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SERIES H: AUDIOVISUAL AND MULTIMEDIA SYSTEMS

E-health multimedia systems, services and applications –
Personal health systems

**Interoperability design guidelines for personal
connected health systems: Introduction**

Recommendation ITU-T H.810



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For further details, please refer to the list of ITU-T Recommendations.

Recommendation ITU-T H.810

Interoperability design guidelines for personal connected health systems: Introduction

Summary

The Continua Design Guidelines (CDG) defines a framework of underlying standards and criteria required to ensure the interoperability of devices and data used for personal connected health. It also contains design guidelines (DGs) that further clarify the underlying standards or specifications by reducing options or by adding a missing feature to improve interoperability. These guidelines focus on the following interfaces:

- Personal Health Devices (PHD) interface – Interface between a Personal Health Device (PHD) and a Personal Health Gateway (PHG).
- Services interface – Interface between a Personal Health Gateway (PHG) and the Health & Fitness Service (HFS).
- Healthcare Information System (HIS) interface – Interface between the HFS and the Healthcare Information System (HIS).

The CDG is organized in eight parts that cover the following areas:

- ITU-T H.810 – Interoperability design guidelines for personal connected health systems: Introduction (this design guidelines document)
- ITU-T H.811 – Interoperability design guidelines for personal connected health systems: Personal Health Devices interface
- ITU-T H.812 – Interoperability design guidelines for personal connected health systems: Services interface
- ITU-T H.812.1 – Interoperability design guidelines for personal connected health systems: Services interface: Observation upload capability
- ITU-T H.812.2 – Interoperability design guidelines for personal connected health systems: Services interface: Questionnaire capability
- ITU-T H.812.3 – Interoperability design guidelines for personal connected health systems: Services interface: Capability exchange capability
- ITU-T H.812.4 – Interoperability design guidelines for personal connected health systems: Services interface: Authenticated persistent session capability
- ITU-T H.813 – Interoperability design guidelines for personal connected health systems: Healthcare Information System interface.

History

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| 3.0 | ITU-T H.810 | 2016-07-14 | 16 | 11.1002/1000/12911 |
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CDG, continua design guidelines, healthcare information systems, personal connected health systems, personal health devices, services.

* To access the Recommendation, type the URL <http://handle.itu.int/> in the address field of your web browser, followed by the Recommendation's unique ID. For example, <http://handle.itu.int/11.1002/1000/11830-en>.

FOREWORD

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The World Telecommunication Standardization Assembly (WTSA), which meets every four years, establishes the topics for study by the ITU-T study groups which, in turn, produce Recommendations on these topics.

The approval of ITU-T Recommendations is covered by the procedure laid down in WTSA Resolution 1.

In some areas of information technology which fall within ITU-T's purview, the necessary standards are prepared on a collaborative basis with ISO and IEC.

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As of the date of approval of this Recommendation, ITU had not received notice of intellectual property, protected by patents, which may be required to implement this Recommendation. However, implementers are cautioned that this may not represent the latest information and are therefore strongly urged to consult the TSB patent database at <http://www.itu.int/ITU-T/ipr/>.

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0 Introduction

The Continua Design Guidelines (CDG) define a framework of underlying standards and criteria that are required to ensure the interoperability of components¹ used for applications monitoring personal health and wellness. They also contain design guidelines (DGs) that further clarify the underlying standards or specifications by reducing options or by adding missing features to improve interoperability. These guidelines focus on the following interfaces:

- Personal Health Devices (PHD) interface – Interface between a PHD and a Personal Health Gateway (PHG).
- Services interface – Interface between a PHG and a Health & Fitness Service (HFS).
- Healthcare Information System (HIS) interface – Interface between a HFS and a HIS.

Figure 0-1 highlights the above-mentioned interfaces in the Continua end-to-end (E2E) reference architecture.

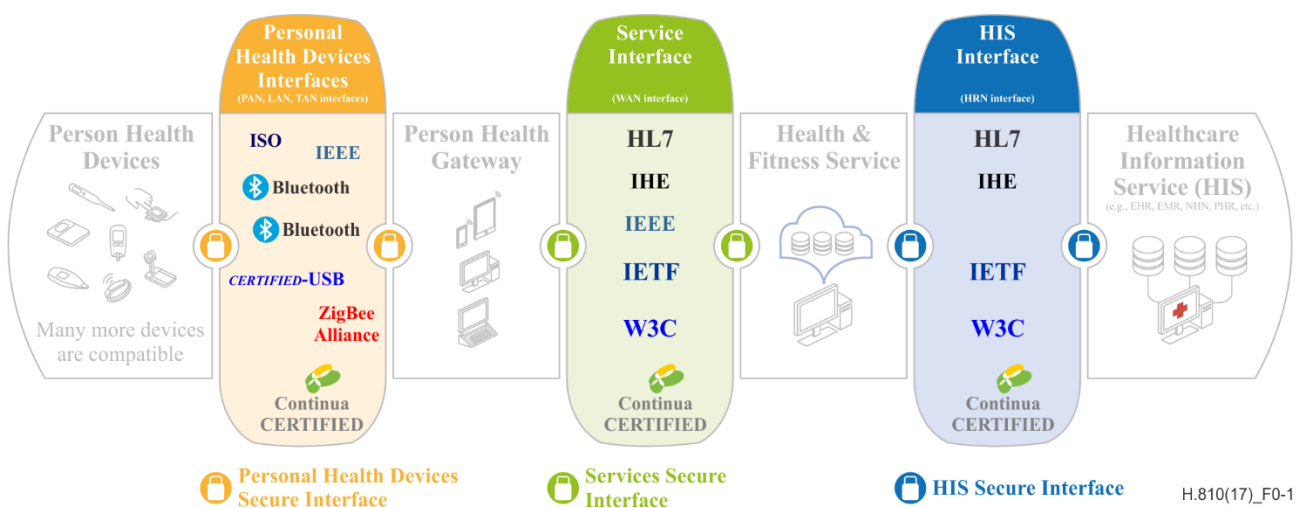


Figure 0-1 – Continua E2E reference architecture

The CDG are a product of the Personal Connected Health Alliance (PCHA), which is an international not-for-profit industry organization enabling end-to-end (E2E), plug-and-play connectivity of devices and services for personal health management and healthcare delivery.

The mission of the PCHA is "to facilitate the development and adoption of personal health solutions that foster independence and empower people to better manage their health and wellness from anywhere, at any time. Making health and wellness a convenient part of daily life through personal connected health technologies". For more information visit: www.pchalliance.org.

In the DGs, references are made to specifications from Health Level 7 (HL7), Integrating the Healthcare Enterprise (IHE), ISO/IEEE, Bluetooth, ZigBee, Internet Engineering Task Force (IETF), World Wide Web Consortium (W3C), Organization for the Advancement of Structured Information Standards (OASIS) and Object Management Group (OMG).

¹ There are two types of components, a client component (e.g., observation sender) and a service component (e.g., observation receiver). A device may implement one or more Continua certified client components, however it may also implement components not certified by Continua.

0.1 Organization

The CDG is comprised of a series of design guidelines, which taken as a whole represent a yearly release. Table 0-1 shows the different design guidelines included in this release.

Table 0-1 – Documents conforming the CDG

| Document | Area covered |
|----------|---|
| H.810 | System Overview |
| H.811 | Personal Health Devices (PHD) interface |
| H.812 | Services interface |
| H.812.1 | Observation Upload capability |
| H.812.2 | Questionnaire capability |
| H.812.3 | Capability Exchange capability |
| H.812.4 | Authenticated Persistent Session (APS) capability |
| H.813 | Healthcare Information System (HIS) interface |

H.810 is organized in the following manner:

- **Introduction and clauses 0 to 5:** Introduction and terminology – These clauses provide useful background information to help understand the structure of the CDG.
- **Clause 6:** System overview – This clause explains the overall end-to-end architecture and scope of the design guidelines.

0.2 Guideline releases and versioning

As guidelines evolve over time, different versions are created. Table 0-2 shows the mapping of guidelines releases to version revisions.

Table 0-2 – Guideline releases and corresponding version numbers

| Continua Design Guidelines | Also known as | Major version | Minor version |
|----------------------------|---------------------------------|---------------|---------------|
| 1.0 | | 1 | 0 |
| 2010 | 1.5 | 1 | 5 |
| 2010 + Errata | | 1 | 6 |
| 2011 | 2.0, Adrenaline | 2 | 0 |
| 2011 + Errata | | 2 | 1 |
| 2012 | Catalyst | 3 | 0 |
| 2012 + Errata | | 3 | 1 |
| 2014 | Endorphin | 4 | 0 |
| 2014 + Errata | | 4 | 1 |
| 2015 | Genome | 5 | 0 |
| 2016 | Iris | 6 | 0 |
| 2016 + Errata | Iris with architectural refresh | 6 | 1 |
| 2017 | Keratin | 7 | 0 |

Subsequent to the initial version, the yearly release of the CDG includes maintenance updates and additional guidelines that cover new functionalities. Where applicable an Errata release may be published that implements all ratified bugs for the prior release.

0.3 What's new

Compared to preceding versions of the CDG, the following changes were made to the content of this design guidelines document:

Across the Personal Health Devices interface (PHD-IF) the following updates have been introduced:

- Design guidelines for the glucose monitor PHD 11073-20601 device specialization.
- All CDG documents were updated with new architecture concepts and terminologies.
- Across the HIS interface, time stamping design guidelines have been updated for the observation upload capability.
- Inclusion of a "Direct-to-Cloud architecture" implementation option in the CDG to enable the reuse of existing design guidelines.

0.4 White papers

This clause highlights white papers that have been published to facilitate understanding of these design guidelines and to address areas not directly covered by the CDG.

These white papers can be found here: <http://www.pchalliance.org/resources> and they are also listed in the bibliography.

Where relevant, additional links may be found in the appropriate clauses of the CDG.

0.4.1 Fundamentals of data exchange

The purpose of this white paper is to provide a basic description of the data that is being exchanged between sensors, gateways and end services, and the added value that Continua provides beyond the referenced standards to make implementations truly interoperable.

0.4.2 Introduction to the Continua Design Guidelines

The purpose of this white paper is to provide a high level overview of the Continua Design Guidelines. This white paper provides an introduction to each of the standards and specifications that were selected by its members to be part of the design guidelines and the rationale behind their selection.

0.4.3 Implementation guidelines for cellular modems embedded into medical devices

In order to aid members who wish to implement wireless connectivity directly into medical sensors by physically attaching a cellular module to the sensor, a white paper has been published to address device-specific recommendations.

Work has been carried out with leading operators, device vendors and cellular organizations such as Global System for Mobile Communications Alliance (GSMA) to provide an overview of mobile network-specific considerations that should be kept in mind when designing medical sensors with embedded modems, so that they are interoperable and optimized for use with cellular connectivity.

0.4.4 Recommendations for USB PHDC device driver interoperability

This white paper defines a position on USB PHDC driver interoperability pertaining to the CDG. Potential problems with interoperability related to Windows USB PHDC device drivers are evaluated and recommendations are made that developers of Personal Health Gateways (PHGs) using Universal Serial Bus (USB) transport can implement. Based on the analysis of these problems, recommendations for a strategy are discussed and the handling of generic Windows drivers based on WinUSB and LibUSB are provided. This white paper does not cover application level interoperability beyond the development of USB drivers.

0.5 Certification programme

A test and certification programme is designed and run by the Personal Connected Health Alliance (PCHA) to ensure that certified capabilities implemented by products conform to the standards and specifications defined in the design guidelines and underlying standards. Devices featuring the Continua logo indicate that a component implemented by a device has met the Continua conformance requirements as well as basic interoperability requirements with other CDG-compliant devices.

Devices passing this test and certification programme may use the Continua defined logo to indicate their compatibility. Details are provided in clause 6.1.4.

Recommendation ITU-T H.810

Interoperability design guidelines for personal connected health systems: Introduction

1 Scope

This version of the Continua Design Guidelines (CDG) includes guidelines for the Personal Health Devices interface (PHD-IF), the services interface known as the Services-IF and the Healthcare Information System interface (HIS-IF).

