Original Article

Communication Technologies And Difficulties On 6g Networks For The Internet: Iot- Based Personalized Healthcare

[1]Thayyaba Khatoon Mohammed, [2]Dr. Mallikarjuna Reddy Chinthaparthi, [3]R.PRIYANKA, [4]Mrs. E. Krishnaveni Reddy

[1]Professor & Head, Artificial Intelligence and Machine Learning School of Engineering, Malla Reddy University, Maisammaguda, Dulapally, Hyderabad, Telangana 500100 E-mail ID – thayyaba.khatoon16@gmail.com Orchid id-0000-0002-8109-3610

[2]Dean, School of Allied Health Sciences, Malla Reddy University Maisammaguda, Dulapally, Hyderabad, Telangana 500100 E-mail ID – cpmreddy@gmail.com Orchid id-0000-0002-4827-5754

[3]ASSISTANT PROFESSOR, EEE, S.A ENGINEERING COLLEGE VEERARAGAVAPURAM, CHENNAI-77 E-mail ID -priyankar@saec.ac.in Orchid id-0000-0001-9203-7393

[4]Associate Professor Sridevi Women's Engineering College Vattinagulapally, Gandipet, Hyderabad, Telangana 500075 E-mail ID – ekrishnavenireddy@gmail.com Orchid id-0000-0001-6117-4184

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Abstract

The Internet of Things (IoT) is an intriguing technology that has the ability to change and connect the entire world by combining disparate smart devices in a seamless manner. A variety of upcoming IoT standards are being developed to address this issue. The sixth-generation (6G) has the ability to solve the inadequacies of previous cellular standards while simultaneously serving as a key enabler for future IoT. This article provides a thorough examination of developing and supporting technologies, with a particular focus on 6G mobile networks, which are expected to manage large traffic surges and enable the Internet of Things. The Internet of Things (IoT) aims to enable data sharing between systems all over the world via sophisticated communication technologies. IoT-based solutions are no longer a pipe dream, thanks to recent technological breakthroughs. In today's digital environment, IoT will provide a range of benefits, some of which may be revolutionary. Customized and linked healthcare is one of the promising sectors to witness the benefits of IoT in the future. Finally, the report identifies major open research challenges and dilemmas, particularly as they pertain to future healthcare systems based on IoT.

keywords: Long-Term Evolution, Machine-Type Communications, 6G New Radio, Internet of Things, network communication technologies, customised healthcare, wearable sensors, standards, and challenges used to describe the Internet of Things.

1. INTRODUCTION

The Internet of Things (IoT) is a cutting-edge technology that has the potential to transform the world by connecting physical objects. Low-power devices that connect with one another through the Internet are referred to as IoT. According to [2] a seamless communication medium can do this.

The question is whether the sixth-generation (6G) mobile network will be able to meet all of the IoT's requirements. In [3], the authors explored radio resource allocation constraints linked to large Machine-Type Devices and proposed solutions, while taking into account major challenges existing. The authors of [4] examine upcoming 6G technologies to enable global IoT in depth, taking into account both standards and technical scenarios, as well as a commercial outlook for a globally deployed ecosystem. The authors released a survey on M2M communications topologies, as well as related technologies, protocols, and the development of IoT applications, in [5].

In addition, older people can be managed remotely, which reduces the number of hospital visits. Patients, clinicians, and medical professionals could benefit from personalised and connected health in a variety of ways [16]. Patients benefit as well because they receive treatment right away. Furthermore, connected health benefits the elderly rather than having to stay in a hospital for long periods of time, which can be depressing.
In the future, personalised healthcare could enable diagnoses, early detection, and illness prevention in addition to remote monitoring and tracking [1]. Such healthcare settings and applications could benefit from solutions based on an IoT architecture.

2. IOT HEALTHCARE APPLICATIONS ON THE RISE

Given recent advancements in ubiquitous computing, a myriad of IoT applications for a range of places are now available, all of which are expected to improve and expand the end-user community's quality of life. Digital technology is rapidly being more widely used in healthcare, whether for monitoring, prediction, treatment, or getting and keeping fit [11]. 6G wireless networks provide better overall performance (throughput, latency, and dependability), allowing for a new generation of healthcare applications such as remote health monitoring and video consulting.

The parts that follow go into healthcare situations and highlight the limitations that demand the development of new telecommunication technologies that will be covered under the 6G umbrella. Intelligent health-care The Internet of Things is expected to have a major impact and influence on the medical and healthcare sectors.

