AI-Based Longitudinal Multi-Disease Maternal Health Monitoring and Risk Prediction System

Dr. Madhu Gopinath, Aishwarya, Ansh, Chaitra, Chittaranjan Hosmani
Computer Science and Engineering HKBK College of Engineering Bengaluru, India

***Abstract*— Pregnancy health among mothers draws serious attention across the globe. When problems such as raised blood pressure, lacking iron, or glucose shifts appear, catching them fast improves safety. Modern systems support physicians by forecasting risks through advanced math models known as machine learning. Yet many current solutions track just single conditions - despite patients commonly dealing with overlapping concerns. Most of these systems pull data from patient histories and lab results to uncover patterns not obvious at first glance. Reviewing today's technology reveals the types of algorithms applied, the sources of information used, along with their success rates in forecasting health risks. Yet upon deeper inspection, gaps remain - especially when it comes to projecting outcomes over time or tracking conditions spanning multiple pregnancies. What currently exists isn't a finished solution, but rather a concept: one aiming to detect various complications simultaneously using linked components.**

Maternal Health Predictions Using Machine Learning for Multiple Diseases

I. INTRODUCTION

Watching how a pregnant woman feels matters a lot when making sure both baby and parent stay safe throughout pregnancy and avoid serious harm. Worldwide numbers show issues during pregnancy - including high blood sugar, high pressure, low iron, and sudden spikes in blood pressure - can badly affect both parent and child. Spotting these problems early gives medical teams time to step in with care that helps prevent worse outcomes. Doctors usually check health by watching symptoms closely and running standard lab work while the pregnancy goes on. Yet often, those ways miss subtle patterns hiding within test results and body signals. Some scientists lately tried using tools like Random Forest, Decision Trees, Support Vector Machines, boosted models, and neural networks to guess which pregnancies might run into trouble. Predicting one illness at a time has shown some success with these methods. Still, nearly every current model zeroes in on just that - single conditions - not how several pregnancy issues might show up together.

Pregnancy issues often show up together because their body triggers overlap. High blood pressure links conditions like hypertension and preeclampsia. Trouble managing sugar levels brings on gestational diabetes. Looking at just one problem misses how these states connect. Health checks in pregnancy need broader views than single-disease guesses. This review looks into different artificial intelligence tools designed for predicting risks in pregnancy care while pointing out where they fall short. A concept emerges - a way to forecast several motherhood-related health issues together through techniques that handle multiple labels at once. This work unfolds step by step. After that comes a detailed look at how relevant studies were picked. Next appears an overview of current tools designed to predict outcomes in maternal care. Then the framework behind the new approach gets explained. Finally, deeper thoughts on the subject emerge step by step.

II. METHODOLOGY OF THE SURVEY

Looking into past studies helped explore how technology supports tracking mom-to-be healthy, along with guessing possible problems during pregnancy by using smart algorithms. What stood out was spotting varied ways scientists try to foresee dangers, measuring those against each other while noticing what's still missing - especially tools built to follow several illnesses over time. Papers focused heavily on catching issues like high blood pressure, too much sugar during pregnancy, low iron levels, seizures from stress, plus other key threats via digital pattern recognition. Instead of rushing results, gathering reports happened slowly across trusted platforms: Springer showed some findings; others came from Google Scholar, ScienceDirect pulled references; IEEE Xplore offered more details, alongside free science portals online. To

find these resources clearly, certain phrases guided the hunt - "deep learning for gestation-linked sugar spikes," "machine-based models forecasting risky pregnancies," "systems watching mother wellness daily," or even broader ones linking AI and prenatal care challenges. Recent articles took centre stage in the search so findings match today's shifts in artificial intelligence applied to medical care. What made it into analysis depended on a filtering approach shaped by purpose, not chance. Papers discussing how machines learn patterns tied to motherhood outcomes moved forward if they showed clear methods, used accessible data sets, included algorithm details. Priority leaned towards work involving sensors worn on the body, tools helping doctors choose treatments, forecast engines built with AI, approaches revealing how decisions form inside models. Focus sharpened around studies tackling issues like high blood pressure during pregnancy, gestational diabetes, threats to unborn babies, conditions linked to childbirth. Looking into how systems are built, ways to predict outcomes, types of machine learning, and measures of success meant going through several chosen research reports. Every report got reviewed closely, sorted by what it added most to predicting risks in maternal care. While some looked at forecasting danger with older methods like Decision Trees, Random Forests, or Support Vector Machines, others leaned on deeper models