These guidelines for PHD-IF also include design guidelines on the use of a transport technology i.e., Near-Field Communication (NFC), USB, Bluetooth Basic Rate (BR)/Enhanced Data Rate (EDR), Bluetooth Low Energy (LE) and ZigBee for a specific certified capability. An overview of the capability classes defined under each of these transport technologies is shown in Table 1-1.

Table 1-1 – Capability classes defined across the PHD-IF

| Capability | Transport | | | | |
|---|-----------|------------------|--------------|-----|--------|
| | USB | Bluetooth BR/EDR | Bluetooth LE | NFC | ZigBee |
| Pulse oximeter | Yes | Yes | Yes | Yes | Yes |
| Blood Pressure monitor | Yes | Yes | Yes | Yes | Yes |
| Thermometer | Yes | Yes | Yes | Yes | Yes |
| Weighing scales | Yes | Yes | Yes | Yes | Yes |
| Glucose meter | Yes | Yes | Yes | Yes | Yes |
| Cardiovascular and fitness activity monitor | Yes | Yes | | Yes | Yes |
| Step counter | Yes | Yes | | Yes | Yes |
| Strength fitness equipment | Yes | Yes | | Yes | Yes |
| Activity hub | Yes | Yes | | Yes | Yes |
| Adherence monitor | Yes | Yes | | Yes | Yes |
| Peak expiratory flow monitor | Yes | Yes | | Yes | Yes |
| Fall sensor | Yes | Yes | | Yes | Yes |
| Motion sensor | Yes | Yes | | Yes | Yes |
| Enuresis sensor | Yes | Yes | | Yes | Yes |
| Contact closure sensor | Yes | Yes | | Yes | Yes |
| Switch sensor | Yes | Yes | | Yes | Yes |
| Dosage sensor | Yes | Yes | | Yes | Yes |
| Water sensor | Yes | Yes | | Yes | Yes |
| Smoke sensor | Yes | Yes | | Yes | Yes |
| Property exit sensor | Yes | Yes | | Yes | Yes |
| Temperature sensor | Yes | Yes | | Yes | Yes |
| Usage sensor | Yes | Yes | | Yes | Yes |

Table 1-1 – Capability classes defined across the PHD-IF

| Capability | Transport | | | | |
|---|-----------|------------------|--------------|-----|--------|
| | USB | Bluetooth BR/EDR | Bluetooth LE | NFC | ZigBee |
| PERS sensor | Yes | Yes | | Yes | Yes |
| CO sensor | Yes | Yes | | Yes | Yes |
| Gas sensor | Yes | Yes | | Yes | Yes |
| Heart-rate sensor | Yes | Yes | Yes | Yes | Yes |
| Basic 1-3 lead ECG sensor | Yes | Yes | | Yes | Yes |
| Body composition analyser | Yes | Yes | | Yes | Yes |
| INR meter | Yes | Yes | | Yes | Yes |
| Sleep apnea breathing therapy equipment (SABTE) | Yes | Yes | | Yes | Yes |
| Continuous glucose monitor | Yes | Yes | Yes | Yes | Yes |
| Insulin pump monitor | Yes | Yes | | Yes | Yes |

Services-IF guidelines (see [H.812]) are defined for capability classes using different transport technologies such as simple object access protocol (SOAP), RESTful HTTP and message queuing telemetry transport (MQTT). Table 1-2 shows capability classes defined across the Services-IF.

Table 1-2 – Capability classes defined across the Services-IF

| Capability classes | Transport | | |
|---|-----------|--------------|------|
| | SOAP | RESTful HTTP | MQTT |
| Observation Upload | Yes | Yes | |
| Questionnaires and Questionnaires Responses | | Yes | |
| Consent Management and Enforcement | Yes | Yes | |
| Authenticated Persistent Session | | | Yes |
| Capability Exchange | | Yes | |

HIS-IF guidelines (see [ITU-T H.813]) are defined for capability classes using different transport technologies such as IHE XDR, IHE XDM and DIRECT. Table 1-3 shows capability classes defined across the HIS-IF.

Table 1-3 – Capability classes defined across the HIS-IF

| Capability classes | Transport | | |
|--|-----------|---------|--------|
| | IHE XDR | IHE XDM | DIRECT |
| Personal Health Monitoring Report (PHMR) Sharing | Yes | Yes | Yes |
| Consent Management and Enforcement | Yes | | |

2 References

The following ITU-T Recommendations and other references contain provisions which, through reference in this text, constitute provisions of this Recommendation. At the time of publication, the editions indicated were valid. All Recommendations and other references are subject to revision; users of this Recommendation are therefore encouraged to investigate the possibility of applying the most recent edition of the Recommendations and other references listed below. A list of the currently valid ITU-T Recommendations is regularly published. The reference to a document within this Recommendation does not give it, as a stand-alone document, the status of a Recommendation.

- [ITU-T H.811] Recommendation ITU-T H.811 (2017), *Interoperability design guidelines for personal connected health systems: Personal health devices interface*.
(A transposition of Personal Connected Health Alliance (2017), *Personal Health Devices interface*.)
- [ITU-T H.812] Recommendation ITU-T H.812 (2017), *Interoperability design guidelines for personal connected health systems: Services interface*.
(A transposition of Personal Connected Health Alliance (2017), *Services Interface*.)
- [ITU-T H.812.1] Recommendation ITU-T H.812.1 (2017), *Interoperability design guidelines for personal connected health systems: Services interface: Observation upload capability*.
(A transposition of Personal Connected Health Alliance (2017), *Observation Upload Capability*.)
- [ITU-T H.812.2] Recommendation ITU-T H.812.2 (2017), *Interoperability design guidelines for personal connected health systems: Services interface: Questionnaire capability*.
(A transposition of Personal Connected Health Alliance (2017), *Questionnaire Capability*.)
- [ITU-T H.812.3] Recommendation ITU-T H.812.3 (2017), *Interoperability design guidelines for personal connected health systems: Services interface: Capability Exchange capability*.
(A transposition of Personal Connected Health Alliance (2017), *Capability Exchange Capability*.)
- [ITU-T H.812.4] Recommendation ITU-T H.812.4 (2017), *Interoperability design guidelines for personal connected health systems: Services interface: Authenticated persistent session capability*.
(A transposition of Personal Connected Health Alliance (2017), *Authenticated Persistent Session Capability*.)
- [ITU-T H.813] Recommendation ITU-T H.813 (2017), *Interoperability design guidelines for personal connected health systems: Healthcare Information System interface*.
(A transposition of Personal Connected Health Alliance (2017), *Healthcare Information System (HIS) Interface*.)
- [ANSI/HL7 CDA] ANSI/Health Level Seven (2005-04), *HL7 Clinical Document Architecture, Release 2.0*.
http://www.hl7.org/documentcenter/private/standards/cda/r2/cda_r2_normativewebedition2010.zip
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https://www.bluetooth.org/docman/handlers/downloaddoc.ashx?doc_id=293523

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|-----------------------|--|
| [Bluetooth BPP] | Bluetooth SIG, <i>Blood Pressure Profile, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=243125 |
| [Bluetooth BPS] | Bluetooth SIG, <i>Blood Pressure Service, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=243126 |
| [Bluetooth CGMP] | Bluetooth SIG, <i>Continuous Glucose Monitoring Profile, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=294793 |
| [Bluetooth CGMS] | Bluetooth SIG, <i>Continuous Glucose Monitoring Service, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=294794 |
| [Bluetooth CS2.1] | Bluetooth SIG (2007), <i>Core Specification Version 2.1.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=241363 |
| [Bluetooth CS4.0] | Bluetooth SIG (2010), <i>Core Specification Version 4.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=229737 |
| [Bluetooth CS4.2] | Bluetooth SIG (2014), <i>Core Specification Version 4.2.</i> https://www.bluetooth.org/DocMan/handlers/DownloadDoc.ashx?doc_id=286439 |
| [Bluetooth CTS] | Bluetooth SIG, <i>Current Time Service, Version 1.1.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=241871 |
| [Bluetooth DIS] | Bluetooth SIG, <i>Device Information Service, Version 1.1.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=244369 |
| [Bluetooth GLP] | Bluetooth SIG, <i>Glucose Profile, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=248025 |
| [Bluetooth GLS] | Bluetooth SIG, <i>Glucose Service, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=248026 |
| [Bluetooth HDPv1.1] | Bluetooth SIG, <i>Health Device Profile, version 1.1.</i> https://www.bluetooth.org/docman/handlers/DownloadDoc.ashx?doc_id=260864&vId=290095 |
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| [Bluetooth HRS] | Bluetooth SIG, <i>Heart Rate Service, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=239866 |
| [Bluetooth HTP] | Bluetooth SIG, <i>Health Thermometer Profile, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=238687 |
| [Bluetooth HTS] | Bluetooth SIG, <i>Health Thermometer Service, Version 1.0.</i> https://www.bluetooth.org/docman/handlers/downloadaddoc.ashx?doc_id=238688 |
| [Bluetooth MCAP] | Bluetooth SIG, <i>Multi-Channel Adaptation Protocol, Version 1.0.</i> https://www.bluetooth.org/DocMan/handlers/DownloadDoc.ashx?doc_id=119995 |
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2.1 Equivalent IEEE and ISO specifications

ISO adopts certain IEEE specifications under the "ISO/IEEE Partner Standards Development Organization Cooperation Agreement". Table 2-1 shows ISO equivalent specifications of IEEE 11073 Personal Health Device specifications referenced by the Continua Design Guidelines. Typically, ISO versions are published one or more years after the IEEE version.

Table 2-1 – ISO equivalent specifications for IEEE 11073 Personal Health Device specifications

| Description | IEEE 11073 standard | Reference | ISO equivalent | Reference |
|-------------------------------|------------------------|--------------------------|--------------------------------------|------------------------------|
| 10101 Nomenclature | IEEE 11073-10101:2014 | - | ISO/IEEE 11073-10101:2004 | [b-ISO/IEEE 11073-10101] |
| 20601 Protocol (v1) | IEEE 11073-20601-2008 | [IEEE 11073-20601-2008] | ISO/IEEE 11073-20601:2010 | [ISO/IEEE 11073-20601-2010] |
| 20601 Protocol Amendment (v2) | IEEE 11073-20601a-2010 | [IEEE 11073-20601A-2010] | ISO/IEEE 11073-20601:2010/Amd 1:2015 | [ISO/IEEE 11073-20601-2015A] |

