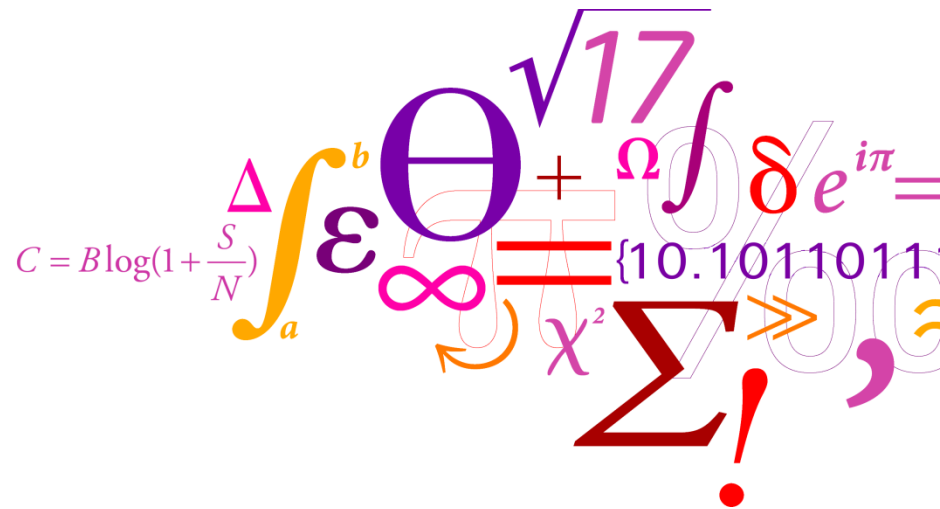


# Secure and Reliable ICT Systems for Telemedicine Applications

Lars Dittmann, Technical University of  
Denmark

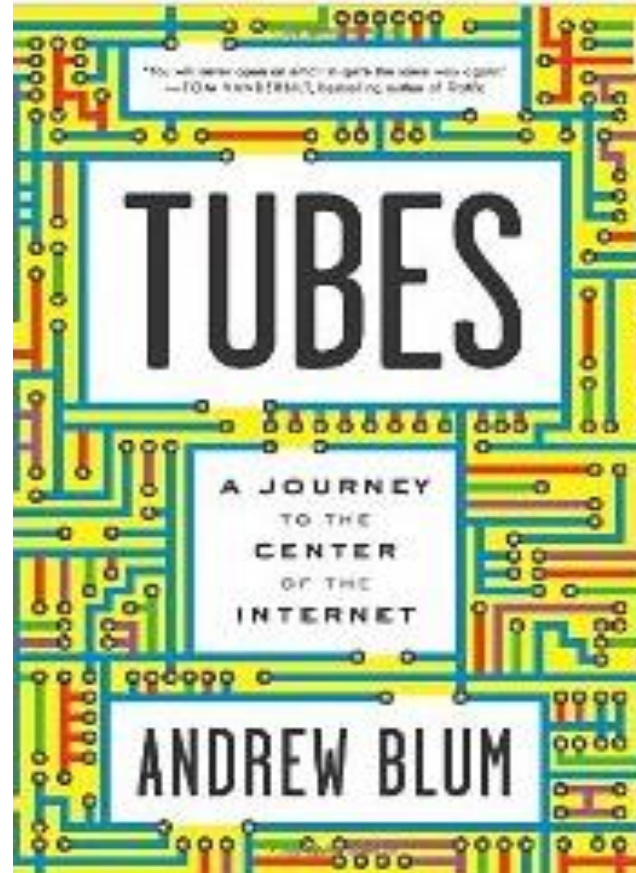


# About me

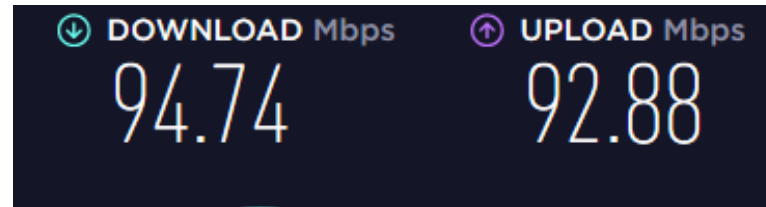
- MSc and PhD in engineering – specialized in Telecom (network and protocol design, network optimisation, network performance and QoS).
- More than 30 years experience from academia – but also 30 years of experience in collaborating with industry.
- Head of communication technology section at DTU – Technical University of Denmark – with a staff of about 85 (including PhD student)
- Has been main supervisor for 36 PhD student
- Current focus in research – secure and reliable support of demanding application
- Strong interest in experimental and applied research.
- Have worked with telemedicine for the last 6-7 years



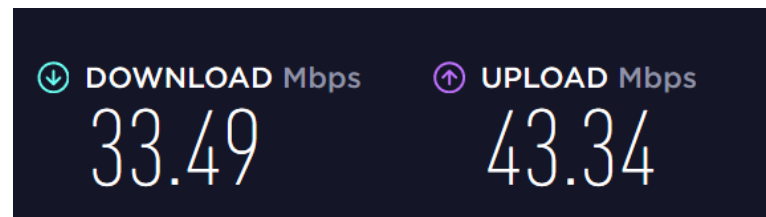
# The Internet is not a given thing – but often taken for granted



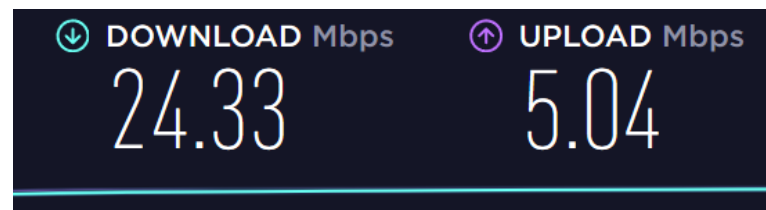
# What is a fast Internet (3 different connections on same laptop)?



Ethernet



4G/LTE



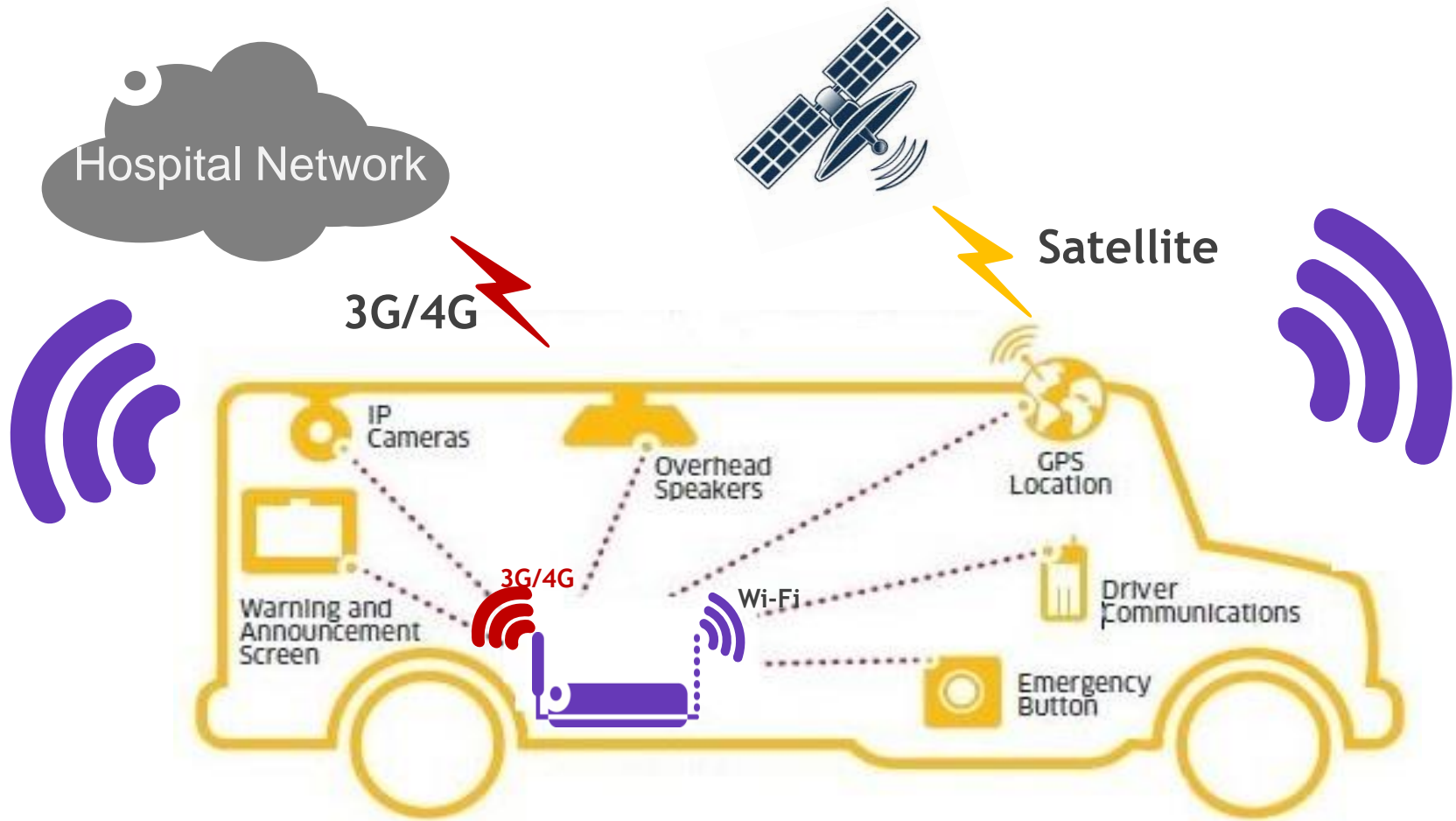
WiFi

- What is telemedicine ( - probably going to be)? Case-stories.
  - OCPD
  - Atrial fibrillation
- Why is security extremely important for telemedicine – do we care when we are ill and just want to be cured?
- The role of the network in ensuring secure and reliable telemedical services and current trends in network design and implementation
- Network security and availability
  - How to hack the network and hijack data
  - Legal aspects of a global network
  - How to get illegal access to information in a non-classical way.
- Solutions from a network perspective e.g. 5G and IT perspective e.g. CONTINUA

# What is telemedicine

- Medical treatment over distance
- Driver is typical cost savings or improved quality of life
- Can be anything from remote analysis of x-ray pictures to hospital-at-home
- Can be user driven (self-monitoring of health) or requested by healthcare system for people in certain risk-groups, people that might get re-hospitalized, people that can recover faster in own home etc.
- Not the same drivers in public healthcare and insurance-based healthcare
- Personal health is a personal matter – but of strong public interest for insurance companies, companies selling information (e.g. GOOGLE)
- AI can transform a large amount of apparently irrelevant information into conclusions and phenotyping that can have strong impact on the future of a person.

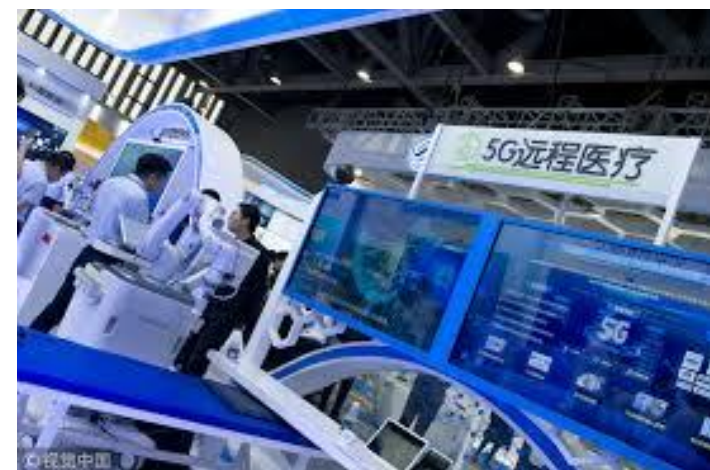
# Telemedicine is both before and after hospital treatment



Connected Ambulance as extended Clinic or Hospital

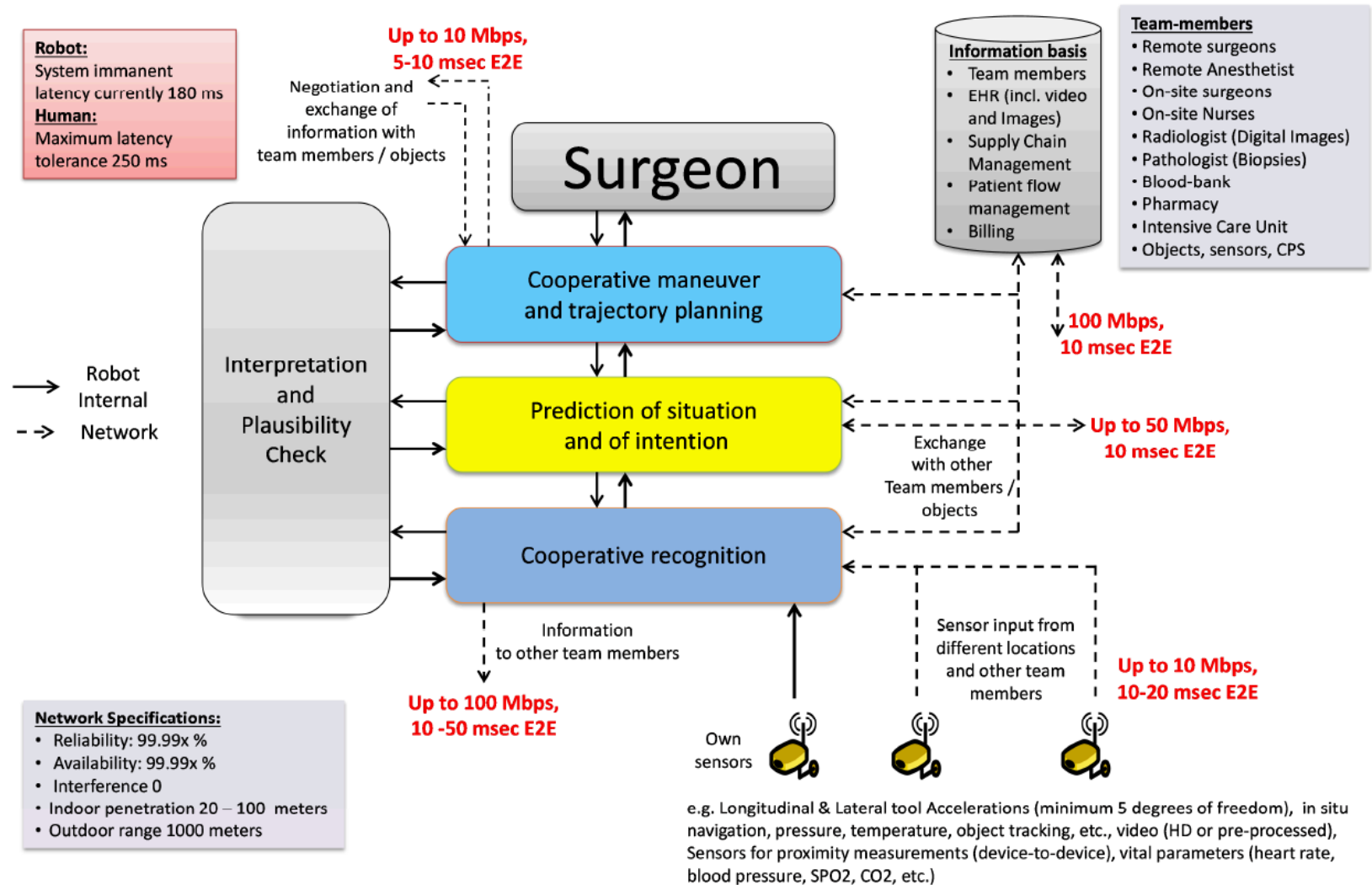


# .. and in between hospital (next step for robot surgery)





# Telemedicine in real-time requires a very stable and reliable ICT platform



# eHealth - eLiving

- Telemedicine – a strategic goal for Denmark and Europe (with significant investment).
  - 1/3 less beds in future hospitals – more people being treated @home.
  - Ensure reliable communication and home network infrastructure.
  - Current Internet is NOT good enough for eHealth – due to reliability/availability/security
  - Ehealth should enabling benefit for both patients/elderly people and society.



# COPD



COPD is a cronical lung dicease that cannot be cured, but lifequality can be improved from selfmonitoring and video consultancy with GP or lung clinique

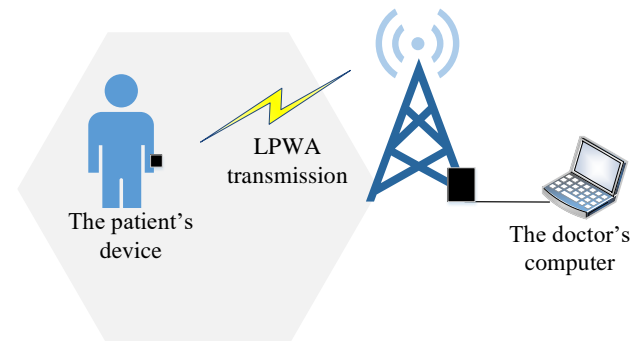
# Atrial Fibrillation



Project "Future patient" collaboration with:

- universities
- hospital,
- healthcare centers,
- user communities
- etc

A fast-growing disease globally (and no good explanation why)  
Usually a disease for elderly – but younger and younger people gets the diagnosis  
Main consequence is stroke and death  
Some people can sense it – but many not  
Not necessarily a permanent condition



# Small brainstorming exercise (10-15 min)



- Create groups of 4-5 people and discuss potential telemedical application.
- Discuss potential timeline for the applications.
- Discuss potential advantages and risk in general.
- Discuss issues related to datamanegement and datasecurity.

# Data security aspects (in general)

- Voluntarily or non-voluntarily generation of data
  - Legal aspects of data ownership – user generated or system requested/recorded.
  - Storage solutions applied – where, how, by whom
  - Validation of content – and authentication of source
  - Data availability – to you, your devices and others
  - Data availability in real-time – and all the time
  - Data structure applied in different scenarios
- 
- Data is highly sensitive and can be misused – cryptography can/might prevent unauthorized persons (or algorithms) to access data.
  - Network attacks can prevent authorized person to access data (at time needed or at all)
  - Data availability is also a data security issues.
  - Data location is a security issues as it is changing the possibility and legal issues regarding access to data.



# Potential misuse of data

## Sweden scrambles to tighten data security as scandal claims two ministers

Six state agencies being checked after leak of sensitive data potentially including information on people in witness protection



**i** Interior minister Anders Ygeman faces the media as he comments on his resignation. Photograph: Ari Luostarinen/AFP/Getty Images

Sweden's government has sought urgent assurances on data security from national agencies including the health, education and pensions services after a huge leak of private and sensitive information that has cost two ministers their jobs.



# Availability is also security



DANMARK 12. MAJ 2019 KL. 10.19

LÆS ARTIKLEN SENERE



## Telia-kunder kan ikke komme igennem til akuttefonen: Lån din ven eller nabos telefon

Der har morgenen igennem været problemer med at få fat i hovedstadens akuttefonen.

ANNA SOLJØRGENSEN  
KL. 10.31

Der er tekniske problemer med Akuttefonen 1813 i Region Hovedstaden, der betyder, at nogle bliver mødt af en optaget-tone.

Det oplyser hovedstadens akutberedskab på Twitter.

- Problemet er nu fundet. Borgere, der har telefonabonnement hos Telia, har problemer med at komme igennem til 1813. Vi er i kontakt med Telia for at få løst problemet hurtigst muligt, lyder beskeden.

Tidligere i dag anbefalede Hovedstadens Akutberedskab, at man forsøgte at ringe igen, hvis man blev mødt af en optaget-tone, når man ringer 1813.

Den anbefaling er nu justeret.

- Lån din ven eller nabos telefon, hvis du har brug for at tale med 1813, skriver beredskabet på Twitter.



FACEBOOK



TWITTER



KOPIER LINK

## TDC-kunder er ramt af nedbrud på mobilnetværk

Endnu ved TDC ikke, hvornår deres mobilnetværk vil fungere igen. Kunder melder om problemer på Facebook.

Et nedbrud rammer en række mobilkunder på TDC's netværk, som søndag formiddag ikke kan foretage eller modtage opkald.

Det oplyser TDC til Ritzau.

Endnu kender selskabet ikke omfanget, men man har konstateret, at nogle kunder kan bruge netværket, og andre kan ikke.

TDC er ved at undersøge årsagen og kan endnu ikke melde noget om, hvornår netværket vil fungere igen.

→ **Læs også: Det er en ny dag for TDC. En nuuday: TDC får nyt navn og sikrer sig rettigheder til engelsk fodbold**

På selskaberne YouSee og Telmores Facebook-sider er der søndag formiddag opdateringer om nedbruddet.

»Vi har i øjeblikket en fejl med vores mobilnetværk, så man kan opleve ikke at kunne ringe eller modtage opkald«, skriver YouSee på Facebook.

Flere hundrede personer har skrevet i kommentarfeltet, og mange melder om problemer.

Københavns Politi skriver på Twitter, at der er problemer med at modtage opkald på 112 fra flere selskaber.

