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НОСИМЫЕ УСТРОЙСТВА МОНИТОРИНГА ЗДОРОВЬЯ
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В настоящее время заметна тенденция к популяризации носимых устройств для мониторинга здоровья. Статья будет рассматривать преимущества использования носимых устройств мониторинга здоровья для поддержания активного образа жизни и личной заботы о здоровье. Основываясь на новейших исследованиях, статья также покажет, как носимые устройства мониторинга здоровья помогают предотвращать болезни и повышать качество жизни пользователей.

Ключевые слова: здоровье, мониторинг здоровья, устройства для мониторинга здоровья, носимые устройства мониторинга.

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WEARABLE HEALTH MONITORING DEVICES
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There is now a noticeable trend towards the popularisation of wearable health monitoring devices. The article will examine the benefits of using wearable health monitoring devices to maintain an active lifestyle and personal health care. Based on the latest research, the article will also show how wearable health monitoring devices help prevent diseases and improve the quality of life of users.

Key words: health, health monitoring, health monitoring devices, wearable monitoring devices.

The aim

The aim of the article is to consider the benefits of using wearable health monitoring devices to maintain an active lifestyle and personal health care.

Results and discussions

Wearable health monitoring devices are the latest pieces of technology that provide the ability to analyse and track a person's health indicators. They have become popular among people seeking to control and improve their lifestyle.

Application of wearable health monitoring devices in life:

Sports: devices help to record types of physical activity, heart rate during exercise and calories consumed.

Sleep tracking: These devices also track the duration and quality of sleep. With the help of them, it is possible to detect apnoea or insomnia.

Pulse measurement: Wearable devices measure your heart rate and can warn you about an irregular heart rate. This is important for people with cardiovascular disease or those at risk of developing it.

Blood pressure measurement: Wearable health monitoring devices can be useful for people with cardiovascular disease, kidney disease, as they can measure blood pressure.

Stress Management: Several wearable devices monitor stress levels using data on heart rate, activity, and sleep. This can help people recognize the sources of stress and develop management strategies.

Chronic Disease Tracking: These technologies allow you to track critical health indicators, remind you of your medication schedule.

Mental health tracking: this can help people identify patterns in their mental health and take action to improve wellbeing.

Early warning of diseases: Wearable devices can detect changes in health indicators that may indicate early stages of the disease. For example, continuous monitoring of heart rate may reveal an irregular heart rhythm that requires medical attention.

Practical application examples:

Athletes: Wearable devices are used by athletes to track performance, optimize training and recovery.

People with cardiovascular diseases: Wearable devices help people with cardiovascular diseases track their heart rate and identify potential problems.

Obese People: Wearable devices motivate obese people to increase physical activity and set realistic weight loss goals.

People with Diabetes: Wearable devices allow people with diabetes to monitor their blood glucose levels, dose insulin, and make informed decisions.

People with sleep disorders: Wearable devices help people with sleep disorders understand their sleep patterns and develop strategies to improve sleep quality.

Advantages and disadvantages of wearable health monitoring devices

Advantages:

Continuous Monitoring: Wearable devices allow you to monitor your health indicators in real time, providing valuable information about your physical activity, sleep, heart rate and other indicators.

User-friendliness: Wearable devices are usually lightweight, compact and easy to carry, making them a convenient and unobtrusive way to track health.

Motivation for action: The information provided by wearable devices can motivate people to lead healthier lifestyles. Visual representation of progress can help achieve goals.

Integration with third-party applications: Many wearable devices integrate with third-party applications such as nutrition trackers and workout programs, giving you a comprehensive view of your overall well-being.

Disadvantages:

Accuracy and reliability: The accuracy and reliability of metrics measured by wearable devices depends on price and technology.

Battery life: Wearable devices usually require regular charging, which can be an inconvenience.

Privacy and Security: Health monitoring devices collect personal data, so it is important to consider privacy and security issues.

Dependence on technology: Abandoning a wearable device can lead to loss of health data, which can affect motivation and progress.

Cost: Wearable devices can be expensive, which limits access for some people.

Mental health effects: Continuous health monitoring can cause anxiety or obsessive states in some people.

Conclusion

Despite the disadvantages, wearable devices are becoming increasingly relevant at the present time and remain the most promising and effective methods of health monitoring

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