Table 2-1 – ISO equivalent specifications for IEEE 11073 Personal Health Device specifications

| Description | IEEE 11073 standard | Reference | ISO equivalent | Reference |
|--|----------------------------------|-------------------------|--------------------------------------|--|
| 20601 Protocol (v3) | IEEE 11073-20601-2014 | [IEEE 11073-20601-2014] | ISO/IEEE 11073-20601:2016 | [ISO/IEEE 11073-20601-2016] |
| 20601 Protocol Corrigendum (v3) | IEEE 11073-20601-2014/Cor.1-2015 | [IEEE 11073-20601-2014] | ISO/IEEE 11073-20601:2016/Cor.1:2016 | [ISO/IEEE 11073-20601-2016/Cor.1:2016] |
| 10404 Pulse oximeter | IEEE 11073-10404-2008 | [IEEE 11073-10404] | ISO/IEEE 11073-10404:2010 | [ISO/IEEE 11073-10404] |
| 10406 Basic Electrocardiograph (ECG) (1 to 3-lead ECG) | IEEE 11073-10406-2011 | [IEEE 11073-10406] | ISO/IEEE 11073-10406:2012 | [ISO/IEEE 11073-10406] |
| 10407 Blood Pressure Monitor | IEEE 11073-10407-2008 | [IEEE 11073-10407] | ISO/IEEE 11073-10407:2010 | [ISO/IEEE 11073-10407] |
| 10408 Thermometer | IEEE 11073-10408-2008 | [IEEE 11073-10408] | ISO/IEEE 11073-10408:2010 | [ISO/IEEE 11073-10408] |
| 10415 Weighing Scale | IEEE 11073-10415-2008 | [IEEE 11073-10415] | ISO/IEEE 11073-10415:2010 | [ISO/IEEE 11073-10415] |
| 10417 Glucose meter | IEEE 11073-10417-2015 | [IEEE 11073-10417] | ISO/IEEE 11073-10417:2017 | [ISO/IEEE 11073-10417] |
| 10418 INR monitor | IEEE 11073-10418-2011 | [IEEE 11073-10418] | ISO/IEEE 11073-10418:2014 | [ISO/IEEE 11073-10418] |
| 10419 Insulin Pump | IEEE 11073-10419-2015 | [IEEE 11073-10419] | ISO/IEEE 11073-10419:2016 | [ISO/IEEE 11073-10419] |
| 10420 Body composition analyzer | IEEE 11073-10420-2010 | [IEEE 11073-10420] | ISO/IEEE 11073-10420:2012 | [ISO/IEEE 11073-10420] |
| 10421 Peak expiratory flow monitor | IEEE 11073-10421-2010 | [IEEE 11073-10421] | ISO/IEEE 11073-10421:2012 | [ISO/IEEE 11073-10421] |
| 10424 Sleep Apnea Breathing Therapy Equipment | IEEE 11073-10424-2014 | [IEEE 11073-10424] | ISO/IEEE 11073-10424:2016 | [ISO/IEEE 11073-10424] |
| 10425 Continuous Glucose Monitor | IEEE 11073-10425-2015 | [IEEE 11073-10425] | ISO/IEEE 11073-10425:2016 | [ISO/IEEE 11073-10425] |
| 10441 Cardiovascular Fitness and | IEEE 11073-10441-2013 | [IEEE 11073-10441] | ISO/IEEE 11073-10441:2015 | [ISO/IEEE 11073-10441] |

Table 2-1 – ISO equivalent specifications for IEEE 11073 Personal Health Device specifications

| Description | IEEE 11073 standard | Reference | ISO equivalent | Reference |
|---------------------------------------|----------------------------|--------------------|---------------------------|------------------------|
| Activity monitor | | | | |
| 10442 Strength fitness equipment | IEEE 11073-10442-2008 | [IEEE 11073-10442] | ISO/IEEE 11073-10442:2015 | [ISO/IEEE 11073-10442] |
| 10471 Independent living activity hub | IEEE 11073-10471-2008 | [IEEE 11073-10471] | ISO/IEEE 11073-10471:2010 | [ISO/IEEE 11073-10471] |
| 10472 Medication Monitor | IEEE 11073-10472-2010 | [IEEE 11073-10472] | ISO/IEEE 11073-10472:2012 | [ISO/IEEE 11073-10472] |

3 Definitions

3.1 Terms defined elsewhere

The CDG use the following terms defined elsewhere:

3.1.1 audit trail and node authentication (ATNA): Used in the context of the IHE IT infrastructure technical framework [IHE ITI-TF-1], audit trail and node authentication (ATNA) integration profile establishes security measures which, together with the security policy and procedures, provide patient information confidentiality, data integrity and user accountability.

3.1.2 relative time [ISO/IEEE 11073-20601]: This represents a number of ticks from some time reference point, but each device may have a different reference point. To convert to a *date & time*, one must know the duration of each counter tick and correlate some initial counter tick with a known reference point in *Universal Time*. Relative time is complementary to *Universal Time*.

3.2 Terms defined in this Recommendation

The CDG define the following terms:

3.2.1 actor: Actors are information systems or components of information systems that produce, manage, or act on information associated with operational activities (adapted from [IHE PCD-TF-2]).

3.2.2 actuator: See actuator service component.

3.2.3 actuator information: The information accepted by an actuator service component for initiating external actions.

3.2.4 actuator service component: An actuator service component accepts control messages to initiate an external action. This includes, for example, displaying output on a screen, creating an audible notification, producing a tactile output, or controlling other systems (e.g., raising or lowering the heat in a home). This is represented in Continua as an actuator service component in a Personal Health Device.

3.2.5 aging independently (AI): One of the three vertical domains supported by Continua. It is complementary to disease management and health & fitness.

- 3.2.6 alarm:** The external enunciation of physiological conditions, equipment conditions, or other conditions that need attention. Alarm is complementary to alert and event.
- 3.2.7 alert:** When an attempt should be made to notify somebody of a condition (e.g., an event), an alert is distributed within the system to actuator devices (either in the home or in a remote monitoring environment). Alert is complementary to alarm and event.
- 3.2.8 batch communication:** Collecting several documents or store-and-forward information together and transmitting them at the same time to increase the efficiency of bandwidth usage. It is complementary to transaction communication and streaming communication.
- 3.2.9 certified capability class:** Entity in the Continua E2E architecture for which a complete set of guidelines has been defined such that a device or application can be certified to comply with that set of guidelines via the Continua certification programme.
- 3.2.10 client component:** The Continua architecture uses a client/server (service) communication model across interfaces. A client component on one end interacts with a service component on the other end, via one of the defined interfaces (e.g., PHD-IF, Services-IF or HIS-IF).
- 3.2.11 clock:** Refers to an entity that measures time.
- 3.2.12 clock synchronization:** Refers to the process of updating a device's clock with other clocks in the environment.
- 3.2.13 command and response:** An action or information is explicitly requested by another component in the environment. Commands and responses include the ability to get information, set configurations and execute actions. It is complementary to notification.
- 3.2.14 comparable local time:** Comparable local time refers to time (and date) that is specific to a physical device which can be compared and synchronized to Universal Time. The time zone and daylight savings time status for the physical device may not be known, but an offset to Universal Time can be obtained by querying the device's current time.
- 3.2.15 component:** A component is an entity contained within a device as defined within the Continua architecture. In general, for any interface, there is a service component, with a well-defined set of functions on one side of the interface and one (or more) client components on the other side.
- 3.2.16 Continua Personal Health Devices interface (PHD-IF):** The Continua PHD-IF connects one or more Personal Health Device (e.g., sensor/actuator) client components to one or more Personal Health Device (sensor/actuator) service components using transport media such as USB, Bluetooth LE, Bluetooth BR/EDR, ZigBee or NFC. Examples of sensor service components include glucose meters, weighing scales and heart rate monitors.
- 3.2.17 Continua services interface:** The Continua services interface is an interface between a Personal Health Gateway (e.g., smart phone, tablet or dedicated hub) and a Health & Fitness Service (e.g., disease management service, ageing independently service or wellness service). The Health & Fitness Service could be hosted in the cloud. IP based connectivity is assumed between the Personal Health Gateway and the Health & Fitness Service and Continua focuses on defining the behavior of the OSI layers above IP.
- 3.2.18 Continua Healthcare Information System interface (HIS-IF):** HIS-IF is an interface between a Health & Fitness Service (e.g., disease management service, ageing independently service and wellness service) and a Healthcare Information System (HIS) such as an electronic medical record (EMR), an electronic health record (EHR) or a pharmacy information system.
- 3.2.19 continuous data collection:** Continuous data collection takes samples at regular intervals. It is complementary to episodic data collection.

3.2.20 control: Control messages provide a mechanism to exchange commands and responses (e.g., get/set commands). These commands may be associated with physiology information or with equipment functionality.

3.2.21 counter: A counter is used to measure relative times (see the definition for relative time). Each counter tick is a very short length of time and may vary from counter to counter. It must be possible to query for the duration of each tick used by a counter.

3.2.22 counter synchronization: Refers to the process of synchronizing two or more counters within the environment. This is useful to ensure that the relative times from multiple devices can be correlated with one another.

3.2.23 cross-enterprise document media interchange (XDM): The XDM protocol is published by the IHE. It provides a transport protocol for indirect communication of documents (e.g., PHR, EHR, EMR) transferred over the HIS interface.

3.2.24 cross-enterprise document reliable interchange (XDR): The XDR protocol is published by the IHE. It provides a transport protocol for direct communication of documents (e.g., PHR, EHR, EMR) transferred over the HIS interface.

3.2.25 device: A device is a physical entity (box) and contains one or more functional components and capabilities.

3.2.26 disease management: One of the three vertical domains supported by Continua. It is complementary to health & fitness and aging independently.

3.2.27 document: A document holds summaries, reports, or histories for printing or sharing with other parties. It is complementary to event and sensor information.

3.2.28 electronic health record (EHR): The electronic health record (EHR) is a longitudinal electronic record of patient health information generated by one or more encounters in any care delivery setting. Included in this information are patient demographics, progress notes, problems, medications, vital signs, past medical history, immunizations, laboratory data and radiology reports. The EHR automates and streamlines the clinician's workflow. The EHR has the ability to generate a complete record of a clinical patient encounter as well as supporting other care-related activities directly or indirectly via an interface including evidence-based decision support, quality management and outcomes reporting.

3.2.29 electronic medical record (EMR): EMRs are computerized legal clinical records created in care delivery organizations (CDOs) such as hospitals and physician offices. An electronic medical record is owned by the organization, practice or corporation that provided the health care be it a clinic, a hospital or a doctor.

3.2.30 episodic data collection: Episodic data collection corresponds to an episode, usually at irregular intervals. The time between samples can vary widely from seconds to weeks or longer. It is complementary to continuous data collection.

3.2.31 event: The occurrence of a condition. An event is complementary to alert and alarm.

3.2.32 health device profile (HDP): Bluetooth HDP is a standard profile defined by the Bluetooth SIG for health devices that use Bluetooth as an underlying transport standard. Bluetooth HDP may be used by Continua PHDs.

3.2.33 health & fitness: One of the three vertical domains supported by Continua. It is complementary to disease management and aging independently.

3.2.34 Health & Fitness service (HFS): A Health & Fitness Service is a remote monitoring service (e.g., disease management, ageing independently and fitness service), hosted on a remote server (in the cloud), that may implement at least one of the Continua defined capabilities in order

to communicate with a Personal Health Gateway (PHG) and/or Healthcare Information System (HIS).

3.2.35 Health & Fitness service application: This is an application running on the Health & Fitness service. The application may implement a number of Health & Fitness Service components and/or HIS client components for purposes such as data collection, analysis and sharing.

3.2.36 Healthcare Information System (HIS): This is a reference capability class that implements at least one HIS-IF service component. An example of a HIS-IF service component is a General Physician EMR that is able to receive personal health monitoring (PHM) documents from a HIS-IF client component.

3.2.37 IHE transaction: (definition adapted from [IHE PCD-TF-1]) An IHE transaction is a set of interactions between IHE actors that transfers required information through standards-based messages.

3.2.38 integrity: A part of system reliability that relates to information consistency and assuring that information will not be accidentally or maliciously altered or destroyed. Incorrect, corrupted data cannot be mistaken for correct data.

3.2.39 interoperability: The ability of client components in a device to communicate and share data with service components in an unambiguous and predictable manner to exchange data accurately, effectively and consistently; and to understand and use the information that is exchanged.

3.2.40 interface: An interface is an information interchange point between two components.

3.2.41 local time: Local time refers to a time (and date) that is specific to a geographic location. The time zone for that location may or may not be known. If it is known, converting to Universal Time is straightforward.

3.2.42 measurement: A measurement is a measurable observation that is received from a device.

3.2.43 non-certified interface: This term represents any interface whose service and client components will not be certified by Continua. In some cases, these are proprietary interfaces that are unlikely to become certified at any time in the future. In other cases, it may represent an interface that has not been addressed by Continua yet, but could be in the future.

3.2.44 notification: Information is sent to one or more components in the environment via regular packets in a data stream, or via some non-deterministic mode such as publishing events and measurements to subscribers. Notification is complementary to command and response.

3.2.45 observation: An observation is an observable datum from the physical world.

3.2.46 Personal Health Gateway (PHG): One of the Continua reference capability classes. A Personal Health Gateway is a central point of control in the Continua architecture. The Personal Health Gateway contains a number of client components that use Personal Health Device interfaces (PHD-IFs) and services interfaces (Service-IFs) to access one or more services on other devices to coordinate data collection, data analysis, data sharing and alerting.

