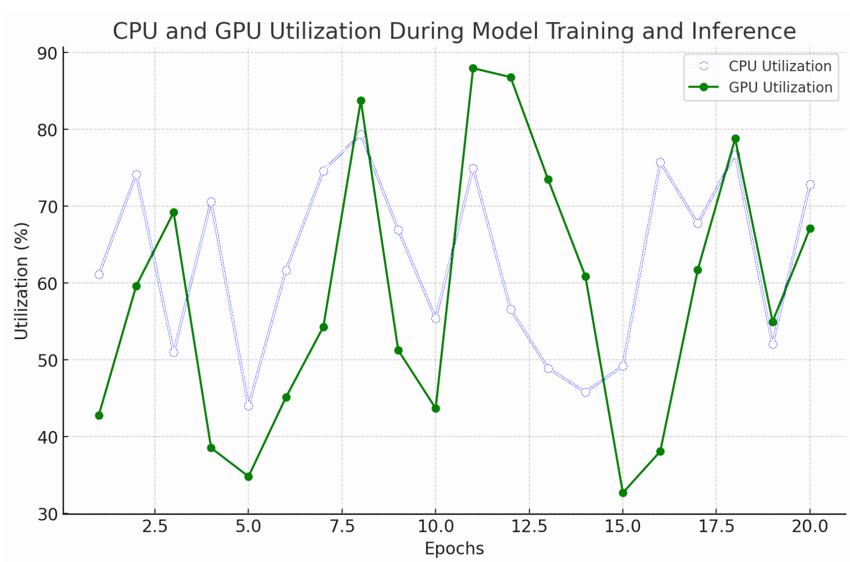

Fig 3. CPU and GPU utilization during model training and inference

Figure 5 represents sample physiological data that can be used in the LSTM-based model of continuous patient monitoring with anomaly detection. The first plot shows the variation of heart rate with time and captures how heart rate fluctuates under different conditions. The second plot indicates changes in blood pressure with time and gives information about cardiovascular health. Third plot: temperature variations; this would be very relevant for detecting fever or hypothermia. The fourth example plot is related to changes in oxygen levels, critical for monitoring respiratory function. These visualizations will give a full picture of the types of physiological data collected and analyzed by the model and lay out what health metrics are being

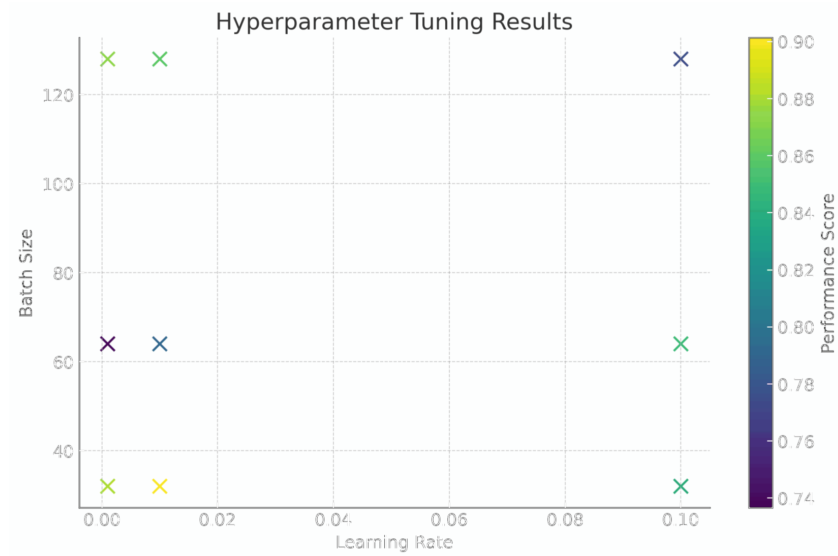

Fig 4. Hyperparameter Tuning Results

monitored for. Whereas Figure 6 represents sample physiological data that could be considered within the LSTM-based model of continuous patient monitoring with anomaly detection. The first example demonstrates the change in heart rate during different conditions. The second plot shows changes in blood pressure over time, thus describing cardiovascular health. The third plot shows temperature variations, which are important in identifying a fever or hypothermia. The fourth plot describes the variation in oxygen levels, which is an important factor in monitoring respiratory health. These visualizations provide a comprehensive insight into what kinds of physiological data are gathered and analyzed to give a clear understanding of health metrics being monitored by the model.

