

Review Article

Review on Wearable Devices and mHealth used in COVID 19 Pandemic

ABSTRACT:

Wearable devices (WDs) and mHealth (Mobile Health) gives you the healthcare services, overcoming geographical, temporal or even organizational obstacles. Wearable technologies will have non-encroaching and sovereign devices that collect, save and examine physiological information that will certainly help to improve patient health. It has been used so far for fitness purposes, but with its increasing demand by the patient and health care workers, the wearable devices have also been developed to monitor the patient health related issues. It collects and analyses data. In some scenarios makes a sensible decision and provide a suitable response to the users. Now a day, mobile applications have also proven effective in the field of medicine with motto of giving personalized treatment to disease control. Advanced technology in wearable gadgets has become great aspect of our day to day life in addition to health care industry.

A global pandemic that the world is facing in the form of COVID19 has come up with the importance of clinical research and technologies which help to tackle COVID 19 infection worldwide in an exceptional manner. Whilst an expected results have been found on effective use of wearable devices and mHealth systems to study the structure of COVID 19 and upcoming infectious ailment. The objective of this review is to test permitting technologies and structures with diverse utility to deal with the COVID 19 disaster. This review acknowledges the researchers of the wearable devices and mHealth systems which proved their significance in present pandemic. Also, this review explains the exceptional tracking devices which include heart rate, temperature and oxygen monitoring that are used to diagnose COVID 19 patients.

KEYWORDS: mHealth, wearable devices, wearable technology, COVID19

Introduction:

mHealth is defined by the World Health Organization as “scientific and public health exercise supported by using cellular devices, consisting of cellular phones, patient tracking gadgets, private digital assistants, and other wireless devices.” mHealth is used for practice of public fitness supported through mobile device. It includes various high-quality apps reference to use in mobile communication devices together with cell phones, computer systems, tablets, Personal Digital Assistant (PDA) for fitness care and records. Wearable devices are the small digital gadgets implanted in an object that connect to the actual gadget and have algorithm functionality. It applies protecting a device through clothing and wearable accessories (eg. glasses, contact lenses, watches) or additional devices (eg. pocket tool to measure steps) [1].

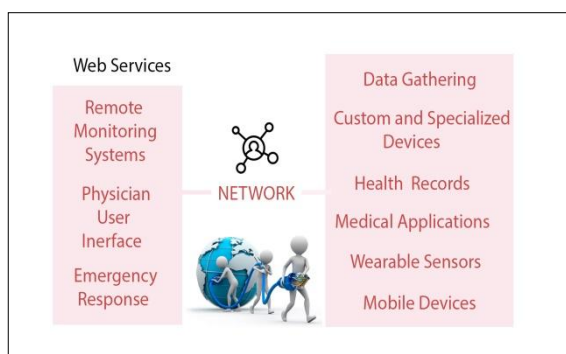


Figure 1: Typic

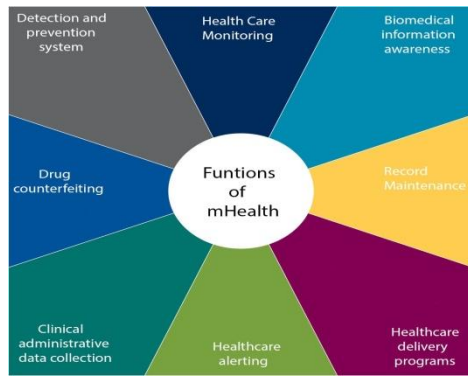
Services of mobile Health (mHealth):

mHealth provides facilities with the help of internet and web service through the various technologies such as mobile apps, mobile devices, wearable sensors, etc. for interaction between the patient and doctor. M-fitness is the newly innovative technology. It monitors the health related conditions every time and everywhere, phenomenal to geological, temporal, as well as central boundaries. Figure 1 shows the typical architecture of mHealth service. mHealth technology and their parallel strength as a utility have a robust effect on everyday medical management tracking, detecting and give warning structures, physiological and organizational statistics collection, file preservation, health related schemes, scientific records perceptions, monitoring structures, drug counterfeiting, and robbery.