3.2.47 PHG application: This is an application or a piece of software/program that is running on the PHG. The application implements a specific capability and implements one or more (client and/or service) components for the purposes of data collection, analysis and sharing.

3.2.48 Personal Health Device (PHD): A Personal Health Device is a device that houses a PHD interface service component that exposes the PHD interface. Examples of PHDs are glucose meters or blood pressure monitors.

3.2.49 Personal Health Devices interface (PHD-IF): Interface between a Personal Health Device (PHD) and Personal Health Gateway (PHG). See Continua PHD interface.

3.2.50 persistent session: A component in the conceptual model of a Personal Health Gateway (PHG) that is administratively created. A persistent session stores and forwards observations to a Health & Fitness Service (HFS). Observations enter a persistent session for forwarding when the observation meets a set of criteria defined in admission rules associated with the particular persistent session.

3.2.51 personal healthcare monitoring report (PHMR, PHM report, PHM document): An XML document conforming to [HL7 CDA-PHMR]. The personal healthcare monitoring report is a document that carries personal health monitoring data. The data transmitted from the Sender is either in the form of a summary or in the form of raw data. The summarization may be a result of analysis by an authentic disease management service provider. The data has multiple characteristics including: representation of measurements captured by devices; representation of notes, summaries and other types of narrative information that may be added by caregivers or by the user themselves; and representation of graphs that may be added by intermediary devices that represent user health trends.

3.2.52 personal health record (PHR): The personal health record (PHR) is an electronic, universally available, lifelong resource of health information needed by individuals to make health decisions. Individuals own and manage the information in the PHR, which comes from healthcare providers and the individual. The PHR is maintained in a secure and private environment, with the individual determining rights of access. The PHR is separate from and does not replace the legal record of any provider.

3.2.53 privacy: An aspect of system security (preventing undesired system use) that deals with providing access to the parties to which the information belongs and to parties that have explicitly been allowed access to certain information (also known as confidentiality).

3.2.54 quality of service (QoS): Quality of service is the collection of properties that define characteristics of an interface connection. The set of these properties includes aspects of the communication link such as reliability, latency, bandwidth, etc.

3.2.55 reference capability class: The basis of the CDG framework includes a number of reference capability classes (PHD, PHG, HFS and HIS) where topology constraints are explicitly noted.

3.2.56 sensor: See sensor service component.

3.2.57 sensor information: The information provided by a sensor service component.

3.2.58 sensor service component: A sensor service component allows access to digital representations of external conditions and events. This includes measurements of temperature, motion or electrical conditions.

3.2.59 service component: A service component is a specific type of component used in the Continua architecture for any component that provides a service to a client component.

3.2.60 Services interface: See Continua Services interface.

3.2.61 simplicity: Simplicity is the property, condition, or quality of being simple or un-combined.

3.2.62 store and forward: This is a technique that is often used by a device when the connection to a partner may be intermittent. The sender stores the data and transmits all stored data to its partner at a later moment in time (e.g., when the connection is available again). The most typical use of store and forward is with episodic data; however, technically this can also be used with continuous data.

3.2.63 streaming communication: A continuous, uninterrupted flow of data (e.g., measurements and/or events) from one component to another. Typically, this data is sent in near real-time and contains data sampled at regular intervals. Multiple samples may be placed in a single

communication packet to utilize the network bandwidth efficiently. It is complementary to transaction communication and batch communication.

3.2.64 time code: When relative time data is communicated, a time code is added to the data to indicate the relative time at which the data was collected, transmitted, or received.

3.2.65 time mark: The term time mark is used in instances where either a time code or timestamp can be used.

3.2.66 timestamp: When comparable local time or Universal Time data is communicated, a timestamp is added to indicate the time at which the data was collected, transmitted or received.

3.2.67 transaction communication: A communication method where one component exchanges acknowledged notifications or command and responses with another component to ensure reliability. It is complementary to streaming communication and batch communication.

3.2.68 Universal Time: This represents time (and date) with respect to some well-known reference point (e.g., UTC). Once synchronized, all devices that support Universal Time report the same time within the limits of clock drift error. Universal Time is complementary to relative time.

4 Abbreviations and acronyms

The CDG use the following abbreviations and acronyms:

| | |
|--------|--|
| AA | HL7 Acknowledgement Accepted |
| AES | Advanced Encryption Standard |
| AHD | Application Hosting Device |
| AI | Ageing Independently |
| AMM | Adherence Medication Monitor |
| APB | Authenticated Persistent Binding |
| APBI | Authenticated Persistent Binding Identifiers |
| APDU | Application Protocol Data Unit |
| API | Application Programming Interface |
| APS | Authenticated Persistent Session |
| ASN.1 | Abstract Syntax Notation One - joint standard from ISO/ITU/IEC |
| ASTM | American Society for Testing and Materials |
| ATNA | Audit Trail and Node Authentication |
| BLE | Bluetooth LE Interface |
| BMI | Body Mass Index |
| BO | Base Offset (time) |
| BPM | Blood Pressure Monitor |
| BR/EDR | Basic Rate/Enhanced Data Rate |
| CCC | Certified Capability Class |
| CCCC | Continua Certified Capability Class |
| CCD | Continuity of Care Document |
| CCR | Continuity of Care Record |
| CDA | Clinical Document Architecture |

| | |
|-------|--|
| CDG | Continua Design Guidelines |
| CDO | Care Delivery Organization |
| CE | Compute Engine (deprecated) |
| CGM | Continuous Glucose Monitor |
| CO | Carbon monoxide |
| CRC | Cyclic Redundancy Check |
| CTS | Current Time Service (Bluetooth-SIG) |
| D2C | Direct-to-cloud |
| D2CD | Direct-to-cloud device |
| DEC | Device Enterprise Communications |
| DEN | Document Encryption |
| DG | Design Guideline |
| DIM | Device Information Model (from IEEE 11073) |
| DMO | Disease Management Organization |
| DOC | Device Observation Consumer |
| DOR | Device Observation Reporter |
| DST | Daylight Savings Time |
| E2E | End-to-End |
| ebXML | electronic business using extensible Markup Language |
| ECC | Error Correcting Code |
| ECG | Electrocardiograph |
| EDI | Electronic Data Interchange |
| EHR | Electronic Health Record |
| EMR | Electronic Medical Record |
| EUI | Extended Unique Identifier |
| FCS | Frame Check Sequence |
| FIFO | First-in, first-out |
| FTP | File Transfer Protocol |
| GMDN | Global Medical Device Nomenclature |
| GUID | Globally Unique Identifier |
| HC | Health Care |
| HCP | Health Care Profile (Zigbee) |
| HDH | hData Hierarchy |
| HDP | Health Device Profile |
| HF | Health & Fitness |
| HFS | Health & Fitness Service |
| HIE | Healthcare Information Exchange |

| | |
|--------|--|
| HIPAA | Health Insurance Portability and Accountability Act |
| HIS | Healthcare Information System |
| HIS-IF | Healthcare Information System Interface |
| HR | Health Report |
| HRF | hData Record Format |
| HTTP | Hypertext Transfer Protocol |
| HTTPS | Hypertext Transfer Protocol over Secure Socket Layer |
| IF | Interface |
| IIHI | Individually Identifiable Health Information |
| INR | International Normalized Ratio |
| ITI | IT Infrastructure |
| N-IF | Network Interface |
| IP | Internet Protocol |
| L2CAP | Logic Link Control and Adaptation Protocol |
| LE | Low Energy |
| LED | Light Emitting Diode |
| LIS | Laboratory Information Systems |
| LP | Low Power |
| MAC | Media Access Control |
| MCAP | Multi-Channel Adaptation Protocol |
| MDEP | MCAP Data End Point |
| MDS | Medical Device System |
| MITM | Man In The Middle |
| MQTT | Message Queuing Telemetry Transport |
| MSH | Message Header |
| MTOM | Message Transmission Optimization Mechanism |
| NHIN | Nationwide Health Information Network |
| NFC | Near-field communication |
| OBR | Observation request |
| OBX | Observation result |
| OEM | Original Equipment Manufacturer |
| OSI | Open Systems Interconnection |
| OUI | Organizationally Unique Identifier |
| PC | Personal Computer |
| PCC | Patient Care Coordination |
| PCD | Patient Care Device |
| PCD-01 | IHE Patient Care Device Transaction 01 |

| | |
|--------|--|
| PERS | Personal Emergency Response System |
| PHD | Personal Health Device |
| PHD-IF | Personal Health Device Interface |
| PHDC | Personal Healthcare Device Class |
| PHG | Personal Health Gateway |
| PHM | Personal Healthcare Monitoring |
| PHMR | Personal Healthcare Monitoring Report |
| PHR | Personal Health Record |
| PID | Patient Identifier |
| PIN | Personal Identification Number |
| POTS | Plain Old Telephone Service |
| PROM | Patient Reported Outcome Measure |
| PSM | Power Status Monitor |
| QFD | Questionnaire Form Definition |
| QoS | Quality of Service |
| QRD | Questionnaire Response Document |
| REST | Representational State Transfer |
| RHIO | Regional Health Information Organization |
| RLUS | Retrieve, Locate and Update Service |
| RPM | Remote Patient Monitoring |
| SABTE | Sleep Apnoea Breathing Therapy Equipment |
| SAML | Security Assertion Markup Language |
| SDP | Service Discovery Protocol |
| SDU | Service Data Unit |
| SDWG | Structured Documents Workgroup |
| SIG | Special Interest Group |
| SMS | Short Message Service |
| SOAP | Simple Object Access Protocol |
| SpO2 | Percentage of Oxygen Saturation in blood |
| SSL | Secure Socket Layer |
| SSP | Secure Simple Pairing |
| ST | Shoulder Tap |
| STS | Security Token Service |
| TCP | Transmission Control Protocol |
| TCWG | Test and Certification Working Group |
| TLS | Transport Level Security |
| TWG | Technical Working Group |

| | |
|-------|--|
| UCUM | Unified Code for Units of Measure |
| UDH | User Data Header |
| UDP | User Datagram Protocol |
| USB | Universal Serial Bus |
| UTC | Coordinated Universal Time |
| v1 | Version 1 |
| VMD | Virtual Medical Device |
| WSDL | Web Services Description Language |
| XDM | cross-enterprise Document Media interchange |
| XDR | cross-enterprise Document Reliable interchange |
| XDS | cross-enterprise Document Sharing |
| XDS.b | cross-enterprise Document Sharing-b |
| XML | extensible Markup Language |
| XUA | cross enterprise User Assertion |
| ZHC | ZigBee Healthcare |

5 Conventions

This clause defines the format and terminology for the Design Guidelines (DGs) where the term *Continua* is used to designate the functionality and architectural elements defined in the DGs, or devices that are implemented according to it.

5.1 DG terminology and conventions

5.1.1 DG compliance classifiers

The details of each design guideline (DG) will carry a compliance classifier from the following set (adapted from [b-IETF RFC 2119]):

- **Shall** – This term designates the minimum set of requirements that ensure interoperability and/or robust operation between components. All components and interfaces are expected to comply with these requirements when expressed in unconditional form. A conditional requirement expressed in the form, "If X, then Y" **shall** be implemented, means that the requirement "Y" must be met when the conditional aspect "X" applies to a given implementation.
- **Should** – This term designates strongly recommended items. Under most circumstances, implementations include "should" requirements; however, it is recognized that there may exist valid reasons in particular circumstances where it is preferable not to implement a "should" requirement. These conditions must be carefully understood and weighed up given that this may reduce the interoperability of that product.
- **May** – The use of this term highlights to product implementers features that "may" exist in the marketplace. All products must be prepared to interoperate with implementations that have and have not implemented the requirement. If optional features are included in a product, they must comply with the requirement to ensure interoperability with other implementations.

5.1.2 DG font usage conventions

The following font usage conventions are used within the CDG to provide additional clarity:

Requirement terms are in **bold** font. The terms described in clause 5.1.1 are in **bold** font when used in the requirement sense.

5.1.3 DG format

This clause details the format of a DG, see an example in Table 5-1.

