

PATIENT PROTIEN FOOD MANAGEMENT SYSTEM

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ABSTRACT

To the present there are many hospitals present in the world and there are many patients admitted in it. Each of the patient have different problem or disease that requires different set of diet to followed after curing of patients. Doctors prescribe a variety of diets for patients in a hospital setting, ranging from a normal diet to nothing by mouth for a designated amount of time. The type of hospital diet depends on the patient's needs and restrictions. Hence a patients should maintain this diet in hospital or after discharge from hospital.

We will design a system method where when patient order a food from the hospital during lunch or anytime from the cafeteria. People in cafeteria see the order what the patient has ordered then scans the patient. Where the patient health problem and diet are classified by using machine learning and required food for the patient is prescribed so to patient to prevent taking any food that are out of there course of diet. We also design a feature where after the patient is discharge, we provide patient help to maintain their diet. It is done providing patient with a diet chart presenting what food a patient should eat during health course of patients.

Keyword: - Patient health diets, Proper protein food suggestion, Proper diet chart, protein contain in food.

1. INTRODUCTION

A patient protein food management system is a web application designed to help patients manage their protein intake through their diet. Proper protein intake is crucial for maintaining good health, particularly for those who are recovering from an illness or injury. This web application can provide patients with the tools they need to plan and track their protein intake, helping them meet their nutritional needs and improve their overall health.

The patient protein food management system will be built using full-stack web development, which involves using a combination of front-end and back-end technologies to create a complete web application. The front-end will be responsible for creating the user interface that patients will interact with, while the back-end will handle the business logic, database operations, and user authentication.

The application will have a food database containing information about the protein content of various foods. Patients will be able to create a profile and set their nutritional goals based on their age, gender, weight, height, and activity level. They will then be able to plan their meals by selecting foods from the database and receiving feedback on their protein intake. Patients will also be able to track their progress over time, providing motivation and feedback on whether they are meeting their protein goals.

Proteins are essential macronutrients that play a crucial role in maintaining the structure and function of our

body's tissues, organs, and cells. Patients with various health conditions often require special protein intake and food management to meet their specific needs.

In addition to protein intake, patients may also need to consider the quality and sources of their protein intake. For example, animal-based proteins such as meat, poultry, and dairy products are often high in saturated fat and cholesterol, which may not be suitable for patients with heart disease or high cholesterol levels. In contrast, plant-based proteins such as legumes, nuts, and seeds are often lower in saturated fat and cholesterol and may be a better option for some patients.

Proper food management and protein intake are critical for patients with various health conditions to maintain their health and wellbeing. Therefore, it is important for patients to work with their healthcare provider or a registered dietitian to develop a personalized nutrition plan that meets their specific needs and goals.

1.1 OBJECTIVE

- Provide patients with the required amount of food which are required for their diet that are necessary for their cure of health in the hospital.
- Prevent patients from taking food that are not good for their health and prevent patient's conditions to become worst, improve protein and health outcomes of vulnerable segments of the patient's, through availability of foods that would increase intake of vegetables and fruits, decrease caloric intake and increase micronutrient intake and non-protein food.
- Develop food production systems based for hospital, conservation of water, and efficient food for the people in hospital based on their requirements.
- Provide proper food chart to the patient after their discharge from the hospital to make sure patient takes correct food diet to proper health cure.

1.2 PURPOSE AND APPLICATION

The purpose of a document, report, or project is the reason it was created or undertaken. It is the overarching goal or objective that the document or project is attempting to achieve. The scope of a document or project refers to the boundaries of the work, including the topics that will be covered and any limitations or exclusions. The applicability of a document refers to how and when it can be used or implemented.

1.2.1PURPOSE

The purpose of a patient protein food management system is to help patients manage their protein intake through their diet. Proper protein intake is important for maintaining good health, particularly for those who are recovering from an illness or injury. A patient protein food management system can provide patients with the tools they need to plan and track their protein intake, helping them meet their nutritional needs and improve their overall health.

