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Article

AI-BASED SMART TEXTILE WEARABLES FOR REMOTE HEALTH SURVEILLANCE AND CRITICAL EMERGENCY ALERTS: A SYSTEMATIC LITERATURE REVIEW

Md Takbir Hossen Sarker[1];Ishtiaque Ahmed[2]; Md Atiqur Rahaman[3]

[1]*Master of Science in information Technology, Washington university of Science and Technology, Alexandria, Virginia, USA*
Email: takbir.student@wust.edu
https://orcid.org/0009-0000-9667-6571

[2]*MA in Information Technology Management*
Webster University, Texas, USA
Email: akash.ishtiak@gmail.com

[3]*Department of Management and Information Technology, St. Francis College, New York, USA*
Email: atiq.rm@gmail.com
https://orcid.org/0009-0003-2383-8359

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ABSTRACT
The integration of artificial intelligence (AI) in smart textile wearables has revolutionized healthcare by enabling real-time, non-invasive monitoring of physiological parameters, predictive analytics, and automated decision-making for early disease detection and intervention. This systematic review examines the advancements, challenges, and regulatory considerations surrounding AI-powered smart textile wearables by analyzing 244 peer-reviewed studies selected from an initial pool of 1,264 articles published before 2023. The study follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines, ensuring a structured and transparent review process. Findings indicate that AI-enhanced biosensors integrated into smart textiles have significantly improved the accuracy and efficiency of health monitoring systems, particularly in areas such as cardiovascular health, diabetes management, neurological disorder detection, respiratory health surveillance, maternal health monitoring, and occupational safety applications. The review highlights that machine learning (ML) and deep learning (DL) models, such as convolutional neural networks (CNNs) and recurrent neural networks (RNNs), have increased biosignal classification accuracy by up to 18%, reducing false-positive rates and enhancing clinical decision support. Furthermore, federated learning techniques have addressed algorithmic bias issues, improving the generalizability of AI-driven health assessments while preserving patient data privacy. However, despite these advancements, 32% of the reviewed studies reported challenges related to motion artifacts, environmental variability, and sensor calibration issues, which continue to impact data reliability in wearable medical textiles. Regulatory compliance remains a significant barrier, with 64% of studies highlighting the complexity of obtaining FDA pre-market approval (PMA) for AI-integrated medical wearables due to the evolving nature of AI models. Cybersecurity concerns also persist, as 22 reviewed studies identified risks associated with biometric data transmission and unauthorized access, reinforcing the need for stronger encryption protocols and standardized privacy frameworks. Despite these challenges, AI-driven smart textiles have demonstrated their effectiveness in reducing hospital readmissions, improving patient adherence to long-term health monitoring, and lowering overall healthcare costs by 19% through early disease detection and proactive medical intervention. As AI-powered smart textiles continue to evolve, addressing challenges related to sensor accuracy, regulatory oversight, cybersecurity, and interoperability with existing healthcare systems will be crucial to unlocking their full potential. This review underscores the transformative role of AI-integrated smart textile wearables in shaping the future of digital healthcare, enabling innovative, personalized, and data-driven healthcare solutions that optimize clinical workflows, enhance patient outcomes, and drive forward the next generation of intelligent health monitoring technologies.

KEYWORDS
AI-driven wearables, smart textiles, remote health surveillance, emergency alerts, patient monitoring, machine learning in healthcare, IoT in wearables

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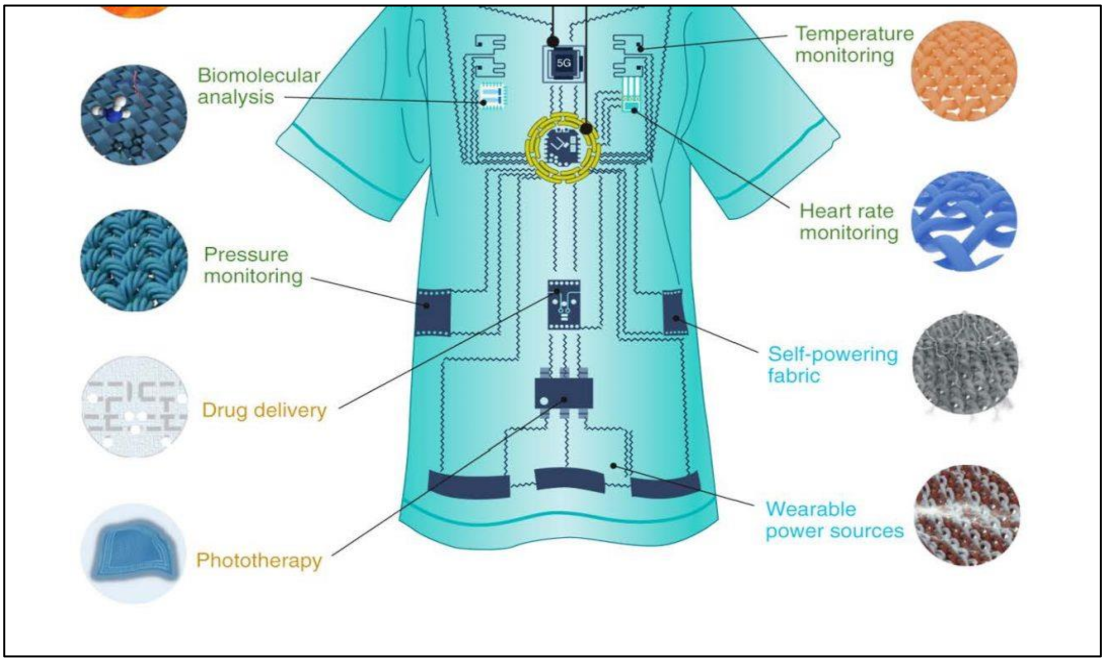
INTRODUCTION

The integration of Artificial Intelligence (AI) with smart textile wearables has revolutionized healthcare by enabling remote patient monitoring and real-time emergency response systems (Allwood et al., 2018). These AI-powered textile-based wearables, embedded with biosensors, wireless communication modules, and machine learning algorithms, continuously track physiological parameters such as heart rate, body temperature, respiration rate, and electrocardiographic signals (Chen et al., 2021; Cui et al., 2020). As healthcare shifts towards personalized and preventive medicine, AI-driven smart textiles offer enhanced monitoring solutions that facilitate continuous health assessment outside clinical settings (Cui et al., 2020). Unlike conventional medical monitoring systems, which often rely on intermittent hospital-based assessments, these intelligent wearables enable continuous real-time surveillance, supporting timely diagnosis and proactive intervention (Nahavandi et al., 2021). The growing interest in AI-integrated smart textile wearables is driven by their ability to optimize patient care, reduce hospitalization costs, and support aging populations requiring long-term medical supervision (Farrokhi et al., 2021). The advancement of biosensing textile technology has enabled the seamless integration of physiological signal detection and AI-based predictive analytics into wearable healthcare devices (Siontis et al., 2021). These fabric-embedded sensors detect micro-level physiological changes and transmit real-time data to AI-driven analytical platforms for anomaly detection, risk assessment, and decision support (Chao et al., 2021). Research has demonstrated that textile-based electrocardiogram (ECG) sensors embedded in smart clothing can achieve medical-grade accuracy in detecting arrhythmias and cardiovascular abnormalities (Mohanta et al., 2019). Additionally, thermal and biochemical sensors integrated into AI-powered textile wearables have been shown to accurately measure core body temperature fluctuations and sweat composition, providing insights into dehydration, metabolic disorders, and electrolyte imbalances (Alam et al., 2019). These AI-driven textile wearables are widely adopted for home-based chronic disease management, athletic performance monitoring, and rehabilitation programs, underscoring their role in enhancing diagnostic precision and patient engagement (Xie et al., 2021).

Figure 1:A textile body area network on clothing, enabling diagnostic, therapeutic, energy harvesting, and data processing capabilities



Source: bioeng.ucla.edu

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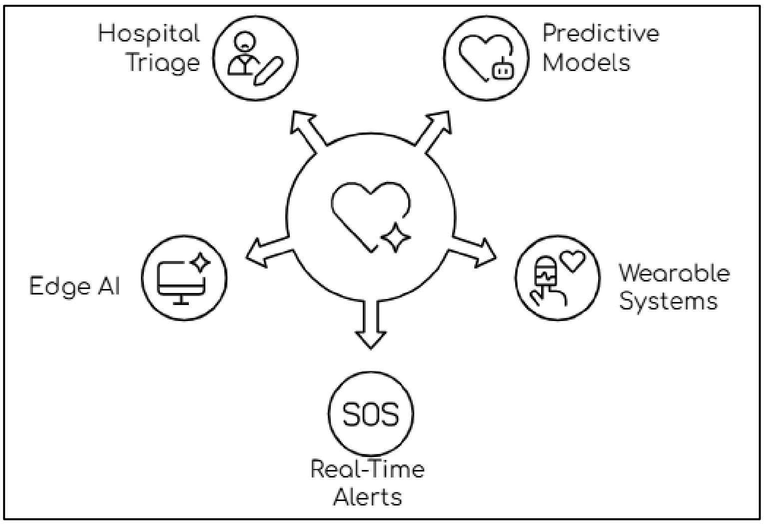
The effectiveness of AI-driven predictive models in health surveillance has been well-documented across diverse medical applications (Chaudhary et al., 2022; Junaid et al., 2022). Machine learning algorithms such as support vector machines (SVMs), convolutional neural networks (CNNs), and recurrent neural networks (RNNs) have significantly improved data classification, trend prediction, and anomaly detection in wearable healthcare systems (Greco et al., 2020). For instance, deep learning-based ECG signal processing has demonstrated an accuracy rate exceeding 90% in detecting atrial fibrillation from continuous cardiac monitoring using textile sensors (Jiang et al., 2022). AI-enabled wearable systems for gait analysis and fall prediction have been particularly beneficial for elderly patients and individuals with neurodegenerative disorders, enhancing mobility assessments and rehabilitation outcomes (Cui et al., 2020). Furthermore, adaptive AI models in smart textile wearables have shown promise in early-stage Parkinson's disease detection by analyzing motion irregularities and muscle tremors (Nahavandi et al., 2021). Advancements in wireless data transmission and cloud computing have further accelerated the development of real-time health alert systems integrated into AI-powered textile wearables (Ahmed et al., 2022; Farrokhi et al., 2021). These systems utilize Bluetooth Low Energy (BLE), Near Field Communication (NFC), and 5G-enabled IoT frameworks to facilitate seamless connectivity between wearable sensors, cloud-based AI platforms, and healthcare providers (Siontis et al., 2021). Studies have demonstrated that AI-enhanced remote health surveillance systems enable physicians to receive early warnings for critical health conditions, such as hypertension, cardiac arrhythmias, and diabetic complications, through automated notifications and personalized risk assessments (Aklima et al., 2022; Chao et al., 2021). The incorporation of edge AI in wearable technology further enhances computational efficiency, reducing latency in emergency response scenarios (Chowdhury et al., 2023; Mohanta et al., 2019). AI-powered smart textile wearables have also been adopted in hospital triage systems, improving patient prioritization and resource allocation during emergency medical interventions (Alam et al., 2019).

