



Methods of Integrating Ideological and Political Education into Health Management in Colleges and Universities Based on Internet of Things Technology

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Abstract. In order to better promote the physical and mental health development of college students, this paper puts forward the method of Integrating Ideological and political education into health management based on Internet of things technology, optimizes the integration mode of Integrating Ideological and political education into health management in Colleges and universities in combination with Internet of things technology, constructs an evaluation system of Integrating Ideological and political education into health management in Colleges and universities, and simplifies the steps of Integrating Ideological and political education into health management in Colleges and universities, which is confirmed by experiments. The method of Integrating Ideological and political education into health management in Colleges and Universities Based on Internet of things technology has high practicability and fully meets the research requirements.

Keywords: Internet of things technology · Ideological and political education · Health management

1 Introduction

The Ministry of education proposed to vigorously promote the classroom teaching reform with the goal of curriculum ideological and political education, improve the teaching design, sort out the ideological and political education elements contained in various professional courses and the ideological and political education functions carried by them, and integrate them into all links of classroom teaching. “Introduction to health service and management” is a compulsory professional Enlightenment Course for freshmen majoring in health management in Colleges and universities. It integrates ideological and political elements into the whole teaching process of the course, and realizes the equal emphasis on knowledge transfer and value guidance, which is conducive to exploring the deeper synergistic educational effect of ideological and political education. The research on the construction of healthy China has achieved rich research results [2].

There are still many areas to be studied and explored. For example, how to promote the construction of a healthy China in practice, how to improve the health literacy of the whole nation, and how to implement health education, health promotion and other education. Research on the role of diversified health education models, such as general health education, knowledge and behavior model health education, WeChat health education and sports curriculum, in the prevention and treatment of specific diseases. The third is the current situation of college students' health literacy, health education needs analysis and research on the path to improve college students' health literacy. These studies have fully recognized the importance of College Students' health education, and are actively looking for relevant problems and countermeasures. The diversified education model research also provides valuable experience for this study. These studies are based on the traditional concept of health, and only pay attention to the role of health education in the treatment and prevention of diseases. Under the background of "healthy China", the concept of health in health education has been promoted from "treatment of diseases" and "prevention of diseases" to "health promotion". Under this background, health education focuses on establishing a four-dimensional health concept of disease-free, physical and mental integrity, social adaptation and environmental harmony, It is a "great health concept", which involves ideological education. Y Zhang[3] deeply analyzes the influence of mobile internet on the timeliness of college students' ideological and political education, and on this basis, establishes a new application strategy to ensure the full integration of mobile internet and college students' ideological and political education. Bamakan discuss how blockchain technology meets the requirements of HWM. Therefore, we conducted a comprehensive systematic literature review to determine and critically evaluate the application of blockchain in the research field. These applications are divided into waste generation, waste separation and packaging, waste storage containers, waste collection, temporary waste storage areas, waste treatment, waste off-site and on-site transportation, waste disposal, hospital staff training, waste management regulations, hospital sewage systems, energy, and waste recycling and reuse. Jenkins to study the role of wearable medical sensor devices, machines, deep learning algorithms and medical systems based on the Internet of Things in screening, diagnosis, monitoring and treatment of patients with COVID-19. Under the background of "healthy China", how to carry out health education with the core of "great health concept" is an important joint of College Students' health education and ideological and political education. Based on this, combined with Internet technology, this paper studies the method of Integrating Ideological and political education into health management in Colleges and universities.

2 Integrate Ideological and Political Education into Health Management in Colleges and Universities

2.1 Integration Method of Ideological and Political Education into Health Management in Colleges and Universities

Both college students' health education and ideological and political education take college students as the main educational objects. College teachers and other staff are both educators and educatees. Both college students' health education and ideological