Problemet er ifølge politiet ved at blive løst.

ritzau

# The challenge of network coverage

## Landsby uden mobildækning – og så kom ministeren på besøg

AF JOHNNY K. OLESEN – UDGIVET D. 9. NOVEMBER 2017 - 11:18  
KATEGORI: NYHEDER

### Den lille landsby Javngyde nær Ry har elendig mobildækning, og nu skal ministeren med egne øjne se på sagen.

Den lille landsby Javngyde nær Ry har i årevis oplevet store problemer med mobildækningen. Problemerne er så alvorlige, i den lille landsby, at ambulancer ikke kan kommunikere med hospitalet i Skejby. Ifølge TV 2 Østjylland bliver ambulancer simpelthen nødt til at køre op til en bakketop for at kunne ringe til hospitalet.

I andre situationer har folk været nødsaget til at bruge fastnettelefoner ved alarmopkald til 112, og vagtlægerne har en chauffør holdende tre kilometer fra landsbyen for at kunne modtage nødopkald fra patienter.

Nu er dækningsproblemet så landet på ministerens bord. Ministeren for Energi-, Forsynings- og Klimaministeriet, Lars Christian Lilleholt (V), besøgte i mandags selv landsbyen for at se på problemerne. Det skriver TV 2 Østjylland

#### – Unik kommunal teleaftale fjerner mobilhul i en lille by

Landsbyen ligger i et hul mellem høje bakker og høje træer, hvilket betyder, at radiosignaler fra de nærliggende mobilmaster har overordentligt svært ved at nå frem. Ministeren udtrykte forståelse for problemerne med mobildækning, og til TV 2 Østjylland udtalte han:

– "Mobiltelefonen er så vigtigt et omdrejningspunkt i vores tilværelse. Derfor er forholdene i Javngyde uacceptable".



Navne Blogs OPS Social Sundhed Skole Ledelse Kultur Samsk  
POLITIK VELFÆRD LEDELSE INFRASTRUKTUR BÆREDYGTIGHED



### Pilotprojekt åbner ladeport for skandaler om sundhedsdata

Blogindlæg Thomas Birk Kristiansen 31.07.17 af Thomas Birk Kristiansen 3

INFRASTRUKTUR



### Derfor har danske kommuner elendig datasikkerhed: Kompetencerne forsvandt for 10 år siden

Danske kommuner bryder igen og igen persondataloven ved ikke at kontrollere sikkerheden hos deres databehandlere. Og der er en god grund til, at datasikkerheden halter, mener højtplaceret programleder i KL.

31. januar 2018 kl. 14:16

ADAM FRIBO Sikkerhedsjournalist

it-jobbank Overvejer du at skifte job? Klik her

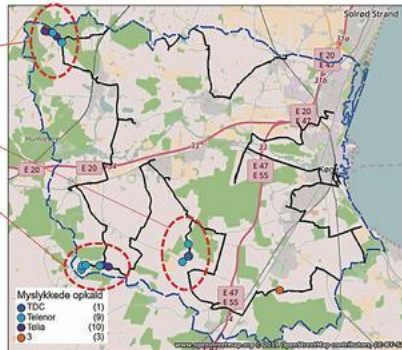
Det er efterhånden en kendt sag, at danske kommuner har problemer med datasikkerheden.

Særligt ondt gør det på et enkelt punkt - nemlig

## Tale-opkaldstest - Resultaterne

### Tre problematiske områder:

- Lammestrup, Nordvest
- Nyvang, Sydvest
- Lidemark, Syd



# Mobile network hijacking equipment



# Integrating Health&Care in the future Intelligent home

- Our future home will be connected to an extend that is hard to understand (and accept !?)
- Telemedical application is one of many new things to be integrated into the future connected home and living environment.
- Other applications relates to for example climate control (temperature, humidity, dust, chemicals etc.)
- Many parameters can/will be recorded for cognitive control of the home (and can be store and used for research purposed in order to understand impact and relevance).

# eHealth a part of a larger transformation of the Internet?

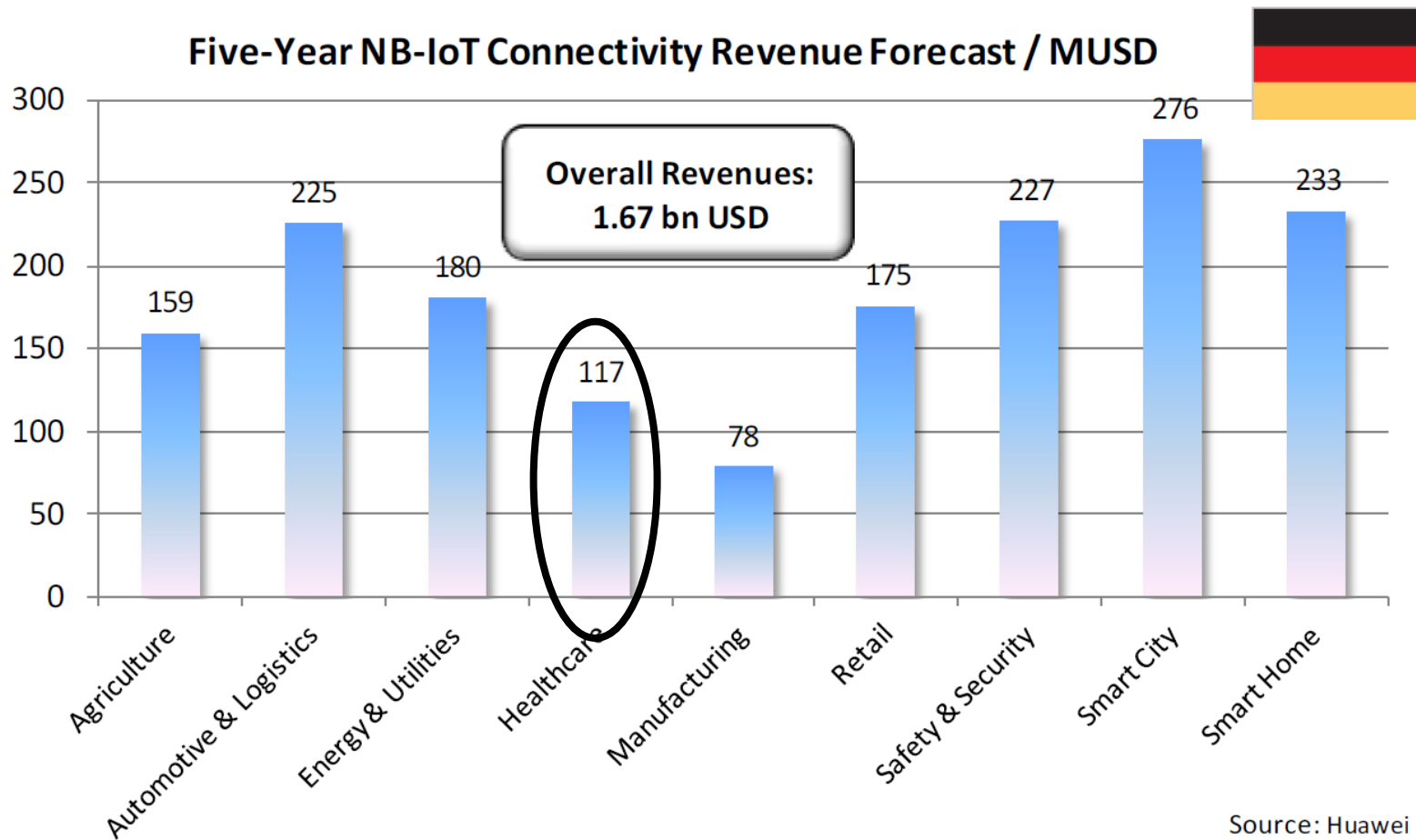
- Internet of Things – new services on the existing infrastructure or a new infrastructure as well?
- IoT – challenge: volume or type of application?







# IoT is many different things





Improved reach

Improved value – consumer lifestyle

Improved process efficiency

Improved human efficiency



# the internet of things

Networked industries



Second wave



Networked everything  
Networked society

Third wave

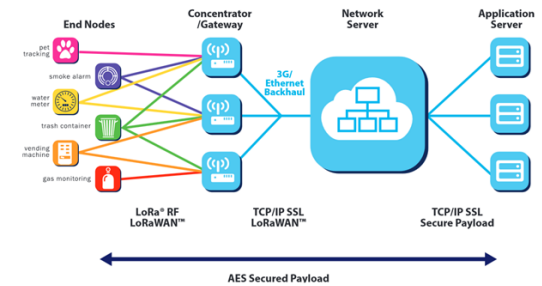
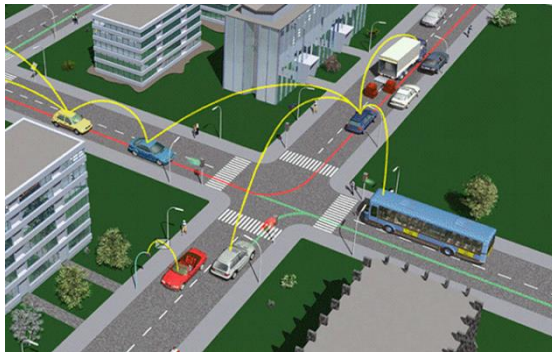
Networked consumer electronics



First wave

# 50 billion units (in 2025)

# HOW DO WE GET ALL THESE DEVICES CONNECTED?



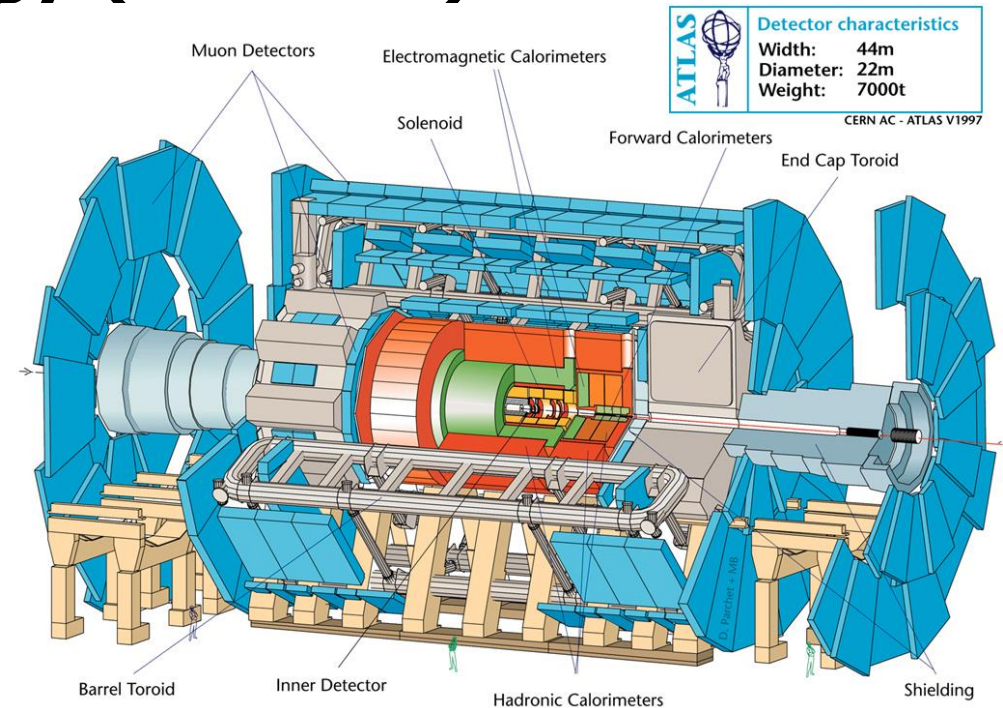
SIGFOX	LoRa	clean slate	NB LTE-M Rel. 13	LTE-M Rel. 12/13	EC-GSM Rel. 13	5G (targets)
		cloT				

# A specific example – power meters

- Powermeter for automated reading of use and enabling differentiated pricing
  - 3.3 Million meters in Denmark – 42 billion readings per year (when fully implemented)
  - To compare
    - 8 billion SMS per year
    - 1.1 billion Dankort transactions per year



# The CERN experiment – a classic example of a Time Sensitive Network (TSN) based on “classical” technology (Ethernet)



Massive amount of data from many sensors that needs to be time correlated

IoT is often more about latency and jitter than capacity



# The conneted car (and other transport tools)



**Several Tbyte data per trip generated from sensors and engine control**



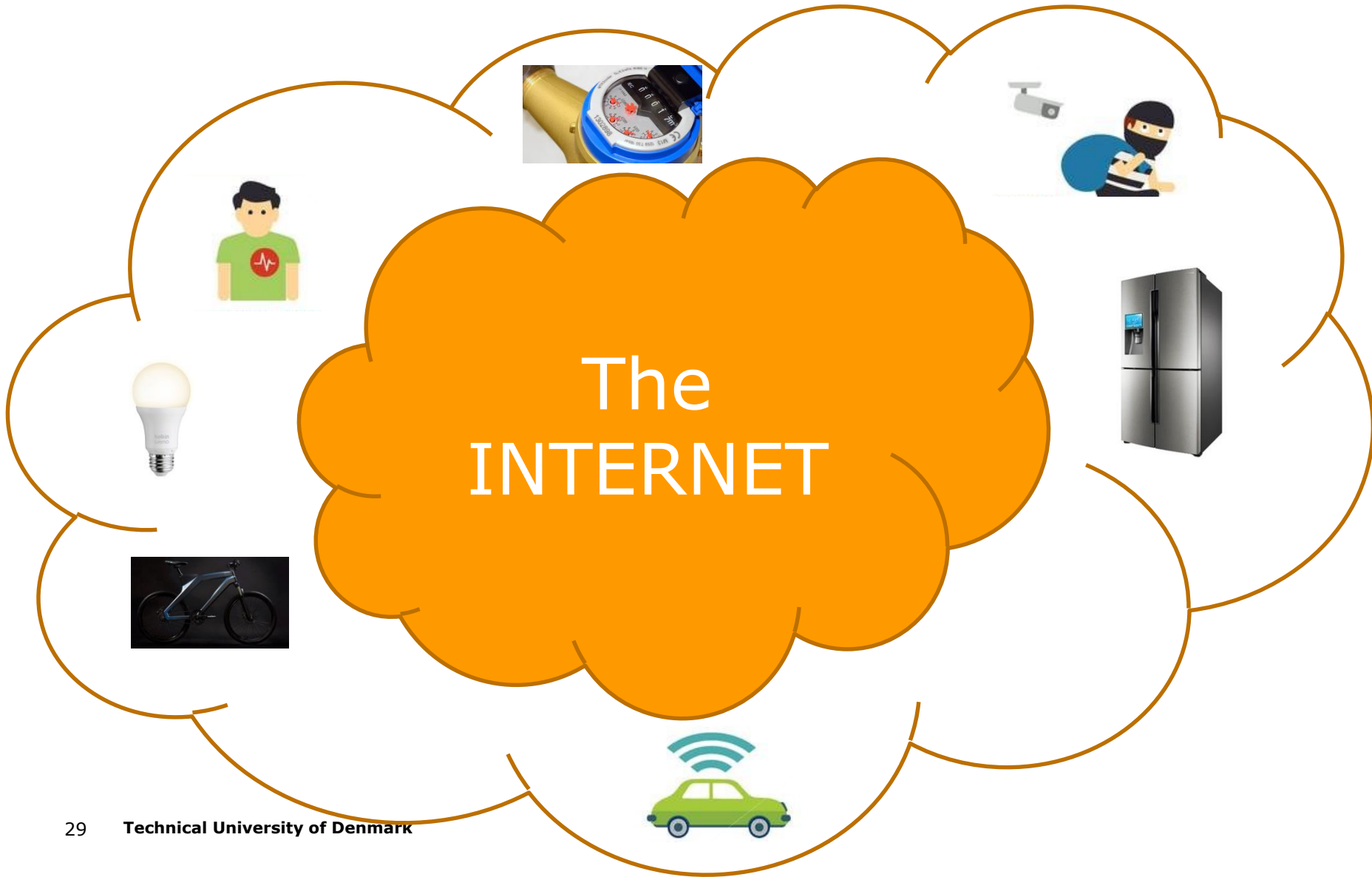
**In 2017 more SIM-cards were installed in cars than in smartphones**