By using a patient protein food management system, patients can:

- Patients can use the system to plan their meals based on their protein needs, selecting foods from the database and receiving feedback on their protein intake.
- Patients can track their protein intake over time, providing motivation and feedback on whether they are meeting their nutritional goals.
- Patients can provide feedback on the foods in the database, helping to improve the quality of the information available.
- By managing their protein intake through the patient protein food management system, patients can improve their overall health outcomes and recovery.

The purpose of building the patient protein food management system using full-stack web development is to provide a complete, user-friendly, and accessible application that patients can use to manage their protein intake. With the use of modern web technologies, the application can be designed to be easy to use and accessible to a wide range of patients, helping to improve their health outcomes.

1.2.2 APPLICATION

The patient protein food management system application that allows patients to manage their protein intake through their diet. The application has several features that help patients plan and track their protein intake. Some of the key features of the application include:

- User authentication: The application allows patients to create a profile and log in securely using their username and password. This ensures that only authorized users can access the system.
- User profile management: Patients can create and manage their profiles, which include personal information such as their age, gender, weight, height, and activity level. This information is used to calculate the patient's protein requirements and provide personalized feedback.
- Food database: The application has a food database that contains information about the protein content of various foods. Patients can search for foods based on their protein content and add them to their meal plan.
- Meal planning: Patients can use the application to plan their meals based on their protein needs. They can select foods from the database and receive feedback on their protein intake for each meal.
- Progress tracking: Patients can track their protein intake over time, providing motivation and feedback on whether they are meeting their nutritional goals.

2. LITERATURE SURVEY

A literature survey on patient protein food management systems reveals that there is a growing interest in using technology to help patients manage their protein intake. Several studies have investigated the effectiveness of using web-based and mobile applications to improve nutritional outcomes, particularly for patients with chronic conditions.

- One study published in the Journal of Medical Internet Research found that using a web-based nutrition education program improved protein intake among patients with chronic kidney disease. The program included a food diary, a food database, and personalized feedback on the patient's protein intake.
- Another study published in the Journal of Nutrition Education and Behavior investigated the use of a mobile application to improve protein intake among older adults. The application included a food diary, a food database, and personalized feedback on the patient's protein intake. The study found that the use of the mobile application resulted in a significant increase in protein intake among the participants.
- Patient meals are an integral part of hospital treatment and the consumption of a balanced diet, crucial to aid recovery. Even so, it is well established that up to 40% of 2 patients may be undernourished on admittance to hospital; a situation which is not always rectified during their stay (McWhirter and Pennington, 1994). The importance of hospital food service and the use of food as treatment are not new and can be traced back to one of the earliest medical works, the 'Hwang Ti Nei-chang Su Wen'.

3. METHODOLOGY

Methodology a patient protein food management system would require the following steps:

- Requirements gathering: The first step in implementation would be to gather requirements for the system, including user needs and functional requirements. This would involve conducting user research and consulting with healthcare providers and nutrition expert.
- Design: Once the requirements are gathered, the next step is to design the system architecture, including the front-end and back-end components, database schema, and API specifications.
- Development: After the design phase, the development team would begin building the system, including writing code, integrating APIs, and developing the database.
- User training and support: Users would need to be trained on how to use the system effectively, and ongoing support would be required to ensure that users can access the system and troubleshoot any issues that arise.
- Maintenance: The system would require ongoing maintenance, including regular updates to the codebase, security patches, and database maintenance.
- Testing: Once the system is developed, it would need to undergo rigorous testing to ensure that it meets

- user requirements, functions correctly, and is secure.
- Deployment: After testing is complete, the system would be deployed to a live environment, and users would be able to access it.