- such as Artificial Neural Networks - to spot hidden links among mother health signs. Here and there, researchers tried explainable AI tools so doctors could better grasp why a result came out a certain way. Sorting them this way shaped the overall summary, making comparisons clearer across different strategies aimed at spotting pregnancy-related dangers. Looking at chosen studies meant spotting key details like what inputs they used, which prediction methods worked best, how big the datasets were, how accurate results turned out, also where each system fell short. What stood out most was how well each approach managed patient health information, hit accuracy targets, kept up with live updates, grew when needed, adjusted inside hospital settings. Each method's strong points, problem areas got weighed carefully to see how useful it might be during actual maternity care. From that review, some missing pieces came into view. Many current tools aim only at one condition instead of tracking many pregnancy risks at once. Most times, mothers face more than one illness during pregnancy because similar body changes increase their risks. Not looking closely at how health shifts across each trimester weakens the quality of predictions made later. Instead of relying on just one model, combining several machine learning methods could offer stronger results - yet few have tried it so far. The way this review gathers past work follows strict steps rather than picking reports by chance. Starting from search to sorting and finally assessing earlier findings, every move sticks to clear rules. What stands out is how gaps remain despite progress - especially around tools that track many conditions over time using artificial intelligence.

III. LITERATURE REVIEW

Lately, tools built around artificial intelligence have helped shape smarter ways to predict problems during pregnancy. Instead of waiting, doctors can now spot issues like high blood pressure or diabetes that appear only during gestation. One way this happens is through patterns found in body data gathered while a woman carries her baby. Hidden clues inside health records often reveal risks long before symptoms show up. Think of it as noticing tiny signs others might ignore. Algorithms pick up on these hints by comparing past cases with new ones. Some models rely on older but steady methods - like decision trees splitting choices step by step. Others lean on how close new patients resemble earlier groups seen in clinics. Each method handles information differently, yet they share one goal: seeing trouble ahead without delay. Looking at key signs like age, blood pressure, sugar levels, weight index, pulse, plus haemoglobin helps spot risks during pregnancy. Not far behind, Random Forest along with Support Vector Machines outdo older methods by spotting complex links among data points. What stands out is how Decision Trees show clear reasoning behind each forecast - valuable when doctors weigh treatment paths. Instead of broad guesses, recent work zooms in on gestational diabetes using patient histories and real-world medical charts. Inputs often include blood sugar readings paired with insulin measurements to sharpen predictions. Body mass index, along with family health background and mother's age, helps spot those more likely to face issues. In much the same way, tools that forecast preeclampsia rely on signs like upper and lower blood pressure readings, how much protein shows

up in urine, plus any past problems during pregnancies. It turns out machines trained to learn can catch warning signals early, giving doctors a chance to step in before things worsen [5], [6]. Lately, deeper

