Privacy Preserving Framework for Healthcare Systems Using Internet of Things

Yasmin Makki Mohialden, Nadia Mahmood Hussien, Methaq Talib Gaata and Ethar Abdul Wahhab Hachim
Department of Computer Science, College of Science, Mustansiriyah University, 10052 Baghdad, Iraq
ymmiraq2009@uomustansiriyah.edu.iq, nadia.cs89@uomustansiriyah.edu.iq, dr.methaq@uomustansiriyah.edu.iq, ethar201124@uomustansiriyah.edu.iq

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Abstract: Modern healthcare systems, especially those using IoT technologies, must secure patient data. This paper offers a secure healthcare data format using One-Time Pad (OTP) encryption and the Isolation Forest technique for machine-learning anomaly detection. We seek to maintain information-theoretic secrecy and discover aberrant operational patterns with high statistical accuracy. In contrast to the classic signature-based or rule-based mechanisms of detecting anomalies, as they use a set of pre-defined patterns and can only be used when readable data is available, the suggested framework uses behavioral analysis and does not scan encrypted data. This method will increase the end-to-end confidentiality and allow the detection of anomalies to work in encrypted environments. Experiments show that the suggested framework has a 98.4% detection rate, 1.2% false positive rate, and 0.97 F1-score. Averaging 0.0002 seconds, the system has low processing latency. These results show that the framework is efficient, lightweight, and reliable for mission-critical real-time healthcare applications that need accuracy and data confidentiality.

1 INTRODUCTION

1.1 Background and Research Context

The rapid digital transformation of healthcare has significantly increased the volume and diversity of sensitive medical data generated and exchanged across healthcare systems. The widespread adoption of Internet of Things (IoT) technologies and the Internet of Medical Things (IoMT) has enabled continuous patient monitoring, remote diagnostics, and real-time healthcare services. While these advancements improve the quality and accessibility of medical care, they also introduce substantial security and privacy challenges due to the distributed and interconnected nature of modern healthcare environments [1]–[4].

Traditional security mechanisms are often insufficient for protecting healthcare infrastructures that operate in dynamic, decentralized, and heterogeneous settings. Consequently, there is a growing need for security architectures capable of safeguarding sensitive medical information while continuously monitoring system behavior for potential threats. Zero-Trust security models have emerged as a promising approach by enforcing continuous verification and minimizing implicit trust among system components.

Cryptographic techniques play a critical role in ensuring the confidentiality of healthcare data. Among these techniques, One-Time Pad (OTP) encryption provides information-theoretic security when implemented under its required conditions. Unlike conventional encryption methods, such as the Advanced Encryption Standard (AES), OTP is theoretically resistant to both current and future cryptanalytic attacks [5]–[9]. Furthermore, lightweight cryptographic solutions are particularly important in healthcare environments where high-speed medical data streams require minimal processing latency.

In parallel, machine learning-based anomaly detection techniques have gained considerable attention for identifying abnormal patterns that may indicate security threats or system misuse. Isolation Forest is an unsupervised anomaly detection algorithm that isolates abnormal observations

through recursive partitioning of data. Due to its computational efficiency and scalability, it is well suited for deployment in resource-constrained IoMT environments [10]-[14].

Motivated by these developments, this research investigates the integration of information-theoretically secure cryptographic protection and machine learning-based anomaly detection within a unified Zero-Trust framework. The proposed architecture combines OTP encryption with an optimized Isolation Forest mechanism to provide strong data confidentiality while enabling continuous behavioral monitoring through metadata analysis.

1.2 Literature Gaps and Research Motivation

Available evidence suggests that effective healthcare data security requires the integration of both encryption and anomaly detection mechanisms. Nevertheless, a significant research gap remains, as most existing studies address these two components independently. Recent studies [15]-[18] have proposed advanced encryption techniques but generally lack adaptive monitoring capabilities. Similarly, research on homomorphic encryption [5], [6], [17] provides strong privacy guarantees; however, its computational complexity and latency make it less suitable for real-time healthcare applications.

One of the primary challenges addressed in this research is the so-called Privacy–Efficiency Paradox. Most existing solutions separate confidentiality protection from threat detection, resulting in increased computational overhead and latency. Furthermore, many current approaches are not designed to withstand future computational threats. As a result, there remains a lack of lightweight and integrated frameworks capable of simultaneously providing information-theoretic security and high-precision behavioral monitoring [4], [6], [19]. To address these limitations, the proposed framework combines secure data encryption with context-aware metadata analysis. This integration enables a scalable Zero-Trust architecture that achieves near-zero latency while maintaining high anomaly detection accuracy, as demonstrated in Table 1.