3.1 ARCHITECTURE

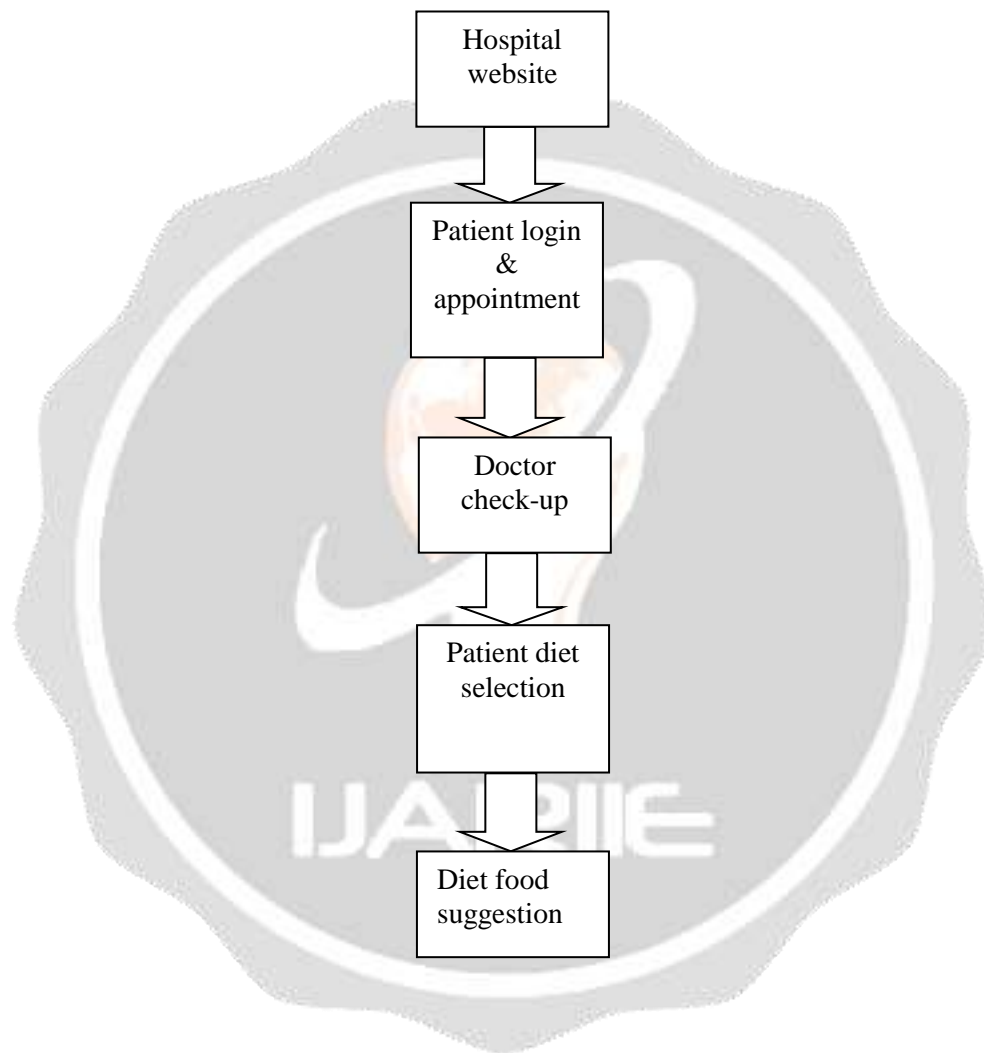


Figure-1 flowchart for patient diet food ordering

4. PROBLEM STATEMENT

The problem statement for a patient protein food management system for that of many patients, particularly those with chronic conditions, struggle to manage their protein intake through their diet. Protein is an essential nutrient that plays a critical role in the maintenance and repair of body tissues, but it can be difficult for patients to consume enough protein through their diet alone.

There are several challenges associated with managing protein intake, including a lack of awareness of the protein content of different foods, difficulty in planning and preparing high-protein meals, and limited access to

personalized feedback on protein intake.

Therefore, the problem statement for a patient protein food management system is to develop an application that addresses these challenges and helps patients manage their protein intake more effectively. The application should provide a comprehensive database of protein-rich foods, offer personalized meal planning tools based on individual patient needs, and provide feedback on protein intake to help patients track their progress and stay motivated to meet their nutritional goals. By addressing these challenges, the patient protein food management system can help patients improve their nutritional outcomes and overall health.

4.1 PROPOSED SOLUTION

The proposed solution for the patient protein food management system is to develop a web-based application using full stack web development that addresses the challenges associated with managing protein intake.