and political education require the two-way interaction between college teachers and other staff and college students to be effectively completed. Colleges and universities have conducted in-depth analysis and understanding of college students as an educational object in the process of carrying out health education and ideological and political education, and formulated targeted education plans. The health needs and ideological and political literacy of contemporary college students show distinctive personalized and hierarchical characteristics. The whole process of contemporary college students from entering colleges and universities to graduation is the common research object and educational process of the two major education. The essence of College Students' health education and ideological and political education is "education", so there are many similarities in the way of education. The educational means of both can be divided into two levels, namely, theoretical education and practical education. Theoretical education mainly includes classroom theoretical teaching, theoretical lectures and knowledge publicity. It pays attention to the education and guidance at Ideological and theoretical level, and mainly aims at the transformation of ideas; practical education mainly includes extracurricular practical activities, experiencing real life, educational practice, etc., and mainly aims at the presentation of behavior. The combination of theoretical education and practical education is an effective method commonly used in college students' health education and ideological and political education, and it is also an important methodology to do a good job in college education. The research on the theory of student work mode is the objective basis for its practical transformation. To build a theoretical system of developing student work mode, we must also take "development" as the main line, take promoting the all-round development of students as the starting point and destination of theoretical research, and put the basic concepts, basic principles, basic objectives, basic contents and other structural elements of developing student work mode through the theoretical system. These elements are not only different, but also related to each other. They contain each other and restrict each other. They occupy different positions and have different functions. Together, they constitute a complete theoretical system of development oriented student work mode. As shown in Fig. 1:

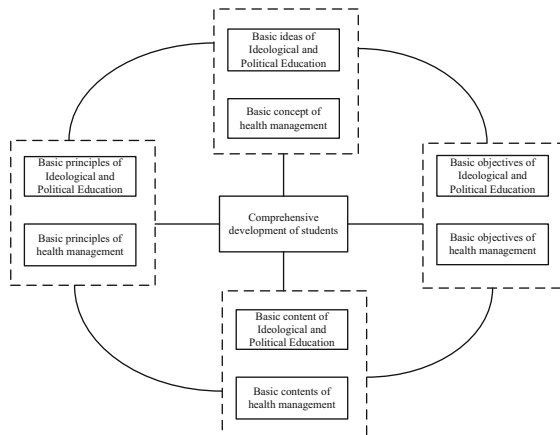


Fig. 1. Integration model of student ideological and political education and health management

The training goal of health service and management specialty is to cultivate compound medical talents with both political integrity and ability, solid medical knowledge and management ability, so as to meet the professional needs of changing from modern medical model to prevention. Due to the particularity of medical services and medical management, medical talents must have good professional ethics and medical ethics. "Introduction to health service and management" is a professional Enlightenment Course for freshmen for the first time. The course covers the basic knowledge of medicine, management and other disciplines, so that students have a deep and comprehensive understanding of the professional knowledge architecture system, stimulate Freshmen's motivation to learn professional knowledge, enabling them to establish correct values, world outlook, cultivate a good style of study, and play a connecting role [6]. In the teaching process of "Introduction to health service and management", relevant ideological and political elements are sorted out from the development process of health service management, health promotion of major infectious diseases, health services of traditional Chinese medicine, grass-roots health service management, health care and elderly care services, relevant laws and regulations of health service industry, health risk assessment and management, and health management ethics, and organically integrated into the teaching practice of curriculum knowledge. As an institutional innovation in the field of higher education in recent years. The ideological and political education curriculum emphasizes that improving the ideological and political quality is the primary requirement of talent training. Cultivate useful talents who are determined to fight for socialism with Chinese characteristics for life, "be both professional and professional, have both ability and moral integrity, and develop in an all-round way". Compared with western developed countries such as Britain and America, China's health service industry started late. However, the implementation of a series of security systems and policies has pointed out the direction for the development of health care and health service industry, which has achieved rapid and orderly development and a series of new historical achievements. It fully demonstrates the advantages of the socialist system with Chinese characteristics and guides college students to support the leadership of the CPC. The belief in the socialist system with Chinese characteristics should cultivate college students to establish values and enhance their confidence in the socialist system with Chinese characteristics [7]. J2EE is a de facto industrial standard that uses Java technology to develop campus level applications. It is the product of the continuous adaptation and promotion of Java technology to campus level applications. It has incomparable advantages over the traditional Internet application model. J2EE provides an independent, portable, multi-user, secure and standard based campus level platform for developing server-side applications using Java technology, so as to simplify the development, management and deployment of campus applications. J2EE platform uses a multilayer distributed application model. The logic of the application program is encapsulated in components according to the different functions it realizes, and a large number of application program components that make up J2EE applications are installed in different machines according to their layers. This model has the ability to reuse components, the security mode of data exchange based on Extended Markup Language, and flexible transaction control. The b/s structure of health management is shown in Fig. 2.