**60-80 GBytes data per race – send in realtime to team researchers (in this case Williams in Oxford)**

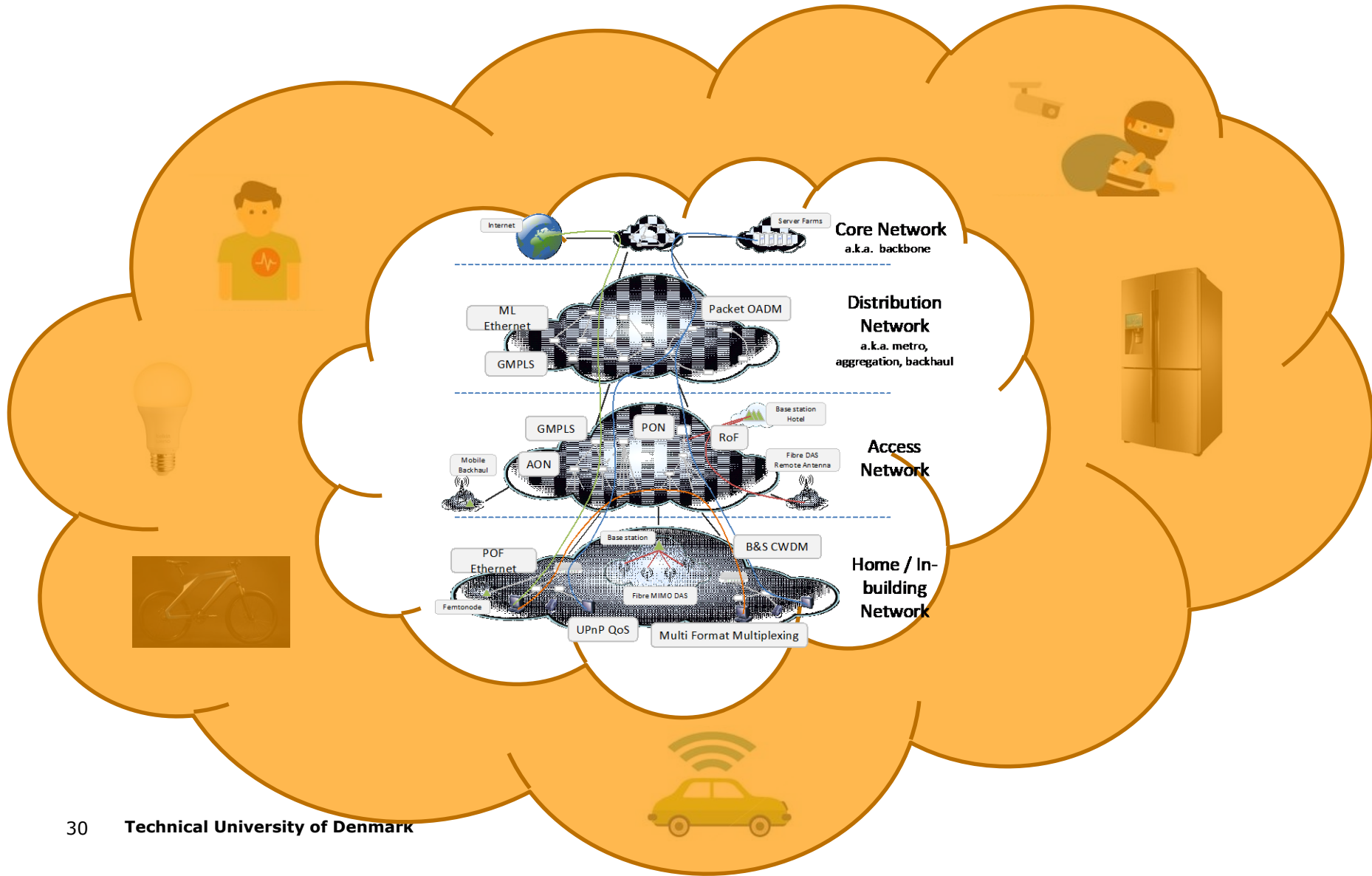
# Network architecture evolution

# The Internet *"from the outside"*

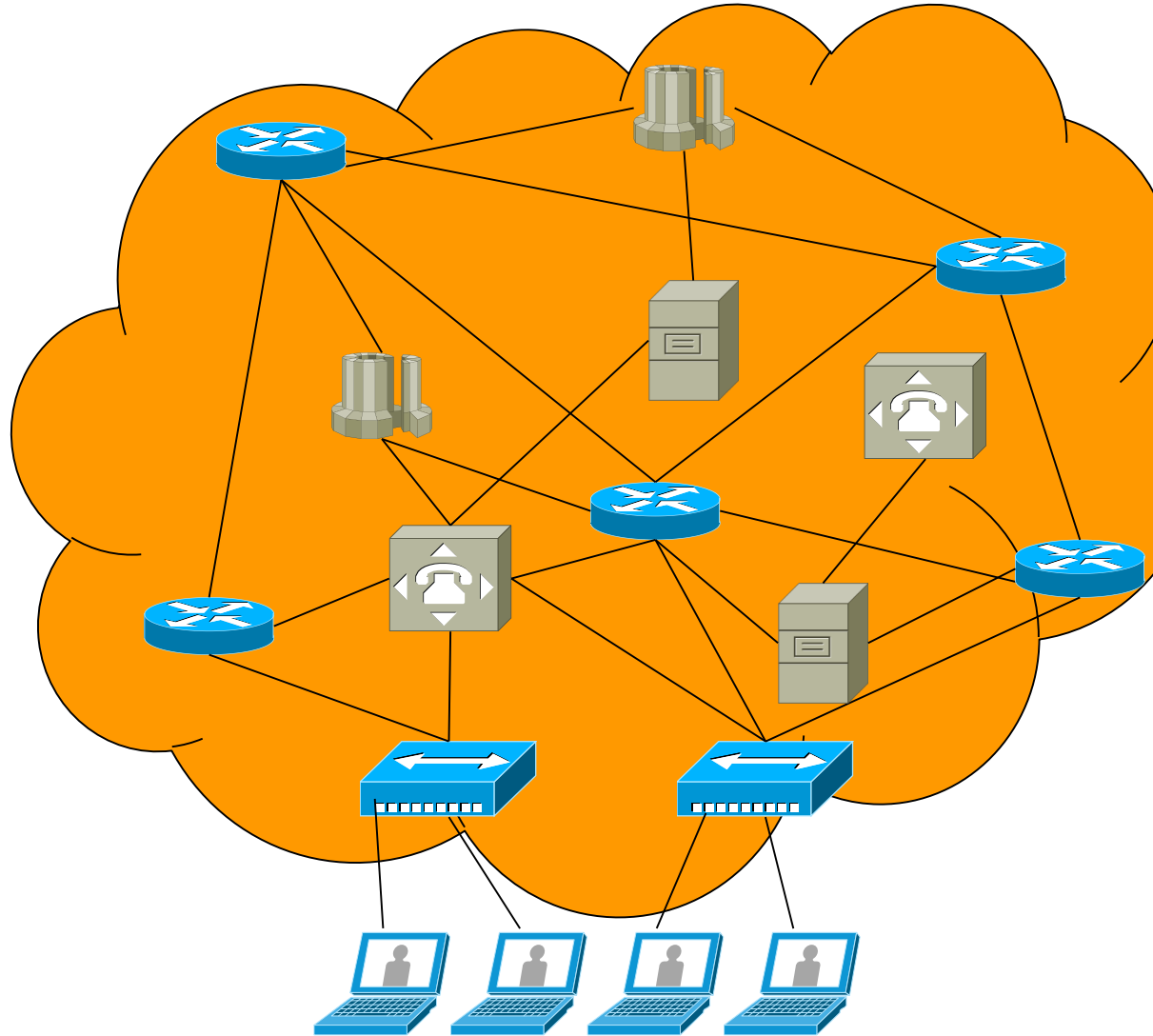
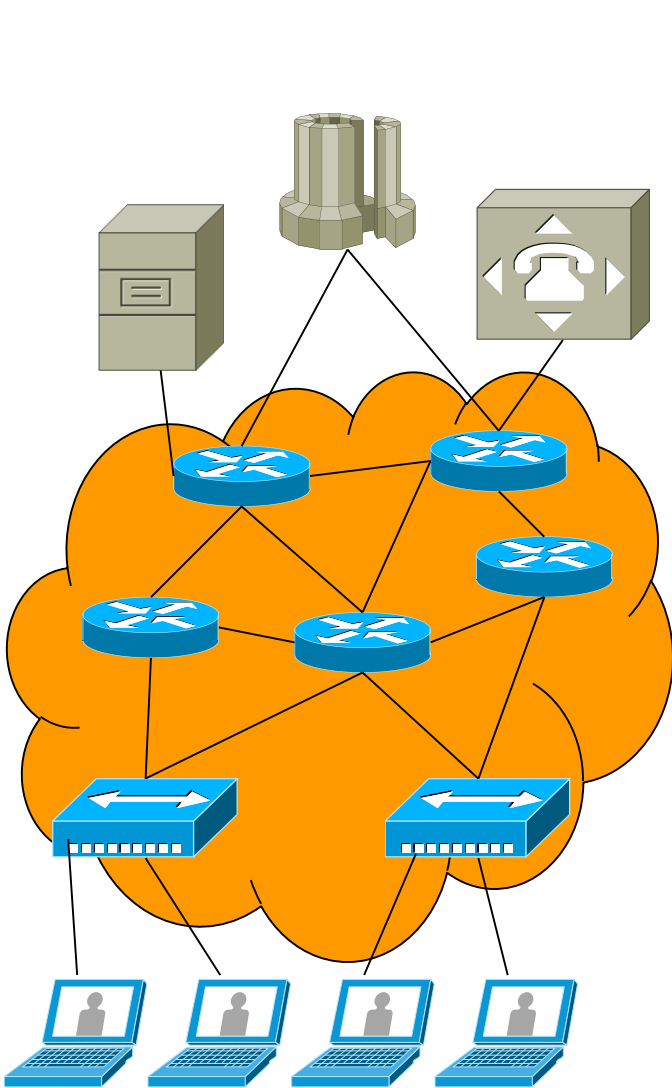




# The Internet "from the inside"

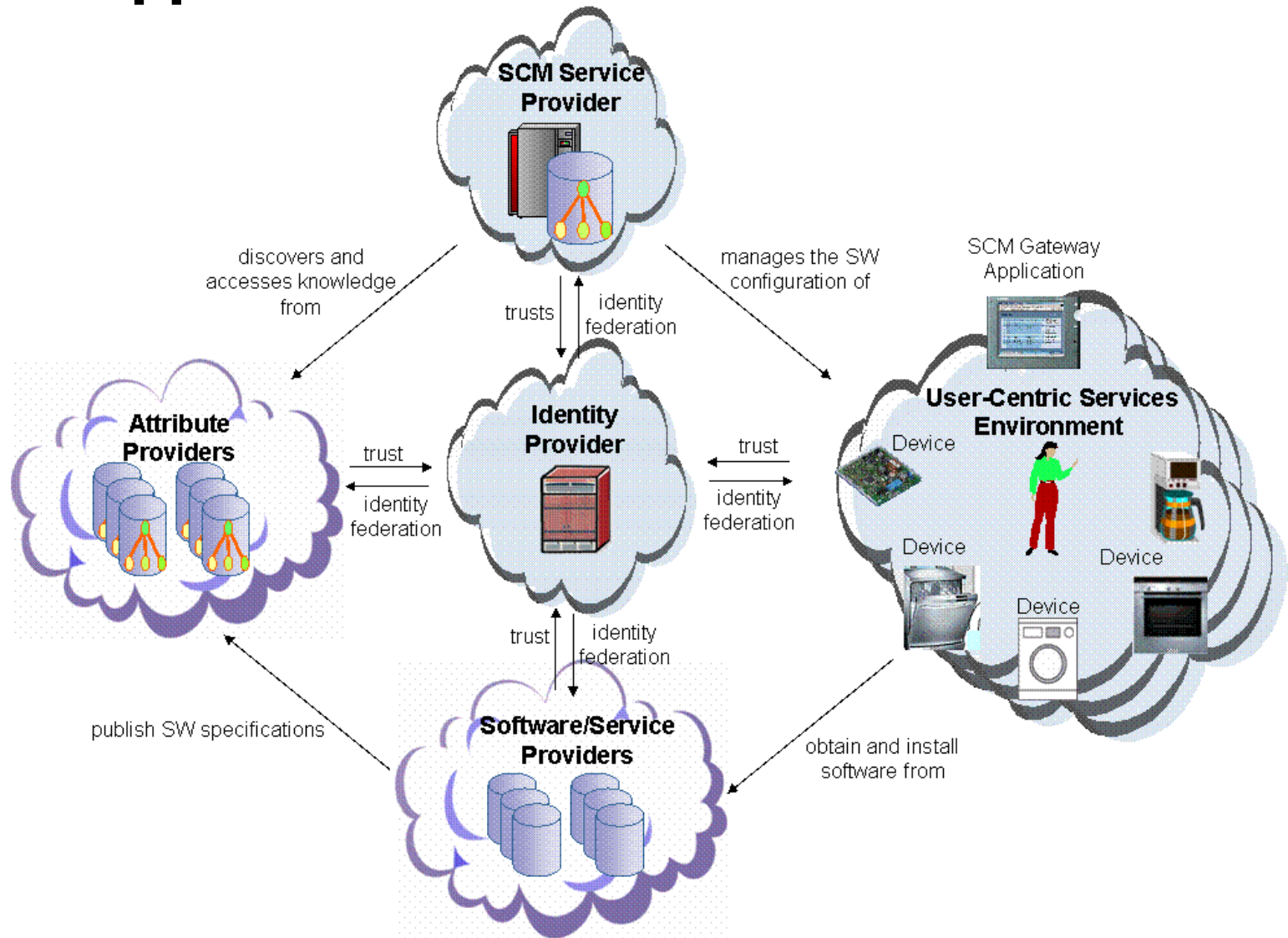


# Network and services becoming more integrated

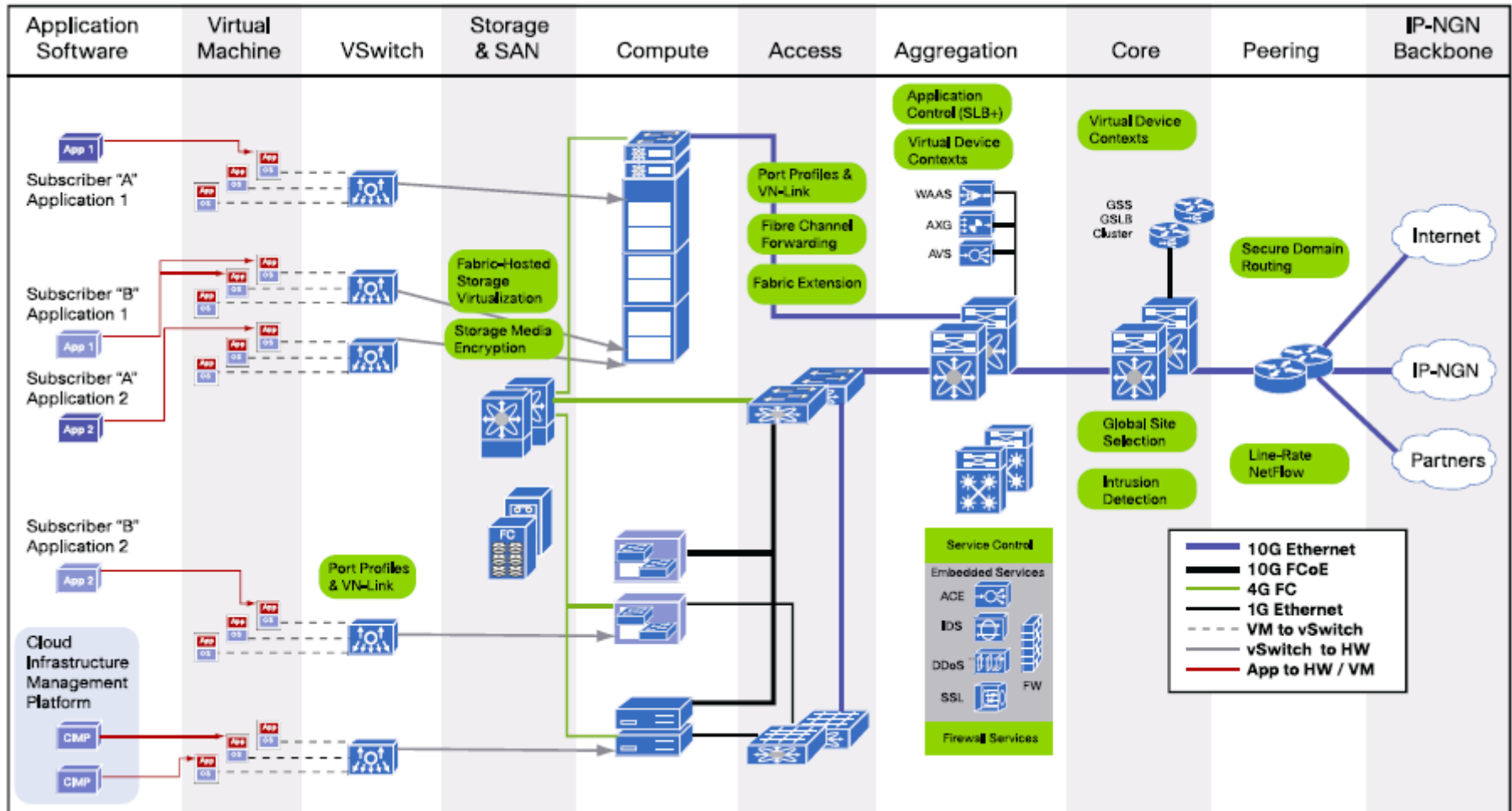


# Future Internet

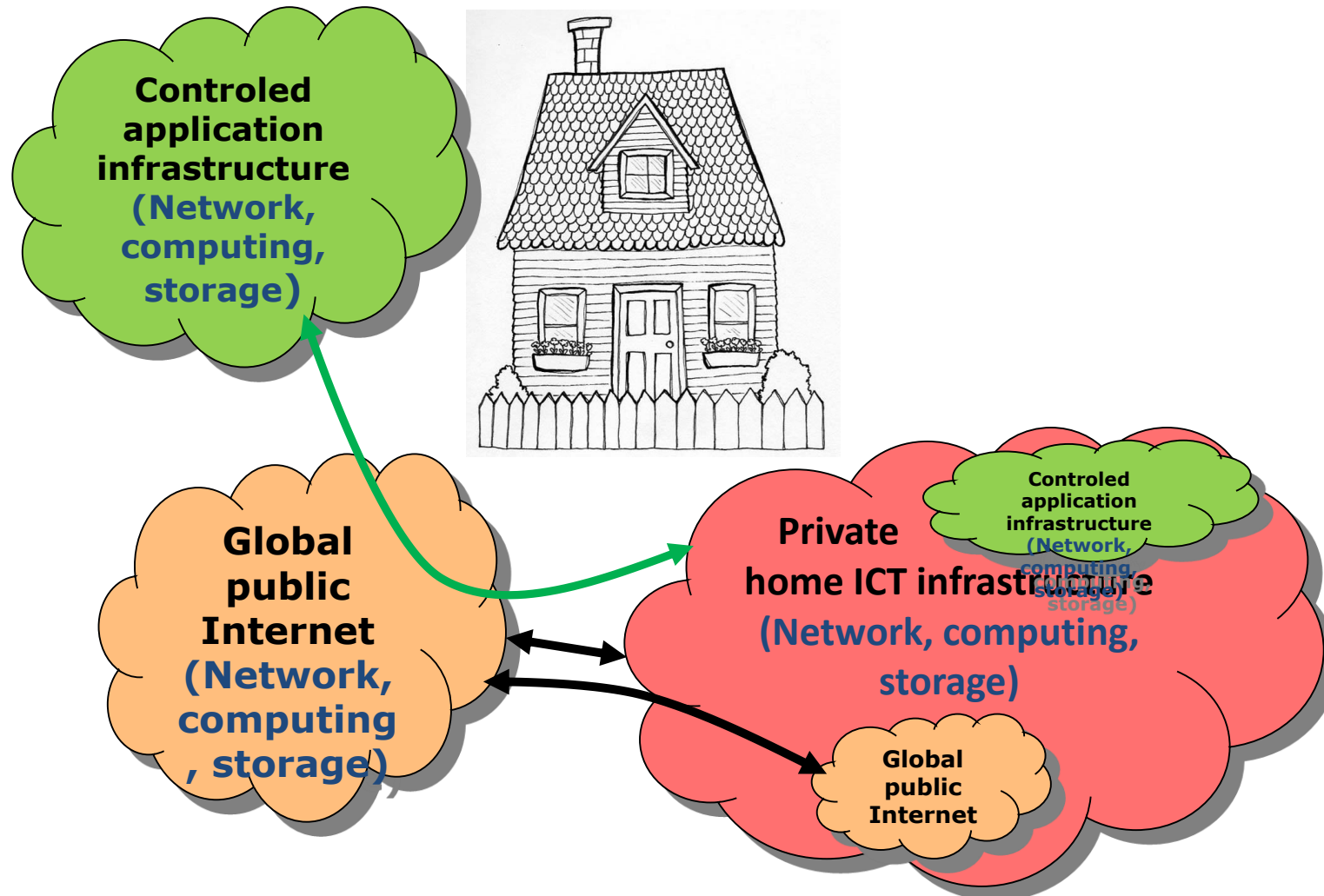
## - "new applications and easier use"



# Data flow and service structure

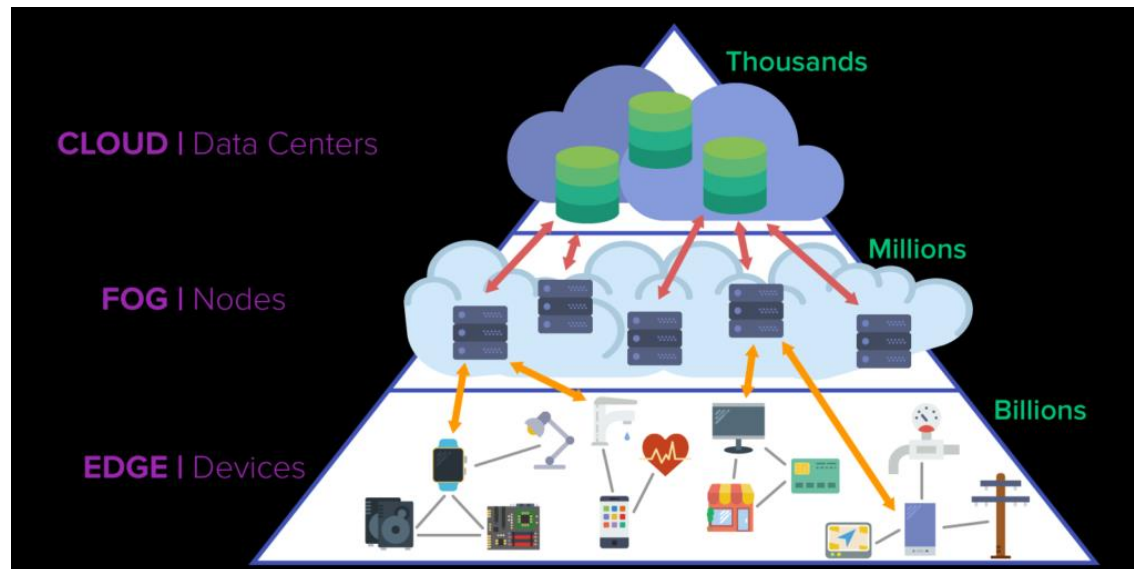


# Where do we move the data – the “Cloud”

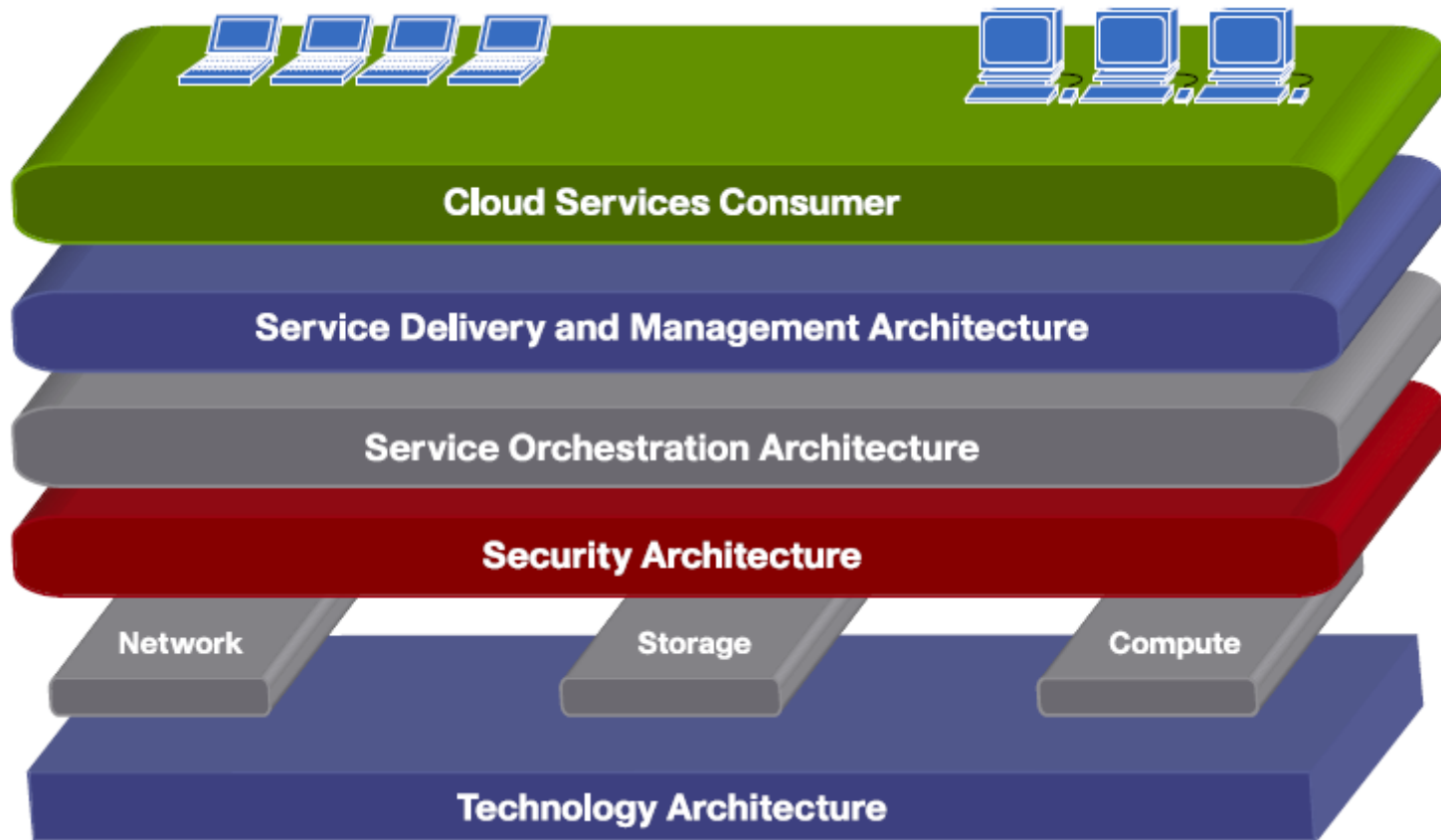


# Secure and reliable use of data in realtime applications

- Data plays an important role in many new applications – intelligent support in transport system (cars, trains, aircrafts)
- Data security is strongly linked to data availability – unavailability of data is often bigger risk than data leaks in for example healthcare.
- Latency is becoming a bigger and bigger problem for ICT applications – location and mirroring of data is essential in realtime use.
- IoT driven ICT systems