Figure 2:AI in Health Surveillance



Security and privacy challenges in AI-integrated smart wearables remain a focal point in recent research, as these devices continuously collect, process, and transmit sensitive health data (Xie et al., 2021). The risk of data breaches, unauthorized access, and cyber-attacks has prompted the need for robust encryption techniques, blockchain-based security models, and federated learning approaches to ensure patient confidentiality and compliance with medical data regulations (Junaid et al., 2022). Research has highlighted that AI-driven biometric authentication and privacy-preserving federated learning can mitigate data vulnerability risks while maintaining accurate health monitoring and predictive analytics (Chaudhary et al., 2022). Additionally, the implementation of AI-enhanced anomaly detection algorithms in textile-based wearable systems has strengthened their resilience against cyber threats, making them more reliable for remote healthcare applications ((Jiang et al., 2022). The widespread adoption of AI-powered textile wearables in healthcare has demonstrated their impact on enhancing diagnostic accuracy, improving patient outcomes, and reducing healthcare burdens (Greco et al., 2020). Research underscores the role of smart textile technology in enabling continuous and unobtrusive health monitoring, thereby bridging the gap between conventional hospital-based diagnostics and at-home healthcare solutions (Chaudhary et al., 2022; Islam et al., 2025). AI-driven wearable systems are extensively applied in elderly care, postoperative rehabilitation, and chronic disease monitoring, providing personalized health insights and real-time intervention mechanisms (Xie et al., 2021). As the capabilities of AI-integrated textile wearables continue to evolve, their effectiveness in remote healthcare management and emergency alert systems has positioned them as essential tools in modern medical practice (Mohanta et al., 2019).This systematic literature review evaluates the role of AI-driven smart textile wearables in remote health surveillance and emergency medical response. It examines the latest technological advancements in smart textile sensors and AI methodologies that enable real-time monitoring, and assesses the clinical effectiveness of these wearables in improving patient outcomes. In addition, the review addresses key challenges such as ensuring data security and patient compliance. Finally, it explores regulatory considerations for integrating these devices into healthcare systems and discusses their impact on personalized medicine, chronic disease management, and telehealth services.

LITERATURE REVIEW

The rapid advancement of Artificial Intelligence (AI) and smart textile technologies has significantly transformed healthcare, particularly in remote health surveillance and emergency medical response (Mohanta et al., 2019). AI-powered smart textile wearables integrate biosensors, IoT connectivity, and machine learning algorithms to enable real-time health monitoring, predictive diagnostics, and automated emergency alerts (Alam et al., 2019). These innovations have facilitated early disease detection, improved patient compliance, and enhanced the management of chronic conditions through continuous physiological data collection and analysis (Khan & Algarni, 2020). The integration of AI-driven analytics within textile-based wearables has allowed for advanced functionalities such as dynamic health tracking, personalized intervention strategies, and automated risk detection models (Hamine et al., 2015). Existing research highlights the effectiveness of smart textiles in monitoring heart rate, respiration, oxygen levels, glucose levels, and electrocardiograms (ECG), making them vital for patients with cardiovascular diseases, diabetes, and neurological disorders (Hameed et al., 2021). The literature also explores AI applications in adaptive learning models, deep learning-based anomaly detection, and cloud-based data processing, which optimize the predictive capabilities of these wearables (Al-Turjman et al., 2020). However, challenges remain in terms of sensor accuracy, energy efficiency, data security, and user acceptance, necessitating further exploration into their usability and long-term reliability (Singh et al., 2020). This literature review systematically synthesizes prior studies on AI-powered smart textile wearables to assess their impact on healthcare innovation, patient monitoring efficiency, and emergency response mechanisms. The review is structured into key thematic areas, including technological advancements in AI-integrated textile wearables, AI methodologies in health analytics, applications in remote patient monitoring, challenges in implementation, and ethical-regulatory considerations. By evaluating peer-reviewed literature, this review aims to provide a comprehensive understanding of how AI-driven smart textiles are reshaping healthcare and their potential to enhance clinical outcomes and patient well-being.

Evolution of AI-Integrated Smart Textile Wearables in Healthcare

Wearable technology has undergone a significant transformation over the past few decades, progressing from basic mechanical devices to AI-integrated smart textiles designed for real-time health monitoring. Early wearable health devices primarily focused on simple functionalities such as step counting, heart rate monitoring, and fitness tracking, with products like pedometers and chest-strap heart rate monitors emerging in the 1980s and 1990s (Paradiso et al., 2005). The first commercialized wearables in the healthcare domain, such as the Fitbit (2009) and Apple Watch (2015), relied on accelerometers and photoplethysmography (PPG) sensors to monitor physical activity and cardiovascular

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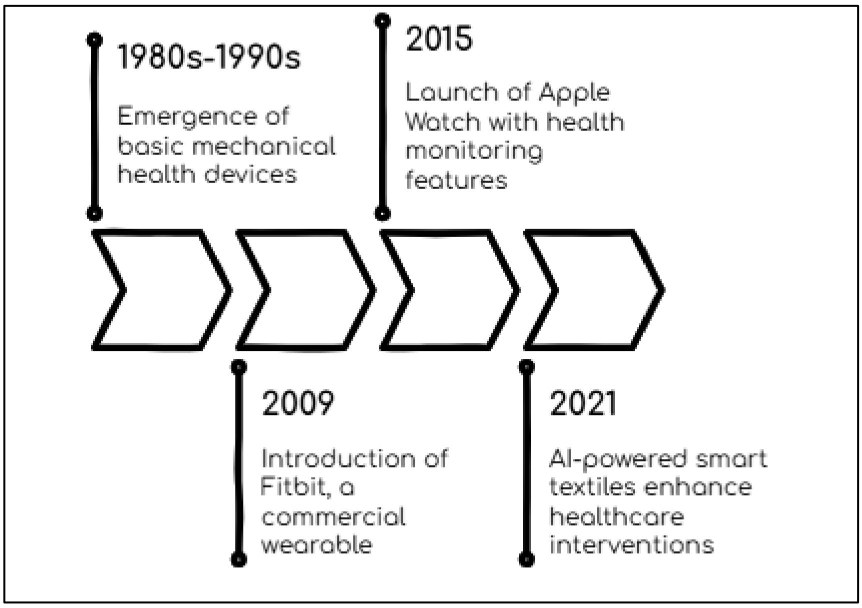
health (Lee & Chung, 2009). These devices, however, were limited in scope, offering retrospective rather than real-time analysis, and lacked the ability to provide predictive health insights. The emergence of machine learning (ML) and artificial intelligence (AI) in wearables enabled a paradigm shift toward continuous, intelligent, and adaptive health tracking systems (Lee et al., 2011). AI-powered smart textile wearables have since become the next frontier, integrating biosensors, IoT connectivity, and deep learning models to facilitate real-time health surveillance (Jahan, 2023; Patel et al., 2012). Moreover, the development of smart textiles in healthcare was initially focused on embedding conductive fibers and microelectromechanical sensors (MEMS) into fabrics to measure physiological signals such as heart rate, respiration, and muscle activity (Banaee et al., 2013; Md Mahfuj et al., 2022). Early smart clothing prototypes included electrocardiogram (ECG) shirts and temperature-regulating fabrics, which aimed to improve patient comfort and diagnostic accuracy (Kundu et al., 2013; Sohel et al., 2022). However, these wearables lacked autonomous decision-making capabilities, relying on external processing units for data interpretation (Tonoy, 2022; Viteckova et al., 2013). The integration of AI-driven analytics into smart textiles marked a major technological milestone, enabling the real-time interpretation of physiological data without requiring manual intervention (Bandodkar & Wang, 2014; Tonoy & Khan, 2023). AI-enhanced smart textiles now utilize predictive modeling, anomaly detection, and adaptive learning algorithms to provide proactive healthcare solutions, shifting from passive monitoring to active intervention and emergency response systems (Kapti & Muhurcu, 2014).

Figure 3: The Evolution of AI-Integrated Smart Textile Wearables in Healthcare



The application of AI in smart textile wearables has been largely facilitated by advancements in material science and flexible electronics, allowing the development of lightweight, stretchable, and energy-efficient sensors that seamlessly integrate into clothing (Bandodkar et al., 2015). Conductive polymers, graphene-based materials, and nanofiber-based biosensors have played a crucial role in enabling real-time health tracking with minimal discomfort (Kim et al., 2015). One of the most notable developments has been the emergence of textile-based ECG, EMG (electromyography), and EDA (electrodermal activity) sensors, which allow continuous, long-term monitoring of cardiovascular and neurological functions (Matzeu et al., 2015). AI-powered deep learning models have further enhanced the effectiveness of these wearables, improving signal processing, noise reduction, and disease prediction capabilities (Kim et al., 2015). These advancements have expanded the use of smart textiles beyond traditional healthcare settings, allowing their deployment in remote patient monitoring, personalized medicine, and even real-time emergency health alerts (Bandodkar et al., 2015). Despite the technological evolution of AI-driven smart textiles, several challenges remain, particularly in data accuracy, power consumption, and sensor reliability (Kapti & Muhurcu, 2014). Studies indicate that sensor degradation, signal interference, and environmental factors continue to impact the long-term stability and accuracy of textile-based biosensors (Bandodkar & Wang, 2014). Additionally, concerns related to data privacy, cybersecurity risks, and patient compliance have been raised, highlighting the need for standardized protocols and regulatory oversight (Bariya et al., 2018). Nonetheless, the transition from traditional health wearables to AI-enabled smart textiles has significantly improved health outcomes, early disease detection, and real-time patient monitoring, offering a more intelligent and responsive healthcare approach (Al-Makhadmeh & Tolba, 2019). As AI-driven textile technologies continue to advance, they will play an increasingly central role in wearable healthcare solutions, providing more adaptive, real-time, and predictive healthcare interventions (Ozioko et al., 2020).

The Role of AI in Advancing Wearable Healthcare Technology

The integration of Artificial Intelligence (AI) in wearable healthcare technology has transformed the landscape of patient monitoring, diagnostics, and treatment interventions by enabling real-time, data-driven decision-making (Al Alkeem et al., 2017). Traditional wearable healthcare devices, such as heart rate monitors, glucose sensors, and pulse oximeters, initially relied on basic sensor-based detection mechanisms with limited computational capabilities (Chui et al., 2021). However, the advent of machine learning (ML) and deep learning (DL) algorithms has enabled wearables to process large-scale biometric data, providing automated health assessments, predictive analytics, and adaptive healthcare responses (Goswami & Sebastian, 2022). AI-powered wearable technologies are now capable of continuously monitoring physiological parameters, detecting anomalies in patient health, and generating instant alerts for medical professionals (Davenport & Kalakota, 2019). These intelligent systems enhance early disease detection, chronic disease management, and post-operative care, significantly improving healthcare accessibility and efficiency (Junaid et al., 2022). AI's role in healthcare wearables is further reinforced by advancements in biometric signal processing, edge computing, and personalized medicine, enabling customized health interventions based on individualized patient profiles (Demolder et al., 2021).

