

Contactless Heart Rate Measurement using Image Processing

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Abstract: Non-contact methods of determining the human body's heart rate are of interest for clinical use. This research used a video magnification technique on the individual frames from a 15-second video taken using a digital single-lens reflex (DSLR) camera at 30 frames per second. It was possible to determine the heart rate beats per minute by extracting the green spectrum from a region of interest information from the video frames. In this paper, three methods are presented using this colour change between the frames transform as a signal to find the heart rate. While capturing the video's using the camera, a commercially available pulse oximeter was used to obtain the pulse rate from the participant's finger to validate the values calculated from the image processing techniques presented. The results show that it is possible to get a heart rate in terms of pulse rate reading using a camera and the developed MATLAB code.

1 INTRODUCTION

Heart rate (HR) variability is an essential parameter in the clinical environment for assessing the heart's function. It is helpful to indicate health status and diagnostics and assess cardiovascular diseases and chronic diseases (Stouffer et al., 2018). The frequency at which the heart beats, referred to as pulse rate, is measured in the number of these beats that occur per minute (bpm); the pulse rate changes depending on the body's need for oxygen (Schantz et al., 2019). Many factors can influence this, including but not limited to physical activity, emotion, illness, stress, and drugs (Allen, 2007). Regular resting heart rate for healthy adults falls within a range of 60 to 100 beats per minute (*The Gale Encyclopedia of Fitness*, 2012).

In 1938, Hertzman was the first to introduce the term photoplethysmography (PPG) as a description of a non-invasive optical technique for detecting the changes in blood volume in blood vessels (Kamshilin & Margaryants, 2017). It measures the light reflected from or transmitted through the body by using the principle that oxygenated haemoglobin absorbs more light than its surrounding tissue (McDuff et al., 2015; Verkruysse et al., 2008).

PPG became a popular method for measuring the heart rate: it is non-invasive, less expensive, and less complex (Feukeu & Winberg, 2019). Pulse oximeters first became available commercially in 1983 (Kamshilin & Margaryants, 2017). They usually contain two red and infrared lights (Aarthi et al., 2019). A pulse oximeter is designed to fit over a finger or, in some cases, an ear, toe, wrist and send wavelengths of red and near-infrared through the body.

Imaging PPG (iPPG) signal is similar to PPG signal recorded in a non-contact method using a camera. iPPG is an emerging technique that senses cardiovascular signals in the outer skin layers (Zaunseder et al., 2018).

2 THEORY

Non-contact measurement using videos is a popular research area, and many tools are available to process the videos in terms of colour and motion, such as Eulerian Video Magnification (Wu et al., 2012). The Eulerian method uses spatiotemporal filtering for the extraction of motion and colour variations in the video. Spatial decomposition is building image

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pyramids that decompose the video sequence into different spatial frequency bands. Spatial processing aims to increase the temporal signal-to-noise ratio by pooling multiple pixels, spatially low-pass filter the video frames, and down sample them for computational efficiency. In the general case, the entire Laplacian pyramid was computed (Burt & Adelson, 1983). The Laplacian pyramid is a sequence of images L_0, L_1, \dots, L_n . Each is the difference between the two levels of the Gaussian pyramid is given by:

$$L_1 = g_l - \text{EXPAND}[g_2] \quad (1)$$

$$L_1 = g_l - \text{EXPAND}[g_3] \quad (2)$$

where g_l is the l^{th} level of Gaussian pyramid and g_2 and g_3 are second and third levels, respectively.

Temporal processing performs on each spatial band that considers the time series corresponding to a pixel value in a frequency band and applies a band-pass filter to extract the frequency band of interest (Wu et al., 2012).

3 METHODOLOGY

This section covers the procedure used to record and process videos to determine the heart rate in bpm. The results presented are from a pilot study where videos were recorded from two participants using a mirror-less DSLR, Olympus Pen Lite E-PL5 16-megapixels CMOS sensor camera fitted with an Olympus M Zuiko Digital 14-150mm F4-5.6 lens.

