



Introducing the Autoimmune Skin Diseases Managing App

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Abstract

Introducing the Autoimmune Skin Diseases Managing App - the solution to the challenges faced by people with autoimmune skin diseases. Autoimmune skin diseases pose significant challenges to individuals affected by these conditions. Patients often struggle with managing their symptoms and treatment regimens, leading to a reduced quality of life. This research paper presents an innovative solution: an autoimmune skin disease tracking app with a community support feature. This app aims to empower patients, enhance disease management, and foster a supportive community environment for those living with autoimmune skin diseases. The traditional management of autoimmune skin diseases often involves frequent visits to healthcare providers and manual symptom tracking. However, advances in mobile technology present an opportunity to improve disease management, empower patients, and create a supportive community. With the use of artificial intelligence and machine learning, it can enhance the disease management by extracting patterns from the data given by user.

1. Introduction

Autoimmune skin diseases and why it's so important to manage them. These conditions can affect anyone, regardless of age or gender, and they can have a significant impact on your quality of life. Autoimmune skin diseases can cause a wide range of symptoms, from rashes and blisters to itching and burning sensations. They can be painful, uncomfortable, and even debilitating in some cases. But by taking control of your condition and

managing it effectively, you can minimize these symptoms and improve your overall health and well-being.

For many people, managing their autoimmune skin disease means constantly trying new treatments, medications, and lifestyle changes. But even with all of these efforts, flare-ups can still occur without warning. This unpredictability can be frustrating and disheartening, leaving people feeling helpless and alone.

By using machine learning, an algorithm is trained on a training dataset to recognize and analyze the patterns effectively track your skin health, it's important to establish a routine. Start by examining your skin regularly. Take note of any changes in color, texture, or size of moles or other spots. It can be helpful to take photos of any areas of concern so you can monitor them over time. In addition to self-examination, consider using a skin tracking app or journal to keep track of any changes or symptoms. This can help you identify patterns and provide valuable information to your doctor or dermatologist. Be sure to also keep track of any medications or treatments you are using, as this can impact your skin health. Users can explore the community forum, where they can read and participate in discussions on autoimmune skin diseases, interacting with similar people increases their moral support.

1.1 Literature Review

[1] The psychological ramifications of hereditary and autoimmune blistering diseases, like Epidermolysis Bullosa (EB), are a matter of concern. Researchers frequently employ instruments such as the Dermatology Life Quality Index (DLQI) to measure the reduction in the patients' quality of life. The Quality of Life (QOL) assessment specialized to dermatology has been validated, and it allows for the identification of social repercussions, psychological pressures, and age-specific obstacles faced by individuals with EB. But it's important to recognize the limitations of research in this area, as demonstrated by a 2002 study by Horn and Tidman in Scotland with 116 EB patients. When interpreting the study's results, it is important to take into account the small sample size and the possibility of sampling bias. This highlights the necessity for larger research efforts to fully understand the psychosocial aspects of blistering diseases and their impact on patients' lives.

[2] According to the review "Recent Advancements and Perspectives in the Diagnosis of Skin Diseases Using Machine Learning and Deep Learning," dermoscopy techniques based on patient retrospective samples are one of the most recent advances in skin disease diagnosis. Because of the larger dataset, which is essential for training Deep Neural Networks (DNNs) and Machine Learning (ML) models, this approach permits a more thorough study. It is noteworthy, nonetheless, that the dataset used in these studies is limited to individuals with light skin, largely from Australia, Europe, and the United States. In order to achieve generalizability, it is crucial to take into account the regional and ethnic diversity of skin types, as demonstrated by the reliance on the International Skin Imaging Collaboration (ISIC) dataset.

[3] With a focus on Support Vector Machine (SVM) as a key algorithm, the systematic review of AI and ML applications in autoimmune diseases provides insight into the diagnostic potential of these technologies for diseases like psoriasis. SVM has demonstrated efficacy in assessing and communicating psoriasis severity. Proteomic analysis, RNA biomarkers, and genetic data from Genome-Wide Association Studies (GWAS) are just a few of the intricate details that are integrated in this review, along with the use of digital images for thorough analysis. Utilizing a variety of data sources, including patient digital photos, genetic data from GWAS, insights from proteomic analysis, and RNA biomarkers, in the context of psoriasis demonstrates a multifaceted approach to improve diagnostic accuracy and provide a more comprehensive understanding of the illness. The thorough integration of diverse data modalities enhances the resilience and efficacy of artificial intelligence and machine learning applications in the diagnosis of autoimmune diseases, presenting opportunities for enhanced patient care and customized treatment plans.