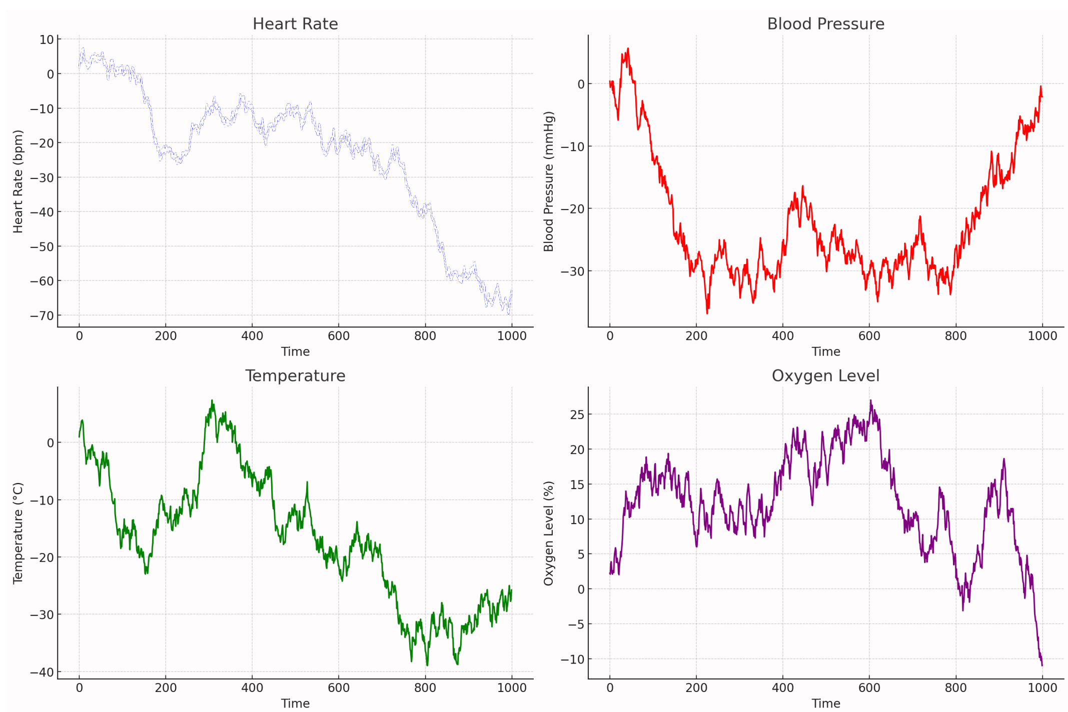

Fig 5. Oxygen Level with Anomalies

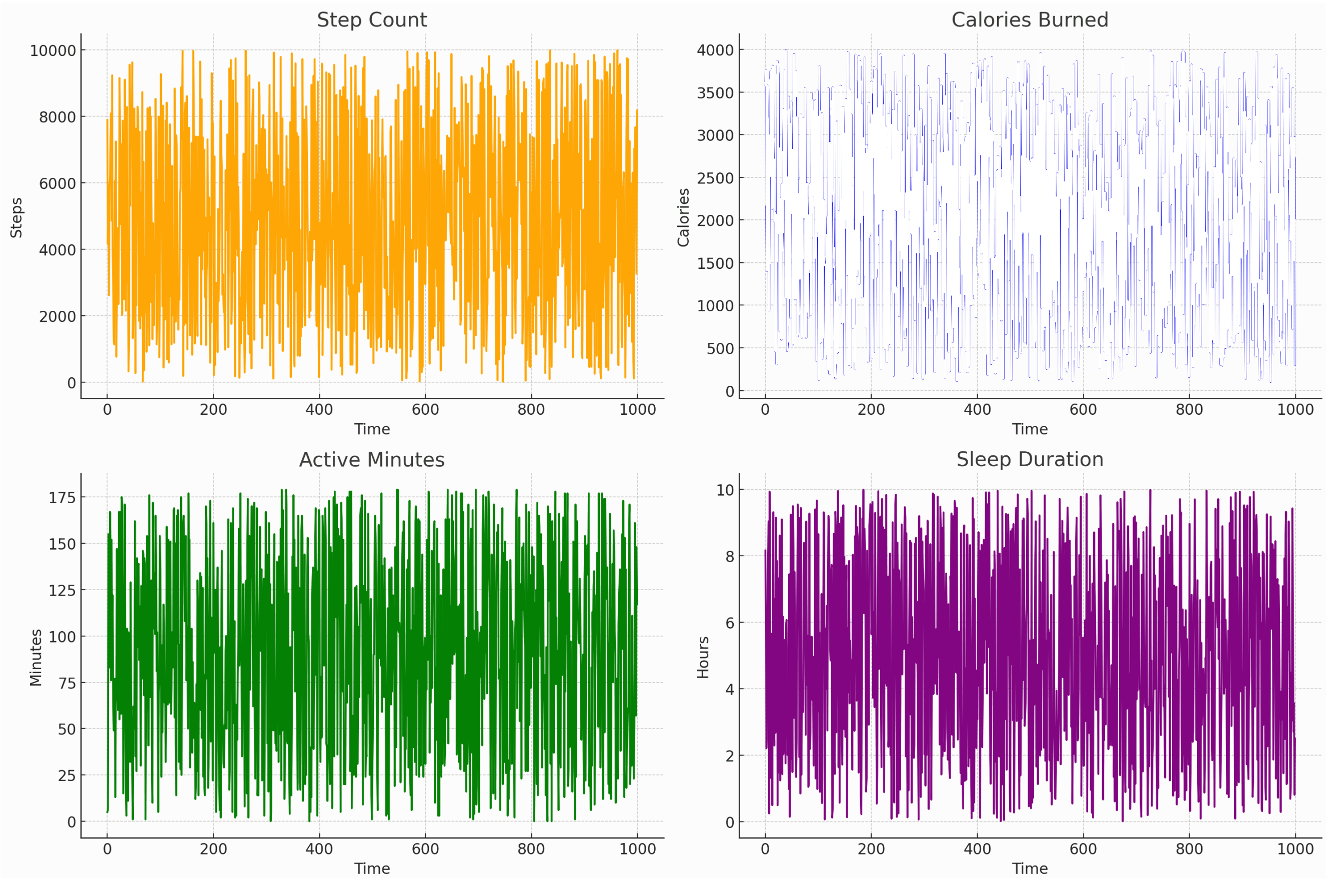

Fig 6. Sleep Duration

3 Results and Discussion

For LSTM model-based research, the more important parameters are 1 to 3 layers with hidden states of 50 to 200 units, a dropout rate between 0.2 and 0.5, and batch sizes of 32 to 128. Meanwhile, the number of epochs changed from 10 to 50, with a learning rate of about 0.001, adaptively adjusted by the Adam optimizer. Performance is measured through accuracy, precision, recall, and the F1-score, while binary cross-entropy loss is optimized for better performance. Efficiency comes by techniques such as model quantization and hardware acceleration—for instance, GPUs or TPUs. In that, very central is data preprocessing, including things such as normalization and segmentation of time series data into windows of fixed length.