The videos were recorded at 30 frames per second with a resolution of 1920×1080 pixels. The camera was mounted on a tripod to eliminate any possible movement artefacts due to the camera during recording. The camera was positioned at the required distance to have the participants face in the camera frame; this distance was 1.5 metres. Video capture took place in a large room with natural light and artificial light throughout the room, so the participants were not under any direct or forced illumination. The participants sat upright on a chair with the back of the chair against a dark coloured wall to provide a clear difference in colour between the area that was the participant’s face/head and the background, shown in Figure 1.

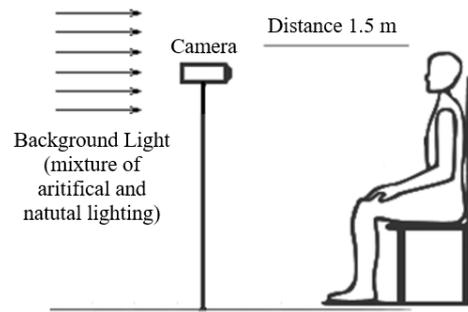


Figure 1: Setup of video recording.

Each video was recorded 15 to 20 seconds in length. During filming, the participants were asked to remain as still as possible but to breathe normally.

While videos were recording, the participants wore a Rossmax SB100 Finger Pulse Oximeter to validate the recorded videos’ results, placed on their dominant hand’s first finger.

3.1 Object Detection

Object detection can identify the video’s region of interest (ROI) to mitigate background noise interference (Poh et al., 2010). Bush compared various ROIs of the face for HR detection: a standard bounding box ROI, a box with the eyes removed, a box section of the forehead, and the face cropped (Bush, 2016). Bush also reported that all four approaches performed equally in error rate whether the participant was still or moving; the forehead targeted area had a slightly lower error rate (Bush, 2016). However, the forehead ROI resulted in a significantly higher outlier percentage. Overall, the most efficient was the simple ROI as it is the fastest to compute and has equivalence performance to the more targeted ROIs. However, if noise interference from the background is a concern, then a segmented region cropping the face should be considered.

3.2 Image Processing

The video was separated into a sequence of image frames then passed through a series of image processing techniques.

The spatial decomposition of each frame will characterise the variation over space; this process will reduce image noise and increase the temporal signal-to-noise ratio (Poh et al., 2010). Wu et al. approach was to decompose each frame to different spatial frequency bands, applying Gaussian blur to pool multiple pixels together (Wu et al., 2012). The green colour channel’s pixel values were pooled together to compute the average quantity of green across all

frames and the corresponding variation per frame; to obtain a signal representing the green colour channel's fluctuations within the ROI (Alghoul et al., 2017).

3.3 Video Processing

The MATLAB (release R2020b) function 'VideoReader' was used for processing the videos, which extracted the required information: frame rate, number of frames, video height, video width and duration.

Using object detection application was used to identify an ROI; the algorithm is performed on each video frame to obtain an ROI. The MATLAB code detected the ROI once and applied the same ROI to all the frames. To improve the efficiency of the code by reducing the computation time. The ROI output is a four-element vector $[x, y, width, height]$ bounding box square in shape see Figure 2.



Figure 2: ROI identified face detected.

To compute the average pixel value of the green colour channel, developed using MATLAB code was used, and the signal processing code was used for achieving temporal image processing.

3.4 Heart Rate Measurements

For the research presented using the signals, the heart rate beats per minute able to be found using one of the following three methods:

- *Method 1*: using the FFT of the filtered signal in the frequency domain and using the dominant peak frequency corresponds to the mean bpm measurement.
- *Method 2*: using the number of peaks over the video's total time to calculate the mean bpm. This method used the MATLAB 'findpeaks' function with conditions applied to minimum peak height, minimum peak distance, and minimum peak

prominence. The peak HR values were plotted against time, with each measurement identified with a marker.

- *Method 3*: uses results obtained in method 2; two consecutive peak values were used to calculate an HR value. These values were then plotted against time to show the variation of HR for the video

4 RESULTS

The results presented were obtained using video filename: P101.

4.1 Method 1

Figure 3 shows the selected colour channel fluctuations within the ROI, plotting the green colour channel signal.