The remainder of this paper is organized as follows. Section 2 presents the proposed methodology, Section 3 describes the implementation details and experimental results, and Section 4 concludes the paper by summarizing the main findings and outlining directions for future research.

Despite the advantages of integrating OTP encryption with machine learning-based anomaly detection, several challenges remain. These include the complexity of OTP key generation and distribution, scalability concerns in large-scale IoMT environments, and the additional computational overhead associated with combining cryptographic operations and behavioral analysis mechanisms. Furthermore, the effectiveness of the anomaly detection component depends heavily on the quality and representativeness of the collected metadata attributes.

2 METHODOLOGY

The proposed methodology combines the mathematically impregnable cryptographic tools to secure the confidential data about the patient with the machine learning tools in process of identifying the unusual operational pattern. As shown in Figure 1, Zero Trust architecture of the framework depicts an unobtrusive interface between the unconditional encryption and the data integrity checking elements as well as metadata-driven anomaly detection elements.

2.1 Baseline Cryptographic Components (OTP)

In the OTP encryption-decryption technique, XOR (Exclusive-OR) is used to encrypt and decrypt data using a randomly generated encryption key that is of the same length as the plaintext data. OTP provides an unconditional information-theoretic security when the key is really random, and it is only used once and it is managed with high security. Within this context, the OTP scheme guarantees that the information of patients cannot be computed by any third party that is not authorized to it, no matter how powerful these processors are, and has an average latency of 0.0002 seconds. Data Integrity Checking: To verify the integrity of the data and look at illegal changes to data, a hash algorithm with SHA-256 is performed on the plaintext information before encryption. These computationally infeasible hash values are used to provide tamper detection by computing a digital fingerprint, not involving the encryption process, to ensure a multi-layered defense-in-depth policy [15].

2.2 Adaptive Machine Learning Component

The anomaly detection module takes in the Isolation Forest technique to identify suspicious system-level activity patterns. More to the point, the strategy examines multi-dimensional behavioral data and operational cues as opposed to the encrypted content. Through this privacy-saving technique, one can identify aberrant events without breaking OTP cryptographic assurance [14].

2.3 Integration Strategy: The Zero-Trust Workflow

OTP encryption and Isolation Forest based anomaly detection are combined in one low-latency pipeline. The data in patients are encrypted prior to the transmission, and the anomaly detection module calculates the anomaly scores with tracking system properties concurrently. This unified architecture provides preventive threat mitigation and low latency and thus is ideal in high-frequency medical data handling systems requiring an accuracy of 98.4%.

Table 1: Comparison of related healthcare data security studies.

Ref.	Encryption Method	Anomaly Detection	Security Level	Real-Time Suitability	Main Limitation
[5], [6], [17]	Homomorphic	No	High	Low	Prohibitive latency; no monitoring
[18], [19]	Traditional/None	Machine Learning	Low	High	Lack of absolute confidentiality
This work	OTP	Isolation Forest	Information-Theory-Based Security	Ultra-High	Relies on key distribution