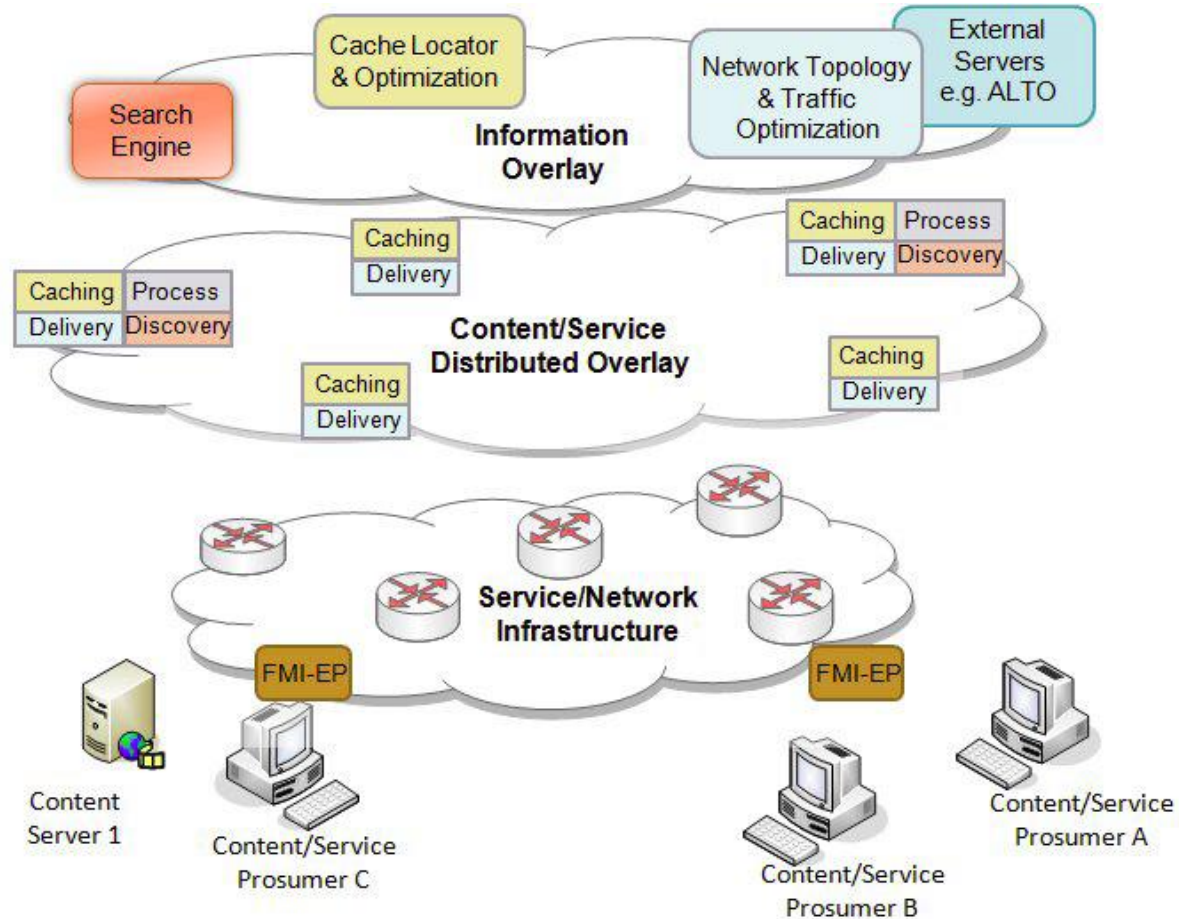


# Cloud – a technology not a “place”

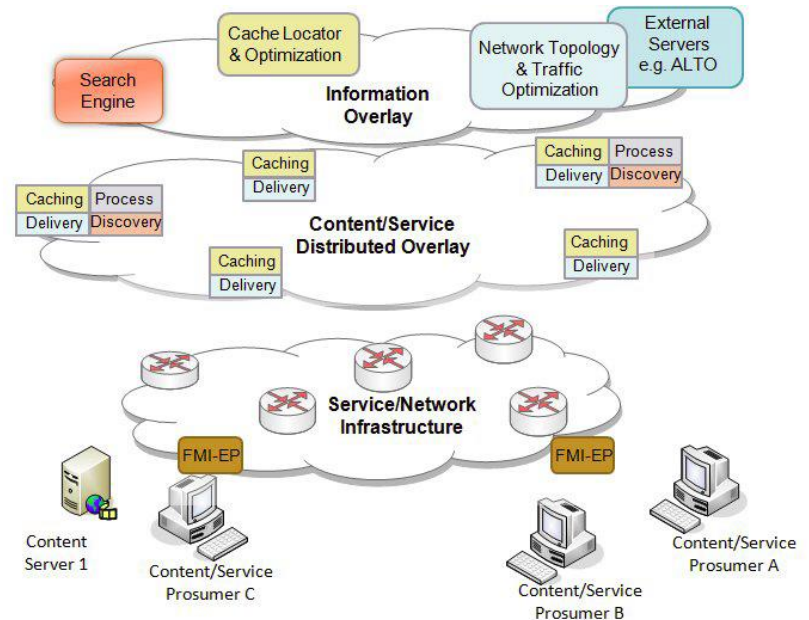
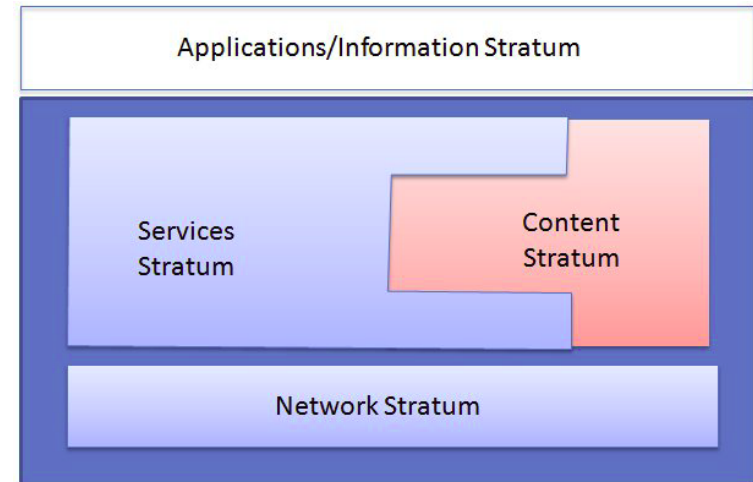
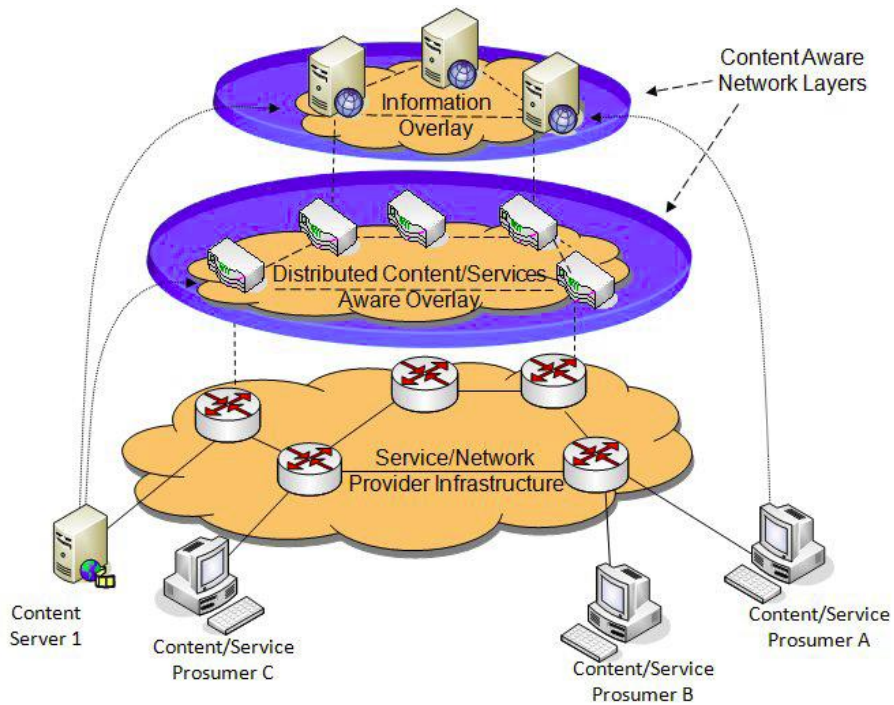




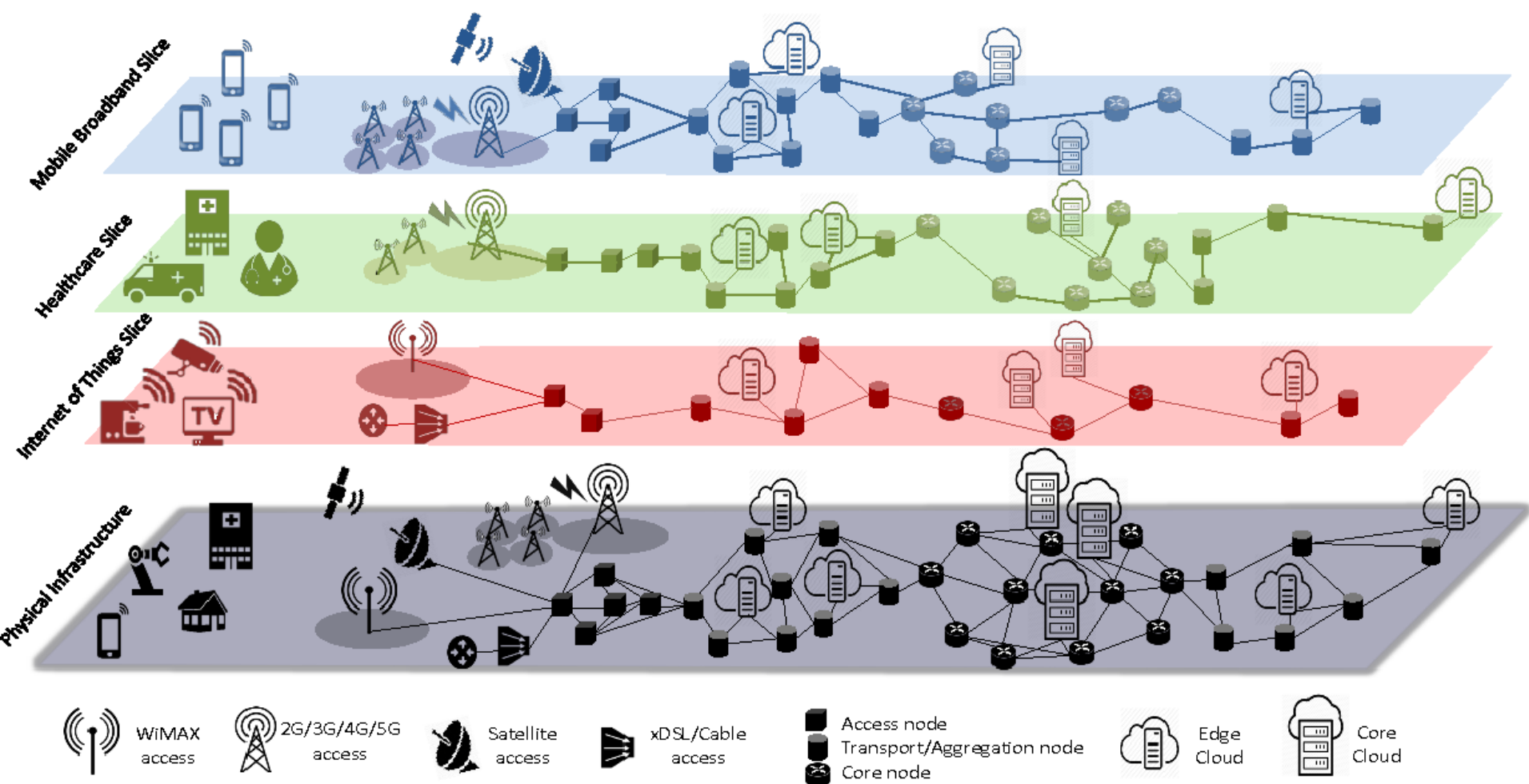
# Stratified future internet



# Startified Future Internet architecture



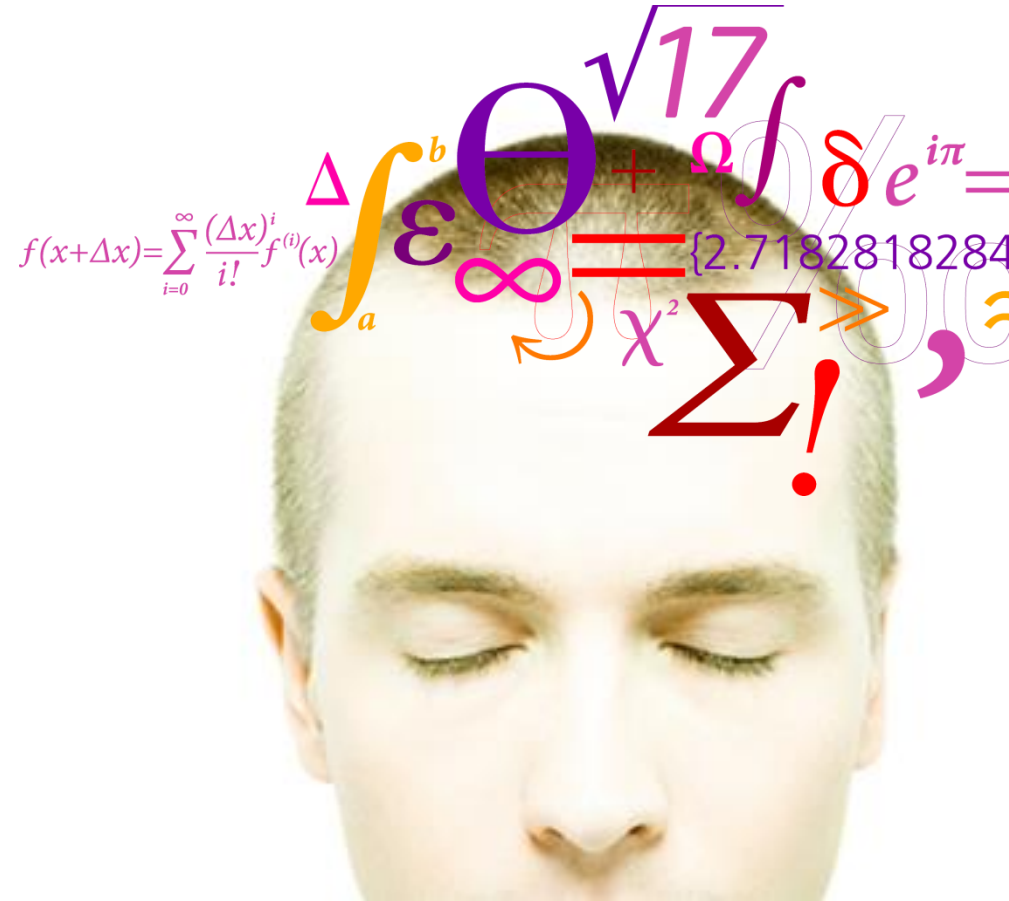
# 5G slicing – stratification in the next generation access network (breaking net neutrality?)



# Conclusion

- Current internet is primarily an entertainment platform – suited for some gadgets, but not critical IoT applications.
- IoT and eHealth will require much higher availability and security to become useful for critical applications in e.g. healthcare and other similar areas.
- IoT and eHealth is not so much about high bandwidth/capacity as now – the quality of the Internet of Things will have to be measured differently than today.
- Services and infrastructure needs to more tightly integrated.
- Network elements will become service elements (e.g. basestations and accesspoint will also become a part of data and processing services)
- Trusted service management a must!!
- Generic platforms (open?) are essential – possible?  
5G slicing approach promise solution, but needs validation. Significant investment needed!! (estimated 1200 Billion DKr/year investment in R&D worldwide for the coming years to reach goal)

# Questions

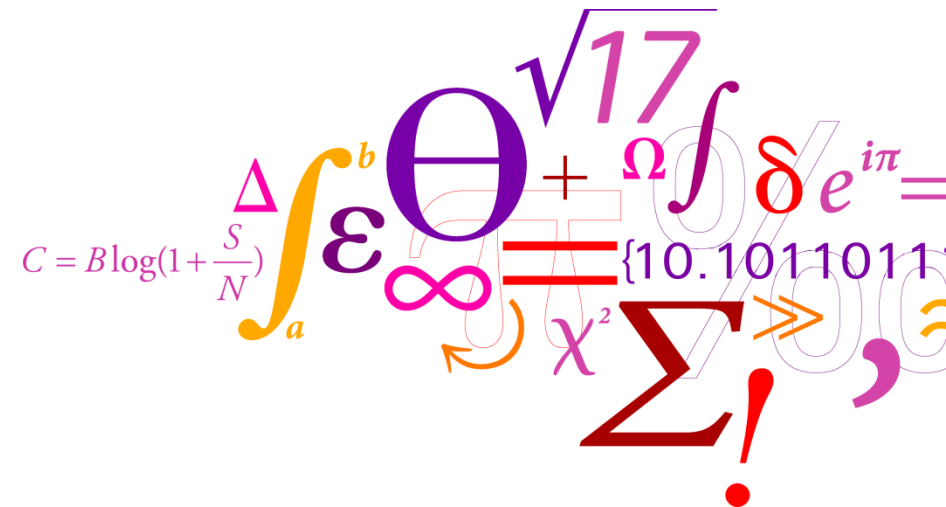


# Datahijacking in the core of the internet

- Rules and regulations are different from country to country
- Currently strong focus on location of stored data (e.g. GDPR regulation in EU)
- However, very little focus (or knowledge) on how data is reaching the datacenter/storage location.
- Source and destination might be in same country or regulated region, but the data path might go through other parts of the world.
- The Internet was based on trust – and has basically not really been upgraded since.
- Let's have a look at the routing procedures of the internet – the BGP protocol.