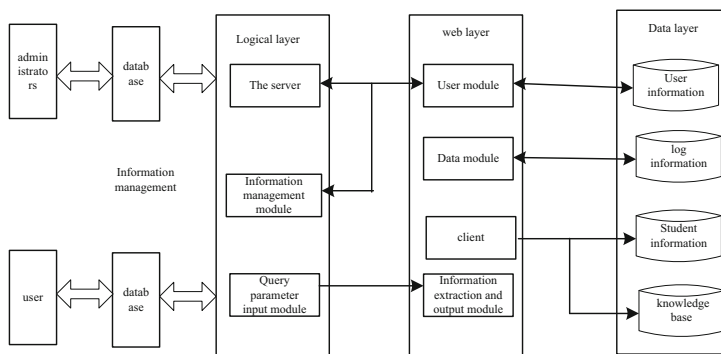


Fig. 2. Health management B/S structure

Manage the activities related to student information consultation. It mainly includes: online counseling, setting up an online psychological counseling room to provide students with online psychological counseling services. The specific functions are as follows: student psychological counseling subject management. Register and manage various psychological counseling services that can be provided, and record the service contents, consultants and service methods, etc.; Consulting service resource management. Electronic management of various resources (including various materials) required in various consulting services, and matching with consulting service projects; Online consultation plan arrangement. Manage the project, personnel and time plan of online consultation; Statistical analysis of consulting services. Carry out statistical analysis on the actual operation of each consulting service project; Consultation case records [8].

The ideological and political team, including counselors, head teachers and other student staff, is the main body and front-line staff for student management. It is of great significance for the arrangement, development and planning of the Student Affairs Office of the college to master the information of the ideological and political team in time and obtain the relevant statistical classification data. The information statistics of Ideological and political team is to collect the basic information of Ideological and political personnel such as name, gender, date of birth, nationality, educational background, and special work-related information such as professional title, position, Department, professional research direction, and make statistics according to department, role, etc. for the use of student work office. There are many league members and Party members among the students, who are advanced elements in the student group and good helpers in carrying out student management. Statistics on the information of these students can increase the understanding of the basic situation of the student group, and have more significance for the ideological and political education of students [9]. Every time, student party and League organizations at all levels will collect and summarize the information of Party and League members to the superior departments. The information statistics of Party and League members is to collect, summarize and count these information, including the student number, name, gender, Department, major, class and political appearance of Party and League members, and can be counted according to the multiple stages of

application for League membership, League membership, application for Party membership, promotion of excellence, activists for Party membership, development objects, probationary party members and formal party members, so as to grasp the status of student groups more accurately.

Manage the information of student counselors and head teachers, record their daily work, and complete the evaluation of counselors and head teachers. Mainly includes: counselor information management. Establish the basic information database of counselors (including photos and profiles), maintain and query them; Counselor evaluation. Publish the selection methods of excellent counselors, and each college reports the evaluation materials and publishes the evaluation results of counselors; Counselor evaluation. Design the counselor evaluation questionnaire, conduct a sampling survey on students, enter the survey data, and conduct a preliminary evaluation on the basis of the Counselor's self-evaluation. The student work department (Department) will evaluate according to the self-evaluation, and the preliminary evaluation will be combined with the specific situation of the Counselor's work, record the evaluation results for the record, and notify the College of the evaluation results. Instructor training. Announce the training arrangements for counselors. Regular meetings of counselors and head teachers (tutors). The college uploads regular meetings and training records; Counselors teach. Announce the teaching decision of the new counselor, and report the teaching record and teaching summary. Work exchange. Upload and exchange Counselor's work experience articles; Records of students with learning difficulties; Students with self-discipline difficulties focus on the situation record.