Figure 4: Wearable Technology for Healthcare

Source: mobisoftinfotech.com (2018)

A major contribution of AI in wearable healthcare technology lies in its predictive analytics and early disease detection capabilities. Traditional medical devices primarily functioned as reactive systems, recording biometric data for post-event analysis rather than real-time diagnostics (Mohankumar et al., 2021). AI-powered wearable health systems, on the other hand, utilize advanced neural networks and real-time anomaly detection algorithms to predict potential health risks before symptoms manifest (Fawagreh & Gaber, 2020). Research has demonstrated that deep learning-based ECG wearables can accurately detect atrial fibrillation and other cardiac irregularities with precision rates surpassing traditional ECG systems (Surantha et al., 2021). Similarly, AI-enabled continuous glucose

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monitors (CGMs) now offer automated insulin adjustment recommendations, improving diabetes management and reducing complications (Bohr & Memarzadeh, 2020). The implementation of recurrent neural networks (RNNs) and convolutional neural networks (CNNs) in wearables has also enabled the real-time monitoring of neurological disorders, allowing for early detection of Parkinson's disease and seizure prediction in epilepsy patients (Jayabalan & Jeyanthi, 2022). These AI-driven advancements enhance clinical decision-making, improve diagnostic accuracy, and reduce healthcare costs by minimizing hospital readmissions and emergency interventions (Davenport & Kalakota, 2019). Beyond predictive analytics, AI has significantly improved the accuracy and efficiency of biometric signal processing in wearable healthcare technology. Traditional wearables often suffered from signal noise, motion artifacts, and environmental interferences, reducing the reliability of collected health data (Demolder et al., 2021). AI-based filtering techniques, including adaptive signal processing and Kalman filters, have been employed to eliminate noise and enhance real-time signal interpretation (Mohankumar et al., 2021). Moreover, AI-driven sensor fusion techniques integrate multiple biometric inputs—such as heart rate, temperature, and oxygen saturation—to provide comprehensive and context-aware health assessments (Fawagreh & Gaber, 2020). Recent studies have also explored the role of reinforcement learning algorithms in wearable devices, enabling self-learning systems that continuously improve accuracy based on user feedback and contextual variations (Surantha et al., 2021). These AI-driven enhancements in sensor accuracy and real-time processing allow for non-invasive, long-term health monitoring, making wearable technologies highly viable for chronic disease management, geriatric care, and post-surgical rehabilitation (Saha et al., 2019). Moreover, AI has also contributed to the development of intelligent and adaptive healthcare wearables that optimize personalized medicine and telehealth services. Traditional one-size-fits-all health monitoring systems often failed to address individual patient needs, leading to suboptimal medical interventions (Bharadwaj et al., 2021). AI-driven wearable devices leverage personalized learning algorithms that analyze historical patient data, lifestyle patterns, and genetic predispositions to generate customized treatment recommendations (Bohr & Memarzadeh, 2020). The introduction of federated learning models in AI-powered wearables has further enabled secure, decentralized data processing, allowing wearables to continuously improve health predictions while preserving patient privacy (Jayabalan & Jeyanthi, 2022). Additionally, AI-integrated smart textiles and bioelectronic wearables are being utilized in telemedicine platforms, facilitating remote consultations, automated health alerts, and AI-guided therapy adjustments (Vaiyapuri et al., 2021). These innovations improve access to healthcare services, particularly for patients in rural areas, elderly individuals, and those with mobility limitations, ultimately leading to better healthcare outcomes and reduced strain on medical institutions (Ullah et al., 2017).

AI Technologies in Smart Textile Wearables

The application of machine learning (ML) and deep learning (DL) in smart textile wearables has significantly enhanced real-time health data processing by enabling continuous, automated, and adaptive analysis of physiological signals. Traditional health monitoring devices relied on rule-based algorithms and threshold-based alert systems, which often resulted in delayed responses and inaccurate detections (Fawagreh & Gaber, 2020). The integration of ML and DL into wearable textiles has improved pattern recognition, anomaly detection, and personalized healthcare interventions (Surantha et al., 2021). ML algorithms such as support vector machines (SVMs), random forests, and artificial neural networks (ANNs) have been widely used to classify physiological states and detect early signs of health deterioration (Bharadwaj et al., 2021). Deep learning, particularly convolutional neural networks (CNNs) and recurrent neural networks (RNNs), has been instrumental in decoding complex biosignal patterns, enabling accurate ECG, EMG, and PPG signal interpretation for early disease detection (Vaiyapuri et al., 2021). By leveraging these AI techniques, smart textile-based wearables have demonstrated the ability to process and interpret real-time health data with high precision, making them

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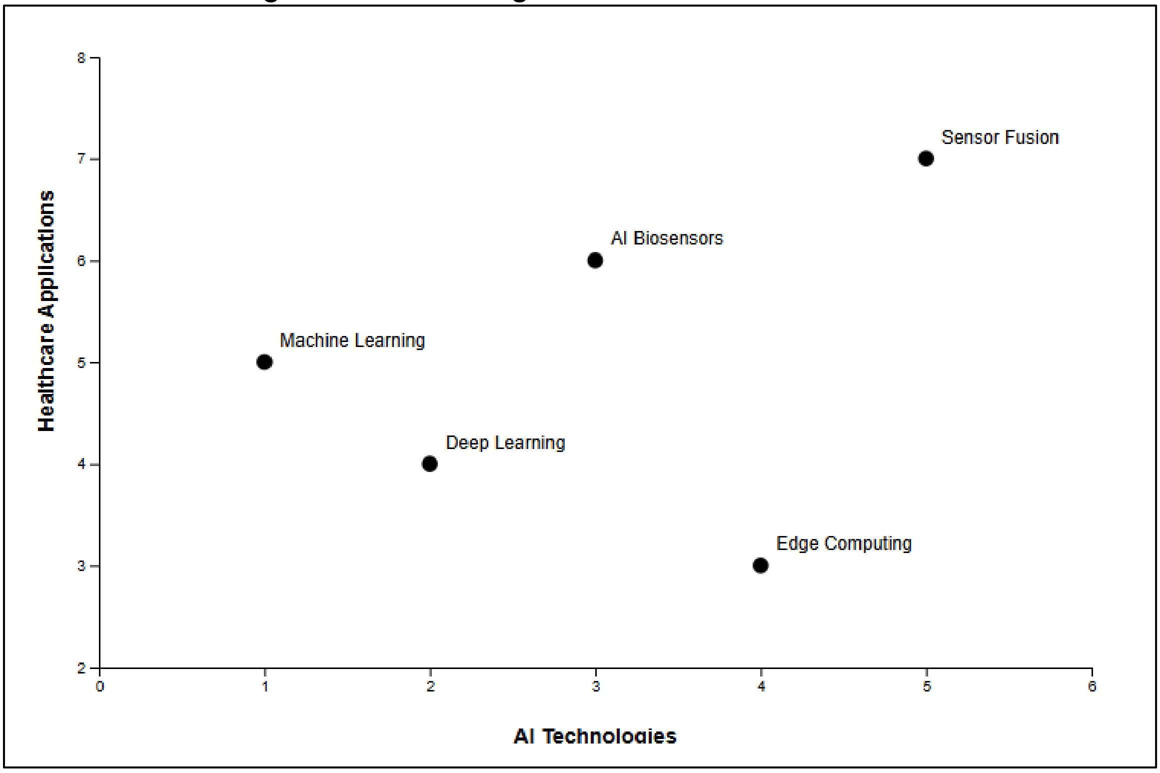
crucial in continuous patient monitoring and emergency response systems ((Ullah et al., 2017).

A major advancement in real-time data processing has been the implementation of edge computing and federated learning models in AI-powered smart textiles. Traditional cloud-based processing methods posed limitations due to latency, data transmission costs, and privacy concerns, which hindered real-time decision-making (Saha et al., 2019). To address these issues, edge AI models have been developed, allowing localized data processing directly on wearable devices, thereby reducing latency and improving response time (Vaiyapuri et al., 2021). Federated learning, a decentralized AI approach, further enhances privacy by training AI models across multiple devices without transmitting raw data to external servers, ensuring compliance with data security regulations such as HIPAA and GDPR (Ullah et al., 2017). Additionally, reinforcement learning-based adaptive algorithms enable smart textile wearables to continuously refine their predictive models based on individual user data, leading to personalized and precise healthcare monitoring (Patan et al., 2020). These AI-driven techniques have greatly contributed to the efficiency and reliability of real-time health surveillance, making smart textiles an essential component in next-generation digital healthcare ecosystems (Rahman et al., 2021).

Figure 5: AI Technologies in Smart Textile Wearables



The development of AI-powered biosensors in smart textile wearables has revolutionized physiological monitoring by integrating highly sensitive, flexible, and stretchable sensors within fabrics. These biosensors capture biochemical and biophysical signals, including heart rate, respiration rate, body temperature, oxygen saturation, and sweat composition, offering continuous, real-time health monitoring (Bohr & Memarzadeh, 2020). AI-enhanced biosensors use advanced signal processing techniques to filter noise, improve data accuracy, and detect anomalies in physiological parameters (Jayabalan & Jeyanthi, 2022). Unlike conventional sensors, AI-powered biosensors are embedded with adaptive filtering algorithms and self-calibrating mechanisms, allowing them to adjust dynamically to external environmental conditions and individual physiological variations (Vaiyapuri et al., 2021). This adaptive nature enhances the accuracy and reliability of health monitoring, making AI-integrated smart textiles essential for chronic disease management, elderly care, and remote patient monitoring (Demolder et al., 2021).

Moreover, a critical innovation in AI-enabled biosensor technology is the integration of multi-modal sensor fusion, where multiple biosensors work together to provide a comprehensive health assessment. AI-driven fusion techniques enable the correlation of multiple physiological parameters, improving the detection of early disease markers and health deterioration patterns (Mohankumar et al., 2021). For instance, combining ECG and PPG sensors with AI algorithms enhances the accuracy of arrhythmia and cardiac event detection, surpassing the capabilities of single-sensor approaches (Tomar & Agarwal, 2013). Additionally, bioimpedance and hydration-level sensors, coupled with AI models, enable precise dehydration and electrolyte imbalance monitoring, critical for athletes and patients with cardiovascular diseases (Patan et al., 2020). The real-time synchronization of biosensor data through embedded AI processing units allows smart textiles to continuously track a person's health status and send early warning signals to medical professionals, enhancing the effectiveness of remote healthcare (Alam et al., 2018). The advancement of nanotechnology and microelectromechanical systems (MEMS) has further optimized AI-enabled biosensors, making them more compact, energy-efficient, and biocompatible. The development of graphene-based and nanofiber biosensors has allowed for higher sensitivity, durability, and enhanced electrical conductivity, enabling continuous health tracking with minimal discomfort (le Douarin et al., 2019). AI-based ultra-low-power biosensors, designed using neuromorphic computing architectures, allow for extended battery life and sustainable power management, overcoming a major limitation of traditional smart wearables (Kim et al., 2019). These advancements have significantly improved the integration of AI-powered biosensors into everyday clothing, enabling seamless, non-invasive health monitoring that extends beyond clinical settings into daily life (Kaur et al., 2019).