IBM used RFID technology at the OhioHealth hospital in recent research to track hand washing after patients were diagnosed [7], which in the majority of patients leads to a significant risk of death. Because the characteristics of different applications differ, as can be seen from the preceding explanations. Table I highlight and summarises the variances in requirements for distinct applications. Although, as previously said, the Internet of Things (IoT) spans a wide range of applications with varying requirements [14]. Depending on the data rate or delay, various applications require different reporting times. Industrial applications, such as home alarms, may require far more frequent updates (every few seconds) than applications in areas like smart cities, which may only require daily updates [15].

ECG data acquired using Holter-like devices can also be utilised to assist patients with cardiovascular disease. Because of the recent introduction of smart watches is becoming increasingly popular. The common types of sensors used in WBAN applications, as well as the data rates associated with them; this determines the WBAN application's baseline needs. As can be seen, audio and video-based monitoring and sensing are becoming more prevalent; but, as will be discussed later, only next-generation wireless communication will enable widespread deployment.

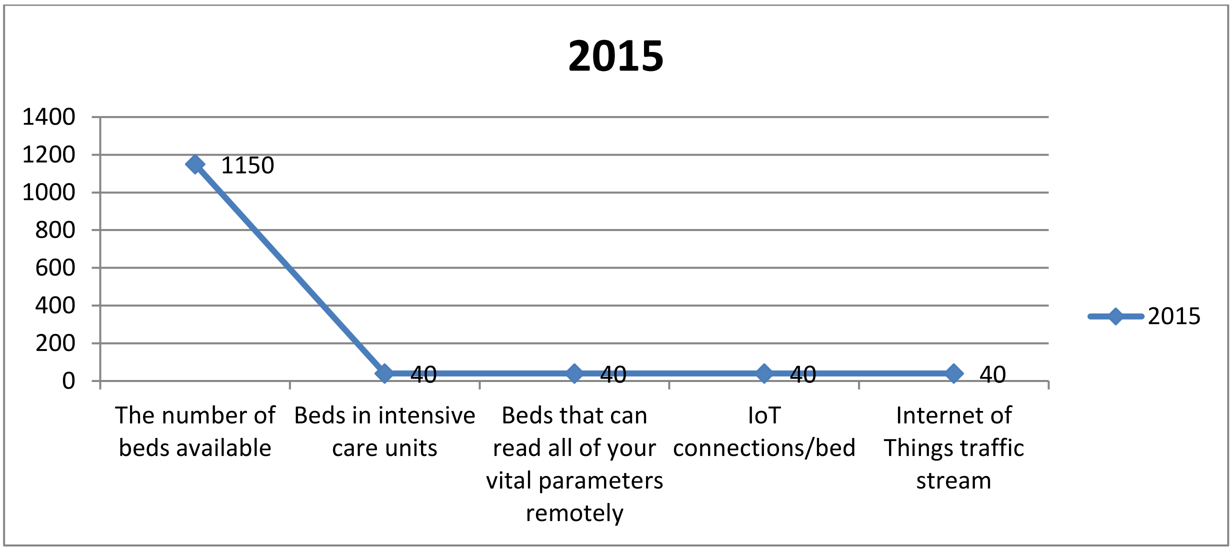
Tomorrow: As a result of breakthroughs in materials, physics, chemistry, biology, and electronics, as well as the convergence of these domains, sensor technology is fast developing [9]. These developments enable the creation of novel sensor types as well as the miniaturisation of current ones. Sensor technological advancements rely heavily on components. Today's sensors have a variety of drawbacks and the potential for failure. The table 1 below, show present and expected peak network traffic at a Tamil Nadu University Hospital.

TABLE 1 PRESENT AND EXPECTED PEAK NETWORK TRAFFIC AT A TAMIL NADU UNIVERSITY HOSPITAL.

Peak traffic	2015	2025	2035
The number of beds available	1150	1020	1009
Beds in intensive care units	40	81	103

Beds that can read all of your vital parameters remotely	40	81	103
Internet of Things connections/ bed	40	12	25
Internet of Things traffic stream	40	10	80
Total peak traffic	<100	ca. 500 Mbps	ca. 600 Mbps

FIGURE 1 EXISTING PEAK NETWORK TRAFFIC IN 2015



The instrument component that came into touch with the body fluid sample is discarded after each use, device with internal component dimensions and power supply constraints. Furthermore, because the construction must be disposable, the structural materials that can be used are limited. Figure 1 shows the existing peak network traffic from 2015 whereas the figure 2 and 3 shows the estimated peak network traffic in 2025 and in 2035. New LoC devices may transmit findings wirelessly, increasing the data rate and bandwidth demands on communication networks. Pathogen detection tests are meant to be used only once and to place fewer loads on data transmission networks.