2.2 Evaluation Algorithm of Integrating Ideological and Political Education into Health Management in Colleges and Universities

The college students' health management service system takes the school as the general department, effectively combines the Ministry of sports, the school hospital and the mental health consulting center, fully mobilizes the advantages of all parties, breaks the traditional single department operation mode, and strengthens the linkage between departments, departments and students. At the same time, in order to better ensure the operation of the service system and improve the service quality, it is necessary for schools to set up corresponding supervision systems and incentive mechanisms. Infectious diseases are the common enemies of all mankind. In particular, the prevention and control of severe infectious diseases and health promotion need the joint efforts of the international community. As a large developing country, China pays great attention to and actively participates in the emergency response and health promotion activities of the global epidemic of infectious diseases [10]. Health is the basic need of people for a better life, the capital that the patients yearn for, and the wealth that the patients do not have. The survey found that most people who are not ill are in a sub-health state, they lack active health awareness, and their health behavior choices tend to be passive, and college students are this kind of group. Research shows that the concept of active health has a positive effect on promoting people's health behavior, improving the health literacy of teachers, creating an active and healthy social atmosphere, and promoting national health. Giving full play to the synergistic educational function of College Students' health education and ideological and political education, and cultivating the educatees'

active health concept is an important measure to change the passive treatment state of college students. The synergy of the two should not only promote the educatees' practice of diet, rest, exercise and other living habits, but also encourage the teachers to practice active disease prevention, active health management and active enrichment of the spiritual world. The incentive mechanism is mainly to set different material and spiritual rewards for departments and individual students. Its composition mainly includes: additional score reward, certificate trophy and banner reward, material and economic reward. Model management theory provides a solid theoretical basis for the idea. The basic characteristics of model theory are integrity, relevance, hierarchical structure and so on. Nowadays, we integrate model management theory with emerging disciplines such as information theory, computer and modern communication technology in college students' health management services, making health management services more modeled, standardized, quantified and personalized, collecting and evaluating each student's information, and conducting individual health intervention, which makes health management services even more powerful. The organizational structure of the college students' health management service system studied is shown in Fig. 3.

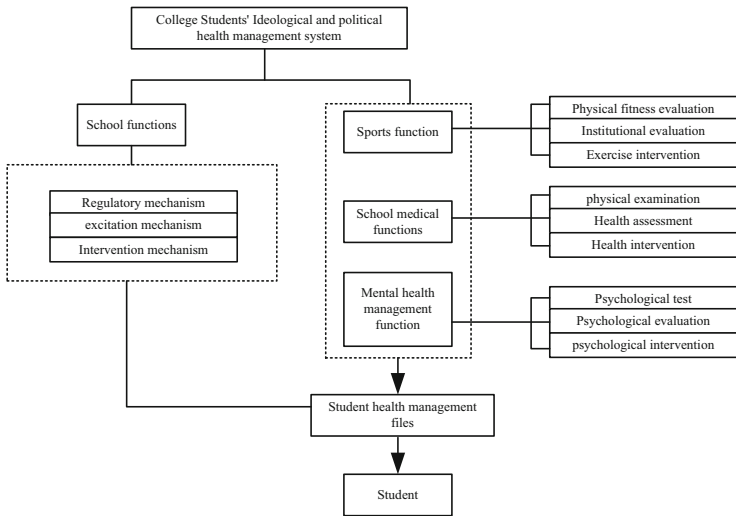


Fig. 3. Organizational structure of health management service system

The communication between managers and students should have the skills of transmitting information, controlling managers, motivating managers and expressing emotions. First of all, communication is the most intuitive goal of communication, and other goals can only be achieved on this basis. This method is mainly divided into online anomaly detection, diagnosis, prediction and evaluation. Fuzzy comprehensive evaluation method is used to evaluate the health status of the model.

$$M = \{m_1, m_2, \dots, m_n\} \tag{1}$$

Here, m_n represents N fuzzy factors for the evaluation work. Because the influence of these factors may be different, the corresponding weight must be determined according to the influence of each factor in practice.

$$A = \{a_1, a_2, \dots, a_n\} \quad (2)$$

In the formula, a_n is the weight corresponding to the n factor m_n . From the perspective of fuzzy comprehensive evaluation, several types can be selected, such as triangle type, normal type, Cauchy type, middle type, degradation, etc. Among them, fuzzy comprehensive evaluation is also called fuzzy comprehensive evaluation problem. When conducting comprehensive evaluation, it is necessary to have the element set recorded as:

$$U = \{\mu_1, \mu_2, \dots, \mu_n\} \quad (3)$$

The evaluation set V and the single factor v_m decision are further defined. If the evaluation results are divided into m levels, the group composed of the above results is called the evaluation set.