# "5G mobile network evolution"



# 5G as a solution for next generation telecom

- 1st phase telecom: We connect buildings

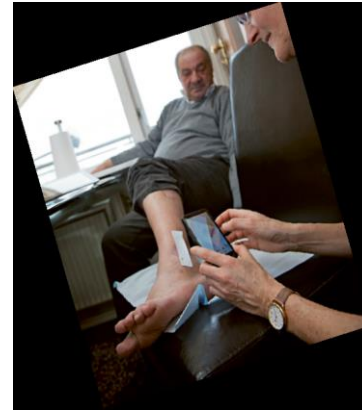
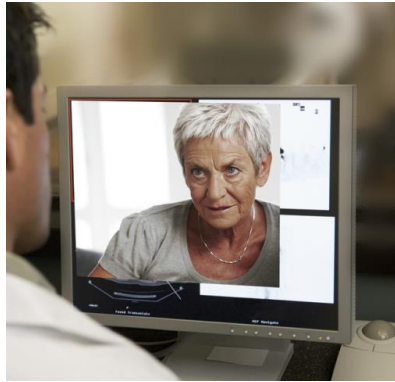


- 2nd phase telecom: We connect people



- 3rd phase telecom: We connect things



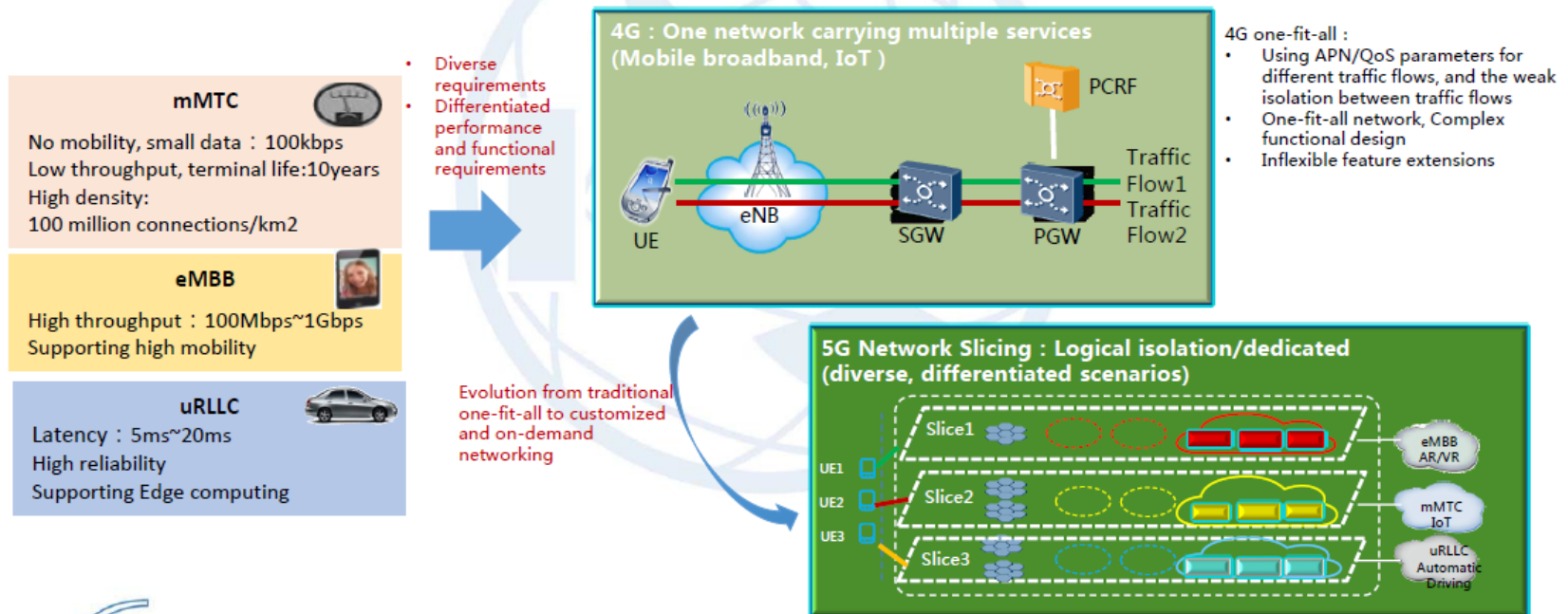


# Telemedicine is a key driver for 5G



# 5G slicing

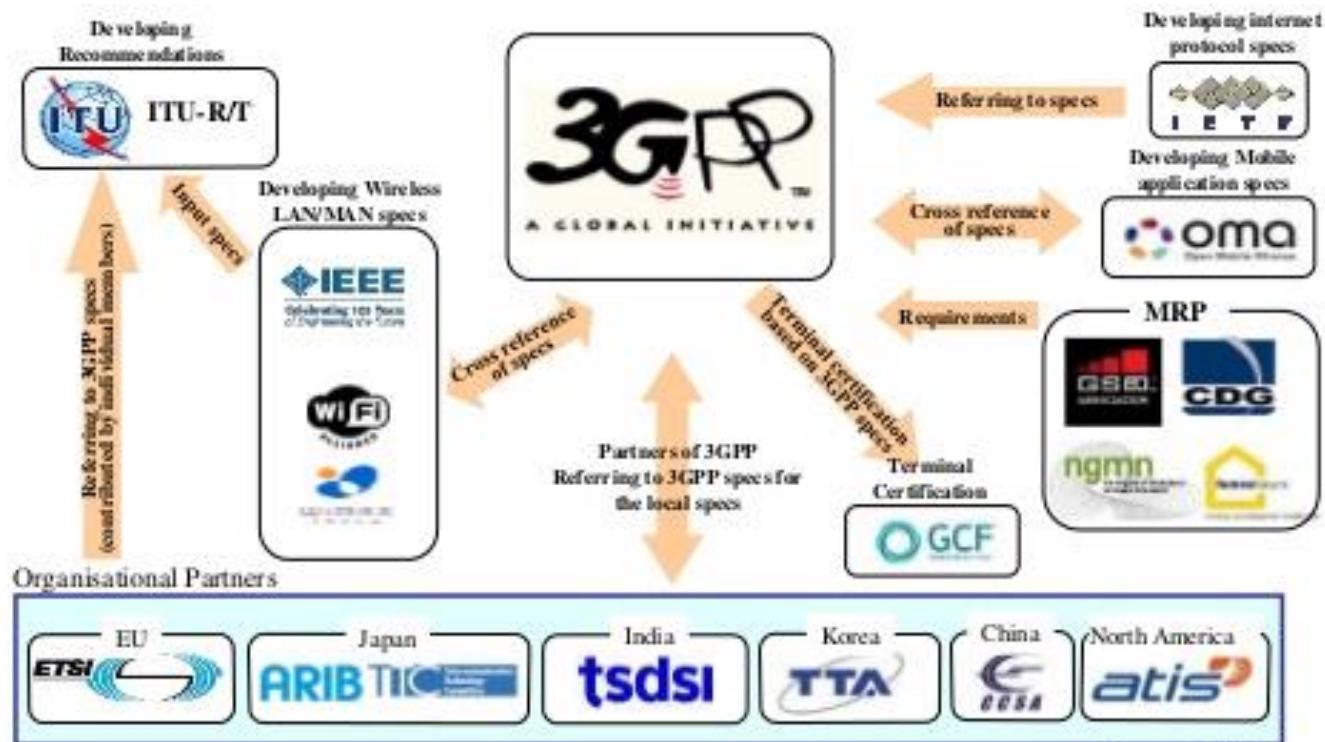
- Traditional network design mode cannot meet the requirements of diverse and isolated 5G scenarios
- 5G network slicing technology is an innovative technology in the 5G era. Based on a common infrastructure, it flexibly provides low-cost, differentiated, customized, and isolated end-to-end networking capabilities to meet the vertical industry's differentiation and customization requirements.



# Standardisation is not that simple.



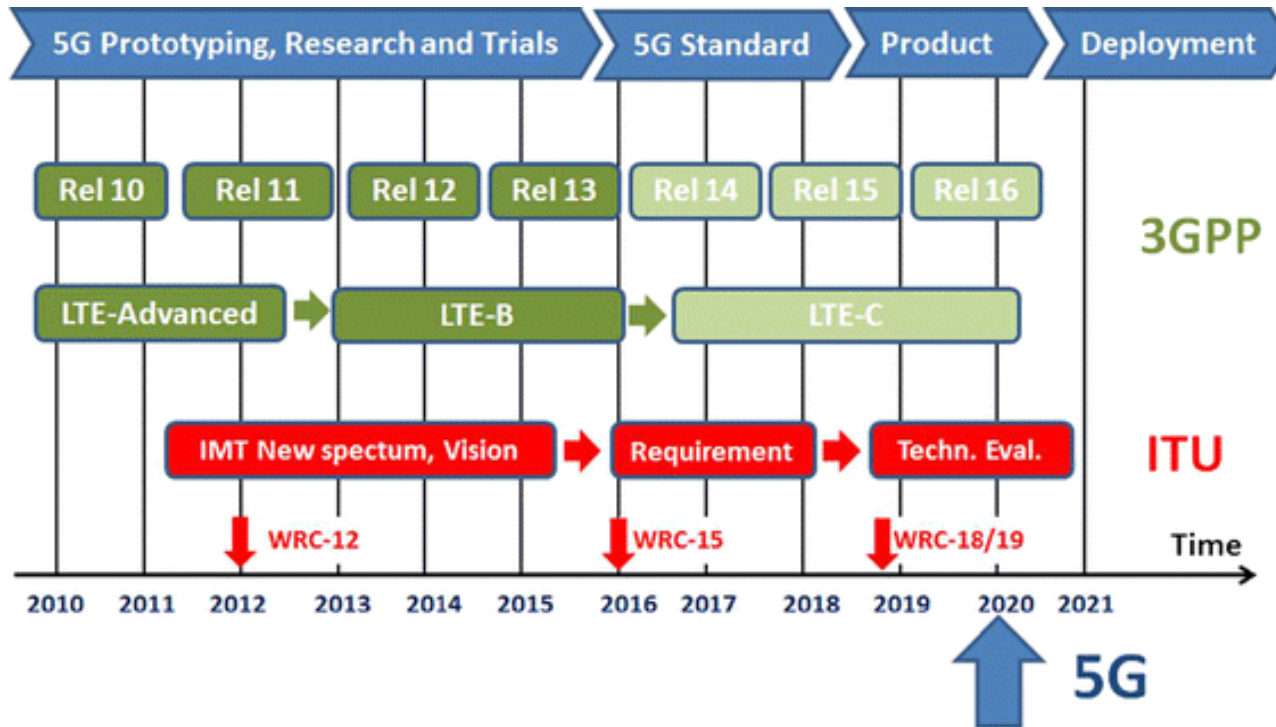
## Relationship between 3GPP and other SDOs



Source: 3GPP



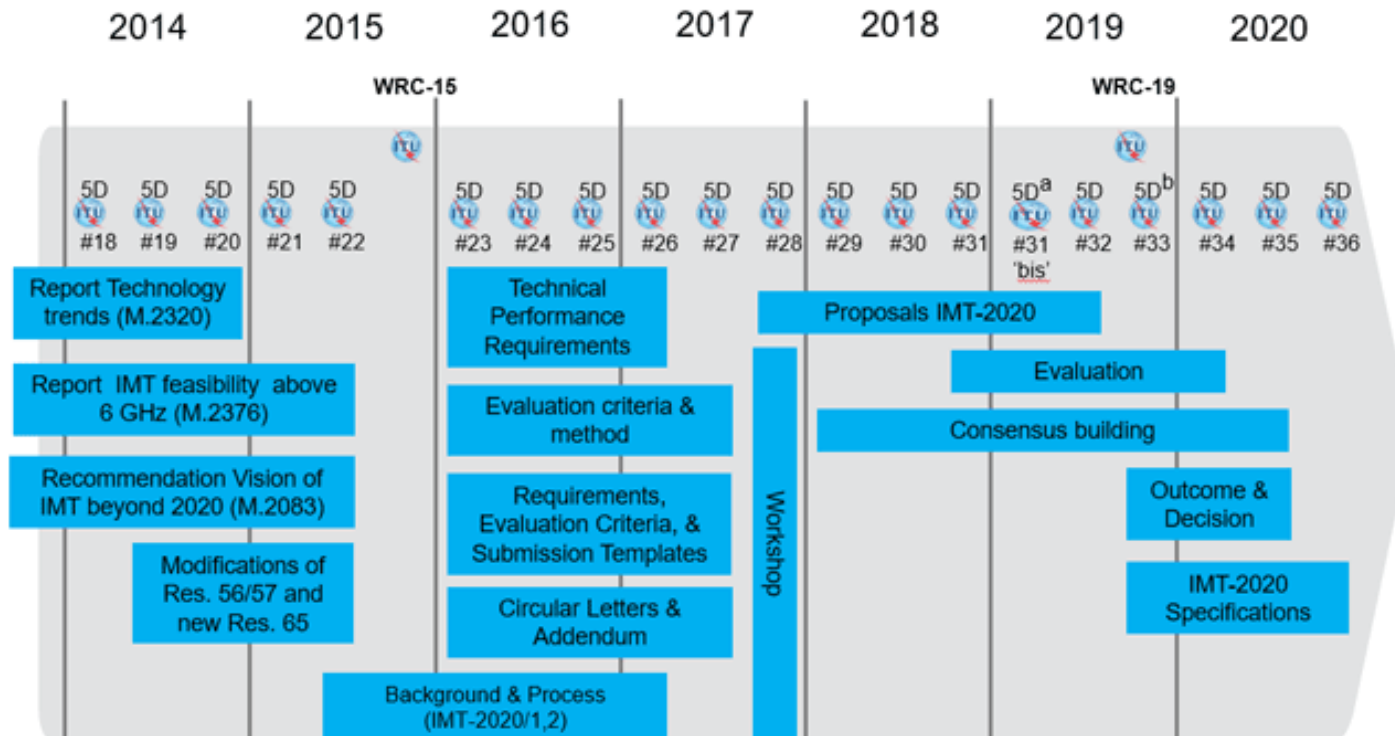
# Standardisation is not that simple.





# Radio Frequency allocation

## Detailed Timeline & Process For IMT-2020 in ITU-R



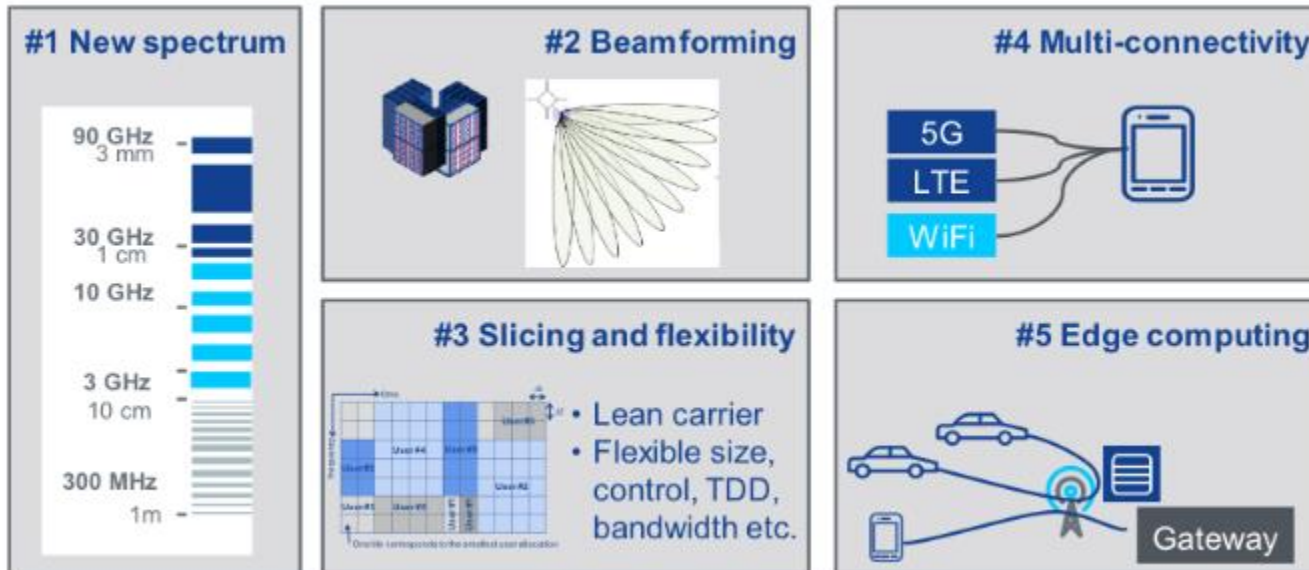
(a) – five day meeting, (b) – focus meeting on Evaluation (Technology)

Note: While not expected to change, details may be adjusted if warranted.

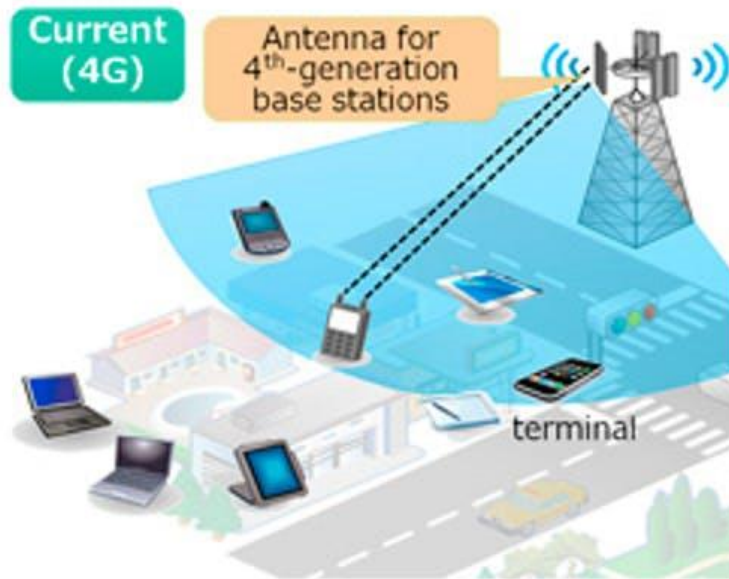
Additional details associated with Figure 1 above including a table of the anticipated IMT-2020 related deliverables.

ITU-R Working Party 5D Planned Meeting Schedule for Years 2016-2020

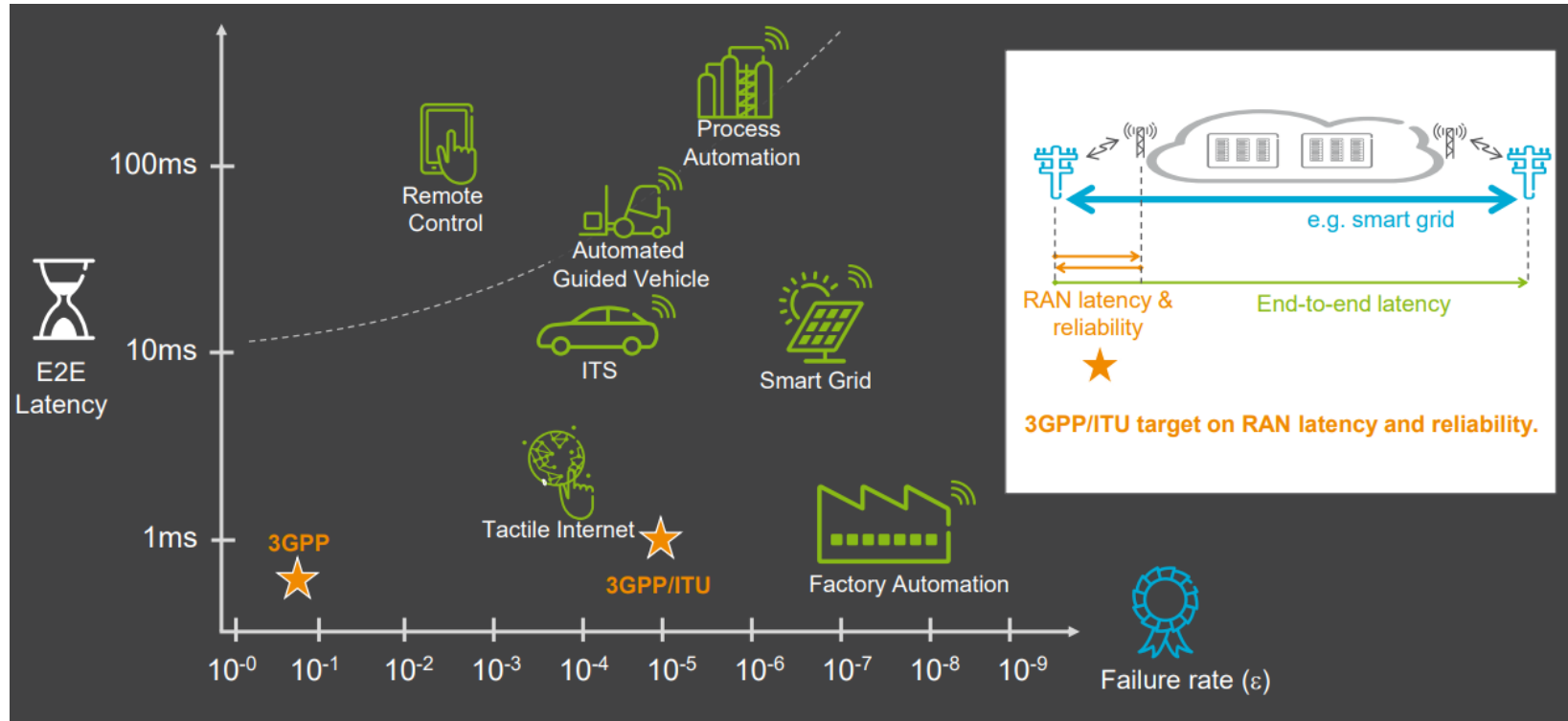
# Getting more capacity in the mobile network



# Beamforming – only send signal where needed.

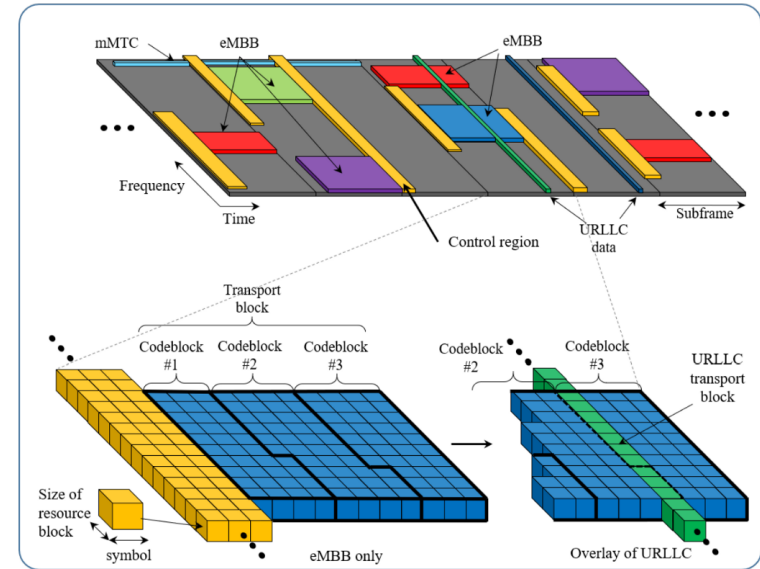
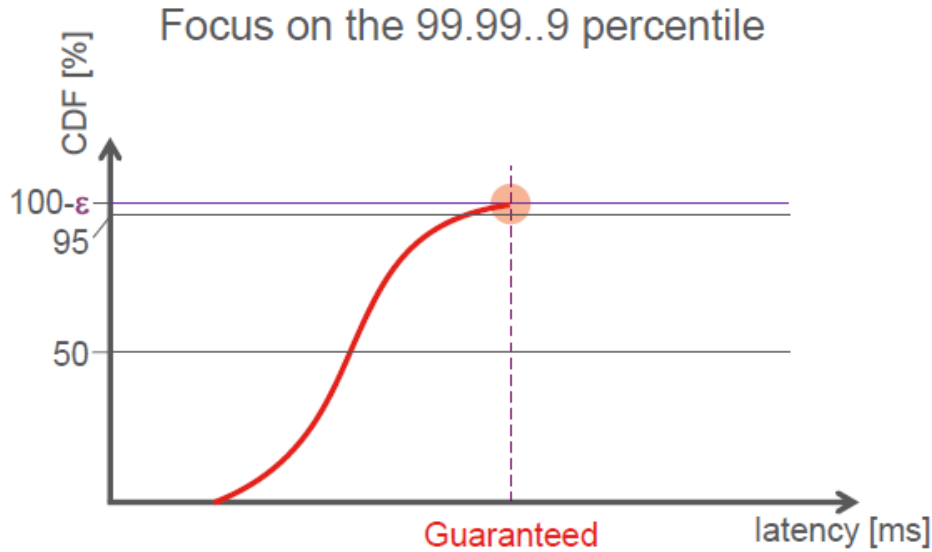