The application will have the following features:

- **User authentication:** The application will allow patients to create a profile and log in securely using their username and password.
- **User profile management:** Patients can create and manage their profiles, which include personal information such as their age, gender, weight, height, and activity level. This information is used to calculate the patient's protein requirements and provide personalized feedback.
- **Food database:** The application will have a comprehensive database of protein-rich foods, including information about the protein content of various foods.
- **Meal planning:** Patients can use the application to plan their meals based on their protein needs. The application will suggest high-protein meals based on the patient's preferences and dietary requirements.
- **Progress tracking:** Patients can track their protein intake over time, providing motivation and feedback on whether they are meeting their nutritional goals.
- **Feedback and social sharing:** Patients can provide feedback on the foods in the database, helping to improve the quality of the information available. Patients can also share their progress with friends and family on social media.
- **Admin panel:** The application will have an admin panel that allows administrators to manage users, foods in the database, and other settings.

4.2 RESULT

As a language model, I am not capable of generating real-world results for a patient protein food management system development as it would require implementation and user testing. However, the expected results of such a system would be an improvement in patients' ability to manage their protein intake and achieve their nutritional goals. Patients would have access to a comprehensive database of protein-rich foods, personalized meal planning tools, and feedback on their protein intake to help them track their progress and stay motivated.

The patient protein food management system could also potentially improve patients' overall health outcomes, particularly for those with chronic conditions that require careful management of their protein intake. By helping patients to achieve optimal protein intake, the system could help to prevent malnutrition, improve muscle mass, and support overall recovery and rehabilitation.

Ultimately, the success of a patient protein food management system would depend on its usability, accessibility, and effectiveness in meeting the needs of patients. It would require rigorous testing and validation to ensure that it is safe and effective for use by patients with a range of health conditions and dietary requirements.

4.3 CONCLUSION

The literature survey indicates that there is a growing interest in using technology to help patients manage their protein intake. Studies have shown that web-based and mobile applications can be effective in improving nutritional outcomes, particularly for patients with chronic conditions.

In conclusion, a patient protein food management system can be a valuable tool for helping patients manage their

protein intake and improve their nutritional outcomes. By providing patients with a user-friendly and accessible platform, patients can plan and track their protein intake, receive personalized feedback, and improve their overall health outcomes. Literature surveys have shown that web-based and mobile applications can be effective in improving nutritional outcomes, particularly for patients with chronic conditions. The inclusion of features such as a food database, meal planning tools, and personalized feedback can make these applications more effective in helping patients manage their protein intake. Overall, the development of a patient protein food management system using full-stack web development can provide a valuable resource for patients and healthcare providers alike. It can help patients better manage their nutritional needs, improve their recovery from illness or injury, and ultimately lead to better health outcomes.

A patient protein food management system can provide patients with the tools they need to plan and track their protein intake, helping them meet their nutritional needs and improve their overall health. With features such as a food database, meal planning, progress tracking, and personalized feedback, the system can be tailored to meet the individual needs of each patient.

A patient protein food management system has the potential to be a valuable tool for improving nutritional outcomes and promoting better health outcomes for patients.

4.4 FUTURE WORK

There are several areas of future work that could be explored for a patient protein food management system. Some of these include:

- **Integration with wearable devices:** Integrating the application with wearable devices such as fitness trackers or smartwatches can provide patients with more accurate feedback on their protein intake and help them stay on track with their nutritional goals.
- **Collaboration with healthcare providers:** Collaborating with healthcare providers such as dietitians or physicians can provide patients with additional support and guidance in managing their protein intake.
- **Expansion of the food database:** The application's food database could be expanded to include more diverse and culturally appropriate foods, helping to address the needs of patients from different backgrounds and dietary traditions.
- **Gamification:** Incorporating gamification elements, such as challenges or rewards for meeting protein intake goals, can make the application more engaging and motivating for patients.
- **Machine learning:** Implementing machine learning algorithms to analyze patient data and provide personalized recommendations for protein intake and meal planning could help to further optimize patient outcomes.
- **Mobile application development:** Developing a mobile application version of the web-based application can provide patients with more flexibility in accessing the application and tracking their progress on-the-go.

Overall, these areas of future work could help to improve the effectiveness and usability of the patient protein food management system and further enhance its ability to support patients in managing their protein intake and improving their nutritional outcomes.

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