$$V = \{v_1, v_2, \dots, v_m\} \quad (4)$$

Here, γ represents the evaluation conclusion of the n layer, and the evaluation of any data is a subset of R .

$$R = \sum U + V/2\gamma n(M - A)^n \quad (5)$$

The generated health management data are fuzzed and the triangular membership function is selected. First, fuzzify the measurement data according to the following formula for unified management.

$$\mu(x) = \begin{cases} 1 - \frac{|\gamma - 1|}{R}, \\ 0 \end{cases} \quad (6)$$

Managers can not implement unified command and coordination to students without communication skills. Secondly, motivation is an important skill to achieve communication. In the process of student management, timely and effective work guidance, affirmation of work performance evaluation, timely reward of some excellent behaviors, etc., these communication methods can achieve the purpose of motivating students, while timely and timely incentives can further achieve comprehensive and in-depth communication; Finally, emotional communication is the most important part of communication. Through some ideological exchanges between each other, exchanging views on a series of problems such as learning and life can help to improve students' satisfaction and self-confidence. Based on the above characteristics of student management, referring to the people-oriented student management mode, this paper puts forward the student management mode in the service-oriented middle school. It is a new way of student management based on the service theory in the new public management theory. It adheres to the purpose of running a service-oriented middle school and absorbs western management concepts. It has new management concepts, behavior and habits management,

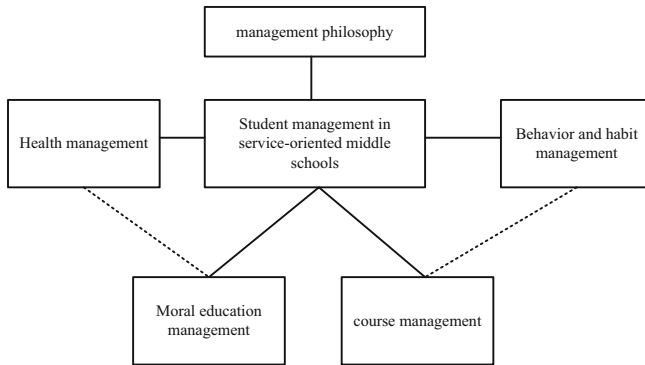


Fig. 4. Ideological and political health management of service-oriented students

accommodation management, learning and curriculum management mode, moral education and health management mode. The ideological and political health management structure of service-oriented students is shown in the following figure (Fig. 4):

In order to ensure that this model adapts to the development of medicine, the expansion of functional application and the needs of environmental changes, the health evaluation model configuration function module is designed. Through this function, users with the role of doctor or administrator can change the scoring rules of physiological detection items, the weight of examination items and the evaluation weight of physiological models, so as to achieve the application purpose of improving the evaluation model with the times and focusing on the evaluation of various aspects of human health. After the doctor or administrator user changes the health evaluation model, the model saves the change record to the corresponding background operation log, and displays the change reminder for the administrator in the foreground interface of the administrator.

2.3 The Realization of Integrating Ideological and Political Education into Health Management

Health management is a medical behavior and process that emphasizes human health as the center and health or disease risk management as the focus, and comprehensively detects, evaluates, effectively intervenes and tracks the health status of individuals or groups and the risk factors affecting health. Health management doctors are required to respect human life, personality, rights and other medical ethics and morality, adhere to the supremacy of life, and serve the physical and mental health of the people wholeheartedly. This is also an important part of medical ethics and moral education. The university health management information model is mainly based on the basic idea of object-oriented. It is designed and developed by combining the structured life cycle method and prototype method in the software development methodology. Users of all roles of the model are invited to intervene in the model planning, requirements analysis and detailed design stages. The rapid construction of the prototype is used for users to compare the application requirements. While following the phased and modular analysis and design ideas of the information model life cycle, give full play to the characteristics of prototype

cycle and iteration, and make the model application well match the expectations of users. In addition, as health management is a comprehensive discipline of life science, management science and information science, its modeling environment (University) and users (teachers and students) have distinctive characteristics and commonalities. While constantly improving and providing requirements and model examples, it will focus on the design and implementation of key modules and core algorithms in the model. Experts in the medical field are invited to review and discuss with health care workers in Colleges and universities at multiple levels to ensure that the model is scientific, universal and of higher practical value. The key problem of information extraction lies in the classification of information, selecting the maximum information gain $H(a_{max})$, the minimum information gain $H(a_{min})$, and constructing the minimum Greer evaluation index of health management.