Normal mHealth offerings designs utilize the internet and net facilities to offer an actual extensive inter linkage among the physicians and sufferers. Medical doctors or sufferers can get information easily for the equal clinical document at any moment and everywhere via patient's personal pc, tabs, or telephone. Affected person can connect to the medical doctor in emergency condition, as well as, it can get entry to medical catalogue or consultations in any case and region [2].

Functions of mHealth:

mHealth provide vital functions shown in figure 2 such as detection and prevention system, healthcare monitoring, biomedical information awareness, record maintenance, healthcare delivery programs, healthcare altering, clinical administrative data collection, drug counterfeiting etc. which clearly signifies its importance in COVID 19 pandemic.



It monitors the user's health with the help of various apps like My Fitness Pal, Fitplan apps. There are different apps that provide the information related to the biomedical field and help in spreading awareness like Medscape app. It maintains the record of users and provides security and privacy. Deliver the healthcare programme using different apps like Health Kart, Medline, etc. It alerts the users by providing notifications e.g. in COVID19 pandemic, "AarogyaSetu" app detects the infected patients and alerts other people. It collects clinical data of patients and provides it time to time whenever it is needed using various apps. It prevents the drug counterfeiting by scanning the benchmark already given to the medical products. It detects the uncommon symptoms of the users and provides a solution.

Challenges in Wearable Devices:

Wearable technology has various challenges such as data qualification and validation, Killer apps, software architecture, sensors, changes in model, technological dependence, power management, privacy, personal area network etc. for its effective implementation.

Types of Wearable Devices in mHealth:

There are various types of wearable devices in mHealth shown in below Table 1. These devices can save the lives of people, if they are used effectively.

Table 1. Types of Wearable Devices and their uses

Sr. No.	Types of Wearable Devices	Uses
1	Smart Watches	<ul style="list-style-type: none"> • Fitness and Wellness Purpose • Mobile Functions
2	Smart Eye Wear	<ul style="list-style-type: none"> • Provide Display Screen • Video Collaboration
3	Smart Jewellery	<ul style="list-style-type: none"> • Near-field Communication • Health Oriented • Action Oriented
4	Smart Garments	<ul style="list-style-type: none"> • Health Oriented • Athletics and Military Applications • Used in Covid 19 as a multifunctional monitor
5	E-Patches	<ul style="list-style-type: none"> • Monitoring • Diagnostics • Fitness and Sport • Used in diabetics for

measuring blood glucose level

- Health Oriented
 - Regular Vitals Tracking
 - Fitness focused
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Wearable Devices Used in Covid 19:

Due to COVID19, capacity of the healthcare system all over the world is under pressure and exhausted which increases physiological stress on the patient's health. That's why; some emerging companies are working on it and find some relevant solution in the form of wearable devices. People use various devices to monitor their oxygen level, heart rate, etc.

Coronavirus disease 2019 (COVID19) has come out as a virulent disease created critical conditions which leads to loss of life. As present day virus related pathological examination and immunization are slow to appear, we see a need of extra vigorous disease detection and tracking related to humans and subsequently fitness all over the population, which can be provided through sensors that human can wear and use as wearable devices and mHealth. During application of this generation of devices which has been used for corresponding diseases related to physical health i.e. physiological metrics to daily residing and the daily activities of humans, the interpretation of this generation in the direction related to the prediction of the occurrence of COVID19 remains a need. Whilst used together with predictive structures, users of wearable devices are probably alerted even as modifications in their metrics suit those related to COVID19. A smartphone app that collects information from smart watch and tracker, in addition to self-said signs and symptoms. Diagnostics are trying out consequences and feature assessed whether symptom and sensor facts can differentiate COVID19 properly to avoid emergency instances in symptomatic people.

WDs during current era perform a great function in our day to day existence and the industry related to health. The current COVID19 widespread has taken the arenas of health protection system via wonder. Wearable gadgets can probably aid in those concern by way of supplying actual-time far off tracking, signs and symptoms prediction, contact tracing and so on. The gadgets are explained based totally at the facility provided by them, their working processes and correspondence analysis in their advantages and disadvantages with price. A relative deliberation with probably destiny traits too interested in making choice of best technology for coronavirus infected patients. Its miles forecasted that wearable gadgets are only able to offering primary therapy that may address the widespread of coronavirus.

