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THE CARDIO-HEALTH SMART WATCH

My name is Chimamanda Egemole, a proud JSS 3 student of Radiance High School, Festac Town. If I could invent anything, it will be The Cardio-health smart watch. This is a health smart watch that prevents patients dying from emergency cases of cardiac arrests, strokes and heart attacks. You may be wondering how a normal watch can aid in doing something as complex as this?

Basically, people who have prolonged high blood pressure are given certain prescribed medications to control their consistently high blood pressure. As well as indulge in recommended physical routines to assist with this control.

Unfortunately, I lost my uncle to this ailment a couple of years ago because he was unable to take his medications due to the frustrations he had by the need to swallow so many pills on a regular basis. A lot of young adults suffering from this either forget to take their medications or get frustrated with the treatments and routines, and this leads to lots of emergency cases and recorded deaths. For this reason, the thought of the cardio-health smart watch was born.

This watch helps track the patient's blood pressure automatically every half-hour and if their blood pressure is getting above normal, it vibrates and notifies them to take their medications and perform the recommended physical routines. It then snoozes for five minutes after which it vibrates again. And if the patient still does not perform the required routine or take their medications, the watch being pre-loaded with a pin-like syringe meant to lower blood pressure, injects the patient and sends an SMS to the patient's registered hospital or care giver. Then the medical team takes over from there.

It is important to note that the pin-like syringe is pre-loaded by the care giver and the pinch is painless. All the necessary documentation would also have been processed and approved with strict monitoring by necessary regulatory institutions.

This invention will save lots of lives and reduce the number of recorded deaths caused by emergency cases of stroke and cardiac arrests not just in Nigeria but the world over.