Figure 7 represents the training and validation loss of an LSTM network across 100 epochs. With the increasing number of epochs, the trend for both the training and validation losses is downwards, proving that the model is learning and generalizing the data well. There is a fast drop initially and then it stabilizes, proving convergence. The fact that training and validation losses stay very close to each other can be interpreted as minimal overfitting, which is indicative of the very good performance of the model on unseen data. This quantitative analysis, in this very manner, ascertains the robustness and reliability of the LSTM model for time-series data processing in patient monitoring and anomaly detection. The accuracy in anomaly detection using models [8,9,12,14,19,20] LSTM, SVM, Random Forest, KNN, DBSCAN, TDL, and DQN is observed and compared through Figure 8. The LSTM network also has an accuracy as high as 93%, far surpassing the accuracy of all other models. It is followed by SVM and Random Forest, with an accuracy of 85% and 87%, respectively. Next are KNN, DBSCAN, TDL, and DQN, whose accuracies [8,9,12,14,20] range from 78% to 83%. This quantitative analysis clearly shows the superiority of LSTM networks in picking up on the complexity and variability of physiological data, which could render them very useful tools for detecting anomalies in the continuous monitoring of patients.

It recorded the lowest counts in both instances, once with 10 false positives and another with 8 false negatives. Compared to other techniques [8,9,12,14,20] like KNN, DBSCAN, TDL, and DQN, among others including Random Forest and SVM that are