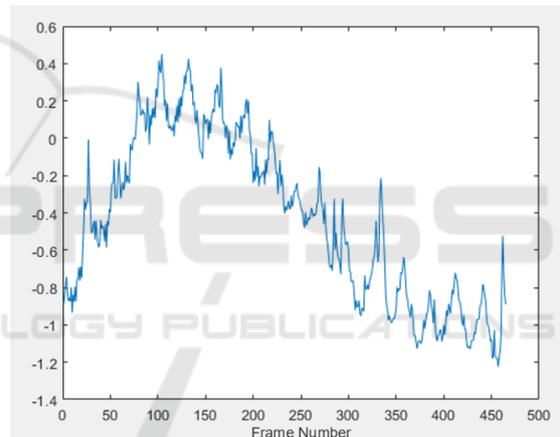


Figure 3: Signal for fluctuations in the green colour channel within ROI.

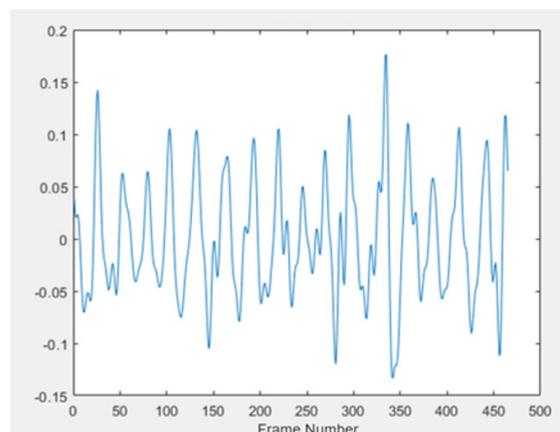


Figure 4: Filtered signal against frame number.

The filtered signal is plotted against to frame number, shown in Figure 4.

The FFT of the filtered signal shown in Figure 5 shows the maximum peak value was extracted and marked on the plot.

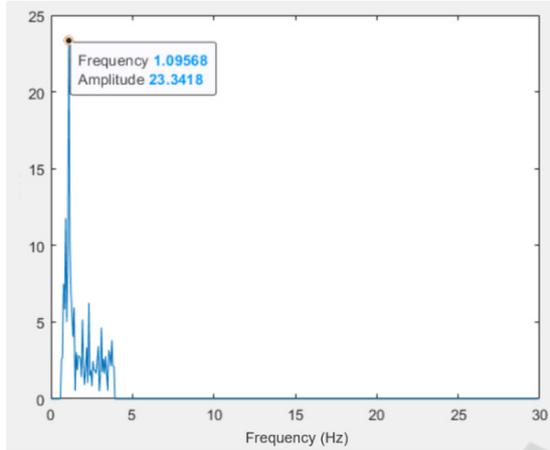


Figure 5: FFT plot of filtered signal in the frequency domain.

The dominant frequency is at 1.09568 Hz corresponds to a mean HR value of 65.74 bpm and which was calculated as follows:

$$T = \frac{1}{f} = \frac{1}{1.0956} = 0.9127 \text{seconds}$$

where T is the periodic time in seconds, and f is the frequency in Hz. So, the heart rate in beats per minute (bpm) is:

$$bpm = \frac{60 \text{ seconds}}{T} = \frac{60}{0.9127} = 65.74$$

4.2 Method 2

Figure 6 shows the filtered signal waveform where each peak associated with each heartbeat is marked and numbered and plotted against frame number.

The mean HR is 65.67 bpm, calculated from the total number of peaks against the number of frames and HR in bpm and was calculated as follows:

$$n = \frac{\text{total frame number}}{\text{number of peaks}} = \frac{466}{17} = 27.41 \text{ frames/peak}$$

where n is the mean number of frame per peak, so:

$$T = \frac{n}{m} = \frac{27.41}{30} = 0.9136 \text{ seconds}$$

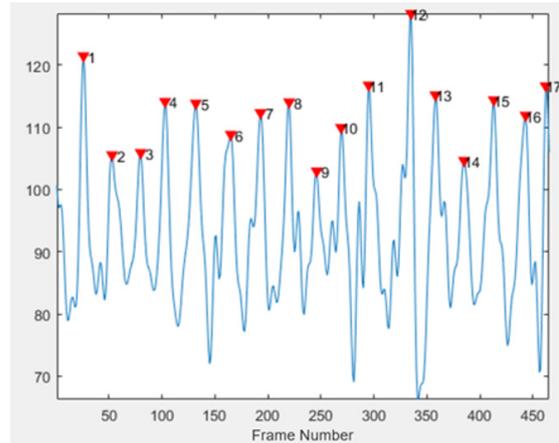


Figure 6: Peaks detected marked and numbered for the signal from Figure 4.