# Ultra-Reliable Low-Latency Communication (URLLC)



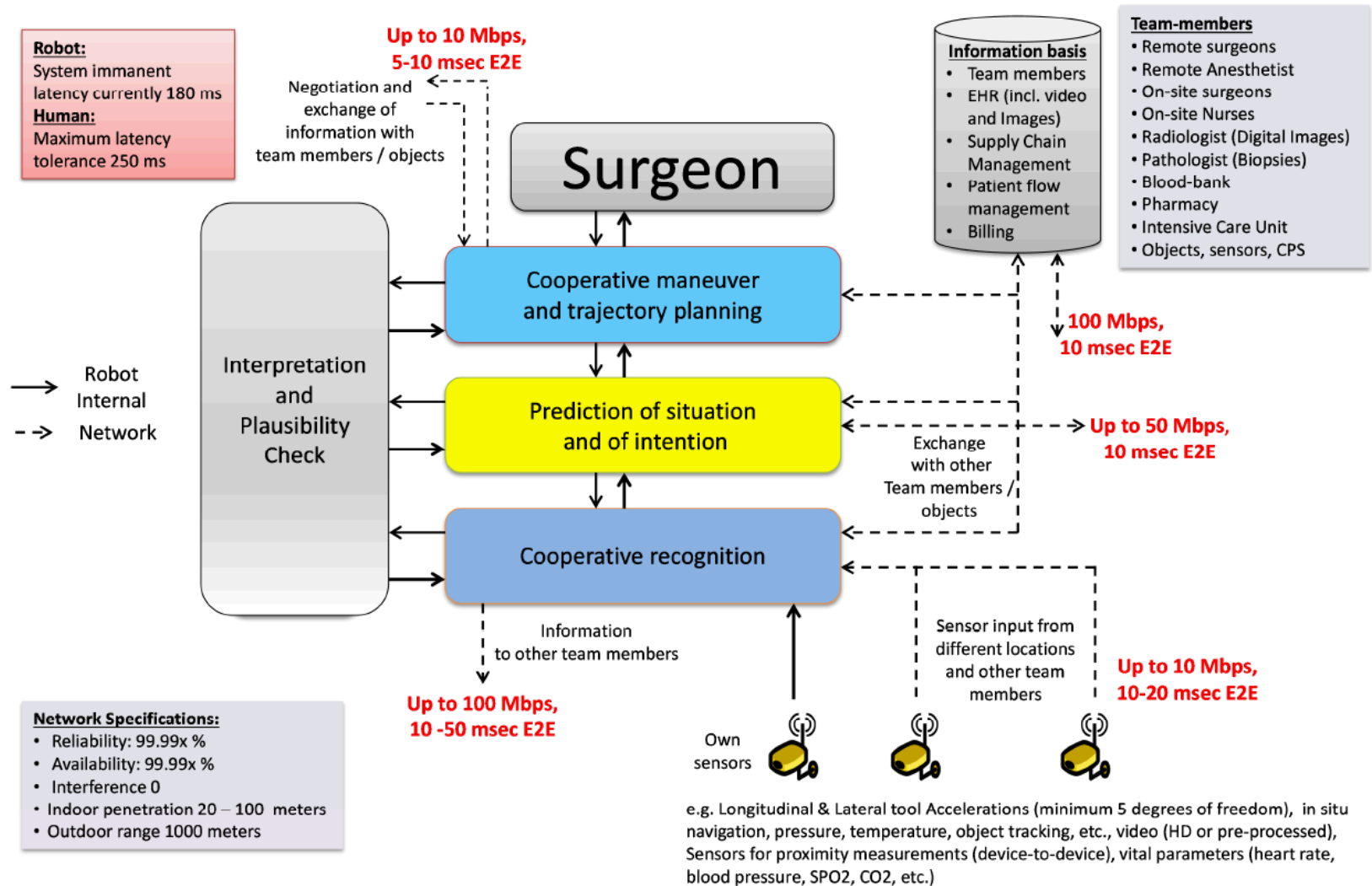
**URLLC (Ultra-reliable low latency communication):** Services for latency sensitive devices for applications like factory automation, autonomous driving, and remote surgery. These applications require sub-millisecond latency with error rates that are lower than 1 packet loss in  $10^5$  packets [[ITU-R M.2410.0](#)].

# The 5G URLLC



Low latency achieved by sending only 10-100 at a time.  
Reliability achieved no-grant communication and diversity  
Combining Ultra reliability and low latency ?

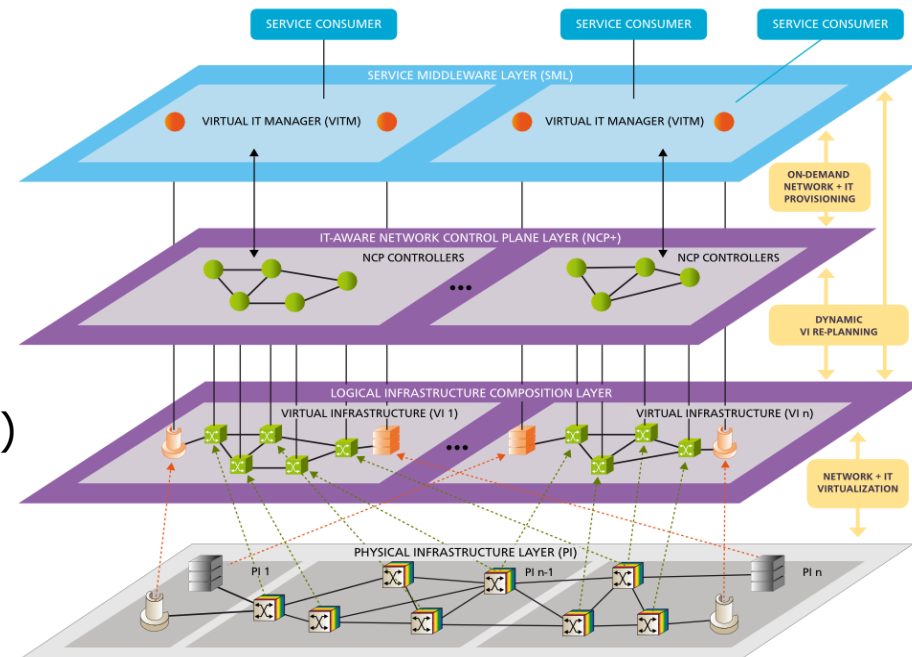
# Healthcare need to be ultra reliable



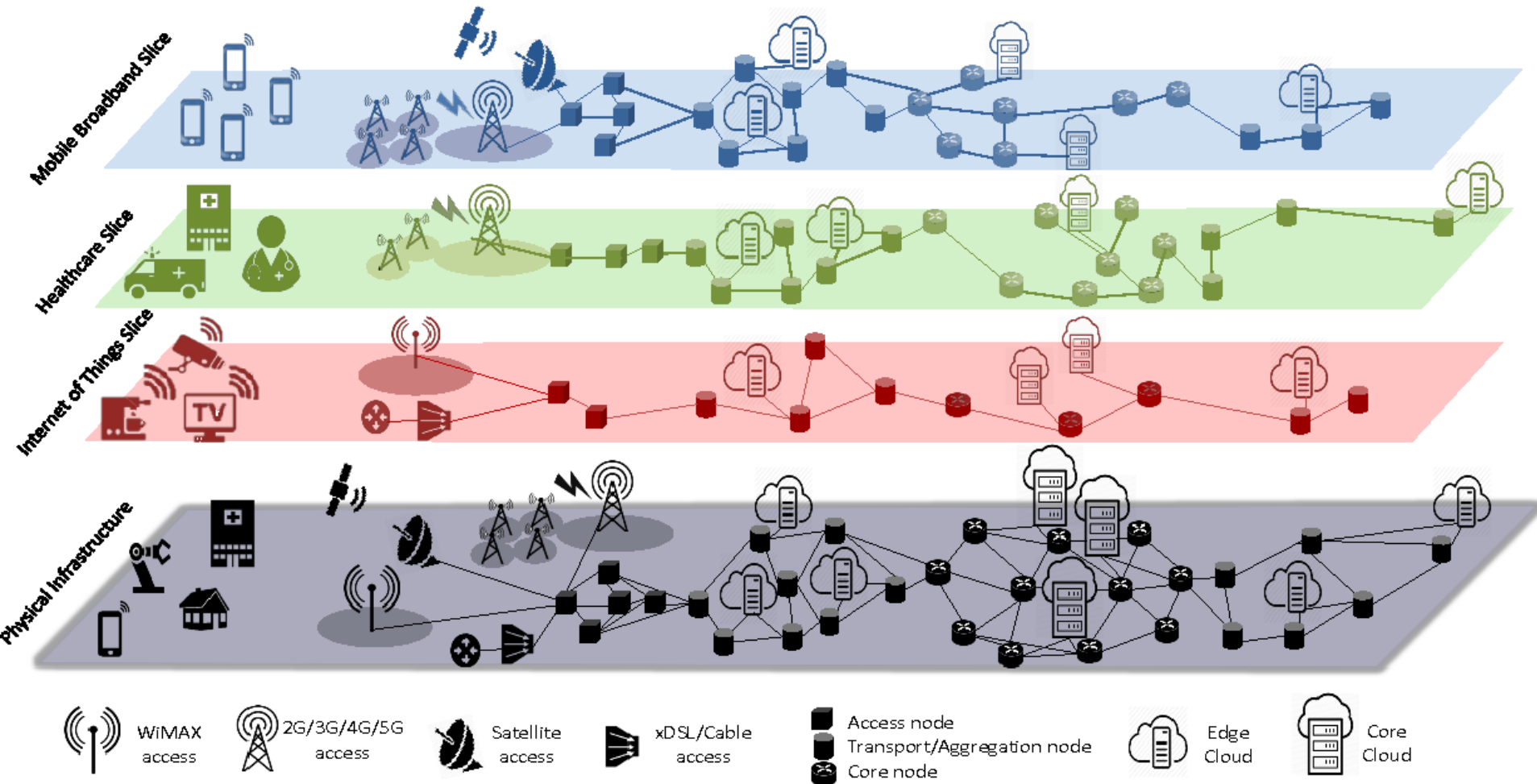


# Reliable high capacity and high performance networks

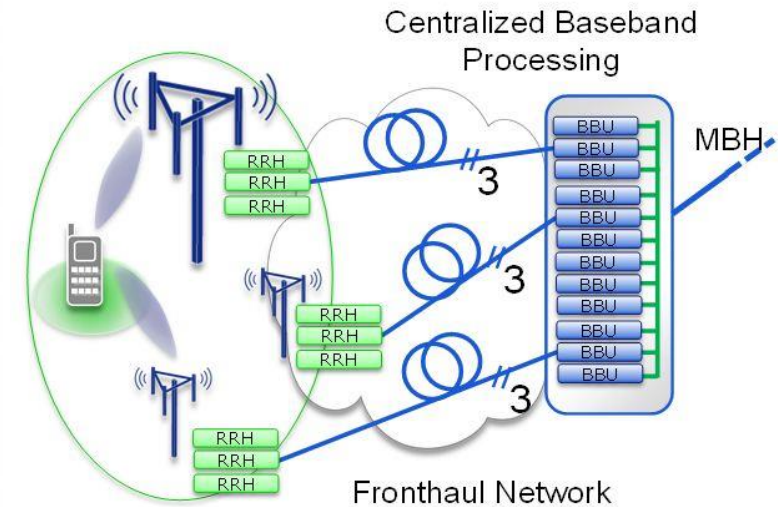
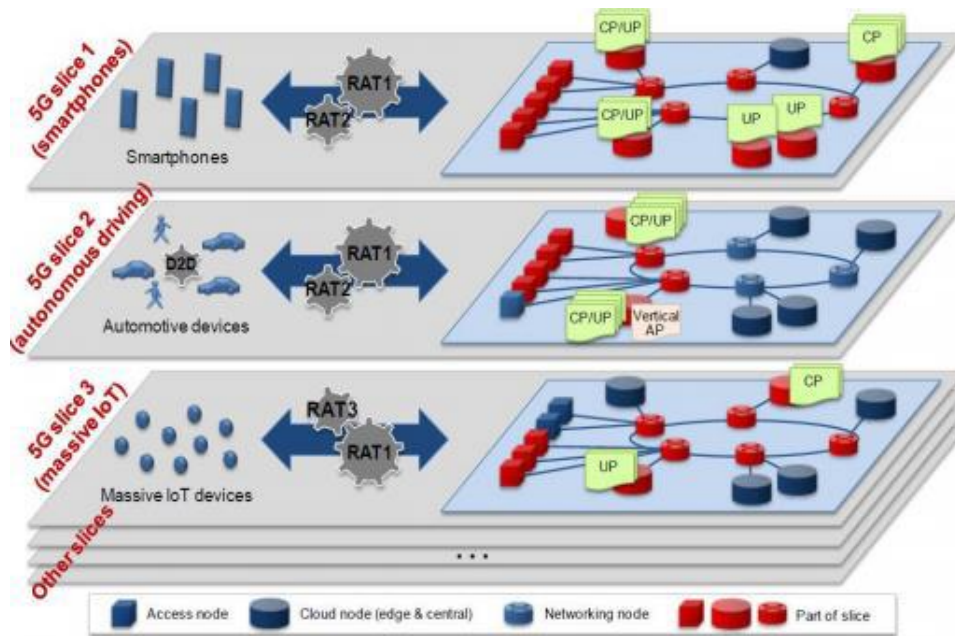
- Maintaining growing capacity in segments (at stable cost).
- Enabling cross layer and cross domain administration.
- Improving resilience (end-to-end).
- Defining new network architectures and new node designs.
- Integrating new areas into common infrastructure.
  - rather than making new dedicated solutions.
- Ensure high flexibility e.g. based on virtualization.
- Maintain holistic view.
  - (combining generic theory and principles for communication networks.
  - and apply these to many different (all?) kinds of existing and future networks).



# 5G slicing – a possible approach for a generic solution (cost efficient ??)



# Software Defined Networks (SDN) and Network Function Virtualization (NFV) introduces massive processing and storage functions inside the future ICT infrastructure

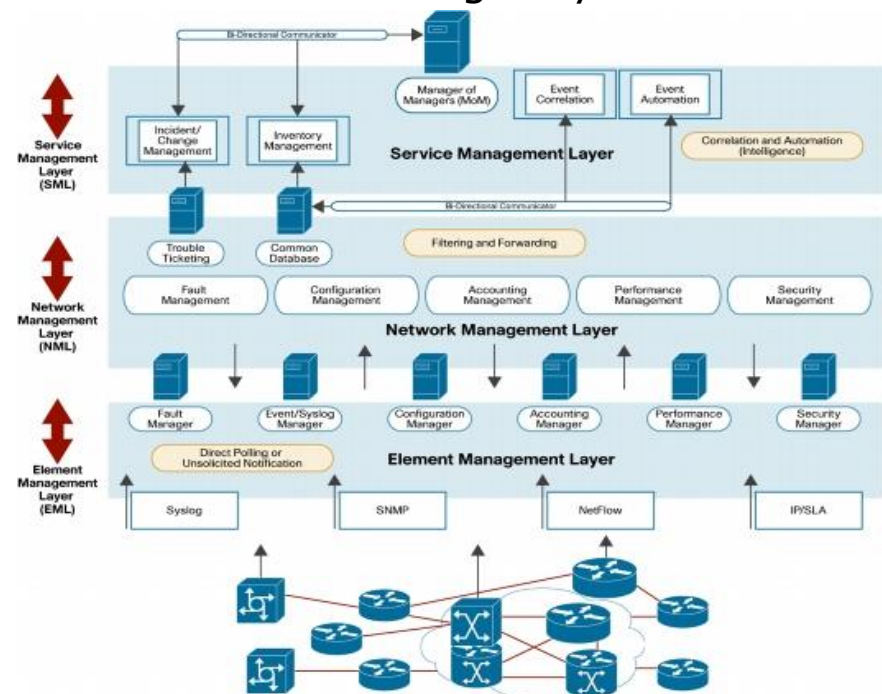


**Networks and IT systems gets more and more integrated !!**

# SDN – Software Defined Networks

- Not a standard – but a concept (creates many interpretations including this 😊 )
- “Defined” indicates flexibilitet and dynamisk optimizationering – but the concept is equally about functional distribution and supplier independence).
- Possibilities for fast deployment of services – but also delayed deployment in case of lack of costumers
- Use of resources as a cloud - NFV
- Based on a very centralised control structure – at least logically

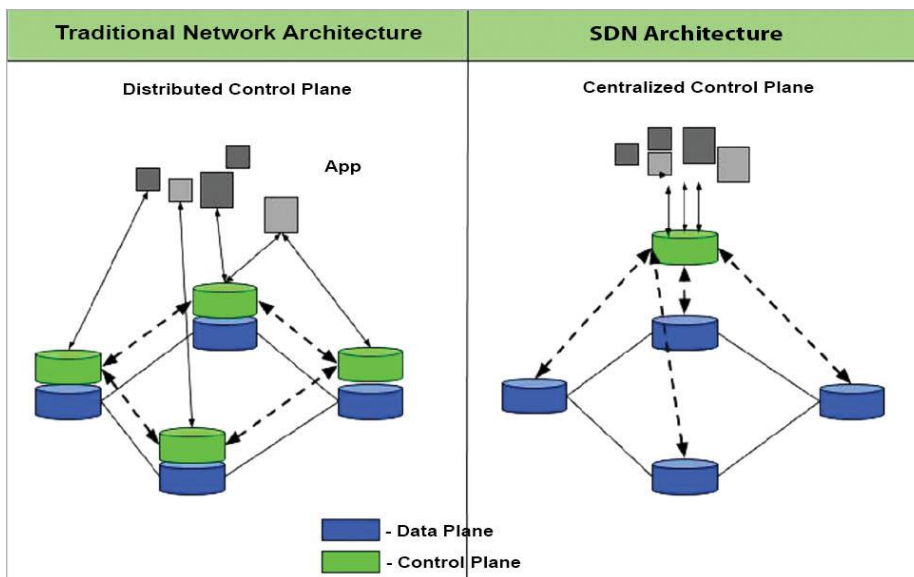
Proven concept from e.g. TMN, ITU M.3000 with Q3 og X interface



# Fundamental demand

## – separation of HW og SW

- HW and (primary) SW must communicate via a “standardised” interface – for example OpenFlow or NetConf (a.k.a. separation of control plane and dataplane)
- The SW component must be able to work on a separate (general purpose) platform and will be able to control more HW components at the same time – basic NFV.