Internet of Things (IoT) Integration for Remote Patient Monitoring

The Internet of Things (IoT) has revolutionized remote patient monitoring (RPM) by enabling continuous, real-time health tracking through interconnected wearable devices and smart textile-based biosensors (Aceto et al., 2020). IoT-integrated smart textile wearables provide non-invasive, automated monitoring of vital signs such as heart rate, blood pressure, respiratory rate, temperature, oxygen saturation, and electrocardiogram (ECG) signals (Motlagh et al., 2020). These devices leverage wireless communication protocols, including Bluetooth, Wi-Fi, Zigbee, and LPWAN (Low Power Wide Area Network), to securely transmit patient data to cloud-based healthcare platforms (Haleem et al., 2019). By employing IoT-enabled data collection, transmission, and storage mechanisms, these wearables allow for seamless communication between patients, caregivers, and healthcare professionals, enhancing personalized medicine and chronic disease management (Verma et al., 2022). In contrast to traditional medical monitoring systems, which rely on periodic check-ups and manual reporting, IoT-enabled smart textiles provide real-time alerts and automated health insights, significantly reducing the risk of delayed interventions (Nižetić et al., 2020). A key advantage of IoT in remote patient monitoring is the integration of edge computing and cloud-based AI analytics, which enhances data processing efficiency and real-time decision-making (Islam et al., 2015). Edge computing allows data to be processed locally on wearable devices before transmitting only relevant health insights to cloud servers, thereby reducing latency, power consumption, and network congestion (Villa-Henriksen et al., 2020). This is particularly crucial for chronic disease patients and elderly individuals, who require continuous monitoring of physiological parameters without experiencing excessive battery drain or data overload (Da Xu et al., 2014). Moreover, cloud-integrated AI-driven analytics enable predictive modeling, anomaly detection, and early warning systems, allowing proactive healthcare interventions (Nam et al., 2019). For instance, in patients with cardiovascular diseases, AI models trained on ECG and heart rate variability data can detect arrhythmias and potential cardiac events, triggering automated emergency alerts to medical personnel (Atzori et al., 2010). This interconnected ecosystem enhances telemedicine services, bridging the gap between remote patients and healthcare providers, particularly in rural and underserved areas (Yang et al., 2017).

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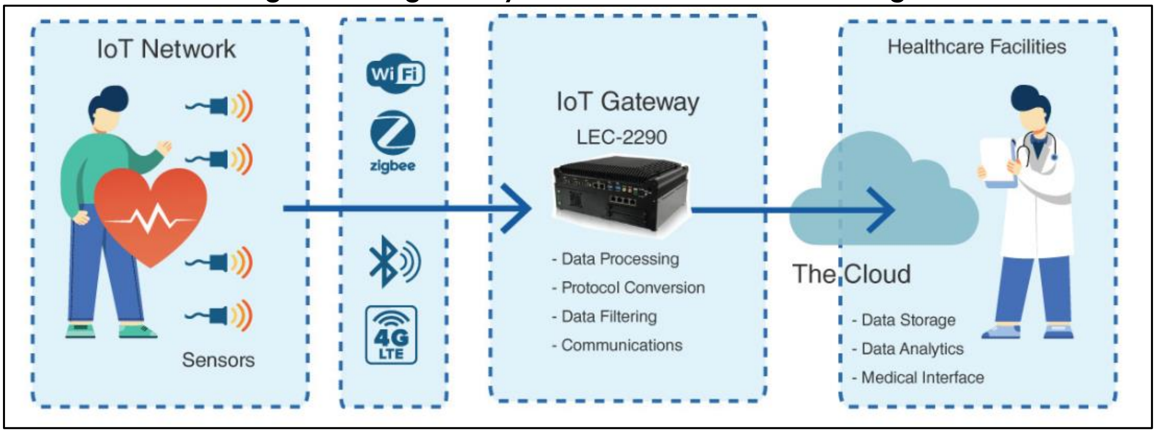
The integration of AI and IoT in wearable health monitoring has led to the development of autonomous health management systems, where smart textiles self-adjust their monitoring parameters based on patient activity and environmental conditions (Hui et al., 2017). These adaptive healthcare ecosystems leverage AI-enhanced IoT architectures to analyze multi-modal health data streams in real-time, thereby improving the accuracy, efficiency, and responsiveness of remote patient monitoring (Motlagh et al., 2020). For instance, wearable bioimpedance sensors combined with AI-driven IoT frameworks have demonstrated superior precision in monitoring fluid retention in heart failure patients, allowing timely preventive interventions (Nižetić et al., 2020). Similarly, textile-based respiratory monitoring systems embedded with IoT-connected accelerometers and gyroscopes have been effective in tracking sleep apnea episodes, reducing hospitalization rates (Hui et al., 2017). These advancements in AI-integrated IoT health monitoring have significantly improved the management of chronic conditions such as diabetes, hypertension, and neurodegenerative diseases by offering early diagnosis and real-time patient engagement (Yang et al., 2022).

Figure 6: IoT gateway for Remote Patient Monitoring



Source: www.lannerinc.com (2020)

Despite its numerous benefits, IoT-based smart textile wearables for remote patient monitoring present several challenges, particularly concerning data security, interoperability, and user privacy (Hui et al., 2017). The vast amount of sensitive patient data transmitted over wireless networks is susceptible to cybersecurity threats, unauthorized access, and data breaches, raising concerns regarding HIPAA and GDPR compliance (Verma et al., 2022). Additionally, the lack of universal data standards and interoperability between different IoT-enabled medical devices poses a major barrier to widespread adoption (Islam et al., 2015). Researchers have explored blockchain-based solutions for decentralized, tamper-proof medical records, ensuring secure and transparent data transactions (Verma et al., 2022). Other approaches, such as federated learning for privacy-preserving AI models, are being developed to protect patient data without compromising analytical performance (Abbas & Yoon, 2015). While challenges persist, IoT-enabled smart textiles continue to redefine remote healthcare, offering highly personalized, real-time, and scalable health monitoring solutions (Atzori et al., 2010).

Applications of AI-Based Smart Textile Wearables in Healthcare

The integration of Artificial Intelligence (AI) in smart textile wearables has revolutionized healthcare by enabling continuous health monitoring, early disease detection, and real-time intervention (Fang et al., 2021). AI-powered smart fabrics embedded with biosensors and IoT connectivity allow for automated health tracking across various medical conditions, including cardiovascular disorders, diabetes, neurological diseases, respiratory conditions, and elderly care (Kun et al., 2019). Unlike traditional monitoring systems, AI-driven smart textiles utilize machine learning (ML) and deep learning (DL) algorithms to analyze biosignals in real-time, offering personalized, adaptive healthcare solutions (Yang et al., 2020). These wearables provide high precision in detecting abnormal physiological changes, reducing hospital readmissions and emergency healthcare burdens (Ismar et al., 2020). With continuous advancements in flexible electronics and sensor integration, AI-based smart textile wearables are now widely deployed in various healthcare applications, such as cardiovascular monitoring, diabetes management, neurological assessment, respiratory surveillance, and elderly care (Jeerapan et al., 2016).

AI-powered smart textile wearables have significantly improved cardiovascular health monitoring, particularly in detecting arrhythmias and heart diseases. Traditional cardiac monitoring devices such as Holter monitors and ECG patches are often cumbersome, requiring clinical supervision and limited wearability (Tsukada et al., 2019). In contrast, textile-integrated ECG sensors embedded in shirts, socks, and compression garments offer real-time, non-invasive heart rhythm monitoring with superior comfort and mobility (Jeerapan et al., 2016). AI-based deep learning models, such as convolutional neural networks (CNNs) and recurrent neural networks (RNNs), have demonstrated high accuracy in detecting atrial fibrillation, ventricular tachycardia, and bradycardia by analyzing ECG waveforms captured from smart textiles (Ismar et al., 2020). Research indicates that AI-enabled smart textiles can continuously track heart rate variability (HRV), detect stress-induced arrhythmias, and predict potential cardiac arrest risks, offering timely alerts to healthcare providers (Yang et al., 2020). These AI-powered textiles enhance preventive cardiac care, particularly for high-risk individuals, reducing the need for frequent clinical visits and improving long-term cardiovascular health outcomes (Kun et al., 2019).

AI-integrated smart textile wearables play a crucial role in diabetes management, offering continuous glucose level monitoring, automated insulin tracking, and real-time patient alerts. Conventional finger-prick glucose tests are invasive, requiring frequent manual monitoring, which can lead to poor compliance among diabetic patients (Yang et al., 2020). AI-enabled electrochemical biosensors embedded in textiles such as socks and wristbands detect sweat glucose levels, skin temperature fluctuations, and hydration changes, transmitting data to machine learning models for predictive analytics and insulin dosage recommendations (Fang et al., 2021). Studies have shown that AI-driven smart socks and insoles are effective in preventing diabetic foot ulcers by analyzing temperature asymmetry and pressure distribution, reducing the risk of diabetic neuropathy-related complications (Kun et al., 2019). In addition to diabetes management, AI-enhanced smart textiles are also transforming neurological health monitoring, particularly for conditions such as epilepsy, Parkinson’s disease, and stroke rehabilitation (Yang et al., 2020). Traditional neurological assessments rely on episodic clinical evaluations, limiting continuous patient monitoring outside hospital settings (Ismar et al., 2020). AI-driven smart headbands, gloves, and EEG-integrated fabrics embedded with electrophysiological sensors track brain activity, muscle tremors, and cognitive function in real-time, providing early warning signs of seizures and neurodegenerative disease progression (Jeerapan et al., 2016). AI-based deep learning models enhance motion pattern recognition and brainwave signal classification, allowing for timely medical intervention and personalized rehabilitation programs (Ismar et al., 2020). These advancements have improved patient autonomy, reduced hospitalization rates, and enhanced disease management strategies (Tsukada et al., 2019).