$$g(A) = \mu(x)/H(a_{max}) - H(a_{min}) \tag{7}$$

If $F(n)$ is the direct of data set n , $S(x)$ is the conditional direct of data set S to feature x , and φ is the sample subset. Then the gain ratio of Ideological and political management information is:

$$g_R(D) = \frac{F(n)}{S(x)} - g(A) * \varphi \tag{8}$$

Then the Gini index of the ideological and political health management sample set is:

$$\text{Gini}(D) = 1 - \sum_{k=1}^K \left(\frac{|g(A) - \varphi|}{|g_R(D)|} \right)^2 \tag{9}$$

On this basis, to establish a network data extraction system with good quality, we need to meet the requirements of versatility, openness, repeatability, flexibility and scalability, so as to better adapt to the application of the model. When evaluating the extraction mode of network data, two commonly used evaluation methods are often used: accuracy rate P and recovery rate κ . Accuracy refers to the ratio of selected information to all selected data; The memory ratio is the proportion of selected information in the selected information. In the performance comparison of two different information extraction modes, F (the sum of accuracy and recovery ratio) is adopted, that is:

$$F = \text{Gini}(D) \frac{(\kappa^2 + 1) \times PR}{(\kappa^2 \times RP) - 1} \tag{10}$$

For large-scale medical and health process extraction, first collect the medical record files in EMR, then use the method of ICTCLAS to classify the medical records and tag parts of speech, then extract the samples in batches through syntax tags, vocabulary collection, jape rule writing, batch learning PR and other methods, and finally generate XML files with semantic tags (Fig. 5).

By extracting the medical information of patients, the necessary medical information can be obtained from the patient’s medical records. This requires a certain understanding

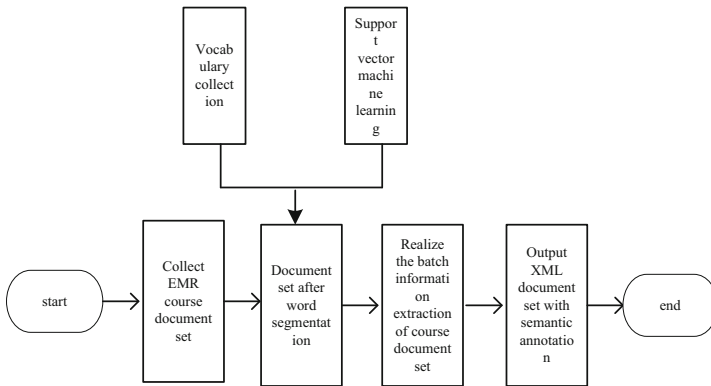


Fig. 5. Technical process of batch extraction of health information

of the knowledge and background knowledge in the field of clinical medicine and the needs of doctors. The pretreatment of medical and health information is the statistical analysis of patients' condition. In order to reduce the interference of noise on the training data, a method based on the course blank is adopted. Then convert the semi-structured data into pure text and load it into gate. There is a large amount of data in EMR data, so only a small amount of data is extracted for training and verification, which not only saves a lot of computing resources, but also improves the efficiency of the test. Since the medical record content of medical and health information is a very complex and changing process, it is difficult to extract relevant data. When the disease occurs, the patient's subjective abnormal feelings or some objective pathological changes are caused by some abnormal changes in body function, metabolism, morphology, etc. The name of the disease causing CD is expressed by the test items in the hospital information model database, and the diagnostic category of the disease is expressed in Roman alphabet or digital table. Through the treatment mode vocabulary, treatment effect improvement vocabulary, efficacy deterioration vocabulary, effect neutral vocabulary and treatment effect vocabulary and other different correlation extraction methods. Because of the complexity and individualization of medical language, the extraction of support vector machine has a better application prospect. In the case of definition and association, a variety of NLP and feature expression methods are used. For entity recognition, it is more effective and efficient to use the lexical language features of the entity itself and its surroundings. Relationship extraction involves the NLP features of two entities and the combined features of these two entities. The combination of vocabulary and part of speech is the basic combination mode of relationship information extraction. The linguistic symbol features, contextual features, semantic types (attributes, predicates, adverbials) and semantic relationships of words are summarized into feature vectors. Finally, the self training method is used to expand the training corpus to form a feature-based support vector machine extraction model architecture. As shown in the Fig. 6.