where m is the frames per second (fps), the heart rate in beats per minute (bpm) is:

$$bpm = \frac{60 \text{ seconds}}{T} = \frac{60}{0.9136} = 65.67$$

4.3 Method 3

In Figure 7, the top plot is a repeat of Figure 6, and the bottom plot shows the result using two consecutive and finding the HR values in bpm; this is repeated for all the values and then plotted against time. The overall mean for the bottom plot HR values was calculated and had a value is 67.73 bpm.

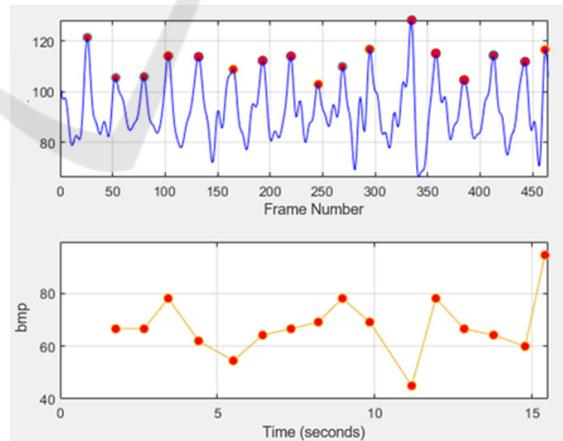


Figure 7: The signal is taken from Figure 6 (top), and HR values are plotted against time (bottom).

The results presented in this paper, which used video filename: P101 gave HR values for (a) method one equal to 65.74 bpm, (b) method two a mean value HR of 65.67 bpm and (c) method three a mean HR of 67.73 bpm. A commercially purchased pulse

oximeter was used to validate all the results taken; for video file P101, the HR range obtained was 68-65 bpm, an average of 66.5 bpm.

Table I shows the experimental results from six recorded videos taken using two participants. Both participants were female with an average age of 25 years with fair skin complexion.

Table 1: Video result values of Participant 1 and 2.

Participant 1					
Video No.	Experimental HR Values (bpm)			Validation HR Values from Pulse Oximeter (bpm)	
	Method 1	Method 2	Method 3	Range	Average
P101	65.74	65.67	67.73	68-65	66.50
P102	63.69	63.69	64.93	60-63	61.50
P103	87.19	79.92	86.68	108-80	94.00
Participant 2					
Video	Experimental HR Values (bpm)			Validation HR Values from Pulse Oximeter (bpm)	
	Method 1	Method 2	Method 3	Range	Average
P209	98.72	98.72	103.10	110-98	104.00
P210	98.08	94.45	95.75	104-99	101.50
P211	99.33	95.90	99.46	102-99	100.50

5 CONCLUSION

From the results obtained, three limitations have been identified.

Firstly, the recording of the pulse oximeter results parallel to the video recording was done by observing and writing the values down on paper. This approach introduced human error to the validation results. This error was eliminated by using a pulse oximeter with a wireless data logger.

Secondly, there is a weak correlation in the results at higher HR values and reduced accuracy from the experimental results.

The third limitation is the video recording were taken with the highest quality camera that was accessible, though these observations were also evident in the other standard consumer camera devices. When reviewing the video footage, video recording starts and stops; this can introduce unwanted interference in the image due to the camera sensor's light sensitivity. At times during the recording, the camera footage becomes blurry, and then the camera refocuses itself.

This research has demonstrated that it is possible to acquire HR measurement without physical contact with the participant by obtaining a signal through image processing of a video recording. Factors such as the lighting conditions, video recording settings, and ROI. All these variables require further investigation to see how they influence HR value accuracy. However, precision drops under non-ideal conditions. Though the delivered product is promising, these limitations would be significant for real-world application.

Further work is to create a more robust product and record videos from a more significant number of participants for data collection so results are validated.

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