computational methods - like artificial brain-like networks - have entered the scene for guessing outcomes in maternity care. Such networks find hidden links across vast piles of patient records, often beating older prediction styles when it comes to accuracy. Some studies apply Convolutional Neural Networks to check fetal well-being using ultrasound images. Still, these deep learning approaches need big amounts of data along with strong computing power, making them hard to use where medical resources are scarce [7]. Lately, new work has brought in Explainable Artificial Intelligence to make model predictions clearer. By showing how each detail affects a result, these methods let doctors see what drives a diagnosis. That clarity builds confidence in AI tools while encouraging their real-world use in clinics. Knowing why a system makes certain predictions matters a lot in medicine, especially when lives depend on it [8]. Wearable sensors now gather body data nonstop, feeding information into smart maternity care setups built around internet-connected devices. Real- time tracking allows quick spotting of unusual health signs, sounding alarms before problems grow. When machine learning joins forces with these connected tools, catching pregnancy risks earlier becomes more realistic. Yet most current systems linked to the internet of things stick to live updates without reaching further - predicting several possible illnesses at once rarely happens [9]. Most studies on maternal health tools look at just one illness at a time. Yet during pregnancy, problems can show up together because they stem from similar body changes. A rise in blood pressure might signal trouble ahead - not only for preeclampsia but also heart-related issues. High sugar levels? Those too play a role, especially when it comes to diabetes during pregnancy. Focusing on a single outcome misses how these conditions connect. What stands out further is how little researchers tap into records gathered across trimesters - data taken over time could tell a fuller story. Looking at how health changes over time helps forecast models track shifts in mom-to-be conditions while boosting their precision [10]. From reviewing past studies, it's clear - systems built on artificial intelligence should handle several motherhood-related illnesses together instead of one by one. Predicting more than one problem during pregnancy becomes possible when common medical signs are reused across different risks through methods like multi- output labelling. Mixing smart algorithms, neural networks, transparent AI logic, and ongoing patient records sharpens forecasts and gives doctors stronger backing for choices. What stands out is building a long-term tracking tool powered by AI that catches many diseases early, fixing weak spots seen in earlier attempts.

TABLE I: COMPARISON OF EXISTING SYSTEMS

Study	Target Condition	Accuracy / AUC	Key Features Used
S. Hossain et al., 2019 [1]	Preeclampsia	AUC 0.99	SBP, DBP, Proteinuria
M. Rahman et al., 2020 [2]	Maternal Risk	90.64%	Age, BP, Glucose
L. Chen et al., 2020 [3]	Gestational Diabetes	85%	Glucose, BMI, Insulin
A. Singh et al., 2021 [4]	Pregnancy Risk	83%	BP, Age, HR
X. Zhang et al., 2022 [5]	High-Risk Pregnancy	91%	Age, BP, Glucose
H. Li et al., 2023 [6]	Hypertension Risk	79%	SBP, DBP, Age

IV. PROPOSED SYSTEM

A. System Overview

Looking at what current tools miss when tracking mom's health during pregnancy, a new idea comes up - one that uses artificial intelligence to follow several conditions over time. This approach aims to catch problems earlier, work more consistently, less error-prone, by bringing together various forecasting methods under one smart system. Instead of only watching for just one issue like some past studies do - say, gestational diabetes or high blood pressure in pregnancy - this design takes broader view. Real-life pregnancies often face overlapping challenges, since many share roots in body functions or daily habits. Because of that overlap, the suggested model looks at multiple risks all at once: trouble with blood sugar, high pressure, low iron, pre-eclampsia, even baby’s well-being. It does so by pulling from the same pool of health signs, updating predictions as each trimester passes,

using repeated measurements gathered throughout the entire journey.

From wearables to lab results, data flows into the system - each piece tied to a mother's health journey. Electronic records mix with personal updates, building a fuller picture over time. Blood pressure readings sit alongside glucose counts, while heart rate tags join age details and past diagnoses. These inputs feed smart models trained to spot hidden trends. Instead of one guess at a time, several risks emerge together through pattern detection. Machine methods dig into the numbers - not just once, but continuously adapting. A look might show Gestational Diabetes near 30, Preeclampsia climbing to 34. Hypertension holds around 20, Anemia ticks up to 25 - all visible at once. Seeing many alerts in a single view helps providers act sooner. Early awareness grows not from isolated facts, but how they link across sources. Over time, predictions get sharper because the system watches patterns live while learning from ongoing patient histories. What holds it together is how gathering data flows smoothly into cleaning it, then forecasting, guiding choices, and looping back insights - all under one roof. Better decisions at clinics start here, where care for mothers gradually gets more precise.