Table 5-1 – Design guideline example

| Name | Description | Comments |
|-------------------------------------|---|----------|
| PHD-IF-USB-Personal-Healthcare-v1.0 | Continua USB service and client components shall implement the USB Personal Healthcare Device Class v1.0 plus the 15 Feb. 2008 errata, subject to the requirements listed below. | |

The design guideline table heading categories are as follows:

- **Name** – A unique label for the design guideline
- **Description** – Text that describes the design guideline
- **Comments** – Supplementary information about a design guideline such as a justification for it, dependencies, etc.

6 System overview

6.1 E2E system architecture

This clause defines the end-to-end (E2E) architecture for the Continua ecosystem. The Continua architecture is used for several purposes:

- definition of common concepts
- definition of topology constraints for the Continua ecosystem
- serve as a basis for the guidelines framework by providing a basic structure, providing rules for refinement and extension of this structure and the association of guidelines with elements in this structure.

NOTE – In the CDG, "Continua architecture" and " Continua E2E architecture" are used interchangeably.

6.1.1 Devices, components, applications and interfaces

The Continua architecture distinguishes devices (physical entities) from components (logical entities) and applications (a software program). This distinction is general and not specific for Continua reference capability classes, Continua certified capability classes, or Continua logo-ed capability classes that are defined later in this document (see clause 6.1.4). Devices may host zero or more applications. An application may have one or more capabilities. A capability may then implement client and/or service components depending on the use case.

Devices, components and applications are depicted in Figure 6-1.

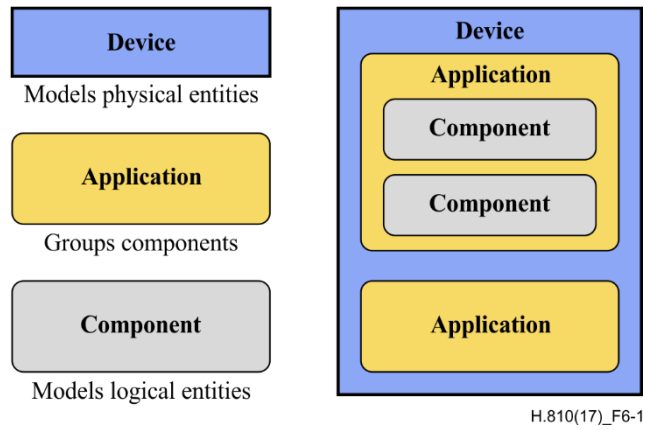


Figure 6-1 – Device, component and application

Components implement and require the implementation of a number of interfaces as shown in Figure 6-2.

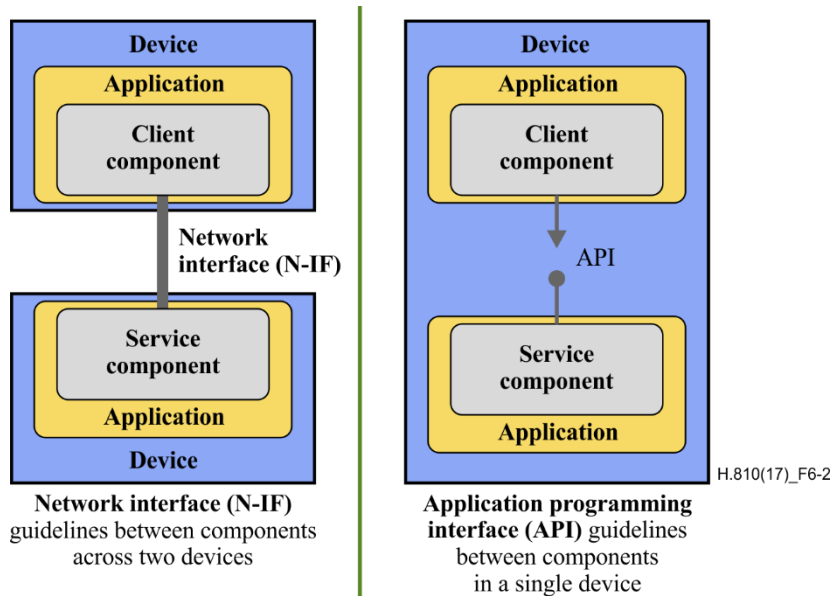


Figure 6-2 – Interfaces between components

The CDG makes the distinction between network interface (N-IF) guidelines and application programming interface (API) guidelines.

The graphical notation for a component implementing an API is shown in Figure 6-3.

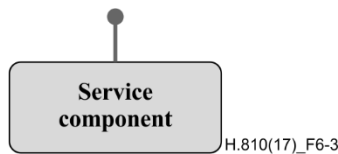


Figure 6-3 – Component implements API

The graphical notation for a component requiring the implementation of an API is shown in Figure 6-4.

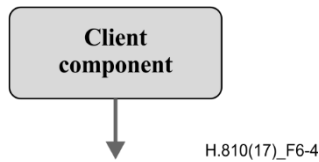


Figure 6-4 – Component requires the implementation of an API

The graphical notation for a component implementing a network interface specification is shown in Figure 6-5.

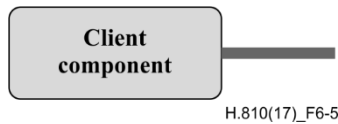


Figure 6-5 – Component implements a network interface

The graphical notation for a component requiring the implementation of a network interface is shown in Figure 6-6.

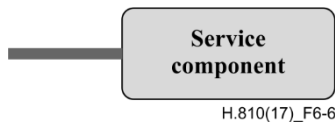


Figure 6-6 – Component requires implementation of a network interface

The main difference between an API and N-IF is that an API is an interface between components within a single device and N-IF is the interface between components on multiple devices.

For these design guidelines, the focus is on the interoperability between devices. Interoperability is enabled via the characteristic behaviour of devices found in a communications system. There are fundamental characteristics that manifest as part of the interface specifications that define the configuration and formats to facilitate interoperability. These specifications are the contracts between devices that ensure that a dialogue can occur.

Figure 6-7 shows the current focus of Continua design guidelines. For Continua the current focus is on the interoperability between two devices i.e., network interface guidelines. In future versions of Continua there might be a need for a common middleware, which would provide interfaces to different applications running on the same device, hence the API guidelines might fall under the scope of Continua.

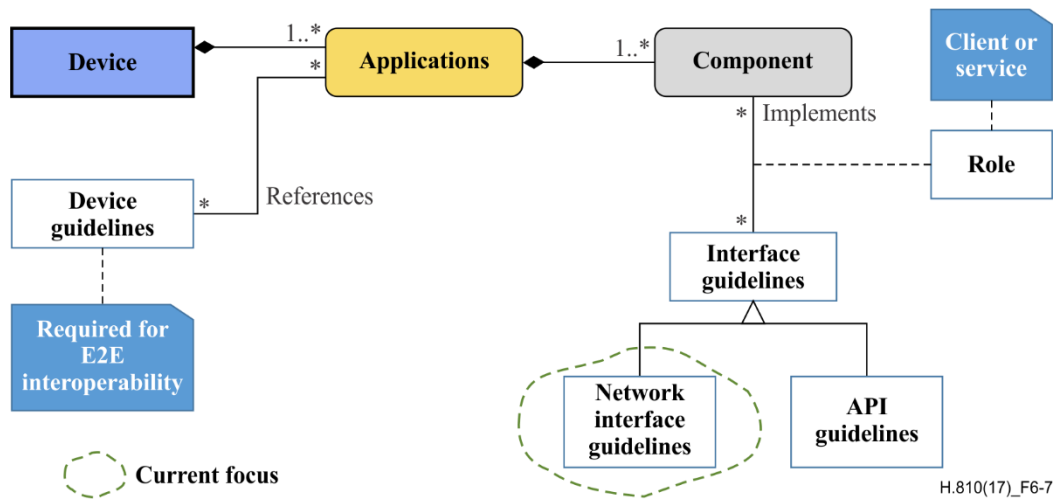


Figure 6-7 – Current focus of Continua design guidelines

6.1.2 Design guideline types

Interface guidelines are implemented by zero or more components and a component may implement zero or more interface guidelines. Interface guidelines can be created for APIs as well as N-IFs.

For the CDG, the focus is on device interoperability. This implies a focus on N-IF guidelines. In future versions of the CDG, there may be a need for common middleware that gives a unified view for services and clients on the different service N-IFs. The API guidelines will then fall under the CDG scope as well.

Interface guidelines enable interoperability across a single interface. Device guidelines are specified to enable E2E interoperability (interoperability across interfaces) and interaction with the environment.

This version of the CDG contains both interface guidelines and device guidelines.

6.1.3 Reference capability classes and system topology

Devices are physical entities that can host a number of applications, where an application is a program that implements a specific functionality and implements one or more (client and/or service) components. The Continua E2E architecture distinguishes different reference capability classes based on the component classes hosted on that device.

The current Continua E2E architecture distinguishes the following reference capability classes:

- **Personal Health Device (PHD)**: This is a reference capability class that implements at least one PHD-IF service component. Real word examples of PHD-IF service components include pulse oximeter, blood pressure monitor, thermometer or weighing scales capabilities classes, where the physical transport media could be BLE, ZigBee, Bluetooth BR/EDR, USB or NFC.
- **Personal Health Gateway (PHG)**: This is a reference capability class that implements at least one PHD-IF client component or services-IF client component. An example of a PHD-IF client component is an app (e.g., running on smart phone) that collects observations (e.g., vital signs measurements) from PHD-IF service components.
- **Health & Fitness Service (HFS)**: This is a reference capability class that implements at least one services-IF service component or HIS-IF client component. An example of a services-IF service component is a remote server that collects observations (e.g., vital signs

measurements from PHD devices or questionnaire responses) from a services-IF client component.

- **Healthcare Information System (HIS):** This is a reference capability class that implements at least one HIS-IF service component. An example of a HIS-IF service component is a General Physician EMR that is able to receive personal health monitoring (PHM) documents from a HIS-IF client component.
- **Direct-to-Cloud (D2C) Device:** This is a reference capability class that implements at least one Services-IF client component. An example of a Services-IF client component inside a D2C device (D2CD) is a blood pressure monitor, glucose monitor or pulse oximeter, where the physical transport media of the interface is a 3GPP-defined cellular radio access technology. See further description of this deployment option in clause 6.1.10.

Figure 6-8 shows the definitions and graphical notation of reference capability classes.