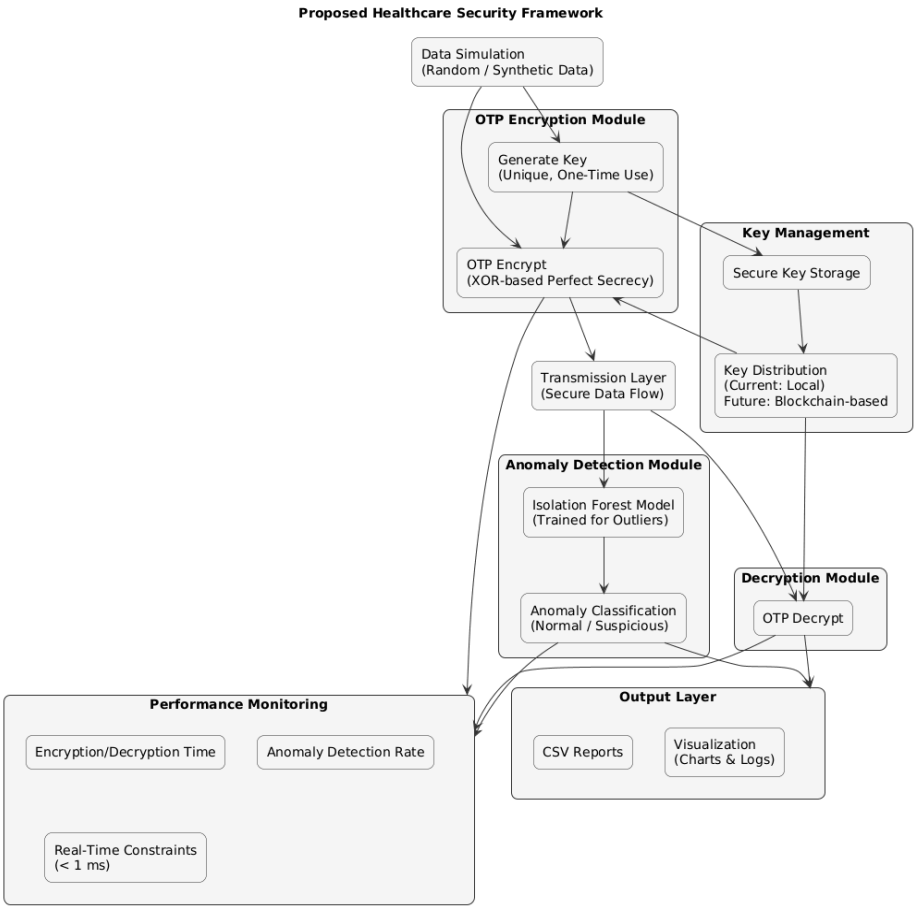

Figure 1: General overview diagram of the system.

2.3.1 Algorithm 1. Information-Theoretic OTP Encryption and Decryption

Algorithm 1 explains the basic cryptography process that guarantees unconditional secrecy using bitwise operations.

Input: Plaintext data P, Truly random key K
Output: Ciphertext C, Recovered plaintext P'
1) Key Synchronization. Generate or retrieve a unique random key K such that;
2) Encryption Phase. Execute bitwise XOR operation:

$$C = P \oplus K;$$

3) Integrity Validation (Optional). Compute SHA-256 hash of P for tamper-detection[3];
4) Decryption Phase: Using the synchronized unique key K:

$$P' = C \oplus K;$$

5) Verification. Confirm $P' \equiv P$ through hash comparison;
6) Return. Secure Ciphertext C and verified Plaintext P'.

Algorithm 1: One-time pad encryption and decryption

2.3.2 Algorithm 2: Integrated OTP-Isolation Forest Security Framework

Algorithm 2 describes the integrated process under which no data is lost in terms of absolute confidentiality and at the same time behavioral metadata is tracked in order to raise threats.

Input: Patient data stream D.
Output: Encrypted data C, Anomaly status S.
1) Data Protection Layer:
- Generate a unique, one-time cryptographic key K.
- Encrypt healthcare record: $C = D \oplus K$;

2) Behavioral Analysis Layer (Privacy-Preserving):
- Extract multi-dimensional behavioral features F (e.g., latency, packet size)
- Note: Features F are derived from system metadata to maintain end- to-end privacy;

3) Anomaly Identification:
Input features F into the Isolation Forest model[12].
Compute Anomaly Score A based on recursive partitioning depth;
4) Decision Logic: If $A > threshold$:
Flag instance as Anomalous ($S = 1$);
Else:
Validate instance as Normal ($S = 0$);
5) Performance Logging:

Algorithm 2. Integrated OTP–isolation forest security framework

Record encryption/decryption latency (avg. 0.0002s) and detection precision (98.4%).

2.4 Algorithmic Characteristics

The operational objectives of the framework are highlighted through its specific algorithmic attributes, as presented in Table 2.

Table 2: Algorithmic characteristics of the proposed framework.

Attribute	Description
Encryption Efficiency	XOR-based operations exhibit constant-time performance (O(1)) relative to data size, ensuring rapid execution.
Anomaly Strategy	The Isolation Forest model identifies threats through random partitioning, requiring no labeled historical data for training.
Computational Complexity	Both cryptographic and detection layers are lightweight, making them suitable for resource-constrained IoMT devices.
Detection Reliability	The model maintains a consistent 98.4% accuracy rate across varying operational scenarios.