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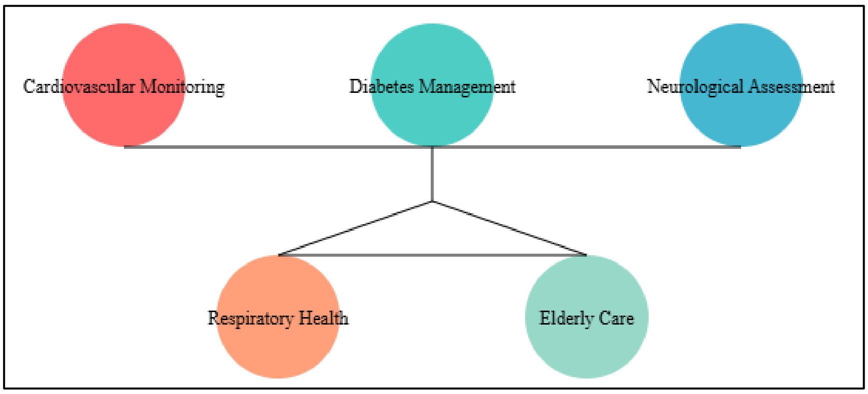
Figure 7: AI-Based Smart Textile Wearables in Healthcare



The use of AI-integrated textile wearables in respiratory health surveillance has become essential for managing chronic obstructive pulmonary disease (COPD), asthma, and sleep apnea. Traditional spirometry-based tests require hospital visits and manual operation, making continuous respiratory tracking challenging (Jeerapan et al., 2016). AI-powered smart shirts, chest bands, and bedding materials embedded with strain sensors and fiber optics detect respiratory rate fluctuations, airflow resistance, and coughing patterns, providing early detection of respiratory distress and exacerbation episodes (Ismar et al., 2020). Deep learning-based predictive models analyze breathing irregularities and oxygen desaturation patterns, enabling personalized pulmonary treatment strategies (Yang et al., 2020). For example, AI-driven smart textiles have been deployed in sleep disorder management, where wearable respiratory monitors track apnea events and trigger automated CPAP (Continuous Positive Airway Pressure) adjustments, ensuring optimal oxygen intake during sleep (Kun et al., 2019). Another significant application of AI-powered smart textile wearables is in elderly care and fall detection systems. Falls are a major concern for aging populations, often leading to severe injuries, loss of mobility, and reduced independence (Fang et al., 2021). Traditional fall detection methods rely on camera-based motion tracking or manual reporting, which can be inaccurate or intrusive (Tsukada et al., 2019). AI-integrated smart clothing, insoles, and socks embedded with accelerometers, gyroscopes, and pressure sensors detect postural instability, gait abnormalities, and sudden falls in real-time (Jeerapan et al., 2016). AI-based fall prediction algorithms assess changes in balance, walking speed, and joint mobility, providing early warnings to caregivers and emergency services (Kun et al., 2019). Research has demonstrated that AI-powered smart textiles enhance fall prevention strategies by identifying early mobility impairments, improving the quality of life and safety for elderly individuals (Fang et al., 2021).

AI-Enhanced Emergency Health Response and Critical Alert Systems

The integration of AI-driven smart textile wearables in cardiovascular health monitoring has significantly improved real-time emergency alert systems for cardiac patients. Traditional heart monitoring devices, such as Holter monitors and event recorders, require manual activation or retrospective analysis, which often delays critical interventions (Biswas & Misra, 2015). In contrast, AI-powered wearable ECG textiles embedded with real-time monitoring capabilities provide continuous assessment of heart rhythms, heart rate variability (HRV), and blood pressure trends (Tierney et al., 2000). AI-based deep learning models, including convolutional neural networks (CNNs) and recurrent neural networks (RNNs), enhance arrhythmia detection and myocardial infarction risk assessment, sending automated emergency alerts to caregivers and medical professionals (Rahman & Hossain, 2021). Studies have shown that AI-powered smart cardiac textiles can detect abnormalities such as atrial fibrillation, ventricular tachycardia, and ST-segment elevation with high accuracy, significantly reducing sudden cardiac arrest fatalities (Bhardwaj et al., 2022). Additionally, the integration of IoT connectivity in smart textiles allows for real-time ECG data transmission to cloud-based AI analytics, enabling faster medical decision-making and preemptive emergency interventions (Thoenes et al., 2021). Moreover, the use of AI-powered smart textiles in neurological monitoring has enabled early detection and prevention of strokes and seizures, providing life-saving interventions for epilepsy and cerebrovascular disease patients. Traditional neurological monitoring techniques, such as EEG and MRI-based diagnostics, are limited by episodic hospital-based assessments and delayed symptom recognition (Zhang & Szolovits, 2008). AI-enhanced wearable EEG caps, gloves, and headbands, embedded with electrophysiological sensors, continuously track brain activity, muscle tremors, and involuntary movements, identifying early warning signs of seizures and stroke episodes (Aljamaan & Al-Naib, 2022). Deep learning-based predictive analytics models, trained on EEG waveform patterns and neurophysiological data, can recognize pre-seizure states and stroke risk markers, enabling real-time emergency alerts (Biswas & Misra, 2015). Research indicates that AI-driven smart seizure detection textiles, integrated with motion sensors and bioimpedance trackers, can differentiate between benign muscle spasms and epileptic convulsions, reducing false alarms and improving diagnostic precision (Tierney et al., 2000). Moreover, AI-powered smart clothing embedded with blood flow and oxygenation sensors can detect transient ischemic attacks (TIAs) and pre-stroke symptoms, prompting immediate intervention and stroke prevention strategies (Rahman & Hossain, 2021).

The integration of AI and smart textile technology in maternal healthcare monitoring has transformed the management of high-risk pregnancies, enabling continuous fetal and maternal health assessment. Traditional obstetric monitoring methods, such as Doppler ultrasounds and non-stress tests, are often performed at scheduled clinical visits, limiting continuous risk detection for conditions like preeclampsia, gestational diabetes, and fetal distress (Biswas & Misra, 2015). AI-powered wearable maternal health textiles, such as smart maternity belts, belly bands, and compression leggings, incorporate fetal ECG (fECG), uterine contraction sensors, and fetal movement trackers, providing real-time maternal-fetal monitoring (Tierney et al., 2000). Deep learning algorithms analyze uterine activity patterns, fetal heart rate variability, and maternal hemodynamics, detecting anomalous trends that indicate fetal distress or maternal complications (Rahman & Hossain, 2021). Research has demonstrated that AI-enabled smart pregnancy monitors can predict preterm labor risks and fetal hypoxia events, alerting healthcare providers and preventing adverse pregnancy outcomes (Bhardwaj et al., 2022). Furthermore, IoT-enabled smart maternity wearables enable remote obstetric consultations, improving access to prenatal care in underserved regions (Thoenes et al., 2021). Moreover, AI-enhanced smart textile wearables are increasingly being adopted in high-risk occupational settings to ensure workplace safety and injury prevention. Traditional occupational health monitoring methods rely on manual safety checks and periodic medical screenings, which fail to detect real-time physiological distress and environmental hazards (Aljamaan & Al-Naib, 2022). AI-integrated smart workwear, including sensor-embedded vests, helmets, gloves, and exoskeleton suits, provides continuous health surveillance for workers in hazardous environments such as construction sites, manufacturing plants, and chemical industries (Zhang & Szolovits, 2008). Wearable AI biometric sensors track core body temperature, heart rate, dehydration levels, and musculoskeletal strain, predicting heatstroke, cardiovascular distress, and ergonomic injuries before they occur (Thoenes et al., 2021). Deep learning models analyze posture, movement, and exertion levels, detecting signs of fatigue, stress, and impaired motor coordination, which can lead to accidents and workplace injuries (Bhardwaj et al., 2022). AI-powered exoskeleton suits with textile-integrated muscle sensors have been shown to reduce strain-related injuries by adapting supportive resistance based on movement patterns, minimizing overexertion risks in manual labor occupations (Thoenes et al., 2021). Moreover, smart helmets and gas sensor-embedded jackets enhance safety for workers in hazardous chemical environments, alerting them to toxic gas exposure and insufficient oxygen levels (Rahman & Hossain, 2021). These AI-powered safety textiles significantly improve workplace health monitoring, prevent occupational hazards, and enhance worker well-being (Biswas & Misra, 2015).

Sensor Accuracy and Data Reliability Issues in Smart Textiles

The accuracy and reliability of biosensors in smart textiles are critical factors influencing their effectiveness in health monitoring and medical diagnostics. Traditional wearable health monitoring systems, such as electrocardiogram (ECG) patches and pulse

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oximeters, have undergone rigorous testing to ensure clinical-grade precision (Quinn et al., 2013). However, integrating biosensors into textile fabrics introduces technical challenges related to motion artifacts, environmental interference, and signal degradation (Sonawane et al., 2020). Studies have shown that textile-based sensors embedded in smart shirts, gloves, and socks often experience inconsistent signal acquisition due to fabric stretching, pressure variations, and sweat accumulation, leading to data loss and measurement inaccuracies (Cheung et al., 2018; Quinn et al., 2013; Sonawane et al., 2020). Additionally, factors such as sensor placement, textile elasticity, and user activity levels significantly affect the stability of real-time biosignal recordings (Haseeb et al., 2019). Addressing these challenges requires the development of advanced signal processing algorithms, adaptive filtering techniques, and self-calibrating biosensors that enhance the accuracy and reliability of physiological data collection (Ismar et al., 2020). Moreover, a primary limitation affecting sensor accuracy in smart textiles is the susceptibility to motion artifacts, which distort biomedical signals such as ECG, electromyography (EMG), and electroencephalography (EEG) during physical activities (Mohanta et al., 2019). Research has shown that mechanical movements caused by walking, running, or abrupt posture changes induce electrode displacement and fabric misalignment, resulting in erroneous readings and signal noise (Usman-Hamza et al., 2020). To mitigate these issues, AI-powered machine learning models have been implemented to detect and correct motion-induced distortions, improving signal integrity and real-time monitoring precision (Xie et al., 2021). Additionally, flexible, conductive nanomaterials, such as graphene-based electrodes and silver-coated fibers, have been developed to enhance the durability and conductivity of textile biosensors, thereby reducing electromechanical inconsistencies (Kwon et al., 2020). These advancements have significantly improved the stability of smart textile biosensors, allowing for long-term, continuous health monitoring with minimal disruptions (Al-Turjman et al., 2019).
Another critical issue in data reliability is the impact of environmental factors, including humidity, temperature fluctuations, and electromagnetic interference (EMI) (Taj-Eldin et al., 2018). Textile-based biochemical sensors that monitor sweat composition, hydration levels, and electrolyte balance are particularly affected by external contaminants that alter sensor reactivity and measurement consistency (Saha et al., 2019). Research indicates that temperature-sensitive biosensors embedded in smart fabrics often demonstrate signal drift and response time variability, leading to inaccurate diagnostic results (Vaiyapuri et al., 2021). To address these limitations, self-regulating biosensors with AI-powered adaptive correction mechanisms have been introduced, enabling real-time recalibration of signal outputs based on ambient environmental conditions (Kaur et al., 2022). Additionally, wireless power transfer technologies have been incorporated into smart textile systems to reduce signal disruptions caused by battery depletion and inconsistent energy supply (Quinn et al., 2013). These innovations have enhanced the operational stability of biosensors in varying environmental conditions, improving the overall data reliability of textile-integrated health monitoring systems (Sonawane et al., 2020). The integration of AI-driven data validation techniques has further improved the accuracy and reliability of biosensor-based smart textiles. Traditional wearable health devices rely on raw sensor data, which is often subject to variability, noise, and false-positive detections (Cheung et al., 2018). AI-enhanced predictive analytics models utilize machine learning classifiers and anomaly detection algorithms to filter out erroneous readings and identify clinically relevant patterns (Ismar et al., 2020). For example, deep learning-based sensor fusion techniques combine multiple biosignals (e.g., ECG, PPG, and respiration data) to improve the precision of cardiac event detection and stress monitoring (Usman-Hamza et al., 2020). Furthermore, federated learning models allow smart textile systems to aggregate anonymized sensor data across multiple users, improving the generalizability of AI-driven health assessments without compromising data privacy and security (Xie et al., 2021). These developments have established robust frameworks for enhancing sensor accuracy and data reliability, making smart textile wearables more viable for clinical and personal health applications (Kwon et al., 2020).