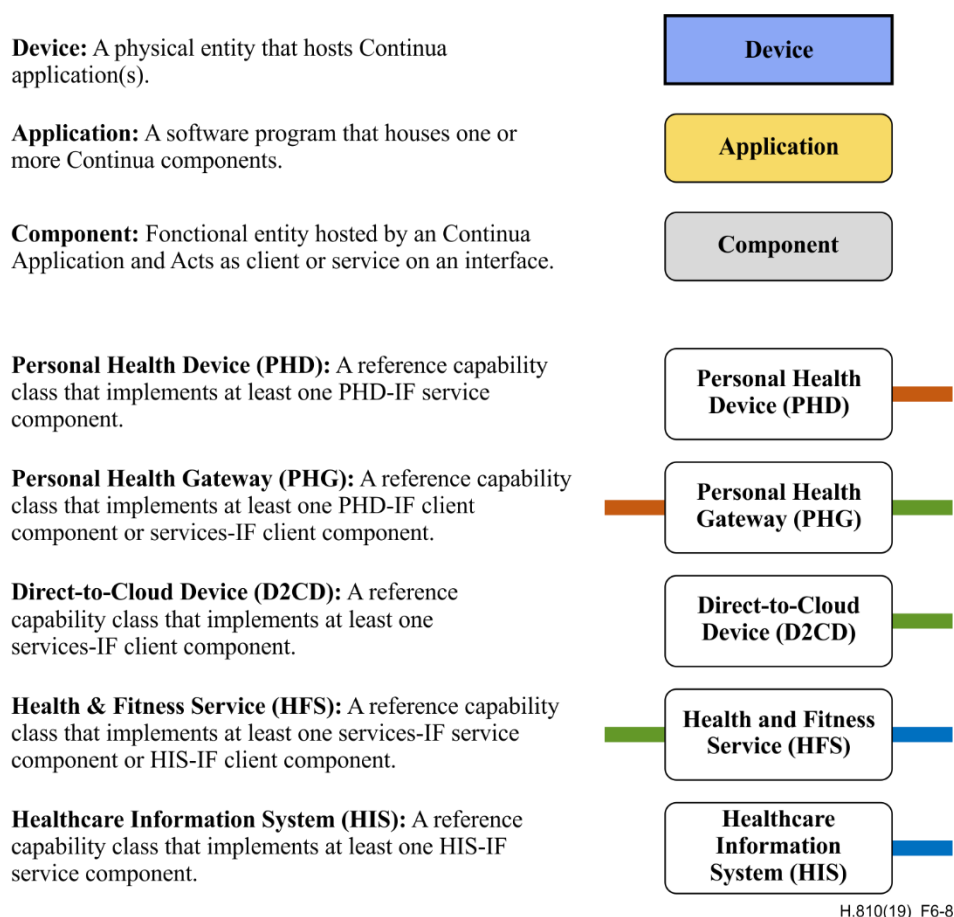


Figure 6-8 – Definitions and graphical notation

The distinction between the different interfaces is based on architectural dimensions (e.g., who-stakeholders, where-geography and what-functions and features). The highest level (the basis for the reference device classes) has the following dimensions:

- **Personal Health Devices interface.** This is the interface used by Personal Health Devices (e.g., blood pressure meter, pulse oximeter, thermometer) in order to report observations (measurements) taken by these devices to a Personal Health Gateway (e.g., a health and fitness app on a smartphone or tablet or dedicated hub) usually in the home but not

necessarily. The key stakeholder here is the user (e.g., a user suffering from a chronic condition such as COPD or diabetes).

- Services interface. This is the interface used by a Personal Health Gateway (e.g., a health and fitness app on a smartphone, tablet or dedicated hub) or a D2C device (e.g., blood pressure meter, pulse oximeter) in order to forward collected observations (or measurements) from Personal Health Devices to a remote HFS service provider. An example of the remote health and fitness service is a telehealth service provided by a home health agency (HHA). The HFS could be hosted in the cloud. Some of the key stakeholders could be a skilled nurse or a remote coach for diet or fitness.
- Healthcare Information System interface. This is the interface used by a HFS in order to report and share patient data with a Healthcare Information System (HIS). Examples of HISs are EMR, PHRs, EHRs, laboratory information systems (LIS), etc. One of the key stakeholders for HIS are the care providers such as general physicians.

The topology constraints for the Continua ecosystem are defined using the reference capability classes described above. These reference capability classes provide an abstract model for real-world devices and are the basis for further specialization. A Personal Health Device could be further specialized on the type of transport media being used such as NFC, Bluetooth, ZigBee and USB.

The Continua reference topology imposes a number of constraints on how reference capability classes are physically connected. Figure 6-9 shows the Continua reference topology.

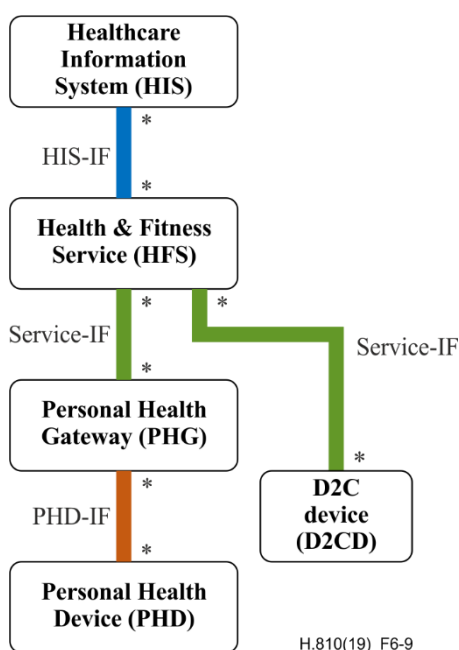


Figure 6-9 – Reference topology

This reference topology gives the following rules for the topology of the Continua ecosystem:

- Personal Health Device "can serve" 0 or more Personal Health Gateways at a time.
- A Personal Health Gateway "can use" 0 or more Personal Health Devices at a time.
- A D2C device "can serve" 0 or more Health & Fitness Services at a time.
- Health & Fitness Services "can serve" 0 or more Personal Health Gateways or D2C devices at a time.
- Health & Fitness Service "can use" 0 or more Healthcare Information Systems at a time.

- Healthcare Information System "can serve" 0 or more Health & Fitness Services at a time.

6.1.4 Reference, certified and logo-ed capability classes

Reference capability classes form the (abstract) basis for the guidelines framework. Based on the reference capability classes, a large number of specializations are possible. These include certified capability classes and logo-ed capability classes.

It is desirable to define a number of certifiable guidelines. Certification only makes sense for entities that are part of the Continua E2E architecture (reference capability classes). However, there is a requirement for further specialization of these classes. An example is the certification of a PHD weighing scales capability instead of just a Personal Health Device, or a glucose monitor capability instead of just a Direct-to-Cloud device. The architecture does not define the certified capability classes but does impose the constraint that the certified capability classes are a specialization (possibly indirect) of at least one reference capability class. Vendors can create a product that satisfies the associated guidelines for more than one certified capability class. These products (e.g., a Personal Health Gateway that supports the collection of observations from a range of PHD capabilities (e.g., pulse oximeter, weighing scales) can receive multiple CDG-compliant certificates. Product literature should clearly denote the certified capability classes supported by that product.

The need or desire to add logos to physical devices or applications is recognized as it signifies interoperability. Adding logos only makes sense if a device or application implements a Continua capability class and it is certified (certified capability classes). Usually a certified capability class will match a logo-ed certified capability class, however this is not always the case. For example, authenticated persistent session certified device class will be an un-logo-ed certified device class as it is an infrastructure component and does not deliver full out of the box interoperability between the two certified devices.

For the rest of the certified capability classes in this version of the CDG, the logo-ed capability classes match the certified capability classes. In addition to the Continua logo for implementing a certified capability, a device or application may use a logo from other base standard bodies such as for example, Bluetooth, USB, ZigBee, or 3GPP. A device or application shall list the capabilities for which it has obtained the certification.

6.1.5 Other views of the architecture

Continua has defined its own architectural concepts for the personal health ecosystem based on the use cases provided by the member companies in this domain. The concepts have been defined taking into account different stakeholders such as users of the system, operators of the system and providers of the system. However different views of the Continua reference architecture and capabilities defined within this architecture are possible. Figure 6-10 below depicts key concepts pertaining to systems and their architectures as a context for understanding the practice of architecture description. For more background information, consult [b-ISO/IEC IEEE 42010].

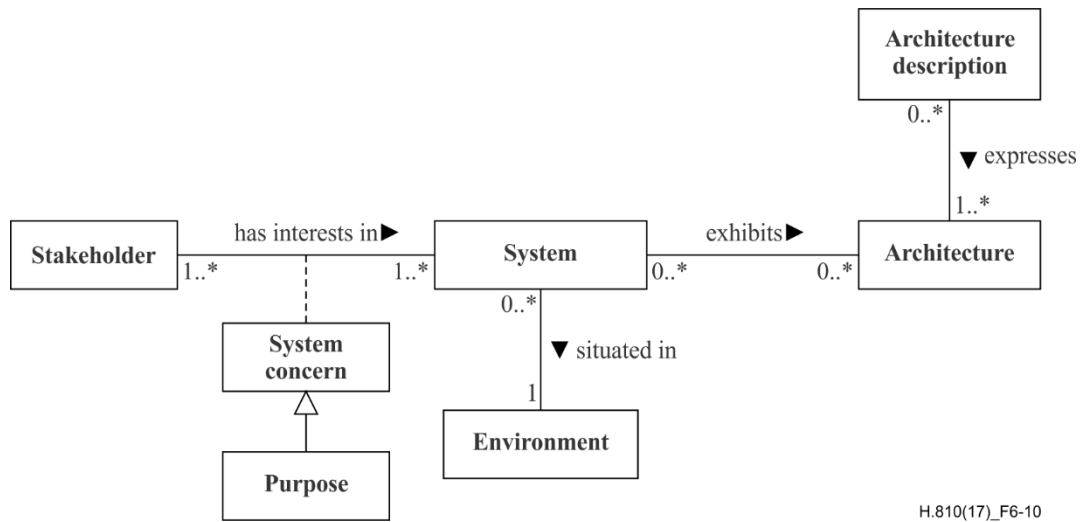


Figure 6-10 – Context of architecture description [b-ISO/IEC IEEE 42010]

Figure 6-11 describes the conceptual model for an architecture description. It is used to describe an architecture for a system of interest. For more background information, consult [b-ISO/IEC IEEE 42010].

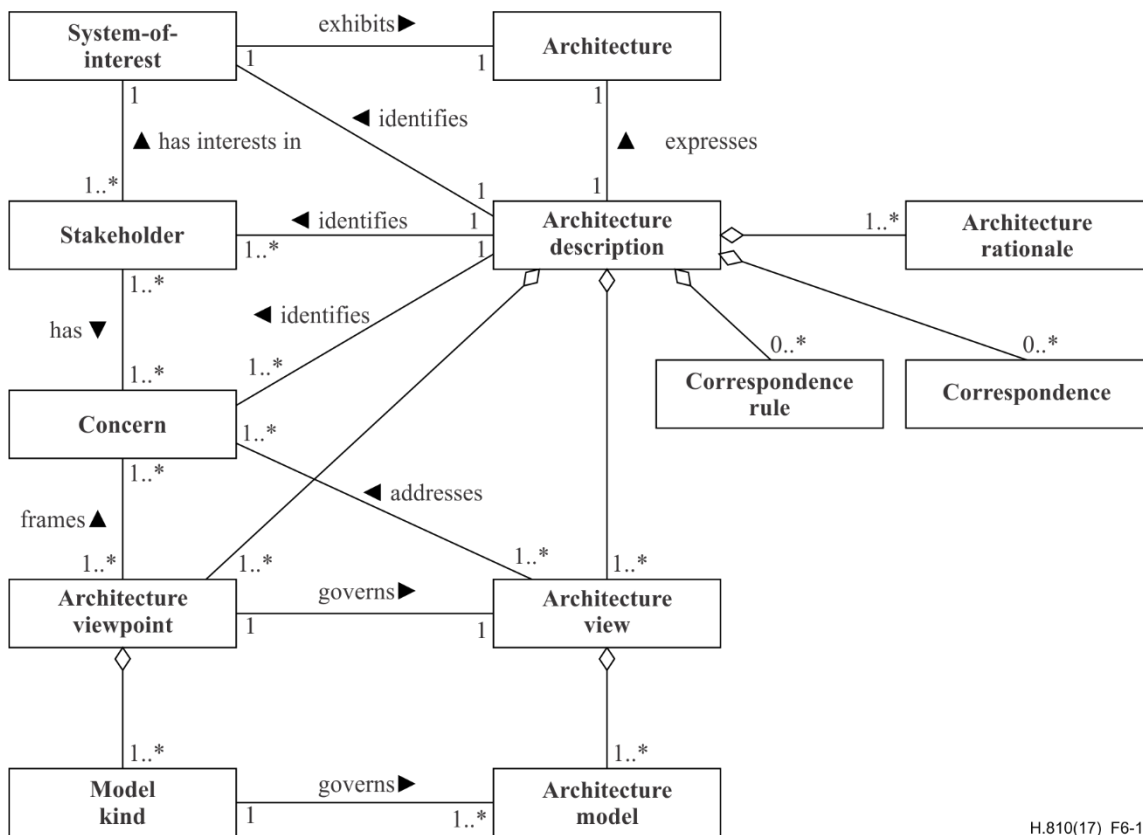


Figure 6-11 – Conceptual model of an architecture description

For example, Continua reference architecture and concepts can be easily translated and represented using concepts and views defined by Integrating Healthcare Enterprise (IHE). IHE has the following concepts:

- Integration profile: The integration profile solves specific integration problems and is a representation of a real-world capability that is supported by a set of actors that interact through transactions. It avoids having two different mechanisms to do the same thing.
- Actor: An actor is an information system or a component of an information system that produces, manages or acts on categories of information required by operational activities in the enterprise. Actors are assigned to profiles when they have a role to fill.
- Transaction: A transaction is an interaction between actors that communicate the required information through standard-based messages. A transaction should complete a specific task and should usually select a single standard for one single task.