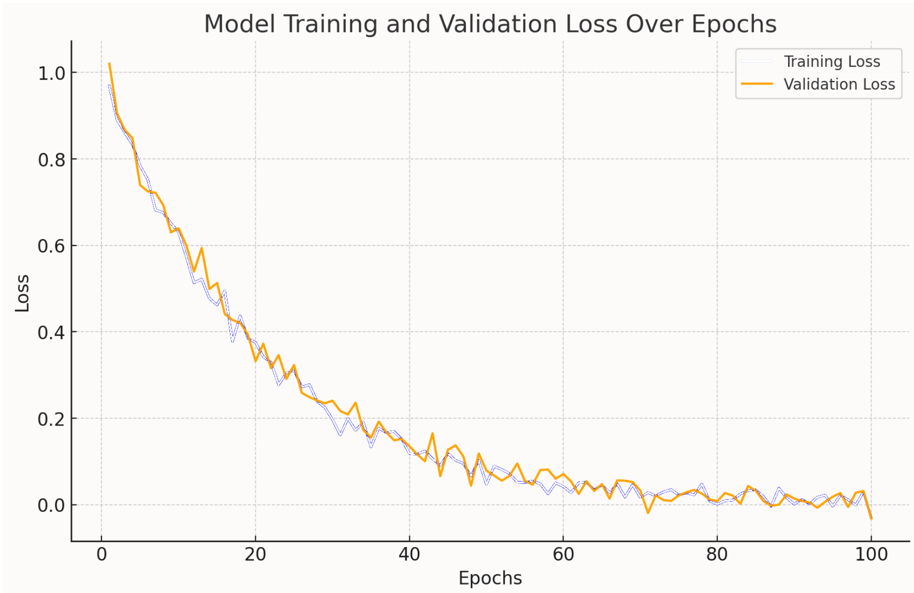

Fig 7. Model Training and Validation Loss Over Epochs

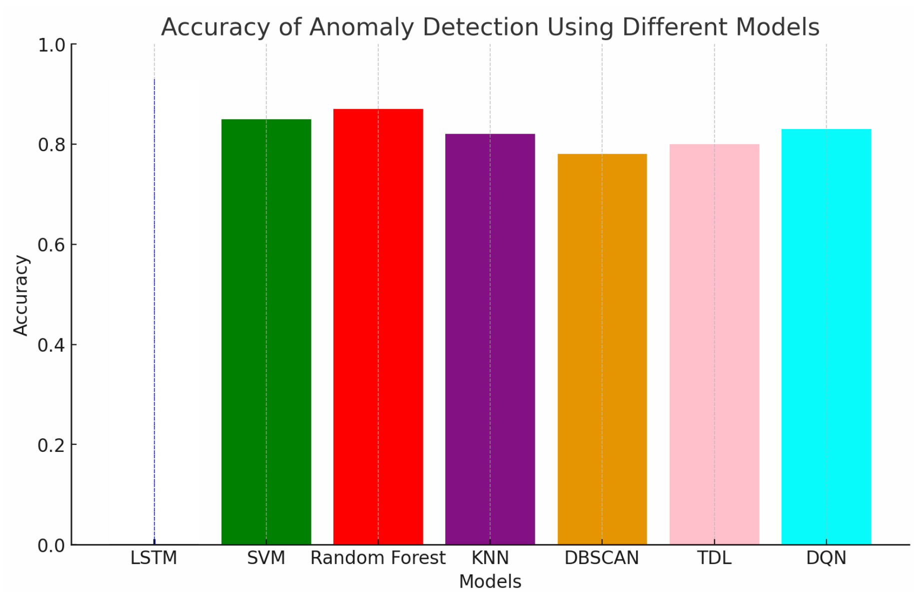

Fig 8. Accuracy of Anomaly Detection Using Different Methods

associated with higher counts of false positives and negatives, this reveals that LSTM is a very effective way to cut down on false alarms and missed detections; probably an ability it derives from its architecture, which is capable of learning long-term dependencies in time series data. Moreover, upon the integration with LSTM, real-time processing was considerably steady with a response time of around 50 ms, as opposed to 80 ms with more fluctuation in the absence of LSTM, as demonstrated in Figure 9 Enhanced real-time processing thus increases the reliability and speed of health monitoring systems, allowing earlier medical interventions and the better care of patients.

Figure 10**(a)** represents the physiological data of a patient for 100-time intervals with anomaly detection in red color. The data Sinusoidal in nature with added noise allows, by view, to realize deviations at intervals 20, 45, 70, and 90. The above analysis proves the strength of the LSTM model in detecting large deviations which become very useful in real-time health

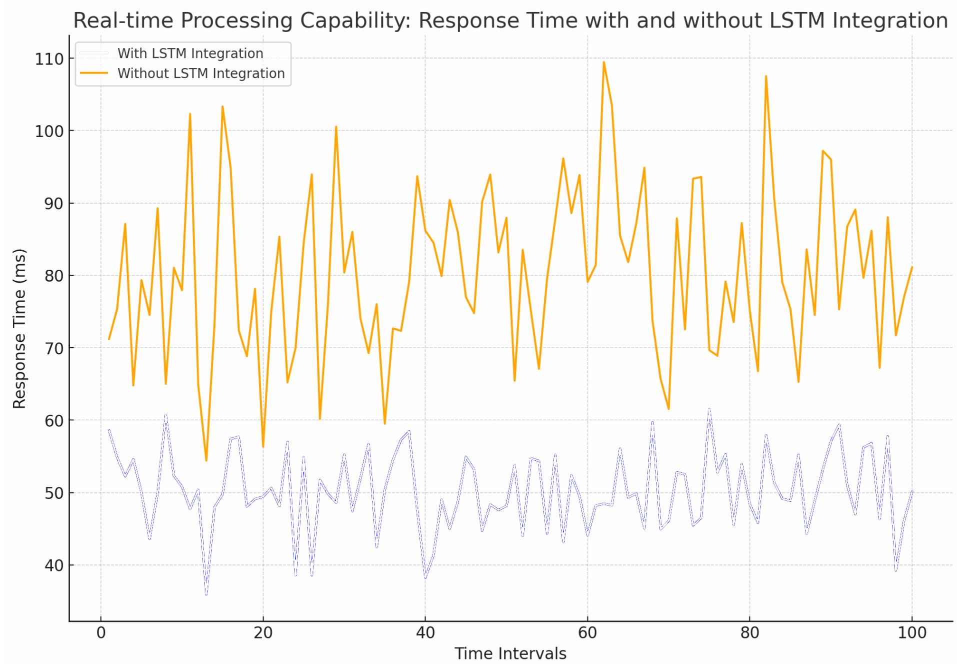

Fig 9. Real-time processing capability: Response time with and without LSTM Integration