The wearable gadgets have to be enhanced for subsequent motives: (i) to observe remotely the health of coronavirus infected sufferers or self-isolated patients who are taking treatment in private room. (ii) to predict the danger of the prone people who come under the critical region concerning coronavirus. The primary observation will help in reduction of the cause

drastically. (iii) to lower the spread rate of infectious coronavirus among many of the doctors, caring staff, medical institution control staff and sufferers of different illness, as wearable gadgets permits the doctors and caring staff to check on patients in real-time [3]. The rescue suited wearable structures for supporting infected person affected by the radicle COVID19 virus can extensively distinguish into two most important classes: symptoms monitoring systems for COVID19 and pneumothoracic (respiratory) support systems for COVID19. Figure 3 shows the different devices used in COVID19. At the same time recognizing capability of corona virus sufferers with the aid of tracking fitness indicators consisting of respiratory rate (RR), arterial blood pressure, SpO2 inside the blood, frame temperature and so on. Respiratory support systems with ventilators, Continues Positive Airway Pressure (CPAP) structures, and oxygen therapy etc. aid coronavirus infected sufferers on their recovery method.

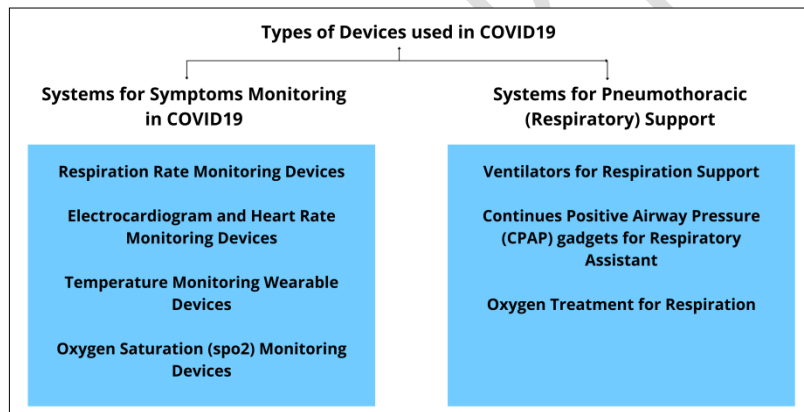


Figure 3: Different devices used in COVID19

A. Systems for Symptoms Monitoring in COVID19:

The word wearable technology indicates the shrewd gadgets that are worn on the frame for evaluating, comparing as well as shifting exclusive form of information. The wearable devices perform a huge function in observation of COVID19 symptoms to guide the infected peoples by means of this crucial virus [4].

There are three signs which can be taken into consideration as number one coronavirus symptoms: (i) respiration problem (ii) high body temperature and (iii) throat infection that can be frequent to every scientific proof of COVID19. Generally the individual inflamed through COVID19 possess respiration rate $(RR) \geq 20$ per minute, body temperature $\geq 38^{\circ}\text{C}$, arterial blood pressure > 100 beats/ minute. Subsequently, its miles vital to evaluate respiration, CVS monitoring and testing of further variables together with body temperature,

SpO₂ level. With the help of these wearable devices, the vital evaluation, tracking and testing of variables are executed more without difficulty, efficiently as well as value efficaciously. The technology which can be evolved for fundamental signs and symptoms monitoring for COVID19 infected sufferers are described as follows.

1. Wearable Devices for Respiration Rate Monitoring:

Respiration rate (RR) is an essential factor to examine the development of infection. Exchange and peculiarity in RR are not simpler connecting with respiratory situation; however additionally do pose hints for patients with critical conditions in retaining equilibrium of RR. Collectively with oxygen saturation, frame temperature and pulse rate, respiration rate is considered best in examining the seriousness of respiratory disorder. eg. a person infected with an extreme breathing misery has an RR more than 30 breaths/min that could change into acute respiratory distress syndrome (ARDS). Looking at current COVID19 situations, respiration rate is the crucial parameter as virus implies various conditions on the lungs. The respiratory harm as a result of COVID19 reduces the general efficiency of the lungs which leads to an expanded respiration rate remunerate. Remarkable expanded respiration rate isn't as usual in instances of different spreading ailments inclusive of common bloodless and influenza due to the effect on top respiratory pathway. It's troubling but the way of time the patient is tachypneic, the disease may have reached at an extreme condition [5]. Actual time and resuming evaluation of respiration rate could be extremely critical in tracking any modern day circumstances, development and treatment of the sufferers infected by the corona virus. A committee of scientists has proposed wearable gadget which might be installed on the chest or may be placed on body to measure the respiratory rate and also these gadgets are effective in examining corona virus patients. Researchers have already proposed wearable gadgets which might be installed on the chest or placed on the pores and skin to measure the RR and these devices are beneficial for monitoring COVID 19 patients [6].