6.1.5.1 PHD-IF: Communicate PCHA data transaction

The following sub-clauses show how to represent Continua PHD-IF capabilities using IHE concepts and terminologies.

6.1.5.1.1 Scope

A "communicate PCHA data transaction" is used to transfer measurement data from PHD sensor data source actors to an appropriate consumer in a standardized manner. This transaction allows a single sensor data consumer actor to process data from any compliant sensor device (blood pressure cuffs, glucose meters, coagulation meters, sleep apnea breathing therapy equipment, etc.)

This transaction is typically the only point at which a human is involved. Once the measurement data is received by the sensor data consumer, the process of delivering the data to its final destination in its final form at a content consumer is automated [IHE RPM Profile].

6.1.5.1.2 Actor roles

Figure 6-12 shows a diagram of the "communicate PCHA data transaction" use case.

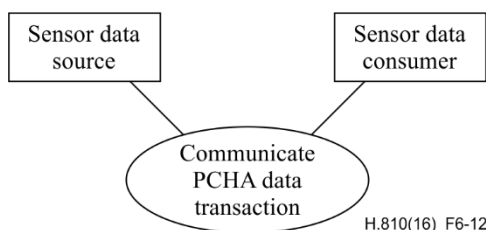
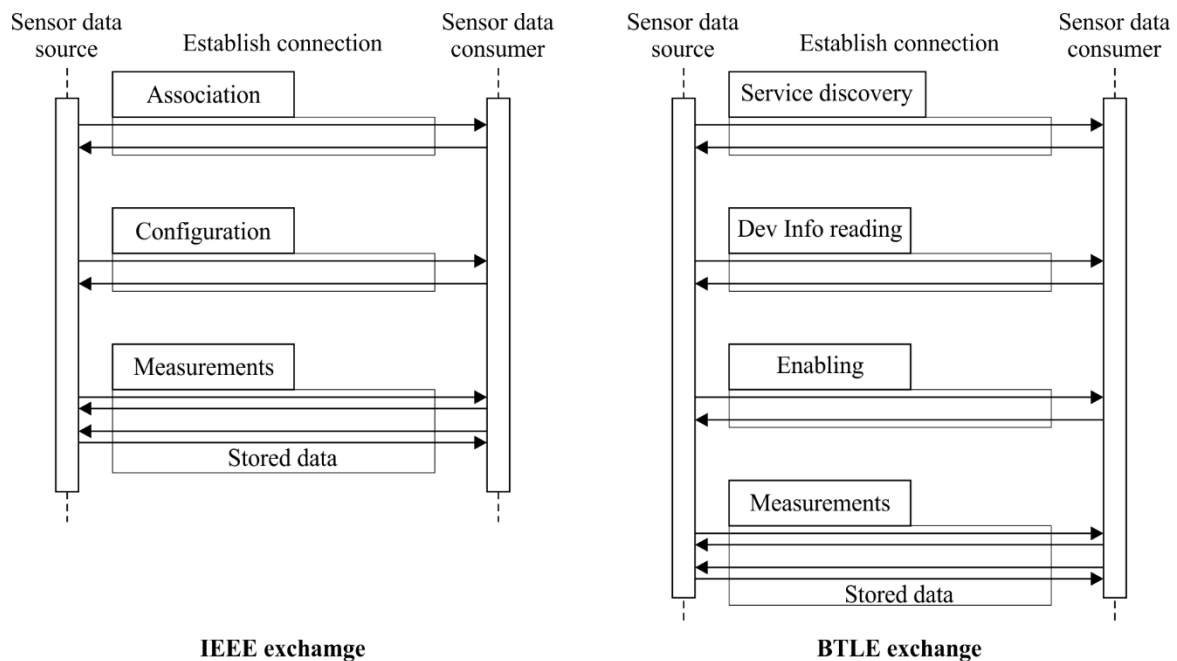


Figure 6-12 – Use case diagram

Table 6-1 – Actor roles

| | |
|---------------|---|
| Actor: | Sensor data source |
| Role: | This actor is responsible for taking the measurement on the patient, packaging it into a standardized form and sending it to a consumer in a standardized manner. |
| Actor: | Sensor data consumer |
| Role: | This actor receives measurement data from one or more sensor data source actors (sensor devices) |



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Figure 6-13 – PHD-IF communicate PCHA data transaction

Figure 6-13 illustrates the sequence of events that take place in the two different implementations of the PCHA transaction. In both cases there is a series of exchanges that allow the sensor data consumer to either receive or request measurement data from the sensor data source. It should be noted that the sensor data consumer only requests data from the sensor data source if the sensor data source indicates that it has permanently stored data.

6.1.6 Compatibility

6.1.6.1 Compatibility definitions

Extensibility

This is the ability to extend a system (design-time) with new capabilities and applications over time with minimal effort (sometimes confused with forward compatibility).

Backward compatibility

This is the ability of a system to interoperate (run-time) with other systems that were designed for earlier versions of that system. See Figure 6-14.

Forward compatibility (robustness, future-proofness):

This is the ability of a system to accept input (run-time) from other systems that were designed for later versions of that system. See Figure 6-14.

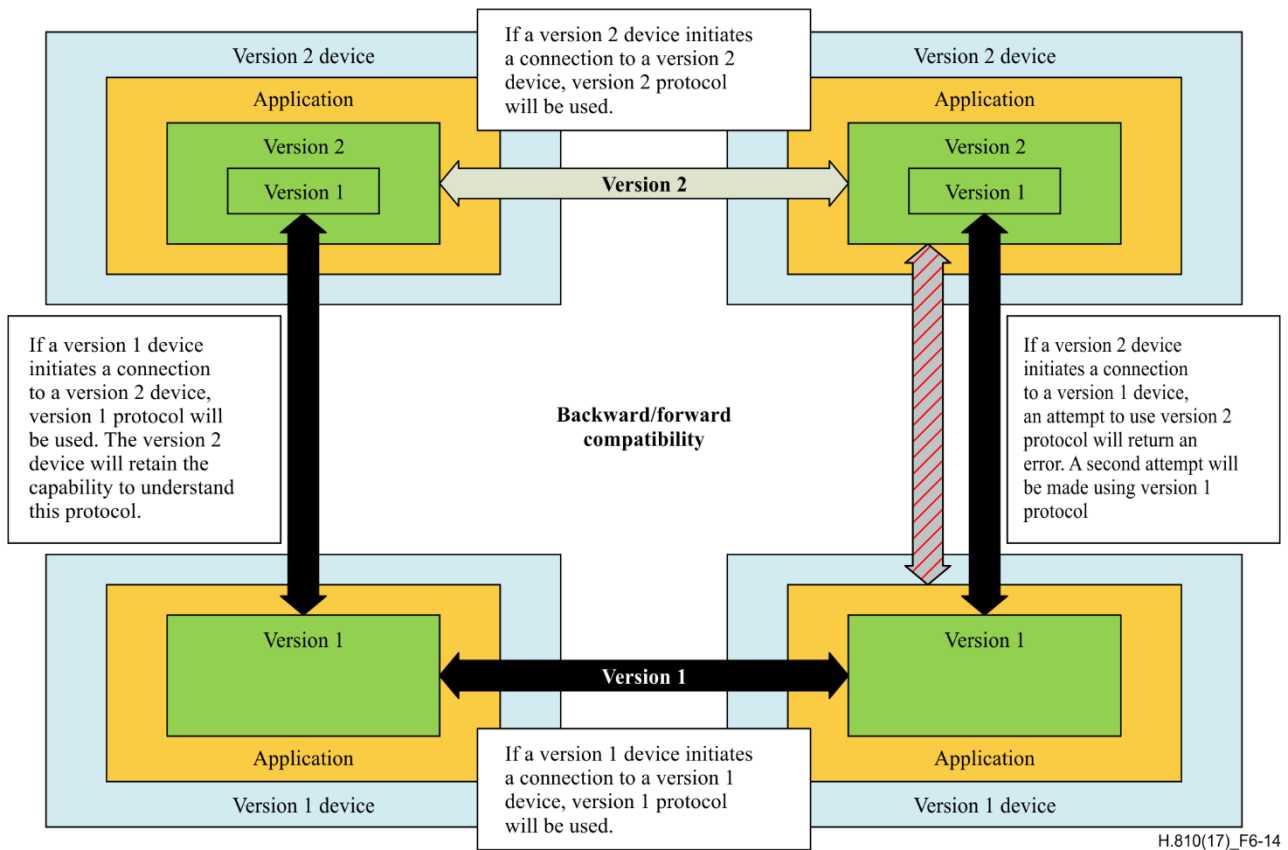


Figure 6-14 – Backward compatibility and forward compatibility philosophy

6.1.6.2 Compatibility philosophy

The Continua E2E architecture should have the flexibility to incorporate reasonable future changes. On the other hand, devices need to maintain interoperability (as much as possible) when guidelines evolve over time. Additionally, devices based on different versions also need to interoperate. This clause provides a logical analysis of the principles to be taken into account in the definition of network interface specifications. These principles address the proper definition of a network interface specification, as well as the constraints on the evolution of these specifications. The aim is that two devices based on different versions of the guidelines are compatible and together they provide the functionality expected from the oldest version of the guidelines involved.

A network interface specification consists of:

- interoperable protocol
- semantics of command and messages
- common data format and data specializations
- commands and exchange protocol
- consistent communication framework
- transport / network protocol
- network

Network interface specifications will evolve over time. For extensibility and compatibility, multiple versions of a network interface specification are considered. This provides guidance on how the network interface specifications were allowed to evolve.

To address the concerns with respect to extensibility and compatibility, the following are guidelines for the definition and evolution of network interface specifications:

- A component should have well-specified behaviour for all possible inputs. Only unknown portions of messages / commands are ignored. A component should not crash on any input (forward compatible). When a message (or parts thereof) is not understood, a warning should be returned.
- Messages / commands are extended in later versions. Semantics of the extended messages / commands should include the semantics of the original message (extensibility).
- Semantics of messages / commands should not change in later versions (backward compatible).
- Messages / commands are not removed in later versions (backward compatible).
- The consistent communication framework is only replaced by a backward compatible framework in later versions (backward compatible).
- The transport / network protocol are only replaced by a backward compatible protocol in later versions (backward compatible).
- The network is only replaced by a backward compatible network in later versions (e.g., USB 1.0 by USB 2.0) (backward compatible).

NOTE – The guidelines listed above allow for vendor-specific extensions (first bullet). The last five bullets targeting backward compatibility are probably not realistic to maintain indefinitely. However, messages, commands, consistent communication framework, transport / network protocol and network are supported by components for at least two versions after they were marked as deprecated.

6.1.7 Quality of service strategy

6.1.7.1 General overview

The ability to transfer quality of service (QoS) information from component to component is an important requirement on the Continua architecture. This clause defines the CDG approach to enable the transfer of QoS information between components.

Quality of service (QoS) is a very broad area with numerous attributes. A representative list of QoS attributes includes:

1. reliability
2. latency
3. bandwidth
4. forward and reverse channel set up / tear down times
5. monetary cost
6. energy cost (often useful in wireless communications).

There are certainly others. All attributes are not equally applicable to all applications or to all transport technologies.

In the area of healthcare communications, reliability and latency are considered the most important attributes that need to be managed effectively and thus are addressed in the design guidelines. It is envisioned that other QoS attributes are addressed as the Continua ecosystem grows, expands and develops new uses.

6.1.7.2 Reliability and latency

At the extreme, there is a trade-off between the application reliability and latency attributes when deciding which of these two attributes is more important to a particular piece of data.