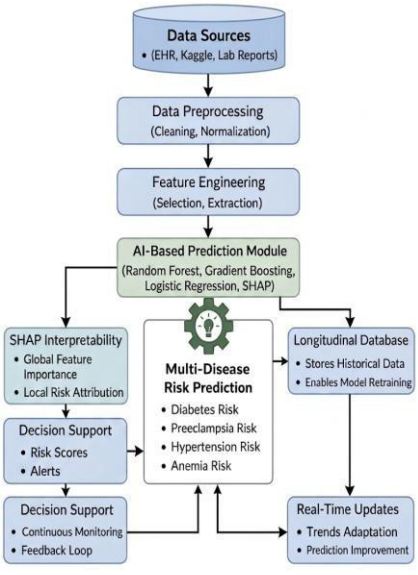

Fig. 1: Architecture of AI-Based Multi-Disease Maternal Health Risk Prediction System.

B. Data Collection Layer

Right off the start, gathering information about a mother's health drives the initial phase. Information flows in from clinics, real-time trackers, digital files, lab results, along with apps that follow patient status day by day. Vital signs like blood pressure show up early, followed by sugar levels, red blood cell counts, pulse rates, weight proportions relative to height, how old she is, plus past diagnoses tagged alongside. Over weeks and months, tracking shifts becomes key

- since what's true today might shift tomorrow during pregnancy. Watching changes across time brings clarity few snapshots ever could. Looking at information gathered during various stages of pregnancy allows spotting patterns plus warning signals for potential issues. Past medical histories help boost how well forecasting tools can learn over time. Information gets saved in an organized way inside one main storage system, keeping it uniform and ready when needed later. The whole setup rests on this base because trustworthy details matter most when judging possible dangers to mothers' health.

C. Data Preprocessing and Feature Engineering

Out of nowhere, missing pieces in mom's health records show up now and then. Since glitches pop up here and there, correcting them shapes the data into something steadier. Numbers shift form when needed - rescaled, reworked, made consistent. Where facts vanish, clever estimates step in quietly. Repetitive chunks? Gone without a sound. Systems breathe easier once clutter disappears. Most useful health clues pop out once numbers are quietly adjusted. Right away, links between items show what actually counts. Not every piece makes the cut - some speak louder than others. Shrinking the view keeps only sharp pieces. Cleaner paths mean clunky extras fall away fast. When unneeded parts are removed, precision climbs slightly. Speed increases during operations because there is less interference slowing things down.

D. AI Based Multi-Disease Prediction Module

From here, everything begins - this part drives the whole setup by tapping into machine learning and deep learning to spot several mother-related illnesses together. Instead of working alone, methods like Random Forest, Gradient Boosting, logical Regression and SHAP join forces to study how different health signs link to specific medical results. While older models just guess a single condition, this one handles many labels at once through common inputs. Patterns emerge when it reviews past records of pregnant women, then uses

those clues to judge how likely various issues might show up all at once.

E. AI Clinical Decision Support System

Out of the AI module comes predictions, handed to medical staff via a smart tool built into their workflow. Risk levels for various pregnancy-related conditions pop up on screen, together with steps that might help prevent problems before they start. When doctors spot someone at higher risk, actions like changing daily habits or starting treatment become easier to plan early. Help arrives just in time because warnings fire off automatically if danger signs climb past set limits. Fewer mothers face life-threatening situations, while babies benefit too-healthier paths begin here.

F. Monitoring and Feedback Module

Right now, the last part of this setup keeps an eye on things while pushing for better results. Thanks to wearables or medical files, a mother's vital signs stay fresh and current. Doctors share what they see, which shapes how sharp the system performs over time. With new patient details coming in, the algorithms learn again at set points, staying ready when medicine shifts direction. That loop of input lifts forecasting skills, making sure it holds up where care actually happens.

V. ANALYSIS AND DISCUSSION

Looking at current tools for tracking mother's health during pregnancy reveals artificial intelligence has boosted how soon problems like high blood pressure or diabetes show up. Instead of waiting, models now spot warning signs earlier by learning from past cases through machine methods built on layers of logic. Random patterns in data get sorted by programs shaped like decision trees. One study used medical histories along with lifestyle details, feeding them into math-based classifiers trained to flag danger zones before symptoms appear. Other experiments tied real-time body signals - like heart rhythm or sleep - from wrist gadgets directly into hospital databases updated hourly. These live updates let doctors see shifts faster while reducing guesswork when managing conditions such as low iron levels late in pregnancy. Each approach leans on digital files filled over time, drawing links between age, weight, test results, and outcomes across thousands of births.