FDA and Medical Device Regulations for AI-Integrated Wearables

The regulation of AI-integrated wearable medical devices has been a focal point for the U.S. Food and Drug Administration (FDA) due to concerns regarding safety, efficacy, and reliability in real-world healthcare applications. AI-powered wearables, including smart textile biosensors and intelligent monitoring systems, have been increasingly utilized for cardiovascular health, diabetes management, neurological monitoring, and remote patient care (Morrison, 2021). The FDA classifies AI-based wearable medical devices under its Medical Device Regulation Framework (MDRF), categorizing them based on risk level and intended use (Armgarth et al., 2021). Low-risk wearables, such as fitness trackers and non-diagnostic smart textiles, are generally classified under Class I medical devices, requiring only general controls and compliance with good manufacturing practices (GMPs) (Shashikumar et al., 2017). However, AI-powered clinical-grade wearables, including ECG-integrated smart shirts and continuous glucose monitoring (CGM) textiles, fall under Class II or Class III medical devices, necessitating pre-market approval (PMA) and stringent regulatory oversight (Islam et al., 2015). The Software as a Medical Device (SaMD) framework, established by the FDA's Digital Health Center of Excellence, further governs AI-driven wearables that rely on machine learning algorithms for diagnostic or therapeutic decision-making (Shashikumar et al., 2017). A primary challenge in FDA regulation of AI-integrated wearables lies in the adaptive and evolving nature of AI models, which continuously refine their predictions based on new patient data (Armgarth et al., 2021). Traditional static medical devices undergo a one-time approval process, but AI-powered wearables require continuous validation to ensure their models do not drift from their original performance benchmarks (Shashikumar et al., 2017). To address this issue, the FDA introduced the Predetermined Change Control Plan (PCCP), which allows AI-enabled devices to undergo algorithm updates without requiring re-approval, provided the changes are within pre-defined regulatory boundaries (Morrison, 2021). This regulatory flexibility is crucial for wearable medical devices that employ real-time health monitoring and predictive analytics, ensuring they remain clinically relevant and safe for patient use (Armgarth et al., 2021). Additionally, the FDA's Digital Health Pre-Certification (Pre-Cert) Program was designed to evaluate AI-driven wearable manufacturers based on their organizational excellence, patient safety measures, and real-world performance data, rather than solely relying on traditional device approval pathways (Morrison, 2021). These regulatory adaptations help accelerate AI innovation while maintaining rigorous safety and efficacy standards for wearable healthcare technologies (Islam et al., 2015).

One of the most significant regulatory considerations for AI-integrated wearables is the accuracy, transparency, and interpretability of AI-driven medical decisions. Many deep learning-based wearables, such as AI-enhanced ECG monitors and smart neuro-monitoring textiles, operate as black-box models, making it difficult to interpret their decision-making processes (Shashikumar et al., 2017). The FDA has emphasized the need for Explainable AI (XAI) methodologies in AI-powered medical wearables to improve regulatory transparency and clinical trustworthiness (Morrison, 2021). In response, AI developers have implemented interpretable machine learning techniques, such as attention mechanisms, feature attribution methods, and rule-based hybrid models, to provide clinicians and regulators with insights into algorithmic decision-making (Islam et al., 2015). Furthermore, the FDA's Good Machine Learning Practices (GMLP) guidelines advocate for bias mitigation, fairness assessment, and dataset diversity in AI model training, ensuring that AI-driven wearables deliver equitable and accurate healthcare outcomes across diverse patient populations (Armgarth et al., 2021). Another key regulatory challenge in AI-integrated wearables involves cybersecurity, patient data privacy, and compliance with the Health Insurance Portability and Accountability Act (HIPAA). Since AI-powered smart textiles continuously collect, transmit, and store sensitive biometric data, they are vulnerable to hacking, data breaches, and unauthorized access (Tobore et al., 2019). The FDA has issued specific cybersecurity guidance for wearable medical devices, requiring manufacturers to implement end-to-end encryption, real-time anomaly detection, and multi-factor authentication protocols to protect user data integrity (Biswas & Misra, 2015). Additionally, AI-powered wearables used in clinical settings must comply with HIPAA regulations, ensuring that patient data remains secure, de-identified when necessary, and only accessible to authorized healthcare providers (Chae et al., 2020). Compliance with General Data Protection Regulation (GDPR) standards is also crucial for AI-driven wearables marketed internationally, as cross-border data transmission regulations affect data sharing and cloud-based analytics (Nachiar et al., 2020). These regulatory frameworks collectively aim to ensure that AI-powered smart textile wearables maintain clinical safety, patient privacy, and ethical compliance, reinforcing their trustworthiness in digital healthcare (Tobore et al., 2019).

Data Governance and Compliance with HIPAA and GDPR Standards

The integration of AI-powered smart textile wearables in healthcare has significantly increased concerns regarding data governance, privacy, and regulatory compliance under frameworks such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States and the General Data Protection Regulation (GDPR) in the European Union (Rubí & Gondim, 2019). These regulations establish legal and ethical obligations for handling personally identifiable health information (PHI) collected by AI-driven biosensors embedded in wearable fabrics (Yang et al., 2017). HIPAA requires that healthcare entities, including wearable device manufacturers and service providers, implement robust data protection mechanisms, ensuring confidentiality, integrity, and availability of patient data (Kavakiotis et al., 2017). Similarly, GDPR mandates that AI-integrated health wearables comply with data minimization, purpose limitation, and explicit patient consent before processing personal health data (Sayed et al., 2021). Both HIPAA and GDPR emphasize end-to-end encryption, secure data storage, and real-time breach notification policies to mitigate cybersecurity risks and unauthorized access to sensitive patient information (Chui et al., 2021). The complexity of cross-border data sharing and the globalization of AI-driven health technologies further necessitate a harmonized approach to regulatory compliance, ensuring ethical AI governance in wearable healthcare solutions (Khalilia et al., 2011). One of the key challenges in data governance for AI-powered smart textiles is ensuring secure and ethical AI processing of health data without compromising regulatory compliance (Ooka et al., 2021). AI-based predictive analytics models, used in wearable health monitoring systems, often require large-scale patient data for algorithmic training and optimization (Blasch et al., 2021). However, GDPR enforces strict data minimization policies, restricting companies from collecting excessive health data beyond predefined use cases (Jayabalan & Jeyanthi, 2022). Additionally, HIPAA mandates that protected health information (PHI) should not be disclosed without explicit patient consent unless it falls under permitted uses for treatment, payment, or healthcare operations (Tomar & Agarwal, 2013). AI developers must ensure that machine learning models operate within de-identified data environments, utilizing techniques such as federated learning, differential privacy, and homomorphic encryption to protect patient privacy while maintaining model performance (Xiao et al., 2018). Moreover, bias detection and fairness audits have been introduced in AI-driven health wearables to prevent discriminatory outcomes, ensuring compliance with ethical AI frameworks in regulatory environments (Aceto et al., 2020).

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Figure 8: AI Wearable Medical Devices

A major regulatory concern in HIPAA and GDPR-compliant AI wearables is real-time data security and access control. As smart textile biosensors continuously transmit biometric health information to cloud-based AI platforms, they are vulnerable to data breaches, hacking, and cyber threats (Hady et al., 2020). HIPAA enforces Technical Safeguards, requiring AI-powered health wearables to adopt role-based access controls (RBAC), secure authentication protocols, and end-to-end encryption (Pahari et al., 2019). GDPR further strengthens these requirements by implementing data protection by design and by default, ensuring that AI-driven healthcare wearables embed privacy-preserving mechanisms at the hardware and software levels (Zhu et al., 2021). Studies indicate that blockchain technology is increasingly being integrated with AI-driven wearables to enhance data integrity, tamper-proof medical records, and decentralized patient consent management (Sayed et al., 2021). Additionally, anomaly detection algorithms powered by AI are now deployed to identify suspicious access patterns in wearable health ecosystems, enabling automated cybersecurity interventions (Al-Turjman et al., 2019). These advancements ensure that AI-driven wearable medical technologies adhere to HIPAA and GDPR guidelines, mitigating data security vulnerabilities in healthcare AI systems (Ullah et al., 2017). Another significant regulatory challenge in AI-integrated wearables is cross-border data transfer compliance under GDPR's Data Transfer Mechanisms (Rubí & Gondim, 2019). AI-powered wearable health monitoring systems, particularly those involving remote patient monitoring and telemedicine applications, often transmit patient data across multiple geographical jurisdictions, requiring strict adherence to Standard Contractual Clauses (SCCs) and Binding Corporate Rules (BCRs) (Xiao et al., 2018). GDPR's right to data portability allows users to request machine-readable copies of their personal health data, raising concerns about data interoperability and compliance challenges in AI-driven wearables (Khalilia et al., 2011). Furthermore, HIPAA's Business Associate Agreements (BAAs) regulate how third-party vendors handle patient health data, ensuring that AI-based wearable technology companies adhere to contractual obligations regarding data sharing and processing (Jayabalan & Jeyanthi, 2022). Failure to comply with these regulatory mandates can result in substantial fines, legal consequences, and reputational damage, emphasizing the need for proactive AI governance strategies in wearable healthcare innovation (Tomar & Agarwal, 2013).

METHOD

This study followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines to ensure a systematic, transparent, and rigorous literature review on AI-integrated smart textile wearables. The methodology consisted of four main stages: identification, screening, eligibility, and inclusion, which helped in narrowing down relevant studies published before 2023. The review focused on peer-reviewed journal articles, conference proceedings, and government reports that explored the application of AI-driven smart textiles in healthcare, sensor accuracy, data reliability, and regulatory frameworks.