Some great consequences have shown by accelerometer-based totally wearable sensors, triboelectric sensors and wearable pressure gauge sensors are used to measure the respiration rate. However, patients might not feel relaxed carrying those styles of devices. The respiration rate can estimate via tracking the different factors such as humidity, frame temperature, CO₂ etc. with the help of these gadgets. Scientists has been developed a number of wearable gadgets which are used as a thermistor for nasal and oronasal, sensors for humidity or moisture checking and CO₂ whose detects the exchange of CO₂, humidity or temperature among respiration mechanism. This technology is based on the air flow sense technique. In this case, Liu Y. and his colleagues introduced a respiration rate machine primarily based upon a heat transmission which is utilized for detecting epidermal respiratory tract infection⁶. Dai J. and his colleagues introduced a polyelectrolyte humidity device in the form of sensors as well as CO₂ sensor which is connects to face masks that's extensively utilized during COVID19 pandemic. Still the device might not acceptable to sufferers as the action of sensors can additionally affects perfection [7]. Respirations Rate is also calculate with the help of Electrocardiograph as well as photoplethysmogram (PPG) that may effortlessly acquire by wearable gadgets. Charlton PH and his colleagues present a device for measuring respiratory rate with electrocardiograph and photoplethysmogram that elevated the measuring perfection. Subsequently, this generation of devices might be more organized for COVID19 patients to screen their respiratory rate all through this present pandemic [8].

2. Electrocardiogram and Heart Rate Monitoring Devices:

COVID19 can notably affected coronary heart and characteristics it affects the cardio vascular system harm that additionally in irreversible harms. Viral infection due to COVID19 will increase clinical stress at frame that normally shows the every growth in coronary arterial blood pressure. The electrocardiogram is monitoring machine robotically help in increase the

electric and physical activity of a heart. It monitors the patterns and actions of the cardiac muscles. Electrocardiograph and its extract heart rate can give precious fact in monitoring non-infected people with cardio vascular disease, prognosis of cardio vascular disease chance evaluation of corona virus treatment. Corona virus complex with the aid of cardio vascular damage may additionally be pondered through electrocardiograph change. Electrocardiograph defect along with S and T section increase arterial blood pressure where suggested in sufferers through corona virus with diagnose of electrocardiograph is efficient need for corona virus with QT extend cure [9].

Moreover, wearable established electrocardiograph diagnosing rather than trendy important signals examine with the aid of scientific experts can highly decrease contamination via decreasing group of workers to sufferers contact. Sticky electrocardiograph spots are the maximum usual wearable electrocardiograph diagnosis procedure. Electrocardiograph diagnosis spot is tiny wireless compressed gadgets are clean as well as secure easy to handle. It monitors the electrocardiograph for plenty time of the gadgets, a tiny gadgets track with the data noting and reminiscence deposits data. Relying on the gadgets there may be average time period starting from specific time.

FDA has authorized many products which might be help to patients suffering from COVID19. MCOT patch by Biotelemetry, US are utilized for ECG monitor in patients. Later, management of the medication, Atrial Traumatic Inflammation (AF) turned into diagnosed some time as well as time to time interference with the aid of suitable treatment intended to relieve AF promoted reversion to sinus rhythm. [10] In addition, the BardyDx CAM patch is reported for the tracking QT interval in the body of sufferers through COVID19 which manage the hydroxychloroquine [10].

Quy VN. et al. developed a tool piezoresistive sensor which are used to monitoring heart beat change. The video display in this tool provides the units of heart rate in actual time. This device is a highly precise and cheap where it may be used by the patients suffer from COVID19 [11].