[4] This survey, which examines the general picture of doctor consultations via mobile applications in India, uses a web-based, cross-sectional data collection methodology. The study emphasizes the value of mobile applications in public health while also engaging in service analysis. The survey does acknowledge one limitation, though: the analysis's apparent shallowness. A Google Play Store search strategy is used as part of the data collection methodology to find 250 mobile applications pertaining to doctor consultation. Twenty-two applications were chosen for a thorough examination from this pool. This methodical approach makes it possible to concentrate on analyzing particular applications, which may provide light on their features, user interfaces, and general efficacy in enabling medical consultations via mobile platforms. However, the admittedly shallow scope of the analysis points to a possible topic for more investigation and a request for thorough assessments to offer a more nuanced understanding of the difficulties and opportunities related to medical consultation apps in India.

[5] The study uses content analysis and statistical techniques, such as t-tests and correlation, to examine the function of an online community for individuals with Primary Biliary Cirrhosis (PBC). In order to better understand patient interactions in this particular population, the research will be examining the messages that are posted on a mailing list for primary biliary cirrhosis. The goal of the study is to pinpoint the emotional support that peers in online communities provide to one another. Notably, this study focuses exclusively on a small subset of the population: those who have primary biliary cirrhosis. Furthermore, the study is limited to a two-month period, implying a cursory examination of the exchanges during this time. The application of statistical techniques like t-tests and correlation points to a quantitative method for comprehending the dynamics of the online community and the members' mutual emotional support. Understanding the nature of community discussions and interactions is made easier with the help of content analysis of messages posted on a Daily Digest List. This helps to clarify the role that online platforms play in providing support for people with rare diseases such as Primary Biliary Cirrhosis.

2. Research Methodology

A multimodal approach is used in the suggested methodology for creating an app that tracks autoimmune skin conditions and includes a community component. Initially, establish the parameters of autoimmune skin disorders and gather a varied, datasets covering treatment outcomes, symptom patterns, and medical records are gathered and integrated annotated dataset for Convolutional Neural Network (CNN) training. To ensure reliable model training, preprocess the data, resize the photos, and enhance the dataset. Personalized insights are then obtained by using machine learning algorithms to optimize medication schedules, predict flare-ups, and suggest skincare routines based on user data. Predictive algorithms for user interaction are incorporated to provide personalized notifications and content suggestions, which improves community involvement in general. Sentiment analysis algorithms keep an eye on interactions within the community, allowing for proactive outreach to individuals who might benefit from extra support. The app's capabilities are further enhanced by community matching algorithms and automated health monitoring driven by machine learning. Transparent user education, adaptive learning models, and privacy-preserving strategies are combined to protect private health information and educate consumers about the technology underlying tailored suggestions. The methodology's main goal is to smoothly incorporate machine learning for individualized care and community support, which will ultimately improve the general wellbeing of people with autoimmune skin diseases. Figure 1 shows the architecture diagram of the proposed system

