Chapter 8
Real-Time Patient Monitoring and Personalized Medicine With Digital Twins

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ABSTRACT

The convergence of digital twin technology with healthcare, particularly in Healthcare 6.0, is transformative. This chapter explores the interplay between digital twins, real-time patient monitoring, and personalized medicine. It discusses how digital twins replicate biological systems for simulation and optimization, examines patient monitoring intricacies, and delves into personalized medicine's revolution within the digital twin framework. Through case studies, it highlights their impact on patient outcomes and workflows. Ethical considerations and regulatory imperatives are emphasized, with insights into future trends. This chapter guides stakeholders in leveraging digital twins for healthcare's future.

DOI: 10.4018/979-8-3693-5893-1.ch008

1. OVERVIEW OF DIGITAL TWINS IN HEALTHCARE 6.0

The advent of Healthcare 6.0, characterized by a convergence of cutting-edge technologies and data-driven approaches, has ushered in a paradigm shift in patient care delivery. Digital twins, which are virtual copies of physical systems that allow for real-time monitoring, simulation, and optimisation, are at the vanguard of this revolution (Saddik, A. E. 2018).

In the context of healthcare, digital twins represent virtual models of biological systems, such as organs, patients, or even entire healthcare facilities. These virtual counterparts use a variety of data sources, such as wearable technology, medical imaging, electronic health records (EHRs), and omics data, to generate a thorough virtual picture (Bruynseels, K., Santoni de Sio, F., & van den Hoven, J. 2018). The integration of digital twins into healthcare ecosystems has far-reaching implications, promising to revolutionize patient monitoring, personalized medicine, and clinical decision-making processes.

Digital twins are built upon a foundation of advanced modeling and simulation techniques, drawing from fields such as computational biology, systems biology, and multivariate data analysis. They employ machine learning algorithms, physics-based models, and statistical methods to capture the intricate dynamics and interactions within complex biological systems (Jiang, F., Jiang, Y., Zhi, H., Dong, Y., Li, H., Ma, S Yilong Wang, Qiang Dong, Haipeng Shen & Yongjun Wang, Y., 2017) .By integrating multi-source data and leveraging sophisticated computational models, digital twins can provide a holistic and dynamic representation of biological processes, enabling a greater comprehension of disease mechanisms, treatment responses, and patient-specific characteristics

Comparative Analysis:

Digital Twin vs. Traditional Patient Monitoring Approaches:

Digital twins offer several advantages over traditional patient monitoring methods. Table 1 compares the two approaches based on various parameters:

Table 1. Comparison of Digital Twins and Traditional Patient Monitoring Approaches

Parameter	Digital Twins	Traditional Monitoring
Data Integration	Seamless integration of diverse data sources (wearables, medical records, omics data, etc.)	Limited integration capabilities, often siloed data sources
Predictive Capabilities	Advanced predictive modelling and simulation capabilities	Reactive monitoring, limited predictive capabilities
Personalization	Personalized, patient-specific models and recommendations	One-size-fits-all approach, limited personalization
Real-time Monitoring	Continuous real-time monitoring and adaptation	Intermittent monitoring, limited real-time capabilities
Scalability	Highly scalable, can handle large volumes of data	Limited scalability, challenges with handling big data
Accessibility	Remote monitoring and access, enabling decentralized care	-

Digital twins offer a more comprehensive, personalized, and predictive approach to patient monitoring, leveraging advanced data integration, modeling, and simulation capabilities. Traditional methods, while still valuable, are often limited in their ability to provide real-time, personalized, and predictive insights.

The Overview of Digital Twin Applications in Healthcare infographic shown in Figure 1 provides a visual overview of the diverse applications of digital twins in healthcare, highlighting their role in transforming patient care delivery. By synthesizing data from various sources and leveraging advanced