Using language features to locate the beginning and end positions of entities, this recognition method often has better results than learning each character of entities. In addition, the entity itself and the surrounding characters are also quite effective. Based

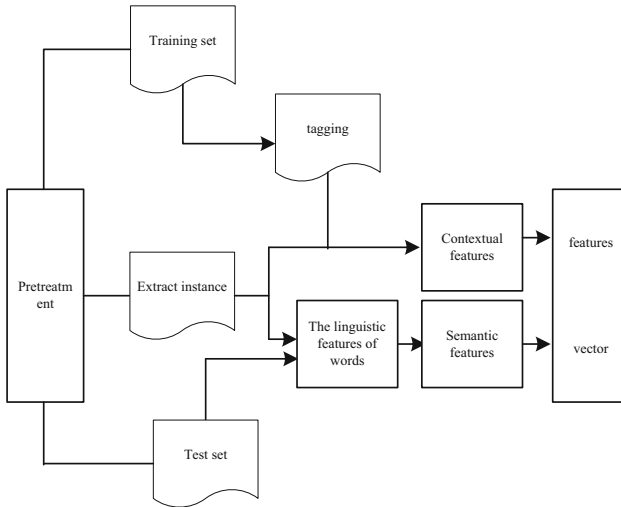


Fig. 6. Feature based health management information feature extraction model architecture

on this, it can effectively extract and manage the health management of a large number of employees in a complex environment, so as to ensure the effect of medical record information management. According to the current form and content of student work management in a certain university, combined with the current situation, institutional setting and staffing, a lot of information has been collected through the investigation of college leaders, leaders of learning and work departments, counselors, class teachers, students and other aspects. Combined with the expected effect of the future student work management model, the functions of the model and the relationship between the modules in the model are determined. Under the leadership of the college Party committee, the student management work is mainly in the charge of the student work department. The student work department is subordinate to the Department at the Department Level - the student work office, and the specific work is directly carried out by the student work office. In order to facilitate work, the Student Affairs Office also has five department level departments: student management department, ideological and Political Education Department, college student assistance center, student apartment management department, and mental health education guidance center. These departments respectively implement various work of student management. The training goal of health service and management specialty is to cultivate compound medical talents with both political integrity and ability, solid medical knowledge and management ability, so as to meet the professional needs of changing from modern medical model to prevention. Due to the particularity of medical services and medical management, medical talents must have good professional ethics and medical ethics. "Introduction to health service and management" is a professional Enlightenment Course for freshmen for the first time. The course covers the basic knowledge of medicine, management and other disciplines, so that students have a deep and comprehensive understanding of the professional knowledge structure system, stimulate the motivation of freshmen to learn professional knowledge, enable them to establish correct values and world outlook, cultivate a good style of study, and

serve as a bridge between the preceding and the following. In the teaching process of “Introduction to health service and management”, relevant ideological and political elements are sorted out from the development process of health service management, health promotion of major infectious diseases, health services of traditional Chinese medicine, grass-roots health service management, health care and elderly care services, relevant laws and regulations of health service industry, health risk assessment and management, and health management ethics, and organically integrated into the teaching practice of curriculum knowledge.

3 Analysis of Experimental Results

The purpose of testing is to prove that there are faults in the program, and to find out and solve as many faults as possible. The test tries to design the test cases that can expose the problems most. The student office’s maintenance of special students is mainly the recording and maintenance of special student information, including the query, addition, modification, deletion, import and export of student data, so as to realize the query of special student maintenance information. The basic information of 420 students is shown in Table 1.

