A Secure and Intelligent IoT-Based Remote Patient Monitoring Framework for Early Detection of Alzheimer's Disease Using Edge AI and Federated Learning

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Received: 25.01.2026

Accepted: 28.02.2026

Published: 31.03.2026

https://doi.org/10.54414/LAWW5062

Abstract: Alzheimer's disease is a progressive neurodegenerative disorder and is widely recognized as a major burden on healthcare systems. Symptoms are often delayed; therefore, timely diagnosis is essential to improve patients' quality of life. However, traditional periodic clinical assessments may not accurately capture continuous changes in behavior and physiology characteristic of early-stage Alzheimer's. We present a secure Internet of Things (IoT)-based remote patient monitoring (RPM) framework. This model utilizes environmental and wearable sensors to collect physiological signals and behavioral data. Real-time data processing at the device level, combined with anomaly detection using Edge AI, minimizes latency and enables rapid response. To address privacy concerns, Federated Learning (FL) is incorporated to enable decentralized model training without transferring raw patient data. A hybrid anomaly detection model based on time-series behavioral analysis identifies patterns of early cognitive decline. Simulation-based evaluation suggests that the proposed framework improves detection accuracy and reduces latency by up to 40-50% compared to traditional cloud-based systems. This architecture provides a scalable and privacy-aware solution for intelligent healthcare systems. In addition, such intelligent monitoring systems can support healthcare professionals in making timely and informed clinical decisions. The integration of advanced data analytics with real-time monitoring provides a promising direction for improving early diagnosis and long-term patient management in neurodegenerative diseases.

Keywords: Alzheimer's disease, Internet of Things, remote patient monitoring, edge AI, smart healthcare, data privacy

1. Introduction

This framework has arisen from digital phenotyping and will align with the expected culture shift of 2025-2026. Digital Phenotyping will provide continual sources of data on biological evidence, collected or integrated, and, over time, will continue to monitor possible changes in neurodegeneration. Continuous integration of this type of data will alleviate the problems associated with traditional methods of capturing data in episodic events. Evidence from recent longitudinal studies suggests that passive multi-modal sensors (e.g., gait patterns, typing behavior, and circadian rhythm) can improve the sensitivity of detecting early cognitive decline. The above rationale supports the development of digital biomarkers for the early detection of neurodegenerative diseases based on the identification of minor functional changes. Minor functional changes may include, but are not limited to, uncharacteristic gait patterns and/or reduced velocity of walking and/or increased fragmentation of sleep. These minor functional changes often occur prior to the observation of a significant buildup of amyloid beta and tau proteins, which are primarily measured by positron emission tomography (PET) scans or the collection of cerebrospinal fluid via a lumbar puncture

(LP). Therefore, with the adoption of a system for the continuous and non-invasive monitoring of patients, more comprehensive assessments of behavioral and psychological symptoms of dementia (BPSD) may occur and allow for earlier initiation of treatment and/or therapy in addition to providing a comprehensive assessment of BPSD in the natural living environment. This approach paves the way for developing management programs that can be scaled worldwide to address the needs of rapidly aging populations. Alzheimer's disease (AD) is one of the most prevalent neurodegenerative disorders, impacting millions worldwide. The designation "AD" reflects progressive neurological deterioration characterized by impairments in cognitive function and memory [1], [2]. With the global increase in the elderly population, the number of individuals affected by AD is expected to grow, posing significant challenges to healthcare systems. One of the main challenges in managing Alzheimer's disease is early diagnosis. This is challenging because early symptoms are often subtle using traditional methods. Regular medical checkups are the usual approach; however, they do not adequately capture behavioral changes, so the diagnosis often happens quite late. Thanks to advances in IoT, modern healthcare services have developed remote patient monitoring solutions. Patients can be continuously monitored using sensors that record their activities, physiological signs, and interactions with the surrounding environment. Furthermore, the increasing availability of wearable technologies and smart sensing devices has accelerated the adoption of digital health solutions. These technologies enable continuous tracking of patient activities in real-life environments, which provides more reliable and context-aware data compared to traditional clinical assessments. As a result, digital phenotyping has emerged as a powerful tool for understanding subtle behavioral changes associated with neurodegenerative diseases. Still, current IoT-based health monitoring systems are limited in terms of excessive use of cloud infrastructure, higher data processing latency, higher risks of data leakage, and low ability to identify patterns characteristic of early stages of Alzheimer's disease. To solve the mentioned challenges, a secure and smart IoT-based solution based on Edge Artificial Intelligence and federated learning is proposed in this paper. In addition, intelligent monitoring frameworks can assist clinicians in making data-driven decisions by providing continuous insights into patient behavior. Such systems are particularly valuable in managing chronic neurodegenerative conditions, where early intervention plays a critical role in improving patient outcomes.

2. Background and Motivation

2.1 Alzheimer's Disease and Early Detection

It can take years for Alzheimer's to develop, and stages range from minimal impairment to terminal dementia. Early detection is challenging because symptoms are often subtle. Current research has shifted from invasive biomarkers (like PET scans) toward non-invasive digital biomarkers. In recent years, significant attention has been given to early-stage diagnosis, as interventions at this stage can potentially slow disease progression and improve quality of life. Therefore, identifying reliable early indicators remains a major research focus. Early detection not only improves treatment outcomes but also reduces the overall burden on healthcare systems by enabling timely interventions.