1. There are times when *low* latency is more important than reliability. It is acceptable to drop "some" data as a trade-off to getting the data quickly. For example, when sending real-time waveform data, it is more important to get the data sent quickly versus an absolute guarantee that all data has been delivered.
2. There are times when the *best* reliability is more important than timeliness. For instance, sometimes it is required that all data is transmitted correctly and it is acceptable to wait for data to be retransmitted (delayed) to achieve this correctness guarantee.

Table 6-2 maps the data transfers involved in CDG use cases across latency and reliability vectors. The boxes with icons denote the latency and reliability combinations that are, or could be utilized by CDG use cases. For more detail on the meaning and use of the reliability/latency pairs in these boxes, see clause 6.1.7.5. Best results would be achieved if all transport technologies could operate in the lower right corner of Table 6-2 (i.e., best reliability and low latency, such as a processor bus with an error correcting code (ECC)). However, typical inter-device transport technologies cannot achieve this.

Table 6-2 – Reliability and latency

| Reliability.latency bin | | Relative reliability | | |
|--------------------------|-----------|----------------------|---------------|---------------|
| | | Good | Better | Best |
| Latency (overall E2E) | Very high | | | best.veryhigh |
| | High | | | best.high |
| | Medium | good.medium | better.medium | best.medium |
| | Low | good.low | | |

6.1.7.3 Reliability vector

The reliability terms *good*, *better* and *best* from Table 6-2 are not absolute definitions, but rather 'relative' definitions based upon the transport technology of interest. In other words, *best* reliability \geq *better* reliability \geq *good* reliability with respect to the statistical likelihood of transmitting the data successfully. While there are no absolute definitions, notice that:

1. The *good* application reliability requirement corresponds to the "no guarantees" data path or the "lossy" data path options of any given transport technology (i.e., the least stringent reliability characteristics option).
2. The *best* application reliability requirement corresponds to a given transport technology's most reliable data transfer mechanism. This is typically an acknowledged transport data transfer service that is explicitly aware of the successfully transferred data.

The following is a casual definition (by way of example) for the use of these three healthcare application reliability modes. Consider a viewable waveform, a blood pressure measurement and a "life threatening" alarm.

1. For the viewable waveform, it is acceptable for 'some' data to be lost in transmission. The waveform information is continuously flowing and the loss of 'some' data in the waveform display does not cause any degradation in the clinician's ability to interpret the waveform. This maps to *good* reliability.

2. A "life threatening" alarm is an asynchronous and significant event. Every moment counts in response to this alarm. The highest reliability and the most robust data path are typically used for these events. This maps to *best* reliability.
3. For a blood pressure measurement, the measurement is an infrequent, but repeatable, event. If a single measurement was lost in transmission, while not desirable by any means, it would typically not have a dramatic impact on the person. This maps to *better* reliability.

Thus, from the overall application point of view, *best* reliability \geq *better* reliability \geq *good* reliability.

6.1.7.4 Latency vector

The terms very high, high, medium and low from Table 6-2 are also relative definitions based upon the transport technology of interest. In the context of personal healthcare, very high latency typically refers to a maximum of 100 seconds, high latency typically refers to a maximum of 10 seconds, medium latency typically refers to a maximum of 1 second, and low latency typically refers to a maximum of 100 milliseconds. However, these latencies are transport-dependent and the actual values may change based on the transport.

6.1.7.5 Reliability.Latency pairs

The following text provides further details on the six bins identified in Table 6-2.

NOTE – In the current version of the CDG, only the good.medium and best.medium bins are utilized. Future versions of the CDG could use additional bins.

1. **good.low:** This bin provides 'good' reliability with low end-to-end transport latency. Some additional characteristics are:
 - 'good' relative reliability needs
 - the sampled analogue data can easily be grouped together
 - overall end-to-end latency = ~100 ms (relative to transport).
2. **good.medium:** This bin provides 'good' reliability with medium end-to-end transport latency. Some additional characteristics are:
 - 'good' relative reliability needs
 - the sampled analogue data can easily be grouped together
 - overall end-to-end latency = ~1 s (relative to transport).
3. **better.medium:** This bin provides 'better' reliability with medium end-to-end transport latency. Some additional characteristics are:
 - 'better' relative reliability needs
 - a measured parameter (blood pressure, blood oxygen saturation (SpO2), heart rate, etc.)
 - overall end-to-end latency = ~1 s (relative to transport).
4. **best.medium:** This bin provides 'best' reliability with medium end-to-end transport latency. Some additional characteristics are:
 - 'best' relative reliability needs
 - also known as get/set device parameters; also known as events and/or notifications; also known as request/response
 - control/status of both physiological and equipment functionality
 - overall end-to-end latency = ~1 s (relative to transport).

5. **best.high**: This bin provides 'best' reliability with high end-to-end transport latency. Some additional characteristics are:
 - 'best' relative reliability needs
 - both physiological driven alarms and equipment issued alarms
 - overall end-to-end latency = ~10 s (relative to transport).
6. **best.veryhigh**: This bin provides 'best' reliability with very high end-to-end transport latency. Some additional characteristics are:
 - 'best' relative reliability needs
 - print, transfer or exchange of summaries, reports or histories
 - overall end-to-end latency = ~100 s (relative to transport).

6.1.8 End-to-end security

Security is essential in dealing with medical information that is very sensitive in nature. The design guidelines have been developed so that it supports the development of secure systems.

Security, for its own sake, may be excessive, making it unnecessarily expensive, or it may be insufficient, creating unacceptable risk. Furthermore, security requirements are not static and tend to become more stringent over time. Therefore, security must be considered holistically.

Table 6-3 lists the confidentiality, integrity and availability requirements considered in the design guidelines. Advanced security and privacy requirements such as identity management, non-repudiation of origin and consent management are included. Confidentiality signifies that data is accessible only to those who have the right to know. Integrity is the assurance that data has not been tampered with or modified in any way to undermine its authenticity. Availability denotes having timely access to information. Identity management enables the management of user identities across the Continua E2E architecture, hence associating health information with the right individuals. Non-repudiation of origin is provided through the use of digital signatures and guarantees that the sender of information cannot later deny (or repudiate) having sent the information. Consent management enables patients to provide and manage their consent preferences, which serves as a basis for governing access to and usage of their individual identifiable health information.

Table 6-3 – An overview of security technologies used in the design guidelines

| Standard bodies | Security standard | Security requirements | Interface |
|-----------------|---|---|---------------------|
| IETF | TLS v1.0 [IETF RFC 2246] | Confidentiality, integrity and authentication | HIS-IF |
| IHE, IETF | IHE XDM (S/MIME) [IHE ITI TF-1 XDM] | Confidentiality, integrity and authentication | HIS-IF |
| IHE, OASIS | [IHE ITI TF-1 XUA], [IHE TFS XUA++] | Entity authentication | HIS-IF |
| IHE, HL7 | IHE ITI-44 : Patient Identity Feed HL7 V3, IHE ITI-45: PIXV3 Query transaction, IHE ITI-47: Patient Demographics Query HL7 V3 transaction [IHE ITF PIX PDQ] | Identity management | HIS-IF |
| HL7 | IG for HL7 CDA R2 Consent Directive [HL7 CDA CD] | Consent management | Services-IF, HIS-IF |

Table 6-3 – An overview of security technologies used in the design guidelines

| Standard bodies | Security standard | Security requirements | Interface |
|--------------------------------------|--|---|---------------------|
| IHE, W3C, IETF | XML Encryption Specification [W3C XMLENC] IHE Document Encryption (DEN) Profile [IHE ITI DEN] | Consent enforcement | Services-IF |
| IHE, IETF | IHE Document Encryption (DEN) Profile [IHE ITI DEN] | Consent enforcement | HIS-IF |
| IHE, W3C | IHE Document Digital Signature (DSG) [IHE TFS DSG] | Non-repudiation of origin | HIS-IF |
| IHE | IHE ATNA [IETF RFC 3881] | Auditing | Services-IF, HIS-IF |
| OASIS, IETF | WS-I BSP (TLS v1.0) [OASIS WS-I BSP], TLS v1.1 [IETF RFC 4346] | Confidentiality, integrity and service authentication | Services-IF |
| IETF, OASIS | WS-I BSP (WS-Security + SAML 2.0) [OASIS WS-I BSP], OAuth 2.0 [IETF RFC 6749] | Entity authentication | HIS-IF |
| Bluetooth SIG, Inc., Zigbee Alliance | ZigBee security [ZigBee HCP], Bluetooth security [Bluetooth HDPv1.1] | Confidentiality, integrity and authentication | PHD-IF |

6.1.9 Overview of standards used across PHD-IF

Table 6-4 provides an overview of standards used across PHD-IF, along with the purpose of using a specific standard.

Table 6-4 – An overview of standards used across PHD-IF

| Standards body | Specific standard | Functionality / Purpose of using this standard | Which of the ISO/OSI 7 layers? |
|----------------|-----------------------------|--|--------------------------------------|
| ISO/IEEE | 11073-20601 11073-104xx | Application level services, protocol, data semantics and formats for PHD devices | Layer 5 to 7: Session .. Application |
| Bluetooth SIG | Core specification | Wireless transport connection (in two transport technologies – BR/EDR and LE) | Layer 1 to 4: Transport .. Network |
| | Health device profile (HDP) | Shim between Bluetooth and IEEE 11073 | Layer 4: Transport |
| | Gatt profiles and services | Application level services, protocol, data semantics and formats for medical and sport & fitness devices | Layer 5 to 7: Session .. Application |
| | PHD Transcoding White Paper | Maps BLE observations to IEEE 11073 observations | Layer 7 / Application |

Table 6-4 – An overview of standards used across PHD-IF

| Standards body | Specific standard | Functionality / Purpose of using this standard | Which of the ISO/OSI 7 layers? |
|----------------|---|--|---------------------------------------|
| ZigBee | ZigBee specification | Wireless transport link | Layer 1 to 4: Transport .. Network |
| | Health care profile (HCP) | Shim between ZigBee and IEEE 11073 | Layer 4: Transport |
| USB | USB 2.0 | Wired transport connection | Layer 1 to 4: Transport .. Network |
| | USB device class definition for personal healthcare devices (PHDC) | Shim between USB and IEEE 11073 | Layer 4: Transport |
| NFC Forum | NFC Data Exchange Format (NDEF) Technical Specification, Version 1.0 | Touch transport | Layer 1 to 4: Transport .. Network |
| | NFC logical link control protocol (LLCP) technical specification, Version 1.1 | | |
| | Personal health device communication (PHDC) | Shim between NFC and IEEE 11073 | Layer 4: Transport |

6.1.10 Overview of a Direct-to-Cloud deployment option and related constraints

The Continua Design Guidelines support implementation of a Direct-to-Cloud architecture. The basic topology is where a D2C device (D2CD), typically a sensor (e.g., pulse oximeter, blood pressure monitor, glucose monitor) connects via a cellular connectivity infrastructure to the HFS functions represented by a cloud server. The mapping to the CDG E2E system architecture for the Direct-to-Cloud topology is shown in Figure 6-15, where the D2C device and HFS communicate via the Services Interface, compliant with the guidelines in [ITU-T H.812].

In the D2C deployment scenario, the D2C device is pre-configured with sufficient information to know which HFS it should attempt to communicate with, before attempting to establish a transport layer connection towards the HFS.

The underlying transport may typically be provided by cellular infrastructure, e.g., as defined by 3GPP.

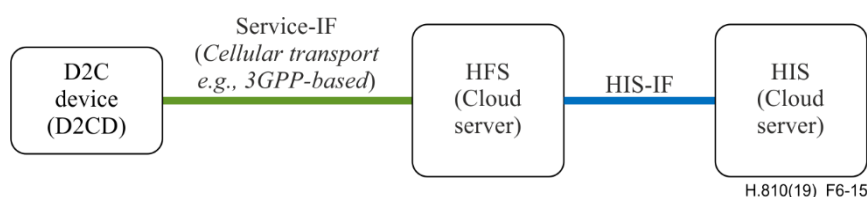


Figure 6-15 – Direct-to-Cloud example architecture mapping to CDGs

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