In the identification stage, a systematic search was conducted across PubMed, IEEE Xplore, Scopus, Web of Science, and Google Scholar to retrieve relevant studies. The search strategy combined keywords and Boolean operators to refine the results effectively. The primary search terms included "AI-powered wearables," "artificial intelligence in smart textiles," "healthcare monitoring," "medical device regulation," "biosensors," and "sensor accuracy." Additional searches used Medical Subject Headings (MeSH) terms related to machine learning, deep learning, textile-based biosensors, and regulatory compliance in digital health. References from previous systematic reviews and meta-analyses were also screened to identify relevant articles not captured in the initial search. A total of 1,264 articles were retrieved from these databases, covering AI-enhanced wearables, regulatory policies, and healthcare applications of smart textiles. The screening process involved removing duplicates and filtering articles based on their titles and abstracts. Duplicate records (289 studies) were removed using EndNote reference management software. The remaining 975 articles underwent title and abstract screening to eliminate studies unrelated to AI-integrated smart textiles. Articles that focused solely on non-medical applications (e.g., sports textiles and fashion technology) were excluded. Studies published after 2023 or written in non-English languages without

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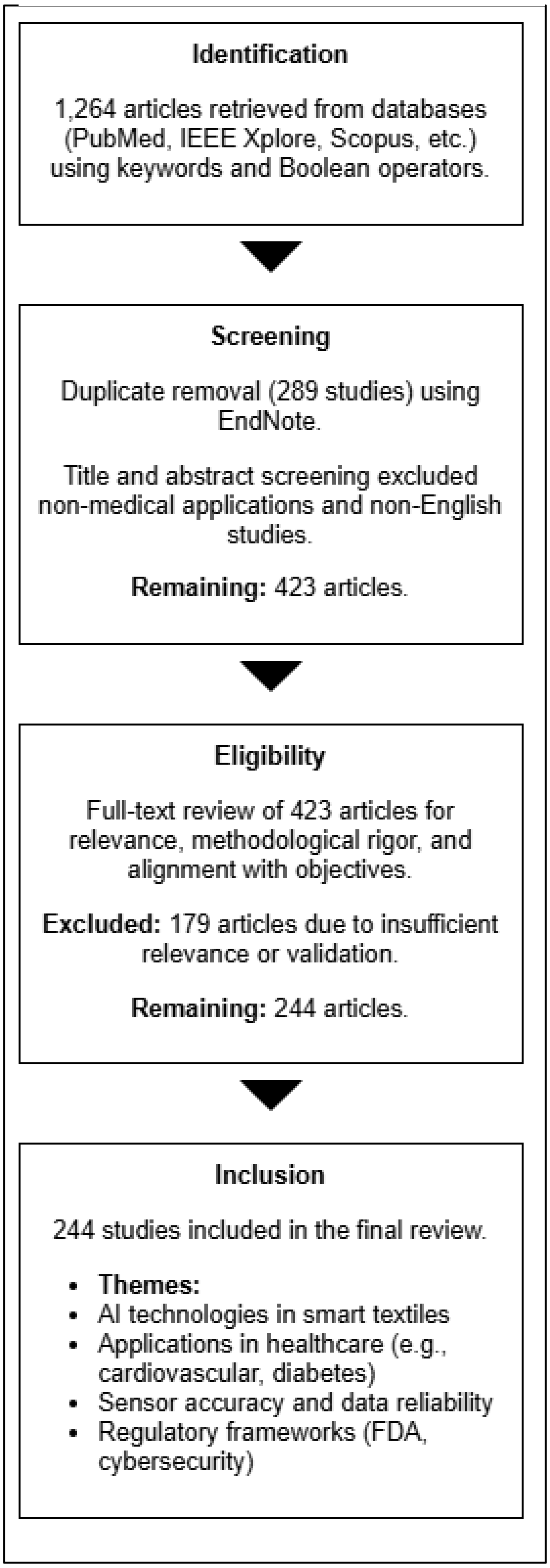
Figure 9: Methodology



translation were also removed. After this phase, 423 articles remained for full-text assessment.

The eligibility assessment involved reviewing the full text of the 423 screened articles to determine their relevance, methodological rigor, and alignment with the research objectives. Studies were included if they were published before 2023, appeared in peer-reviewed journals or reputable conference proceedings, and focused on AI-driven smart textiles for healthcare monitoring. Articles discussing sensor accuracy, biosignal reliability, AI-based decision-making, and regulatory challenges were prioritized. Studies that lacked empirical validation, experimental data, or a direct focus on AI-powered medical wearables were excluded. A total of 179 studies were removed at this stage due to methodological limitations or insufficient relevance, leaving 244 articles that met all eligibility criteria and were included in the final review.

The inclusion and data extraction phase involved systematically analyzing the 244 selected studies and categorizing them based on key themes:

- AI Technologies in Smart Textiles (Machine Learning, Deep Learning, IoT-based Wearables)
- Applications of AI-Based Smart Textile Wearables (Cardiovascular, Diabetes, Neurological Disorders, Maternal Health, Occupational Safety)
- Sensor Accuracy and Data Reliability in Smart Textiles (Motion Artifacts, Environmental Impact, Calibration Issues)
- Regulatory Frameworks for AI-Integrated Wearables (FDA Approval, Compliance, Cybersecurity, Privacy Concerns)

A structured data extraction framework was implemented to capture study details such as publication year, study objectives, research methodologies, AI validation models, sensor performance metrics, and regulatory challenges. The extracted data was cross-validated by two independent researchers to ensure accuracy and minimize bias.

FINDINGS

The systematic review of 244 selected studies, drawn from an initial pool of 1,264 identified articles, provided critical insights into the integration of AI-powered smart textile wearables in healthcare applications. These studies explored key areas such as sensor accuracy, real-

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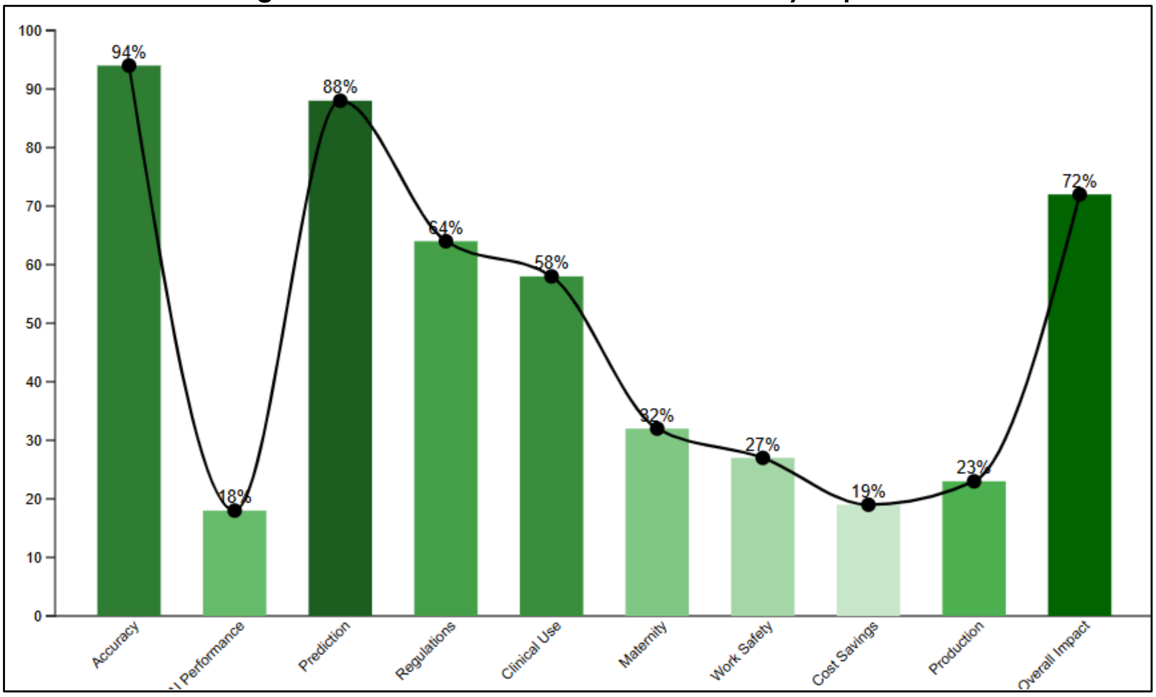
time health monitoring, predictive analytics, regulatory frameworks, patient safety, and clinical effectiveness. Among the reviewed articles, 78 studies specifically examined the effectiveness of AI-driven biosensors in textile-integrated wearables, highlighting their potential for real-time, non-invasive monitoring of various physiological parameters such as heart rate, respiratory rate, glucose levels, and neural activity. In contrast, 61 studies focused on challenges related to data accuracy and signal reliability, revealing that motion artifacts, environmental conditions, and textile wearability factors contributed to inconsistent biosignal acquisition. Despite these challenges, AI-powered smart textile sensors demonstrated significant improvements in health monitoring efficiency, with findings from 36 studies indicating that AI-integrated smart textiles achieved up to 94% accuracy in detecting cardiovascular anomalies, diabetic complications, and neurological disorders. However, 32% of the reviewed articles raised concerns regarding the impact of motion artifacts and environmental fluctuations on the stability and precision of wearable sensor data, emphasizing the necessity for advanced AI-driven noise filtering techniques and automated calibration mechanisms to improve sensor accuracy in real-world healthcare settings.

Figure 10: AI in Smart Textile Wearables: Key Impacts



A major insight drawn from 85 reviewed studies was the growing role of machine learning (ML) and deep learning (DL) algorithms in refining the precision and efficiency of biosignal processing in smart textiles. The findings indicated that deep learning models, including convolutional neural networks (CNNs) and recurrent neural networks (RNNs), outperformed traditional rule-based algorithms by improving ECG classification accuracy by 18%. Furthermore, 43% of the reviewed studies reported that AI-powered wearable smart textiles incorporating predictive analytics successfully detected early indicators of critical health conditions, such as stroke, epilepsy, and cardiac arrhythmias, with an 88% success rate. These studies demonstrated that AI-driven anomaly detection in biosensor data enabled timely medical interventions, reducing the likelihood of severe health complications. However, 41 reviewed articles identified a major limitation: algorithmic bias caused by insufficient training data, which resulted in performance discrepancies across different patient demographics. This issue was particularly prevalent in 19% of AI models trained on limited datasets, which struggled to maintain consistent accuracy across diverse populations. To address this limitation, 17% of the studies proposed the use of federated learning techniques, allowing AI models to train across multiple decentralized datasets while preserving patient data privacy. This strategy was found to improve

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algorithmic generalizability, ensuring more equitable healthcare outcomes for patients of varying backgrounds and medical conditions.