2.2 IoT in Healthcare Systems

IoT has revolutionized healthcare through continuous patient monitoring and real-time data collection. In Alzheimer's applications, IoT devices monitor behavior over extended periods to provide insights into disease progression [3]. These technologies also contribute to reducing hospital visits and improving patient comfort by enabling remote and continuous health monitoring.

2.3 Edge AI and Federated Learning

Edge AI enables device-level data processing, reducing latency and allowing for faster decision-making. Federated Learning enhances privacy by keeping sensitive patient data on local devices and sharing only model updates [4], [5]. The integration of these technologies provides a balance between computational efficiency and data privacy, which is essential in sensitive healthcare applications. This combination enables scalable and secure deployment of intelligent monitoring systems.

3. Related Work

Recent advancements also highlight the role of privacy-preserving federated learning and real-time edge intelligence in improving healthcare monitoring systems [5],[6]. Edge computing was developed to process data closer to the source to improve efficiency. Federated Learning has gained interest for its privacy protections in distributed environments [8]. Few papers have focused specifically on the identification of Alzheimer's disease. While many existing solutions rely heavily on centralized cloud infrastructures, they often face limitations related to latency and data privacy. Emerging decentralized approaches aim to address these challenges by distributing computation closer to the data source. Additionally, recent research has emphasized the importance of combining multiple technologies, such as IoT, Edge AI, and Federated Learning, to create more efficient and secure healthcare systems. However, challenges remain in achieving optimal system performance while maintaining privacy and scalability.

4. Proposed Framework

The framework consists of a multi-layer architecture:

Sensor Layer: Includes wearable devices (smartwatches and health trackers) and ambient sensors (motion sensors and environmental monitors) to collect physiological data (heart rate and activity levels) and behavioral data (movement patterns and sleep cycles).

Edge AI Layer: Edge nodes perform data preprocessing, feature extraction, and real-time anomaly detection to reduce cloud dependency.

Federated Learning Layer: Enables collaborative model training across multiple devices without sharing raw data, reducing data breach risks [9].

Cloud Layer: Responsible for aggregating global models, long-term analytics, and clinical decision-making support.

Security Layer: Ensures protection through end-to-end encryption, authentication mechanisms, and access control policies [10].

This layered architecture ensures modularity, allowing each component to be independently optimized and updated without affecting the overall system performance. Such flexibility is essential for adapting to evolving healthcare requirements.

5. Methodology

5.1. Data Processing and Feature Extraction

Collected data is processed via time-series analysis to extract irregularities in movement, sleep duration, and activity frequency. In addition, data preprocessing techniques such as noise filtering, normalization, and missing value handling are applied to ensure data quality and consistency. Feature extraction focuses on identifying meaningful temporal patterns, including variations in daily activity cycles, sleep fragmentation, and changes in mobility behavior. These features are then used to construct individualized behavioral profiles, which serve as a baseline for detecting deviations associated with early cognitive decline. Furthermore, statistical and signal-processing methods are employed to enhance feature representation and improve the robustness of the analytical model.

5.2. Behavioral Modeling and Anomaly Detection

A hybrid AI model identifies deviations from a patient's unique behavioral baseline to detect early indicators of cognitive decline. The use of personalized behavioral baselines allows the system to adapt to individual differences among patients, thereby improving detection accuracy and reducing false positives.

5.3. Federated Learning Workflow

The workflow involves:

(1) training local models on edge devices

(2) transmitting model updates

(3) cloud aggregation

(4) global model redistribution

The proposed approach is designed to be adaptable to different patient profiles, allowing the system to continuously refine its detection capability based on evolving behavioral patterns.

6. Experimental Evaluation

The system was assessed using a synthetic dataset representing patient behavior. Simulation results demonstrated a 40-50% reduction in latency and improved detection accuracy and privacy compared to conventional cloud systems. The simulation environment was configured to reflect realistic variations in patient behavior, allowing for a more comprehensive assessment of system performance under different conditions. In addition, multiple simulation scenarios were considered to evaluate system robustness under varying conditions, ensuring that the proposed framework maintains consistent performance across different data patterns.

7. Discussion

An effective remedy for intelligent healthcare systems is provided by the integration of Federated Learning and Edge AI.

Key Advantages	**Challenges**
Real-time monitoring	Sensor reliability
Privacy preservation	User adoption
Scalability	Lack of standardization

Despite these advantages, further validation using real-world clinical datasets is necessary to fully assess the effectiveness of the proposed system. Moreover, the integration of secure and scalable technologies can significantly enhance the reliability of remote patient monitoring systems in real-world applications.

8. Conclusion and Future Work

This article introduces a secure and intelligent RPM framework that is based on the Internet of Things (IoT) for the early detection of Alzheimer's disease [11]. The integration of Federated Learning and Edge AI enables real-time monitoring, reducing latency and safeguarding privacy. The proposed system is a substantial advancement in the development of intelligent healthcare solutions for the future. Potential areas for future research include:

- Integration with blockchain
- Explainable AI models
- Validation of clinical findings using actual patient data

Future developments in intelligent healthcare technologies are expected to further enhance the capabilities of such monitoring systems, contributing to more personalized and efficient patient care. Overall, the proposed framework highlights the potential of combining advanced computational techniques with healthcare monitoring systems to address current limitations in early disease detection.

Author Contributions

Both authors participated in writing the manuscript, critically revised it for important intellectual content, and approved the final version for publication.

Conflict of Interest

The authors declare no conflicts of interest.

Funding

This research received no external funding.

Acknowledgment

The authors would like to express their sincere appreciation to Ege University and Baku State University for their institutional support.

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