FIGURE 2 PROJECTED PEAK NETWORK TRAFFIC IN 2025

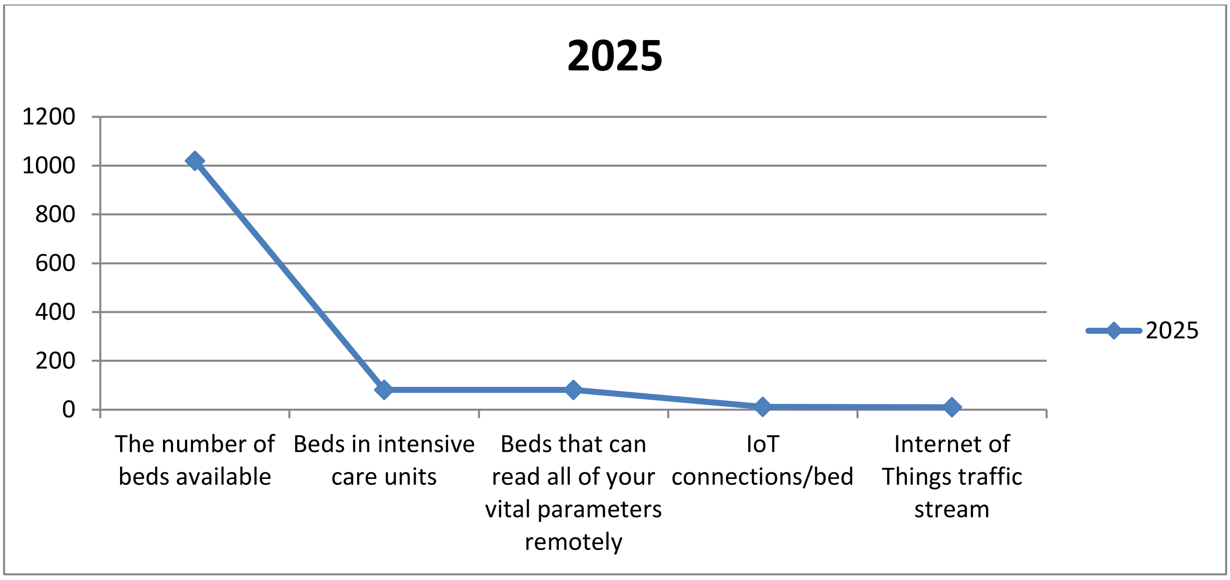
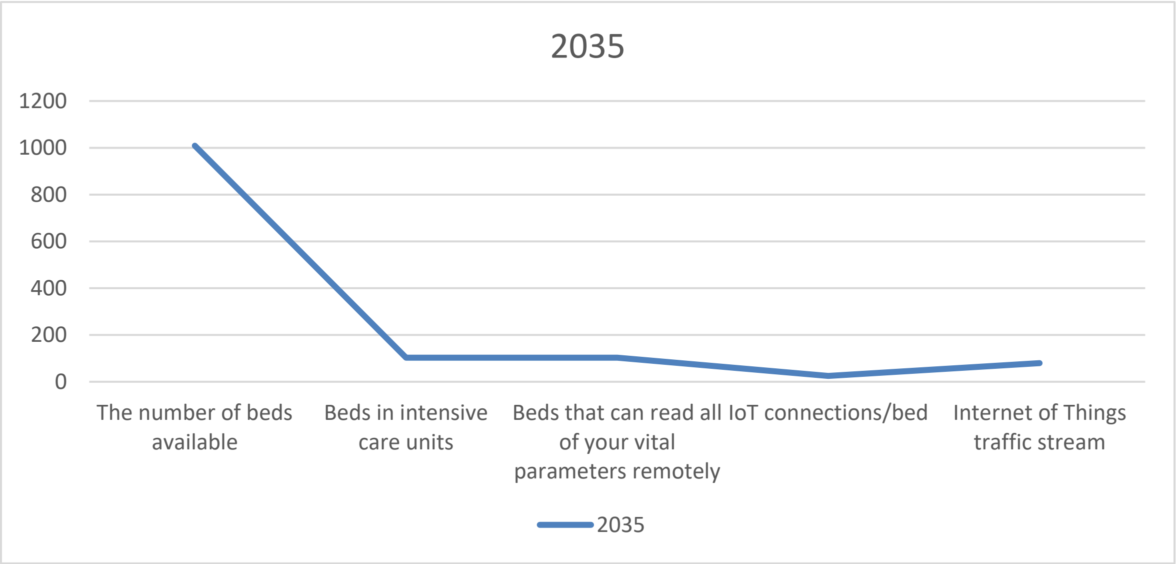
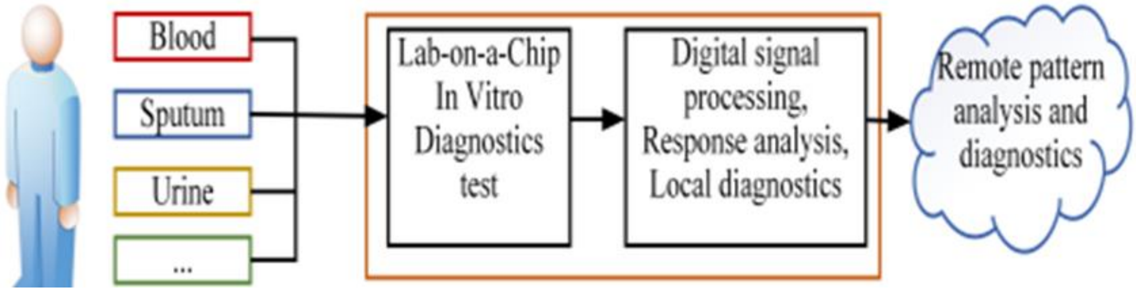