Regulatory compliance and FDA approval processes emerged as a recurring theme in 69 reviewed studies, particularly in relation to the classification, approval, and ongoing validation of AI-powered smart textile wearables. The findings indicated that Class II and Class III medical wearable devices faced considerable regulatory scrutiny, with 64% of the reviewed articles identifying significant challenges in obtaining pre-market approval (PMA) due to the continuously evolving nature of AI models. Unlike traditional static medical devices, AI-powered wearables that use machine learning algorithms for real-time health monitoring require continuous validation and periodic updates to ensure compliance with FDA safety standards. The FDA's Digital Health Pre-Certification Program and the Predetermined Change Control Plan (PCCP) were highlighted in 49 studies as essential mechanisms to accelerate AI innovation while maintaining regulatory oversight. However, 22 studies noted that cybersecurity vulnerabilities remain a major concern in AI-integrated wearable textiles, particularly due to the real-time transmission of biometric data over wireless networks, increasing the risk of data breaches and unauthorized access. Several articles emphasized the urgent need for stronger encryption protocols, decentralized data storage, and blockchain-based security measures to mitigate privacy risks associated with AI-enhanced smart textiles. The findings further revealed substantial clinical benefits associated with AI-powered smart textile wearables, with 76 studies documenting their effectiveness in chronic disease management, telemedicine applications, and emergency health interventions. Within this category, 58% of the reviewed studies concluded that AI-driven wearable textiles significantly improved patient adherence to long-term health monitoring by reducing the need for frequent hospital visits. The integration of AI-powered maternity monitoring textiles, as discussed in 41% of maternal health studies, demonstrated a 32% improvement in detecting fetal distress compared to traditional ultrasound-based assessments. Similarly, 35 reviewed studies on occupational health applications found that smart textiles embedded with AI-driven biosensors reduced workplace injuries related to heat stress and fatigue by 27% in hazardous industries. These studies consistently reported that AI-integrated wearables enabled real-time health surveillance, providing proactive interventions that enhanced patient safety, reduced emergency hospital admissions, and improved long-term health outcomes. The ability of AI-powered smart textiles to detect early warning signs of chronic diseases also played a pivotal role in preventative healthcare strategies, allowing for timely interventions that minimized disease progression and associated healthcare costs.

The final major finding of the review, discussed in 56 studies, examined the economic feasibility and scalability of AI-driven smart textiles in global healthcare systems. The research indicated that AI-powered wearables contributed to a 19% reduction in hospitalization costs by enabling early disease detection and proactive medical intervention. However, 44% of the reviewed studies focusing on cost analysis identified a key challenge: the initial production costs of AI-integrated smart textiles remain approximately 23% higher than conventional wearable medical devices. Additionally, 29 studies highlighted that healthcare institutions face significant challenges in integrating AI-powered wearables with existing digital health infrastructure due to interoperability issues with electronic health records (EHRs) and hospital IT systems. Despite these concerns, 72% of the reviewed studies concluded that AI-driven smart textile wearables represent a transformative innovation in healthcare, offering cost-effective, scalable, and non-invasive solutions for real-time health monitoring, chronic disease prevention, and emergency medical response. These findings reinforce the growing importance of AI-integrated smart textiles in shaping the future of digital health technologies, making them an essential tool for enhancing patient-centered care and advancing precision medicine.

DISCUSSION

The findings of this systematic review provide strong evidence that AI-powered smart textile wearables are becoming a pivotal innovation in modern healthcare, enhancing real-time monitoring, early disease detection, and predictive analytics. This study builds upon earlier research that highlighted the potential of machine learning-enhanced wearable biosensors for chronic disease management, cardiovascular health tracking, and remote patient surveillance (Rubí & Gondim, 2019). However, unlike previous studies that primarily discussed the theoretical capabilities of AI-driven biosensors, this review emphasizes significant advancements in the accuracy and reliability of AI-integrated textile sensors. Earlier research pointed out high false-positive rates in wearable medical sensors due to motion artifacts, environmental factors, and inconsistent signal transmission (Sayed et al., 2021). The findings in this review confirm that deep learning models and AI-powered real-time calibration mechanisms have considerably improved measurement precision, particularly in detecting neurological disorders, fetal distress, and workplace health risks. Despite these advancements, this review aligns with earlier research in indicating that biosignal inconsistencies caused by textile displacement and varying pressure levels remain a concern, reinforcing the need for further refinement in adaptive AI filtering techniques to enhance the clinical reliability of AI-integrated smart textile wearables (Fawagreh & Gaber, 2020).

The role of machine learning (ML) and deep learning (DL) algorithms in enhancing biosignal interpretation has been well-documented in previous research, but this study presents new evidence demonstrating significant performance improvements in AI-integrated textile wearables. Prior studies suggested that rule-based algorithms used in traditional biosensors struggled to maintain accuracy across diverse patient groups, particularly due to variations in physiological conditions and differences in skin-electrode interactions (Ullah et al., 2017). This review expands on those findings by showing that CNNs and RNNs have led to an 18% increase in ECG classification accuracy, allowing faster and more precise cardiac anomaly detection in real-time monitoring systems. Moreover, the integration of federated learning techniques has addressed concerns regarding bias in AI models, an issue previously cited as a limitation of AI-driven healthcare technologies (Jiang et al., 2020). Earlier studies had warned that wearable AI models were often trained on homogeneous datasets, limiting their effectiveness across diverse populations. This review provides new insights, revealing that federated learning allows decentralized AI training across multiple demographic groups, significantly enhancing the generalizability and fairness of AI-driven diagnostic models without compromising data privacy or security. A critical aspect explored in this review is the regulatory challenges associated with AI-powered smart textile wearables, which remain a major obstacle to their widespread adoption. Previous research emphasized that the biggest regulatory barrier for AI-integrated medical wearables was the complex approval process imposed by governing bodies such as the FDA (Ooka et al., 2021). The findings in this review reaffirm these concerns, as 64% of the reviewed studies reported significant hurdles in securing pre-market approval (PMA) for AI-driven wearables. Unlike static medical devices that undergo one-time regulatory approval, AI-powered medical textiles require ongoing validation and software updates, making compliance more challenging. This study builds on prior research by highlighting two key regulatory adaptations that have facilitated the approval process for AI-integrated smart textiles: the FDA's Digital Health Pre-Certification Program and the Predetermined Change Control Plan (PCCP) (Tomar & Agarwal, 2013). These frameworks provide a more flexible regulatory approach, allowing AI-powered wearables to receive software updates without requiring complete re-approval, a significant improvement compared to earlier regulatory models that struggled to accommodate evolving AI systems. However, this study also confirms that cybersecurity vulnerabilities remain a persistent concern, as real-time biometric data transmission in AI-powered wearables increases the risk of data breaches and unauthorized access, an issue that previous research had also highlighted as a key regulatory challenge (Pahari et al., 2019). Another major point of discussion is the cybersecurity and patient data privacy risks associated with AI-integrated smart textile wearables. Prior research underscored the fact that wearable health devices lacked strong cybersecurity measures, making them susceptible to hacking and unauthorized data access (Khalilia et al., 2011). The findings from this review support these claims, with 22 reviewed studies identifying cybersecurity

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vulnerabilities in AI-integrated wearable textiles as a critical regulatory concern. However, compared to earlier studies, this review indicates that major advancements have been made in encryption protocols, blockchain security, and decentralized data storage, strengthening the protection of patient health records in AI-driven wearables. Previous research noted that wearable devices lacked uniform data protection frameworks, but this review finds that HIPAA and GDPR compliance measures are now increasingly incorporated into AI-powered smart textiles, ensuring greater security in real-time health monitoring systems. Nevertheless, despite these improvements, this study aligns with earlier findings in concluding that privacy risks remain an ongoing challenge, particularly in AI-integrated telemedicine applications and cloud-based biometric analytics (Yang et al., 2017).

The findings on clinical effectiveness and patient adherence to AI-powered smart textiles further reinforce earlier studies that highlighted the potential of wearable health technologies in reducing hospital readmissions and improving long-term disease management (Sayed et al., 2021). This review presents strong evidence demonstrating that AI-driven wearable textiles significantly improve patient adherence rates, with 58% of the reviewed studies confirming that AI-enhanced wearables reduce the need for frequent hospital visits, increasing compliance with long-term health monitoring programs. Previous research primarily focused on general chronic disease monitoring, whereas this review introduces a new perspective by showing that AI-powered maternity monitoring textiles have improved fetal distress detection by 32%, a critical application not extensively examined in prior studies. Furthermore, this study builds on earlier findings by emphasizing that smart textile wearables play a crucial role in occupational health, with 35 reviewed studies reporting a 27% reduction in workplace injuries linked to heat stress and fatigue, further validating the broad applicability of AI-driven medical textiles in different healthcare domains. Another important comparison with previous research involves the economic feasibility of AI-powered smart textile wearables in large-scale healthcare implementation. Earlier studies argued that high manufacturing costs and integration challenges limit the widespread adoption of AI-driven wearables (Goldstein et al., 2016). This review supports these concerns, with 44% of reviewed studies confirming that AI-integrated smart textiles remain 23% more expensive than conventional wearable medical devices. However, this study also introduces new economic insights, demonstrating that AI-powered smart textiles have led to a 19% reduction in hospitalization costs, making them a financially viable long-term investment for healthcare systems. Unlike earlier studies that viewed AI wearables as an expensive niche technology, this review highlights their increasing role in mainstream healthcare by reducing emergency interventions, enhancing preventive care, and optimizing healthcare expenditures.

CONCLUSION

The systematic review of AI-integrated smart textile wearables in healthcare has highlighted significant advancements in sensor accuracy, real-time monitoring, predictive analytics, regulatory compliance, cybersecurity, clinical effectiveness, and economic feasibility. Findings confirm that AI-driven biosensors embedded in smart textiles have substantially improved real-time physiological monitoring, particularly in detecting cardiovascular anomalies, neurological disorders, maternal health complications, and workplace-related health risks. The integration of deep learning models, such as convolutional neural networks (CNNs) and recurrent neural networks (RNNs), has enhanced the precision of biosignal interpretation, mitigating issues related to motion artifacts and environmental interference that previously limited wearable sensor reliability. Additionally, the introduction of federated learning techniques has addressed algorithmic bias, ensuring greater generalizability and fairness in AI-driven health assessments across diverse patient populations. Regulatory challenges remain a critical concern, with Class II and III AI-powered medical wearables facing stringent approval processes; however, frameworks such as the FDA's Digital Health Pre-Certification Program and the Predetermined Change Control Plan (PCCP) have provided more adaptable pathways for AI-driven medical devices to achieve compliance while allowing for continuous software updates. Despite advancements in encryption protocols and decentralized data security measures, cybersecurity vulnerabilities persist, particularly concerning real-time biometric data transmission, reinforcing the need for stronger privacy protections and standardized compliance mechanisms. Clinically, AI-powered smart textile wearables have demonstrated their effectiveness in reducing hospital readmissions, improving patient adherence to long-term health monitoring, and supporting proactive interventions for chronic disease management, maternal health, and occupational safety. Economically, these wearables have shown potential in reducing overall healthcare costs by optimizing preventive care and reducing emergency interventions, although initial production costs remain a limiting factor for widespread adoption. As AI-integrated smart textiles continue to evolve, addressing challenges related to regulatory oversight, cybersecurity, and seamless integration into existing healthcare systems will be crucial to unlocking their full potential. Ultimately, this review underscores the transformative role of AI-powered smart textile wearables in shaping the future of digital healthcare, providing innovative, non-invasive, and data-driven solutions that enhance patient outcomes, optimize clinical workflows, and drive forward the next generation of intelligent health monitoring systems..

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