Still, research points out flaws in current tools. Many look only at one condition, even though problems during pregnancy tend to show up together. Instead of tracking progress across months, lots of methods depend on information gathered just once. Without ongoing records, it's harder for these systems to notice how a mother's health shifts through each phase. Besides that, poor links between forecasting tools and medical guidance software slow down real-world hospital use. What sets this new AI-driven long-term tracking method apart is how it brings several forecast engines together under one roof. Instead of working in isolation, each phase of pregnancy feeds data into a shared structure that watches for signs of various conditions at once. Because pieces talk to each other, guesses become sharper while doctors gain earlier insights. In the end, findings point toward smarter, flexible technology being key to better care during motherhood.

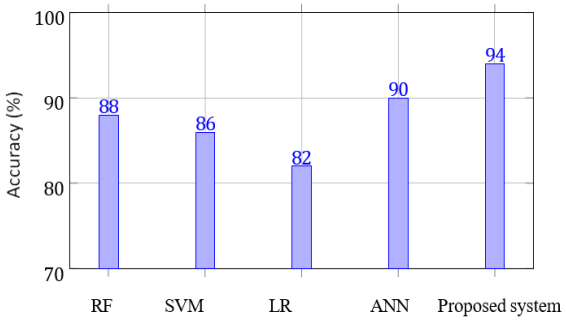

Fig. 2. Performance Comparison of Existing Models and Proposed System

VI. CONCLUSION

Pregnancy health problems still worry people everywhere, particularly because conditions like gestational diabetes, preeclampsia, high blood pressure, and low iron levels are becoming more common. Looking into past work, this review examined how scientists use smart computing methods - such as AI, ML, and DL - to track mother wellness and guess possible risks during pregnancy. Some projects prove clever software helps spot risky pregnancies sooner while giving doctors extra insight when making choices about care. Yet, after studying current efforts, it turns out most tools only aim at one illness at a time without accounting for women facing several issues together. Also, plenty of these models depend on fixed information snapshots instead of tracking changes through each phase of pregnancy over time. When prediction tools fail to connect well with live tracking, their

impact fades in real clinics. This study introduced an idea - using artificial intelligence to follow several diseases in pregnant women across time. One after another, pieces fall into place: gathering data, cleaning it, spotting illnesses, helping doctors decide. Watching changes during pregnancy helps catch problems earlier, with sharper forecasts. As risks unfold slowly, smart algorithms step in before trouble grows. Outcomes shift when care teams get insights just in time. Even so, while AI has advanced in predicting issues during pregnancy, full systems that track several conditions over time remain rare. This method helps build tools that grow with demand, stay steady in performance, yet catch problems early. Better choices in care may follow when such support exists through ongoing health records.

VII. FUTURE WORK

Even if the suggested system combines multiple methods for predicting various pregnancy-related health risks, some parts could still get better down the line. Moving forward, trying out deeper neural networks or mixed model strategies might sharpen how well it guesses outcomes while managing tangled links among patient details. Large volumes of hospital records, combined with live updates from body sensors, may push results closer to reality. Looking into ways that track changes over time during gestation could add depth to understanding shifts in wellness. Patterns showing trouble ahead might surface earlier when tools built for sequences spot them before they grow serious. Putting explainable AI methods into practice might clarify how predictions are made, so doctors see what affects maternal risk assessments more clearly. One path ahead involves making the system work smoothly at larger clinics while running live during patient visits. Building straightforward medical tools and linking them directly to hospital databases could make access easier for staff and patients alike. Working alongside hospitals may allow testing the tool with actual pregnancy data collected in daily care settings. Over time, adding ways for the model to learn continuously from new inputs and adjust through feedback might keep it more responsive. Because fresh patient details arrive, updates slip into prediction tools - sharpening their guesses. When clinical notes point out flaws, fixes follow quietly behind. Better accuracy grows not in leaps but small shifts over time. A watchful system learns to spot danger signs before they swell too far. Mothers gain support not through grand promises but steady refinement. Hidden progress builds trust without fanfare.

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