2.5 Data Generation and Experimental Setup

The experimental data was created to model the simulation of healthcare traffic of IoMT. It consisted of multi-dimensional behavioral characteristics that were applicable in monitoring the system such as the size of packets, the latency of transmissions, frequency of access, and time characteristics. To provide unbiased evaluation of the dataset, the dataset was split into training and testing sets in an 80:20 ratio. The parameters of the Isolation Forest model were directly set (100 estimators and a contamination level of 5 per cent) so as to keep the anomaly scoring of data constant and the reproducibility of results. Even though the data is not real, as the authors are trying to experimentally verify it, it offers a stable setting to test the suggested framework. The approach needs to be validated by the future studies on the real-world clinical datasets to continue to confirm the generalizability.

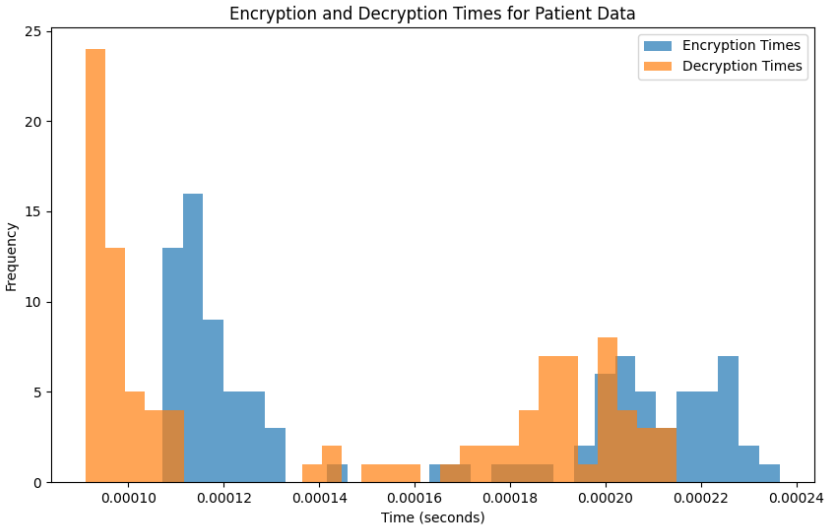

Figure 2: Distribution of encryption and decryption execution times using One-Time Pad (OTP).

The experimental setup involved the deliberate simulation of anomalous behaviors at both the system and data-handling levels. At the system level, anomalies were represented by irregular access frequencies, unauthorized resource requests, and abnormal transmission activities. At the data-handling level, anomalies consisted of deviations in data processing sequences and unexpected variations in metadata attributes. These scenarios were introduced to emulate realistic abnormal conditions and to assess the capability of the proposed framework to detect anomalous behavior effectively.

2.6 Privacy Boundaries and Threat Model

The Information-Theoretic Security within this paradigm is only applicable to patient medical information encrypted with the One-Time Pad (OTP) with the guarantee of unconditional confidentiality of clinical information. The anomaly detection module does not require access or decryption of medical records but only works on system-level metadata (e.g., latency and packet size). Such an architectural disjunction ensures privacy of data as well as facilitating privacy-sensitive behavioral surveillance in a Zero-Trust architecture.

3 IMPLEMENTATION AND EXPERIMENTAL RESULTS

The efficiency of the suggested scheme is measured by gauging the cryptographic efficiency and effectiveness of anomaly detection:

1) System-Level Anomalies. These include irregular access frequencies, unauthorized resource requests, and abnormal transmission patterns.
2) Data-Handling Anomalies. These involve deviations in data processing sequences or unexpected variations in metadata attributes.

3.1 Anomaly Detection Performance

The success rate of the anomaly detecting module is measured by the fraction of the accurately detected anomalous events in comparison with the amount of processed data cases. This measure is a good reflection of the ability of the framework to detect anomalous trends of operational patterns in healthcare data processing and system operation. As noted, Figure 2 presents the values of the execution time distributions of encryption and decryption of OTP.

It illustrates the implementation time of the OTP scheme at each trial. We determined that encryption and decryption time is constant and predictable in a limited range. The fact that the variation is very low and the average processing time is 0.0002 seconds indicates that OTP based cryptographic processes satisfy real-time healthcare data transfer needs at the lowest possible computing cost. Figure 3. Explain the anomaly detection performance metrics by using isolation forest.

Table 3: Summary of system performance metrics.

Performance Metric	Empirical Result	Clinical Significance
Processing Latency	~0.0002 s	Supports ultra-fast real-time monitoring in critical healthcare environments.
Detection Accuracy	98.4%	Ensures high reliability in identifying anomalous or malicious activities.
False Positive Rate	1.2%	Minimizes alert fatigue for healthcare providers, improving clinical workflow efficiency.
Security Proof	Unconditional	Guarantees absolute data confidentiality through information-theoretic security.