Another researcher Shahshahani A. and his colleagues submit an ultrasound wearable device sensor used for heart rate tracking. However the piezoresistive tool is put at the right angle to coronary for reaching superior accuracy. The video display in this tool provides actual heart rate. In addition to, it provides ECG movement also which may be beneficial to patients suffering from COVID19 [12].

Device for monitoring the fitness which may screen metrics of an affected person together with arterial blood pressure, movement of pupil, temperature of body and SpO2% are provided by the Tamilselvi and his colleagues [13].

3. Temperature Monitoring Wearable Devices:

Temperature dimensions are much critical factor for detection of COVID19 and already it has been broadly utilized by several nations as a right way to check tourists or residents infected from COVID19. Even as quarantine peoples with fever can stop transference to some extent, this approach of temperature monitoring is not always sufficient as COVID19 may be transmitted before a fever develops. Now days, the body temperature is constantly tracked using wearable devices such as TempTraq Qardio CORE, Oura ring, VivaLNK Fever Scout etc. Liu B. and his colleagues suggested a device which record blood sugar level, heartbeat, frame temperature, ECG, etc. as well as few more physiological parameters. This device is tiny, convenient to handle, as well as this device is specifically advance for personal use of COVID 19 patients or at home [14].

Song C and his colleagues introduced a device primarily formed on a couple of synthetic neural networks in which displays the units of body temperature in a short time [15].

In this pandemic of COVID19, children and infants are also getting infected by the virus. Zakaria and his colleagues invented an Internet of Things (IoT) device which tracks the

temperature of the body. This device is mainly useful for the infants. This device is tiny and light weight. This device is utilized to monitor the temperature of toddler's continuously [16]. An additional IoT tool named health companion which use the wearable computing proposed by Kulkarni and his colleges. It monitors the temperature and pulse. The objective of this tool is to collect exceptional parameters of the human body which helps the users to reveal their physical circumstance and helps the doctors to inspect the sufferers' illness intently. This device can be used for fever tracking at some stage of illness. The device additionally alerts users about excessive fever [17].

4. Oxygen Saturation (spo2) Monitoring Devices:

Oxygen saturation is the small part of oxygen-saturated hemoglobin as compared to the total hemoglobin in the blood. Oxygen saturation is a sign of respiration features as well as general physical state of the human body. The corona virus damages the vital organ and produced hypoxia. This is happened step by step like lungs inflammation in which air sacs are getting inflamed by inflammatory fluid substances. The normal level of oxygen saturation in a healthy human is 95% to 100%. If this normal level gets disturbs, this leads to health issue and respiratory system related clinical conditions. Oxygen saturation is a crucial sign for detecting COVID19 in patients. The level of SpO2 may fall down, if the patients having breathing problems or another health related problems. SpO2 is a crucial element in COVID19 patients for monitoring the development of infection in COVID19 sufferers. Further, SpO2 level are very low in patients who are at critical condition and at high level of corona infection [18].

As per the WHO guideline the oxygen saturation in patients more than 94% is at low level of risk and cured at home also. The patients having oxygen saturation range below 93% are at high level of risk and recommended hospitalization in ICU. The patients having oxygen saturation below 90% are at very critical condition and may lead to death. Therefore constant tracking of oxygen saturation level are very important to detect the proportional increase of infection and become aware of some failure in specific critical instances.

The oxygen saturation monitors with the help of pulse oximeter gadgets. This device is based on photoplethysmography (PPG). It monitors, if any modifications are there in the arterial blood quantity by absorbing light. They include twin LED (Light Emitting Diode) which is typically purple, an infrared detector. The way of illuminate light by the pulse oximeter on finger tips. The detector locates wavelength which reflected from finger tips (Frame Elements). Oxygen saturation is finally calculated using this device [19].

Jarachi D and his colleagues introduced the pulse oximeter devices which are used to detect pulse rate variability as well as SpO2 estimation. These devices are also in the form of wrist worn and give accurate result [20]. Xue J. et al introduced a device which is continuously detected SpO2 and the body temperature at actual. This tool can be used for COVID 19 infected person as its strength intake could be very low and compact in size [21]. Phuoc Son L. et al evolved a SpO2 device based on reflection theory of light from the frame element for actual time monitoring. This device is tiny, easy to handle, having vicinity tracker as well as IoT guide. With help of this tool physician can detect the SpO2 level of patients which are suffered from COVID19 [22].