6. Automation

Automation and Orchestration

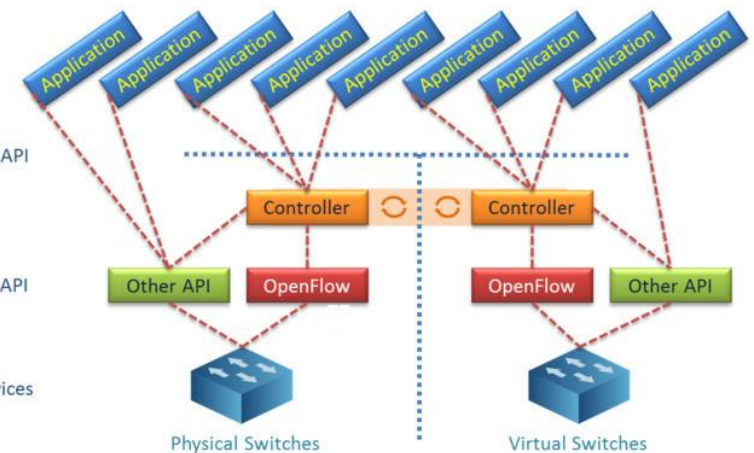
5. Services

4. Northbound API

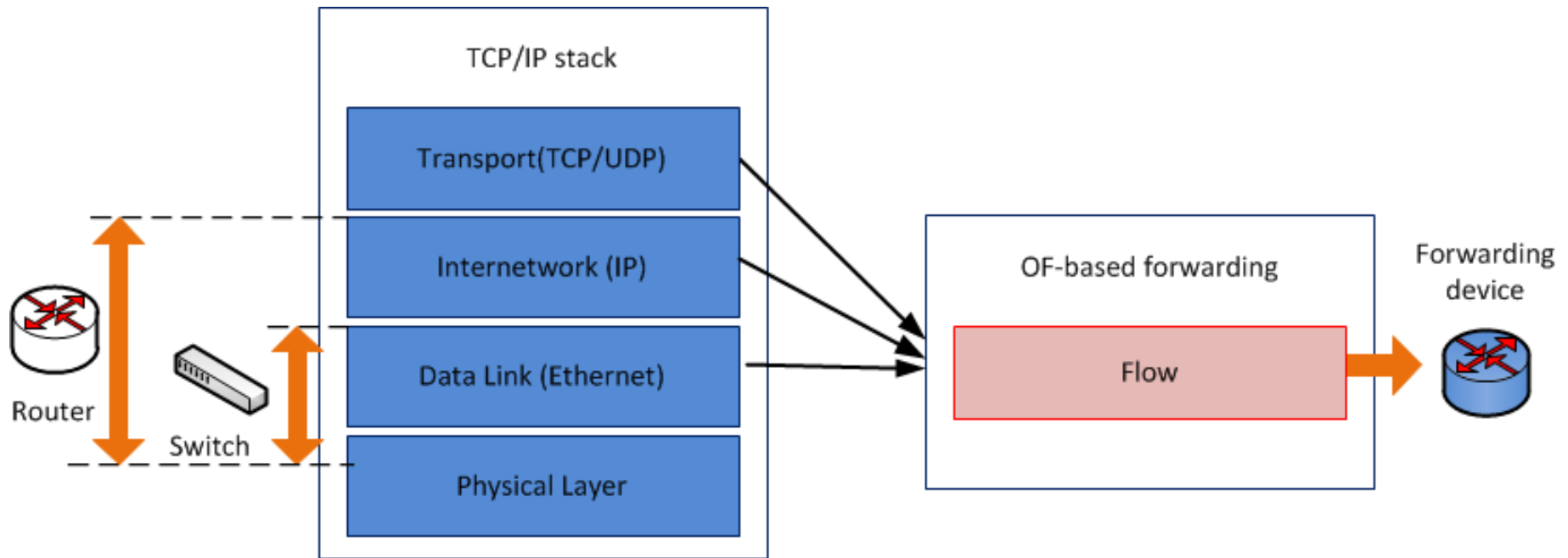
3. Controllers

2. Southbound API

1. Network Devices



# Flow based forwarding

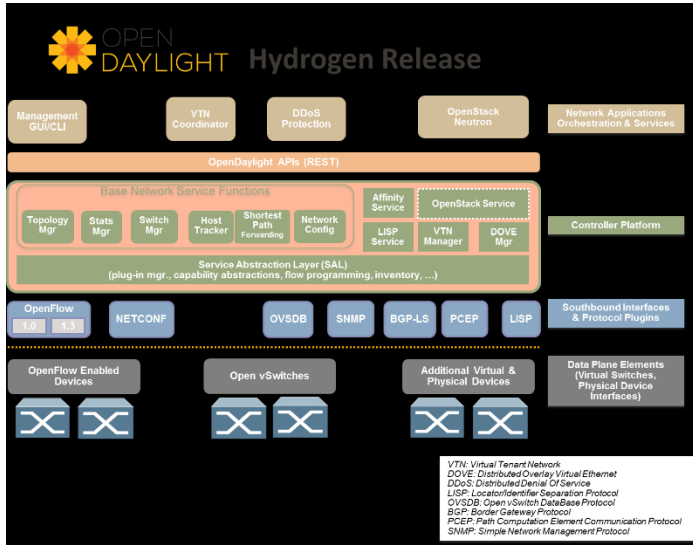


Traditional Forwarding Device: hubs, switches, routers, ...

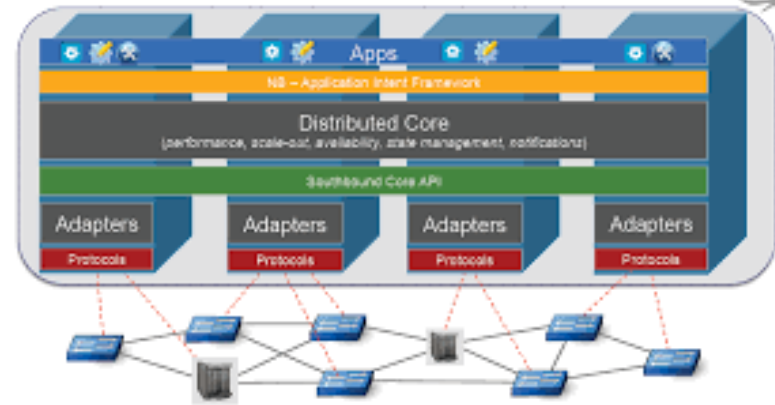
SDN-based Forwarding Device



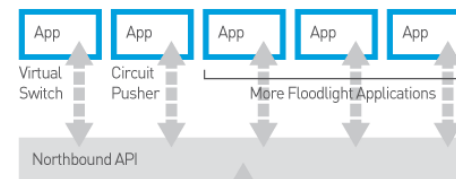
# One concept – many solutions



## ONOS Distributed Architecture



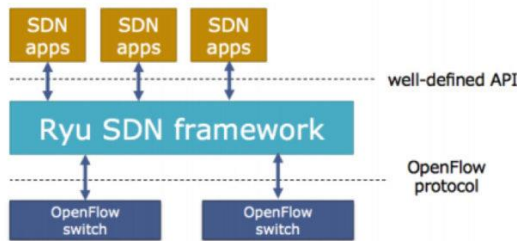
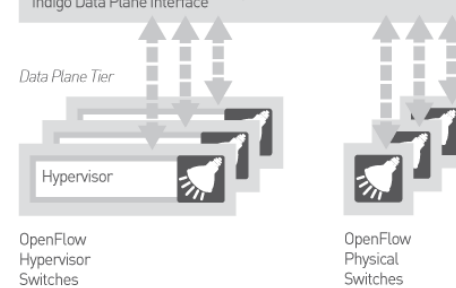
### Application Tier



### Control Plane Tier

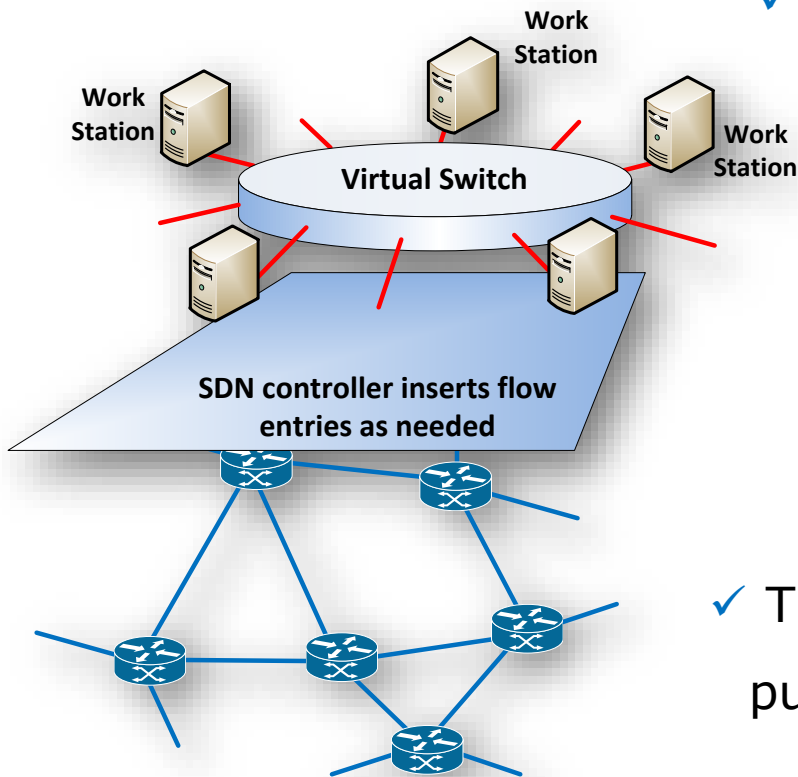


### Data Plane Tier



# SDN-based net. virtualization: One big sw.

- ✓ A service provider offers infrastructure to multiple customers/tenants
- ✓ Ideally, each tenant sees one big virtual switch connecting his devices

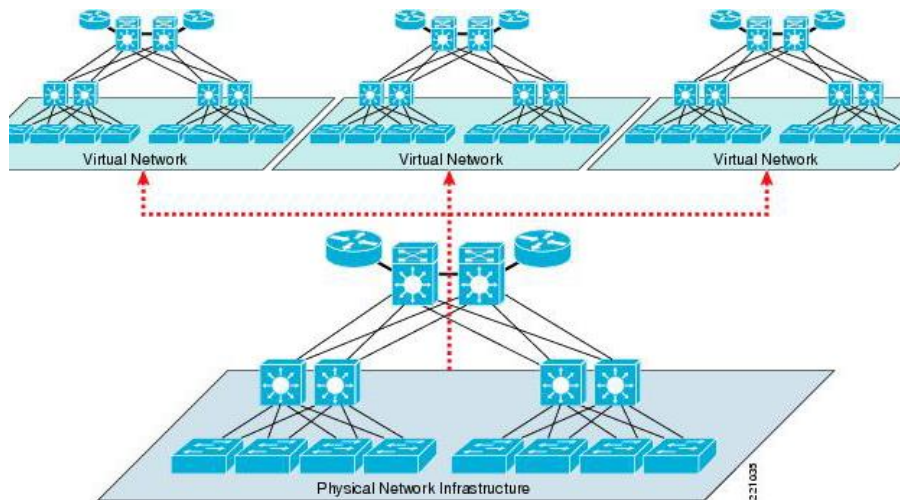


- ✓ Express network services as policies in the SDN app:

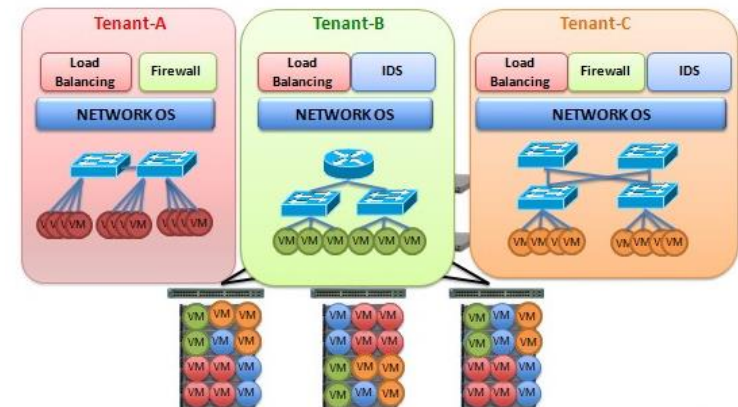
- Host A not allowed to reach Host B
- Ex: 100 Mbps for Web traffic to/from Server X

- ✓ The SDN controller enforces the policies by pushing flow entries in the switches

# Many possible applications



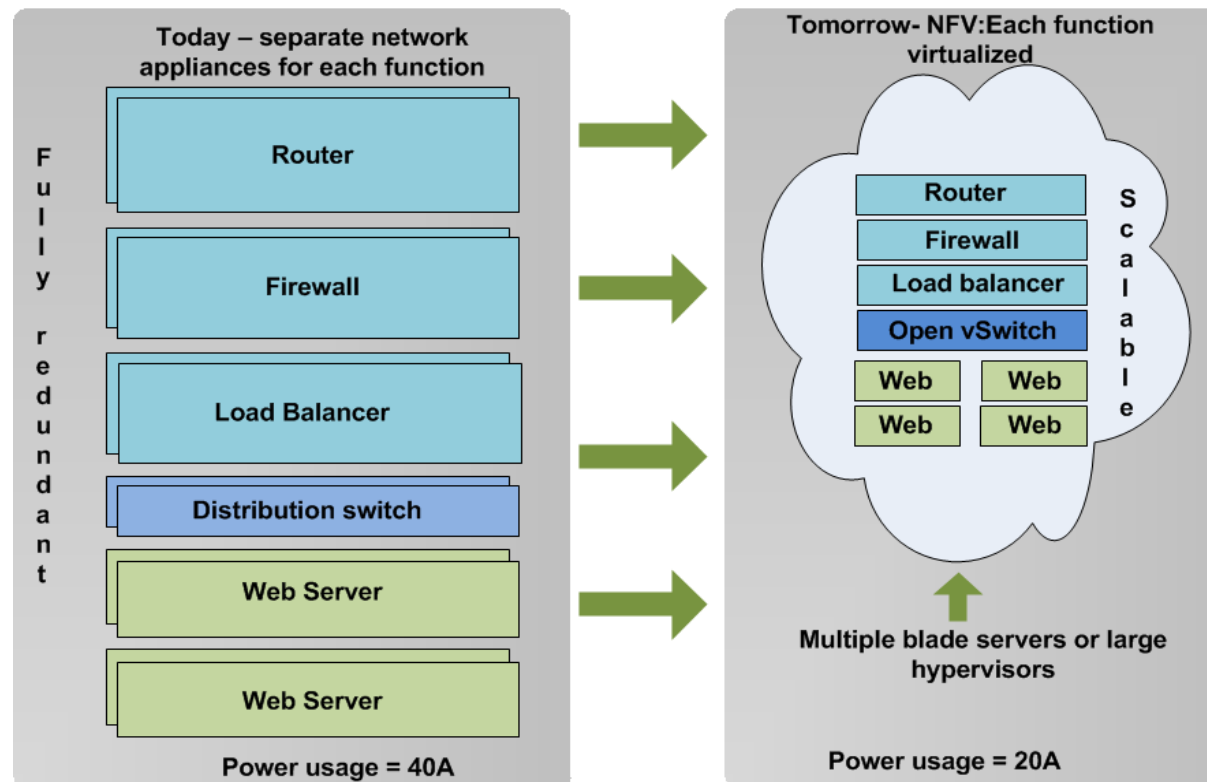
Network slicing



Virtuelle operatører

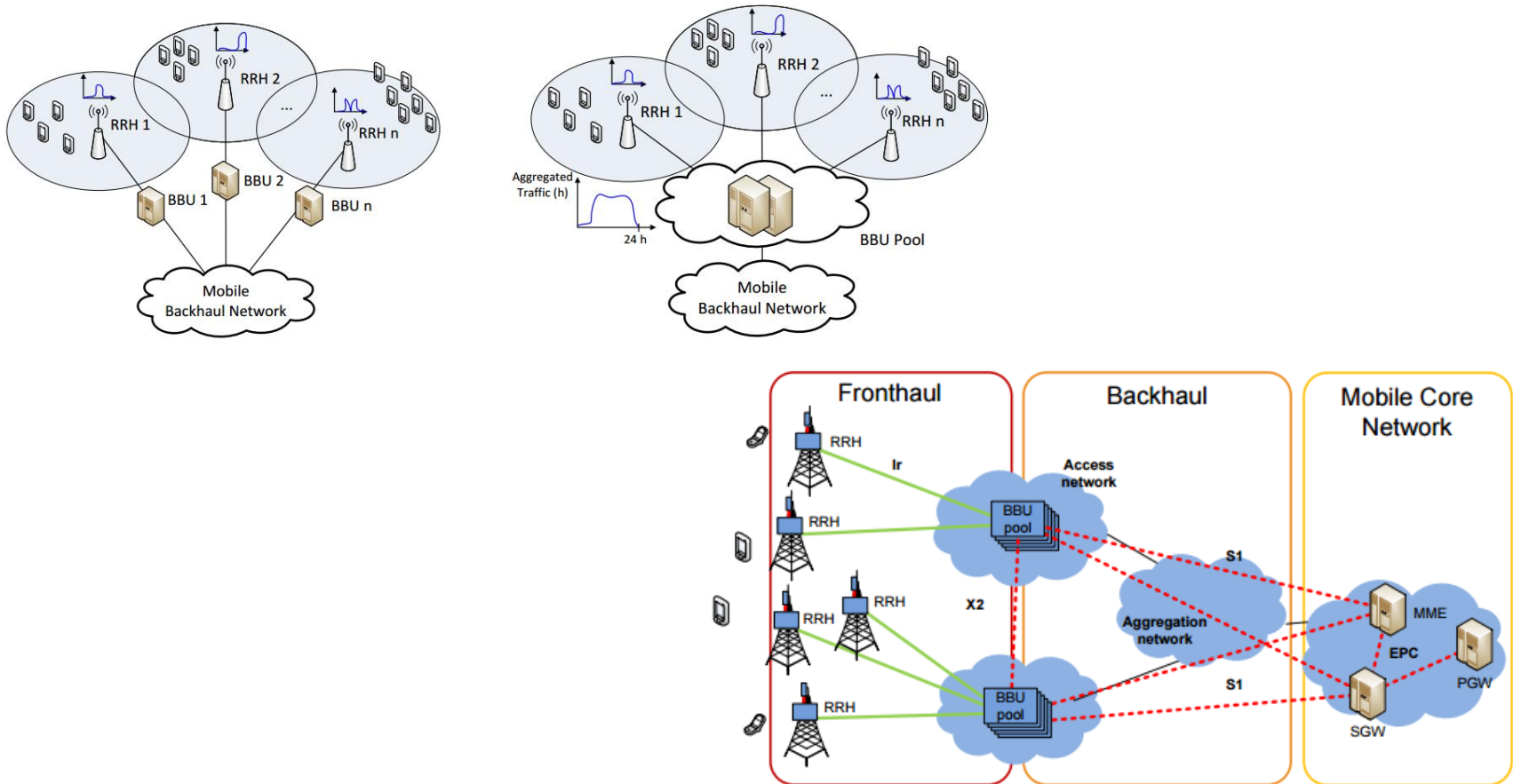
# Network Functions Virtualization (NFV)

- ✓ Solution: execute all functions/services (“network functions”) on “general purpose” hardware, in a virtual architecture (virtual machines, data center)



Source: [http://wikibon.org/wiki/v/Network\\_Function\\_Virtualization\\_or\\_NFV\\_Explained](http://wikibon.org/wiki/v/Network_Function_Virtualization_or_NFV_Explained)

# NFV – i 3G og LTE mobil Radio Access: CloudRAN



Images Source: A. Checko et al.: *Cloud RAN for Mobile Networks, a technology overview. IEEE Communications, surveys and tutorials. DOI: 10.1109/COMST.2014.2355255*

# 5G is very political



**Donald J. Trump**

@realDonaldTrump

Follow

I want 5G, and even 6G, technology in the United States as soon as possible. It is far more powerful, faster, and smarter than the current standard. American companies must step up their efforts, or get left behind. There is no reason that we should be lagging behind on.....