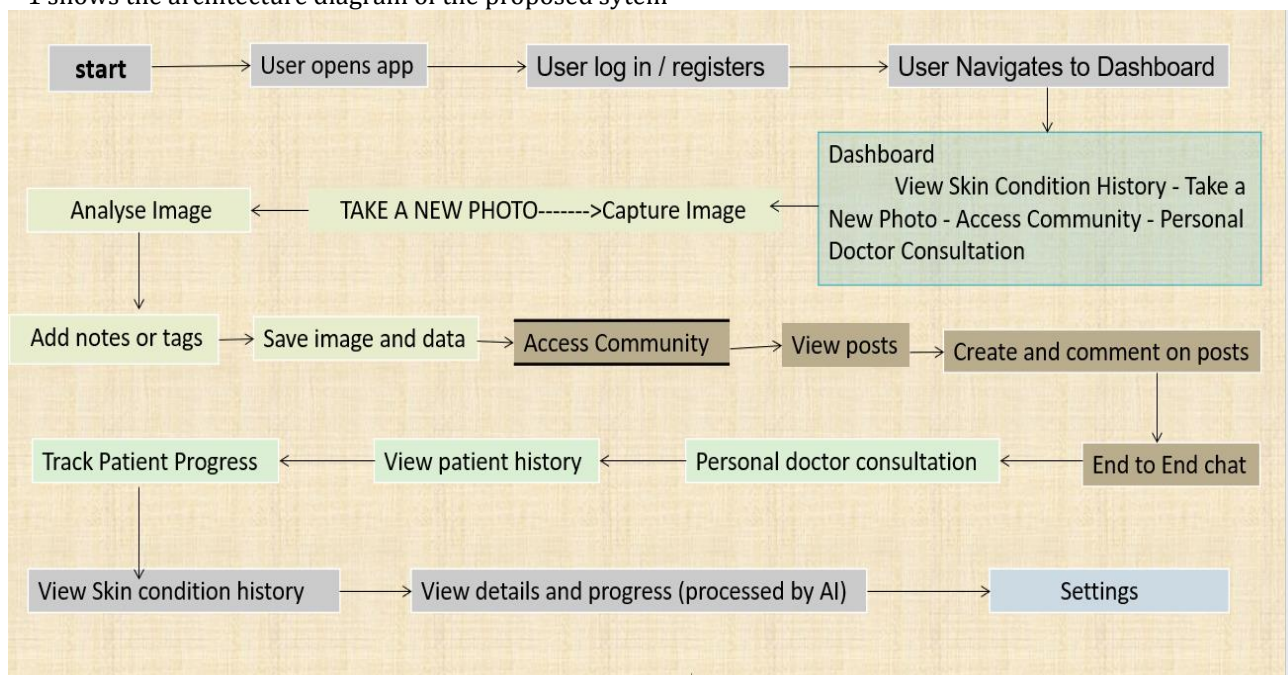


Fig. 1 Architecture diagram

3. Result and Discussion

The autoimmune skin diseases tracking app with a community feature is a comprehensive platform designed to assist individuals managing autoimmune skin conditions. The app integrates disease tracking functionalities with a supportive community, fostering information exchange and emotional support. The accuracy of the autoimmune skin diseases tracking app is multi-faceted. It involves evaluating the precision of symptom tracking, ensuring that the app accurately captures and logs user-reported symptoms. A crucial measure is the correlation of the tracked data with medical records, assessing how well the app aligns with clinically documented information. User feedback regarding the perceived accuracy of the tracked information is invaluable, allowing insights into whether the app's results align with real-world experiences of autoimmune skin conditions. If the app utilizes machine learning or AI algorithms, their accuracy in predicting disease progression or suggesting relevant information should be scrutinized, with continuous adjustments based on user feedback. Comparisons with established methods of disease tracking in clinical settings provide further insights. The app's history of updates and improvements based on user feedback indicates a commitment to enhancing accuracy. Leveraging the community feature for cross-verification and establishing a feedback loop with healthcare professionals contribute to a comprehensive evaluation. Consideration of clinical studies or validation from medical professionals adds an additional layer of assurance, ensuring the app's effectiveness in disease tracking. Continuous monitoring, user feedback, and collaboration with healthcare professionals are integral to maintaining and improving the app's accuracy over time.

4. Conclusions

In conclusion, the development of an autoimmune skin disease tracking app with a community component represents a valuable and innovative approach to improving the lives of individuals living with autoimmune skin conditions. This app can offer users a supportive environment for tracking their symptoms, managing their treatments, gaining knowledge, and connecting with a community of peers and healthcare experts. By following a well-structured development process and integrating novel features, the app can provide significant benefits to its users and contribute to advancements in the field of autoimmune skin disease management. The accuracy rate of an autoimmune skin diseases tracking app can vary depending on several factors, including the technology, algorithms, data quality, and user compliance. Achieving a high level of accuracy is essential to provide reliable and valuable information for patients and healthcare providers. However, it's important to note that the accuracy rate may not always be 100% due to the inherent complexities of skin conditions and individual variations. The development of an autoimmune skin diseases tracking app with a high degree of accuracy has the potential to revolutionize the way patients manage their conditions and interact with healthcare providers. By offering accurate, real-time tracking and fostering collaboration between patients and doctors, it can lead to better outcomes, enhanced research, and improved quality of life for those living with autoimmune skin diseases.

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