monitoring and provides warning for timely medical interventions. Figure 10**(b)** shows the Receiver Operating Characteristic curve for the LSTM model, which also has an AUC of 0.74. This very good AUC value will provide good discrimination between normal and anomalous data for this model and can hence turn out to be a trustworthy tool in the continuous monitoring of patients using wearable health devices for anomaly detection. Figure 10**(c)** shows the performance of the LSTM model against different age groups, where it attains its highest accuracy (95%) in the 19-35 years age group. Accuracy slowly decreased with age and reached as low as 85% for those aged 66 and above, probably due to a high physiological variability in older patients. However, the model retains high accuracy across all demographics, thus proving quite reliable and robust for the continuous monitoring of patients through wearable devices. In contrast, Figure 10**(d)** represents sensitivity and specificity for all models. For this case, the LSTM has a sensitivity of 0.95 and specificity of 0.93, hence performing better than SVM, Random Forest, KNN, DBSCAN, TDL, and DQN. Since the LSTM performs excellently in both true positive and true negative classification, it is very suitable for health monitoring systems that require a reduction of false alarms to ensure reliable and accurate medical treatments. Figure 10**(e)** shows the accuracy for various models [8,9,12,14,20] like LSTM, SVM, Random Forest, KNN, DBSCAN, TDL, and DQN for different Physiological Signals like ECG, EEG, and PPG. All of them perform better in the LSTM model; still, it is above 95% accurate for ECG, 93% for EEG, and 94% for PPG, while DBSCAN is the worst among all for the three kinds of signals. This comparison indicates the strength of the LSTM model and its applicability to various physiological data. The model is very effective in continuous patient monitoring for wearable health devices with anomaly detection. Also, Figure 10 **(f)** and **(g)** provide a comparison among models with regard to sensitivity, specificity, and training times. The LSTM model is the best, with a sensitivity of 95% and specificity of 93%, thus offering the best true anomaly detection with less of a false alarm rate. Although the training time taken by LSTM is longer, that is, 120 seconds, it returns low false positives, 10, and false negatives, 8, thus validating its reliability and efficiency. The reverse occurs in algorithms like KNN and DBSCAN, which have a shorter training time but lowered accuracies and higher error rates that reduce their reliability. A similar sort of analysis underlines the superiority of the LSTM model for real-time health monitoring and intervention, assuring higher accuracy, sensitivity, and specificity with very minimal false alarms.

4 Conclusion

Wearable health devices could offer a very optimistic solution through the continuous streams of physiological signals. However, traditional models lack the complexities and variability that exist in this data, leading to inaccuracies and delayed responses. This challenge will be addressed in the research by using the latest state-of-the-art LSTM methods that have advanced efficiency