5:55 AM - 21 Feb 2019

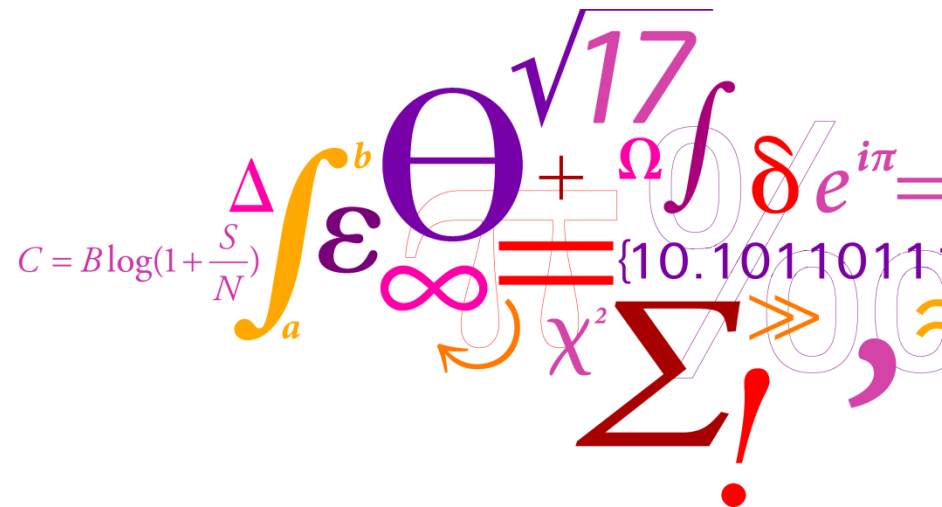




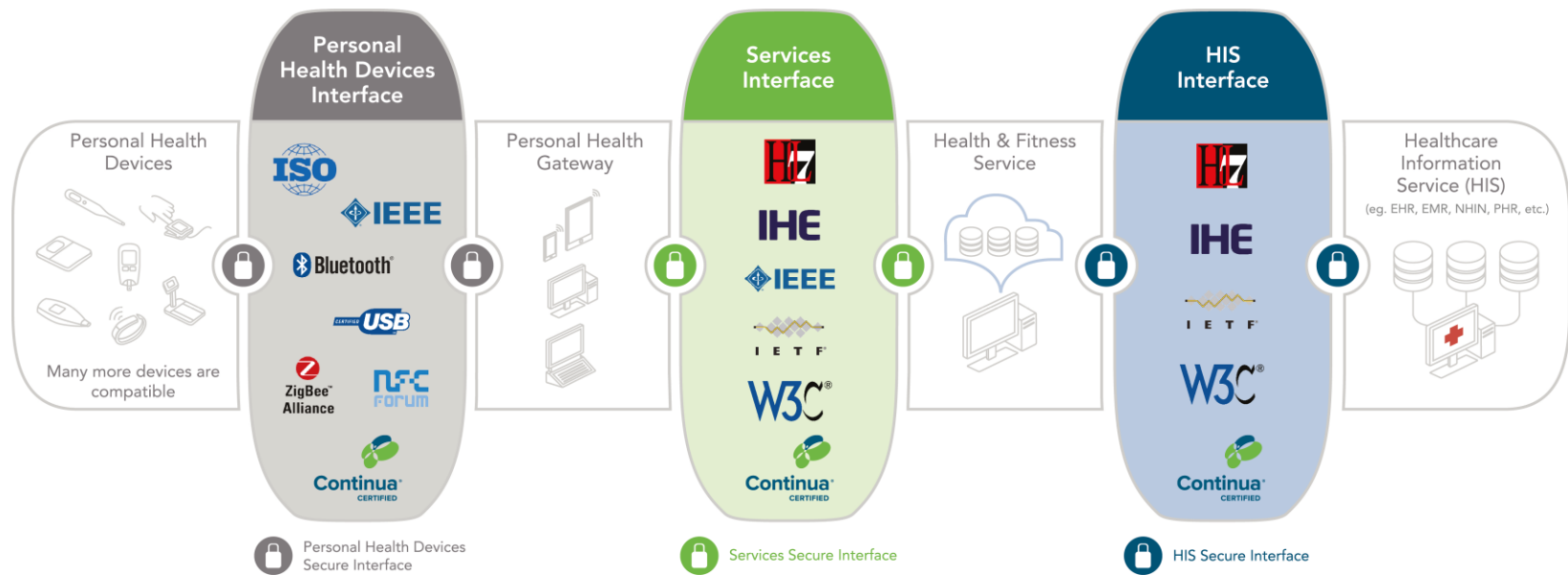
# “CONTINUA a framework personal connected health”



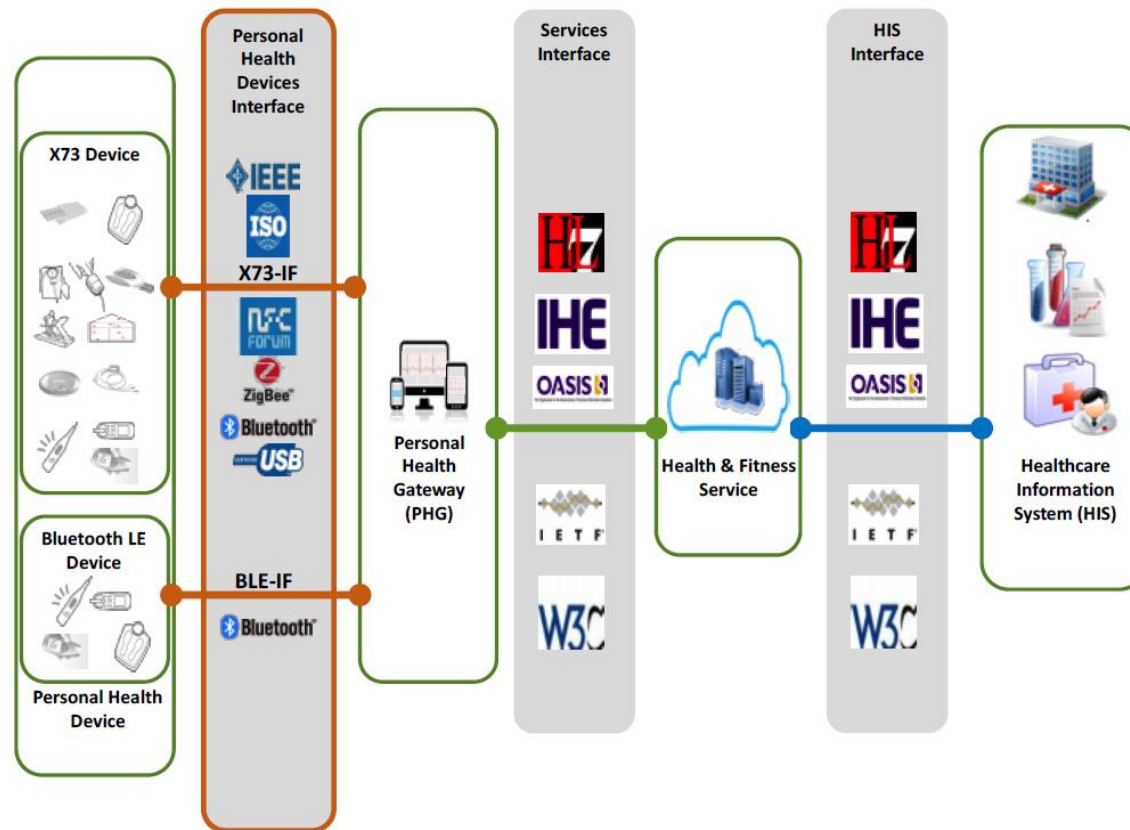
Personal Connected  
Health Alliance



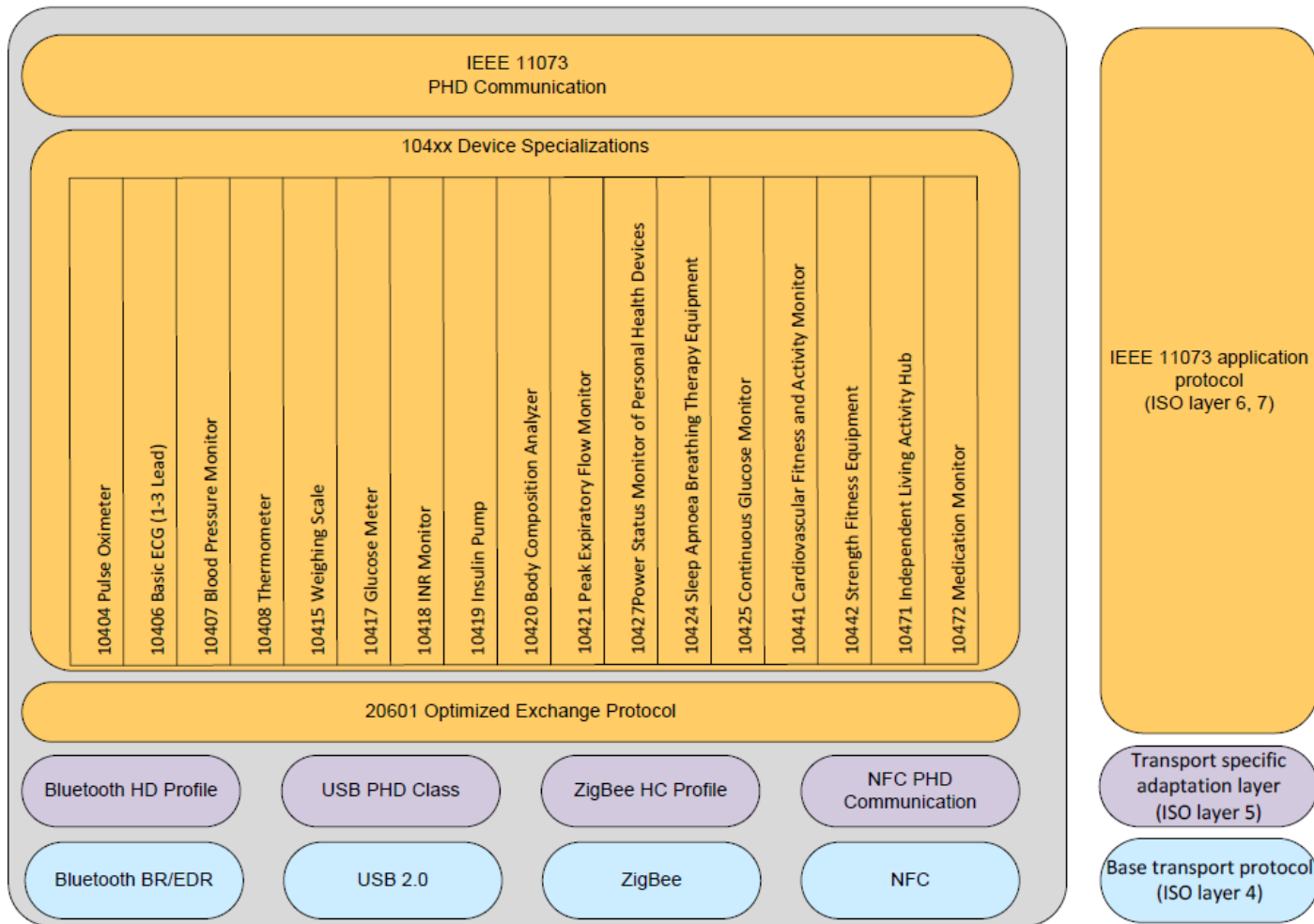
# Continua E2E Reference Architecture



# Personal Health Devices Interface



# X73 IF protocol stack



# To organize its work, Continua segmented the market in three large Domains style



Living Independently Longer

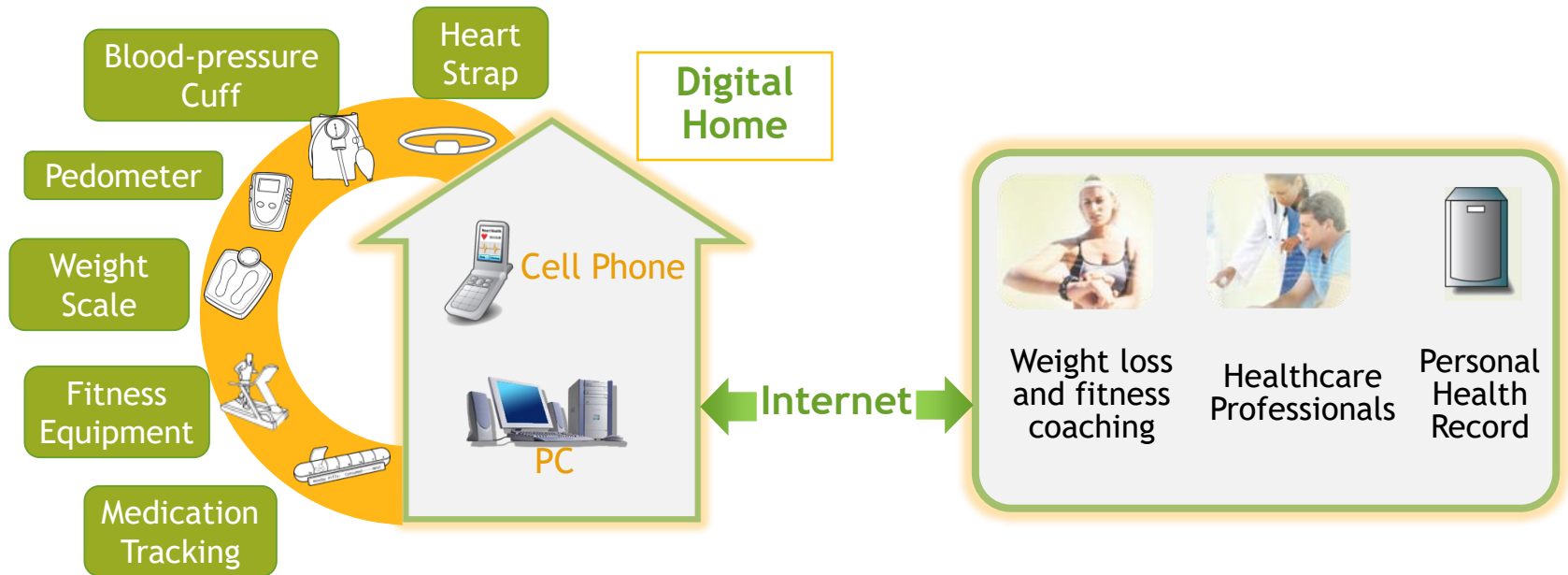
Wellness

Manage Chronic Conditions

*People are at the center of everything we do*

# Wellness

One billion adults overweight worldwide

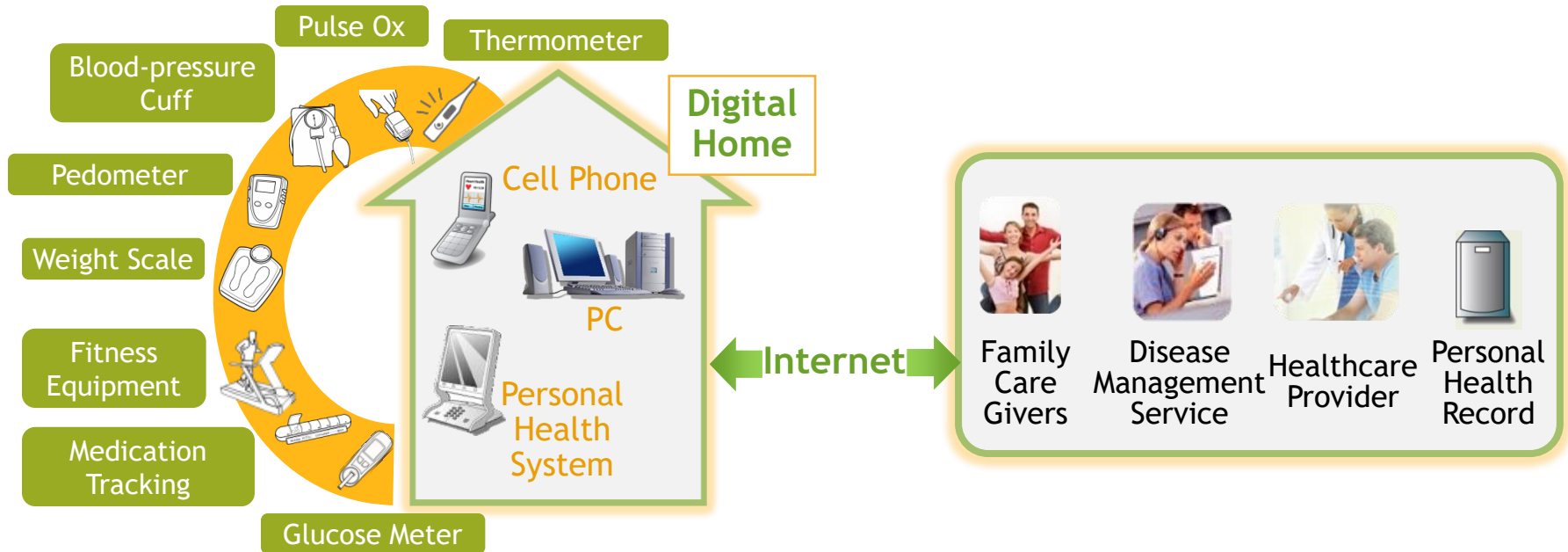


**Continua** member companies help individuals live healthier, more active lives by connecting them to their wellness team through a more efficient exchange of personal fitness information.



# Manage Chronic Conditions

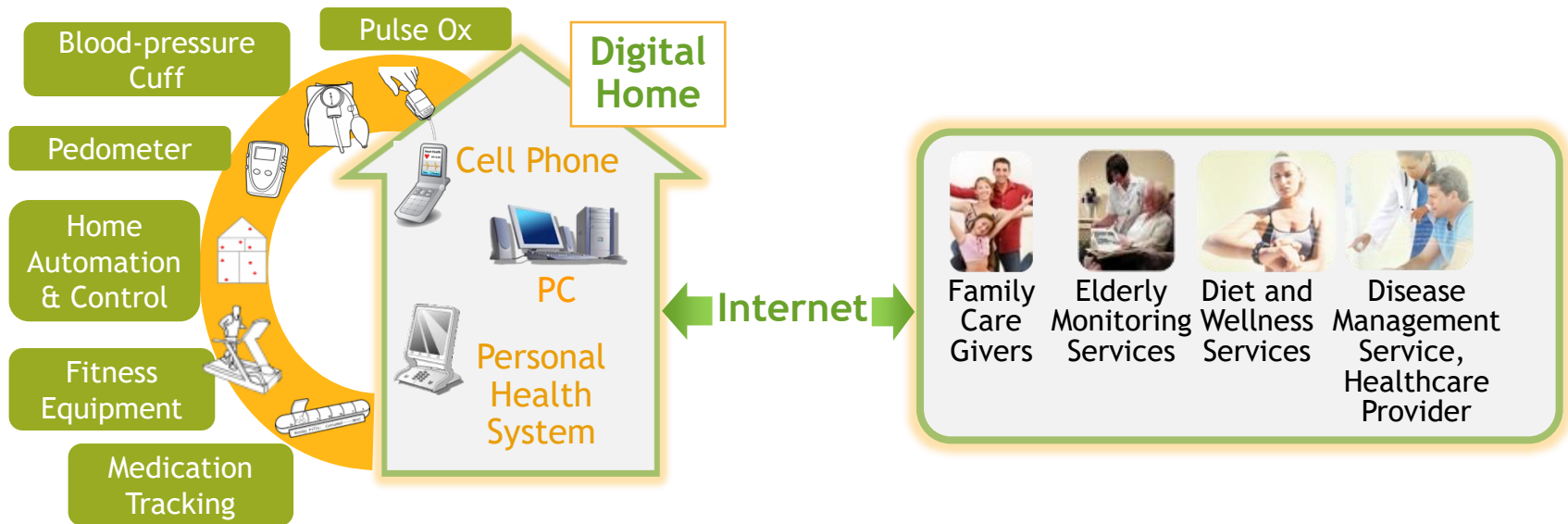
## 860 million individuals with chronic conditions world wide



**Continua** member companies help individuals with chronic conditions live healthier lives by connecting them to their care team through a more efficient exchange of personal health information.

# Living Independently Longer

## 600 million elderly individuals world wide



**Continua** member companies help the elderly live independently longer, with dignity and security, through the efficient exchange of personal health and safety information that connects them to their family and care team.

# Already Complete: Interfaces & Standards

## Personal Device

- Thermometer 
- Pulse Oximeter 
- Pulse / Blood Pressure 
- Weight Scale 
- Glucose Meter 
- Cardio / Strength 
- Independent Living Activity 
- Peak Flow 
- Medication Adherence 
- Physical Activity 



Continua BT Profiles



Device Connectivity


## Aggregation Manager



## Telehealth Service Center




Wide Area Network (WAN) Interface



Health Record Network Interface

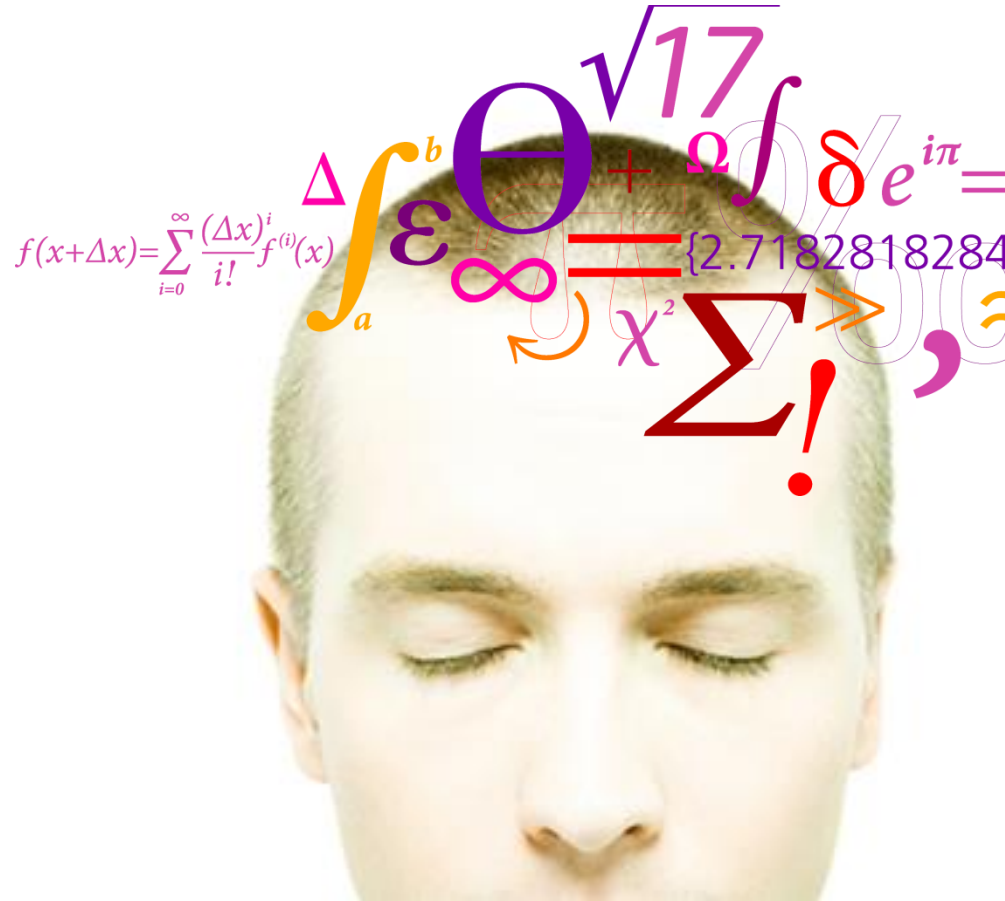
## Health Records

CCD  
PCD 01



EHR  
HIE  
PHR  
NHIN

**Thank you for attending  
Questions 😊**



# TTRN summerschools



- TTRN - Transatlantic Telemedicine Research Network
  - Started by Ålborg University and UC Berkeley – now expanded with more partners
- This year in Odense (hosted by the university hospital) 12-16/8
- Next year in Boston
- In 2021 at DTU – Copenhagen (Lyngby)