FIGURE 3 ESTIMATED PEAK NETWORK TRAFFIC IN 2035



When a large number of users report test results at the same time, data transmission channels may be overburdened. Future advancements must take this into account. The goal is to develop a portable, networked LoC sensing system.

FIGURE 4 POINT OF CARE TEST WITH WIRELESS DATA COMMUNICATION INTERFACE



However, coarse grain estimates have been supplied in a hospital context. Simultaneously, figure 4 shows the expected increase in peak network traffic, such as for IoT traffic streams. Overall peak traffic (excluding entertainment) is predicted to reach 600 Mbps by 2035 when paired with live video broadcasts for surgery.

3. NEW SERVICES AND MARKETS ARE ENABLED BY TECHNOLOGY.

Because of its ability to accommodate linked devices and services, the 6G mobile network is being heralded as the next generation of telecommunications. The following figure 5 demonstrates the range of some current IoT technologies. Accordingly figure 6 and 7 displays the maximum data rate and channel band width of several of today's IoT technologies. While current systems will support some Internet of Technology applications, the future 6G radio network will require efficiency, which will be difficult to retrofit into already operational networks. Table 2 explores the summary of some current IoT technologies.

TABLE 2 SUMMARIES OF SOME CURRENT IOT TECHNOLOGIES.

Technology	Range	Maximum Data Rate	Channel Band width
LoRa	20 km	55 kbps	500 kHz
Wi-Fi	105 m	54 mbps	22 MHz
ZigBee	0.5 km	255 kbps	2 MHz
Bluetooth	55 m	3 mbps	2 MHz

FIGURE 5 RANGE OF SOME CURRENT IOT TECHNOLOGIES

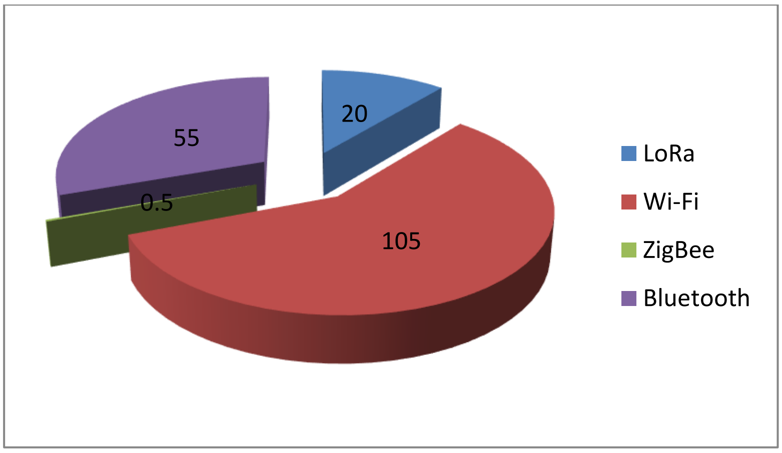


FIGURE 6 MAXIMUM DATA RATE OF SOME CURRENT IOT TECHNOLOGIES.