Rostami M. and his colleagues introduced a machine based on telemedicine system for the patients which suffers from Obstructive Sleep Apnea (OSA). With help of this device, patients can track the SpO2 level in actual time. It observes the apnea episodes in patients suffered from Obstructive Sleep Apnea. It assists them to record their result. These machines are pretty much and beneficial for the far off tracking of SpO2 stage in COVID19 sufferers [23]. As well as oxitone 1000 M which is the first FDA accepted wrist worn sensor pulse oximeter used for detecting SpO2 level and give right results. SpO2 dimensions blunders

between 3% for this device. This tool also can be work on the different sites of body e.g. on head or within chest place.

B. Systems for Pneumothoracic (Respiratory) Support:

Numbers of machines are there which help to recover the breathing parameters in a COVID19. Structures which might be advanced on the basis of wearable generation of devices used for breathing guide of COVID19 sufferers are mentioned as below.

1. Ventilators for Respiration Support:

In COVID19 situation, lacks of ventilators are observed. Therefore, open source positive pressure ventilation device (OSPPVD) is used in hospital wards. This ventilator develops in line with the healthcare experts and in place of recreating current technology [24]. Many respiratory support machines for COVID 19 are much more priced. As a result of this, cost of the structure, prior research modification with smooth improvement, simple, new as well as transportable ventilator for patients is needed. The put forward ventilators designed according to the right clinical requirements which include IEC62304, ISO5367 and ISO80601. This system provides the inspiration and expiration rate of patients who suffered from COVID19 through LCD (liquid crystal display) screen [25].

2. Continues Positive Airway Pressure (CPAP) gadgets for Respiratory Assistant:

The CAPA gadgets can avoid the chances of COVID19 virus infection from one person to another. For the completion of breathing cycle CPAP is used. It continuously provides high quality airway pressure.

CPAP gadgets have been approved for COVID19 patients and have used by countries such as China and Italy. The gadget requires no assistant by the health care workers. The CPAP gadget has been proved to be a powerful and non-invasive tool for the COVID19 patients [26]. The Helmet tool, Pressure Support Ventilation (PSV) and CPAP gadgets provide additional respiration support and restrict the spread of COVID19 virus into the air. The helmet is reusable which is made up of a plastic hood on a tough plastic ring which has multi-size silicon PVC. This has been designed in a way that gets adjusted with the neck's dimensions [27].

3. Oxygen Treatment for Respiration:

High Float Nasal Cannula (HFNC) is used as a respiratory assist in patients infected by COVID19. After the application of the HFNC respiration support system, the severely affected COVID19 patients have been discharged from the intensive care unit (ICU). This machine enables the patients to get into an inclined position three times a day, due to which the patient's condition gets improved, as the oxygen saturation level starts getting at normal [28].

Conclusion:

The established and included wearable technology has made it simple to handle and monitor many physiological parameters correctly. Wearable devices and mHealth systems is convenient to detect and record the disease development in viral infection. The impact of this technology is very extent and essential in pandemic. It can be benefited to a person which is home quarantine and consequently, it helps in decreasing the burden of medical and paramedical fraternity. COVID 19 pandemic is an alarming and critical situation for all human beings worldwide and it needs a spark of discussion for publicly or individually sponsored research well beforehand to tackle a sudden pandemic which manifest in the destiny as well as inventive application in present to control the obstacles and provide contemporary control of healthcare structures. Even though wearable devices show amazing capacity in managing infectious diseases like COVID 19. There is an absolute confidence that wearable technology can be simplest systems, if public awareness is created. Wearable devices manufacturers can think about the intended use of their devices, user population and

devices awareness plan in early-stage of product development and they can develop the strategy to get a regulatory approval as early as possible.

Wearable devices technology and eHealth systems give extremely beautiful capability for supporting in improvement to control the viral diseases like COVID 19 as well as an earlier mentioned demanding pandemic situation to permit extra massive selection stays an essential subject.

COMPETING INTERESTS DISCLAIMER:

Authors have declared that no competing interests exist. The products used for this research are commonly and predominantly use products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

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