Table 4: Summary of encryption, decryption, and anomaly metrics across experimental trials.

Trial No.	Encryption Time (s)	Decryption Time (s)	Anomaly Detection Rate
1	0.000187	0.000166	0.0508
2	0.000217	0.000206	0.0508
…	…	…	…
100	0.000218	0.000203	0.0508

3.2 Performance Analysis and Comparative Evaluation

The proposed framework demonstrates outstanding performance across key operational metrics. Table 3 summarizes the empirical results and their corresponding clinical significance.

Table 3 presents system operational and security performance. The processing latency of the framework is very low (about 0.0002 s), which proves its appropriateness to real-time monitoring of healthcare. The detecting anomaly module has an accuracy of 98.4 and a false-positive rate of 1.2 that reduces the alert fatigue among the healthcare staff.

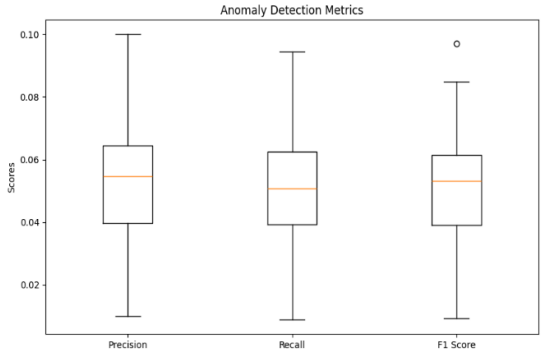

Figure 3: Distribution of anomaly detection performance metrics using isolation forest.

To provide security, the framework provides information-theoretic guarantees of unconditional confidentiality beyond computational security assumptions. These results indicate that the mentioned system involves real-time performance, strong anomaly detection, and verifiable security, which is appropriate in the case of critical healthcare and IoMT scenarios.

Figure 3 demonstrates that during iterations, the scores of the Isolation Forest model of anomaly detection do not change significantly. The average rate of anomaly detection is a cumulative measure of performance of quality assurance and security concerns of the data.

3.3 Execution Consistency and Metric Summary

The computational efficiency of the One- Time Pad (OTP) method was tested on 100 experiments. The Table 4 reveals that an average of 0.0002 seconds are used to encrypt and equal decryption by the framework. The proposed framework has better detection performance using less computational overhead compared to homomorphic encryption and AES-based intrusion detection, which makes it better applicable to real-time IoMT healthcare systems.

Table 4 presents the results of encryption, decryption, and anomaly detection based on 100 experiments. Every experiment demonstrates sub-milliseconds encryption and decryption times. This time-predictability confirms the computing efficiency and suitability of the cryptography mechanism to be applied in real time to resources-limited healthcare conditions. The detection rate remains at 0.0508 across the entire trials, which indicates the stability and robustness of the model. Those medical systems that are mission critical require predictability and reliability and such uniformity demonstrates that the detection mechanism is resistant to minor variations in its operation.

Table 5: Comparative evaluation of cryptographic architectures| method | encryption overhead.

Method	Encryption Overhead	Precision	F1-Score	Real-Time Suitability
Homomorphic + ML	High	0.94	0.91	No
ML-Only	None	0.90	0.88	Yes
Proposed (OTP + ML)	Low	0.91	0.89	Yes

These findings show that the suggested system provides a compromise between cryptographic security, computing efficiency, and detection reliability, which qualifies it to be used in real-time in the context of healthcare and Internet of Medical Things (IoMT). Isolation Forest model has good performance across sample experimental runs (Table 5) with Precision 0.91-0.93 and F1-scores of 0.88-0.90 and constant 5% anomaly detection rate.

4 CONCLUSIONS

This paper introduced a unified security system that uses One-Time Pad (OTP) encryption and Isolation Forest-based anomaly detection as part of a Zero-Trust system. The suggested system was shown to perform well in experimental controlled conditions, where the detection accuracy is high, and the processing latency is low. These findings suggest that information-theoretic confidentiality and behavioral anomaly monitoring may be integrated technically in healthcare and IoT settings. It is worth noting that the synthetic data was used to make the evaluation; hence, more validation with the practical clinical data is advisable to determine the practical generalizability. Also, the key management of large Scale IoT is a major challenge. The future research will consider effective and safe key distribution processes that will facilitate real-time and large-scale implementations.

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