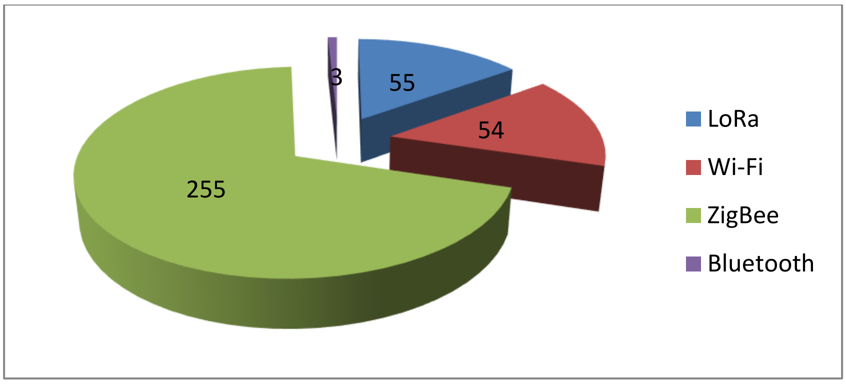
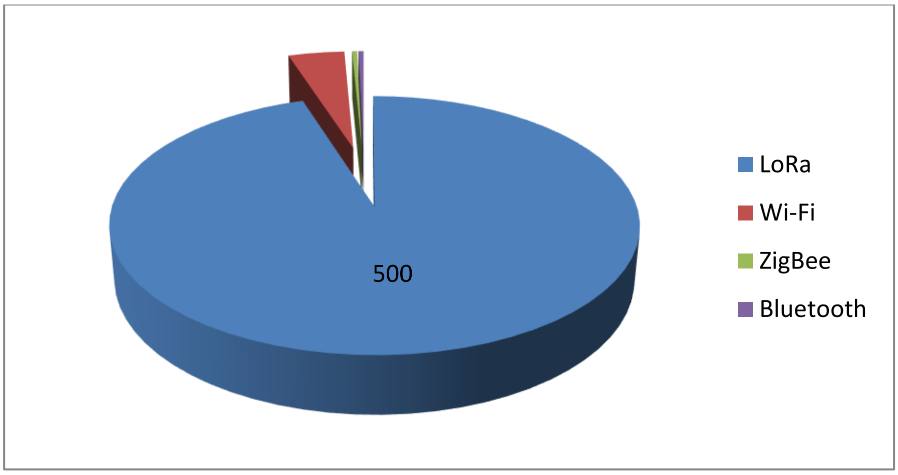


FIGURE 7 CHANNEL BAND WIDTH OF SOME CURRENT IOT TECHNOLOGIES.



4. THE INTERNET OF THINGS 6G NETWORK ENABLER

In order to handle these IoT architecture elements with the current conventional networking system, it is apparent that traditional network infrastructure is quickly becoming obsolete. Network management complexity continues to develop as a result of the manual procedures used in network settings Additionally, with ever-evolving networking technologies, a network system accommodates future network infrastructure. Furthermore, current traditional networks are unable to meet the ever-increasing networking technology requirements of future next-generation networks.

5. DIFFICULTIES IN RESEARCH AND FUTURE DIRECTIONS

Adaptability (A) when it comes to MTC's LTE systems, network scalability is a major issue that must be addressed. In order to accomplish significant IoT deployment, networks that have already been installed and are presently in use must be scaled efficiently. As a result, network capacity can be scaled to support as many connected devices as possible. As a result, a comprehensive system is required to store, monitor, and govern the state information generated as a result of vast device connectivity. Network Administration. However, when it comes to the Internet of Things, the demand for management extends beyond the traditional networked society.

As a result, management functions such as monitoring, remote control, and maintenance are regarded critical in traditional network setups. Functionalities such as network reconfiguration and self-configuration, for example, are critical management requirements in the IoT. As a result, network management systems (NMS) are expected to offer essential management information in a short period of time in a traditional networked context. As a result, management features in the IoT are critical because they will enable network administrators to do managerial activities remotely over the Internet and across heterogeneous interconnected networks. The rate of inaccuracy will be decreased to a minimum with such functions deployed by the management system, enhancing the network's reaction time.

Furthermore, such a solution lowering operational costs and improving maintenance duties that must be performed by system managers. However, the Internet of Things faces several management challenges that must be addressed. it also covers some of the most important IoT management issues.

However, the Internet of Things faces several management challenges that must be addressed. Moreover, it covers some of the most important IoT management issues. However, there are still open research issues for successful IoT network control and administration.

Identifying future research challenges and goals requires modern network communication technologies. Furthermore, in order to cope with huge amounts of data, future healthcare applications will require the adoption of the most effective data analytics approaches. This will create new research questions, such as how various technologies will coexist and how communication technologies will influence transmission characteristics in such a wide range of situations.

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