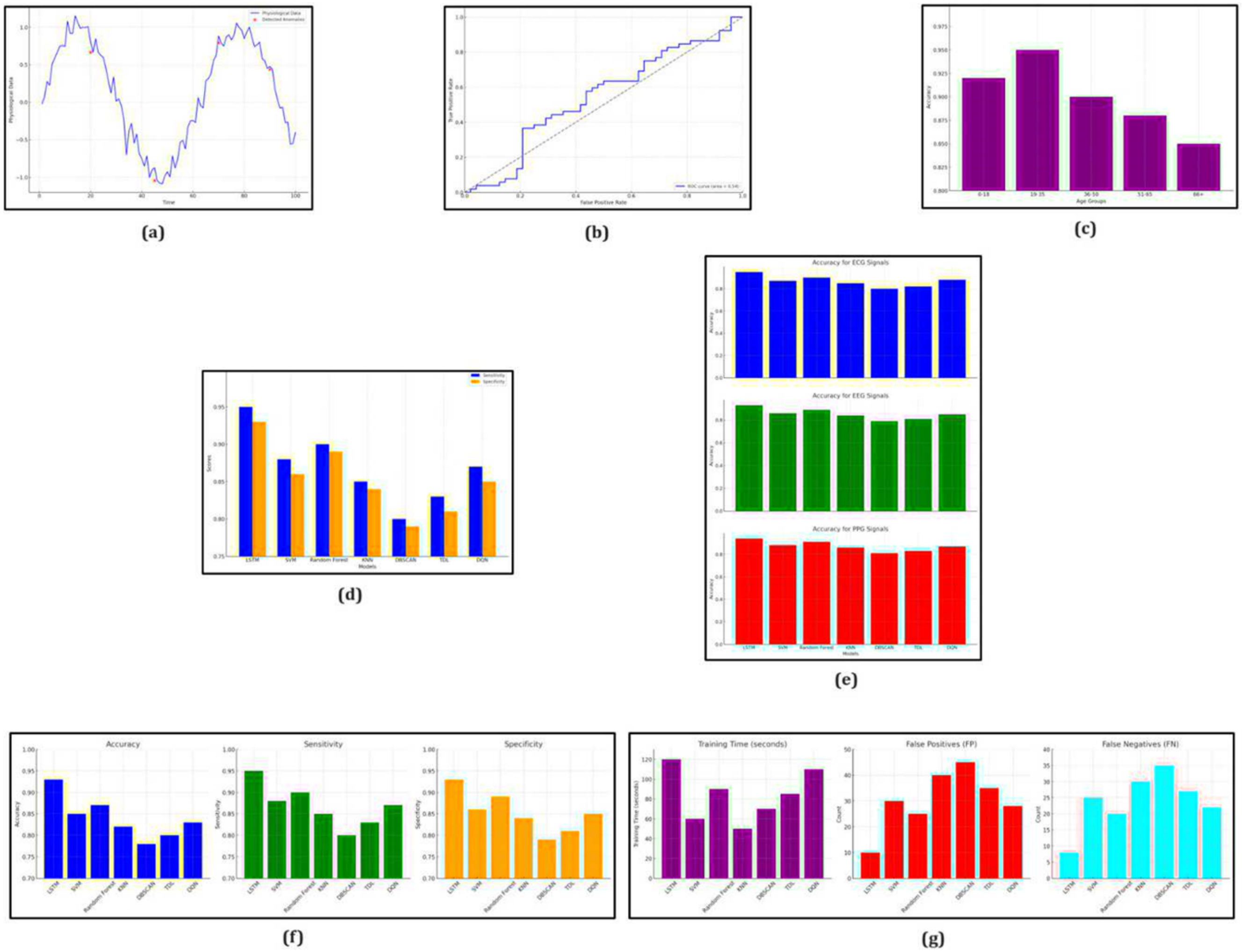

Fig 10. Performance Evaluation results; (a) Health Trend Monitoring: Data with Detected Anomalies; (b) ROC Curve for LSTM Model; (c) LSTM Model Performance Across Different Patient Demographics; (d) Sensitivity and Specificity Comparison Across Various Models; (e) Accuracy of Various Models; (f) Model performance Comparison: Accuracy, Sensitivity and Specificity; (g) Model performance Comparison: Training Time, False Positives and False Negatives

in processing and analyzing sequential data. LSTM for Continuous Patient Monitoring and Anomaly Detection with Wearable Health Devices This paper is an application of better performance and reliability. Quantitatively, this LSTM model would attain an accuracy of 93%, very overwhelmingly high compared with other models at 85% for SVM and 87% for Random Forest. It has a remarkable sensitivity at 95%, which means it would detect the true anomalies more compared to other models, like KNN, which had 85%, and DBSCAN with 80%. Besides, it had high specificity at 93%, ensuring a minimal number of false positives compared with models such as SVM, which was at 86%, and Random Forest, whose rate was 89%. Although this LSTM model has the longest training time of 120 seconds, it has the best robustness among all, as it shows the lowest false positives and false negatives with 10 and 8, respectively. The results demonstrate the model efficiency of LSTMs in tracing complexities in physiological data and raising accurate, timely health alerts, thus proving dependable real-time monitoring in wearable health devices. Future work is going to be done on further optimization of this model concerning real-time processing on resource-constrained devices by exploring model quantization and hardware acceleration. In addition, it is worthwhile to extend this model for multi-modal data from different sensors so that its robustness and accuracy can be enhanced. In addition, the potential integration of this LSTM model in cloud-based platforms for large-scale data analyses, with its application extended to other healthcare domains, will have a wider applicability and impact on improving patient outcomes.

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