Table 1. Basic information of students’ health status and ideological and political concept survey

Features	Category	Number of people
Gender	Male	200
	Female	220
Professional category	Science and Engineering	139
	Literature and history	148
	Arts	153
grade	1	100
	2	97
	3	105
	4	118
Health evaluation	Very good	101
	good	102
	commonly	111
	Poor	96

This result shows that, on the one hand, college students have great health needs, on the other hand, they have the problem of weak awareness of their own health care. In the long run, the health status of college students will be more worrying, and the lack of active health concept at the ideological level is the fundamental reason for this phenomenon. Ideological education is the advantage of Ideological and political education

in Colleges and universities. It is the responsibility of health education and ideological and political education in Colleges and universities to carry out correct health concept education. Collaborative education between the two is an important way to solve this practical problem. Based on this, students' suggestions on the content and method of the integration of health education and ideological and political education in Colleges and universities are collected and integrated into the management method of this paper. Based on the positive attitude of college students towards the collaborative education of college health education and ideological and political education, college students gave a positive response to the specific content and mode of integration of the two, and formed effective suggestions. Through statistical analysis, college students' suggestions on the content and mode of integration of the two are shown in Table 2:

Table 2. Students' suggestions on the contents and methods of the integration of health education and ideological and political education in Colleges and Universities

Features	Category	Number of people
Fusion content	Physiological health knowledge	332
	Mental health knowledge	349
	Behavioral health knowledge	400
	Sexual health knowledge	397
	Moral health knowledge	332
Fusion mode	Integration of health concepts in course content	331
	Cultivation of healthy behavior in extracurricular practical activities	401
	Carry out special lectures on health education	359
	Strengthen the correct guidance of college counselors and class teachers on College Students' health concept	360
	Help modern communication media to carry out information fusion publicity and education	333
	other	123

The results show that college students hope to acquire healthy knowledge about physiology, psychological behavior, sex, morality and other aspects in the course of the integration of the two, showing the healthy needs for all-round development, which is of great significance to the all-round development of college students themselves: the suggestions on the integration of the two mainly show diversified and modern characteristics. On the basis of traditional health education and ideological and political education courses and lecture forms, we pay more attention to the integration of ideas and the guidance of ideas. At the same time, we emphasize the use of extracurricular practical activities to strengthen health behavior, and are good at using modern information dissemination carriers for collaborative education. It is highly innovative and feasible. It is of constructive significance for this study to explore the specific ways of educating

people. Based on this, the college can manage the information of mental health educators. Establish the information base of mental health education counselors and mental health observers. Add the records of college mental health education activities. In order to test the effectiveness of health evaluation management methods in practice, this paper proposes a web server program background management program and database running under the network environment based on tcp/ip. The server and background administrators of the website should run on Windows NT/Windows 2000/wixp. Based on vision2 of Keil company, with i553b as the core and i553b as the core, this paper uses external devices for simulation. According to the above information, the operation effects of the two modes are compared, and the calculation accuracy and time of the two modes are compared, and they are tested in detail (Table 3).

Table 3. Comparison of performance test results of two methods

Data volume (GB)	Traditional method		Literature [3] Method		Method of this paper	
	Data processing time/S	Accuracy of data processing %	Data processing time/S	Accuracy of data processing %	Data processing time/S	Accuracy of data processing%
500	250	45	230	55	100	85
1000	400	50	300	60	130	88
1500	550	60	350	70	130	91
2000	650	75	450	75	140	95
2500	750	77	550	87	160	92

Based on the information in the above table, it is not difficult to find that the data processing accuracy of traditional health management methods is up to 77%, the data processing accuracy of the method in literature [3] is the highest 87% and that of this method is up to 92%. Compared with the traditional health management methods, this method can process a large number of health management data faster and more effectively in the actual application process, and the processing effect is significantly better than the traditional methods. The test results of students' mental health modules are further compared and analyzed. The specific test results are as follows (Table 4):

According to the data tested in the above table, it is found that under the same circumstances, the overall effect of students' Ideological and political mental health under the guidance of this method is significantly better than the traditional method. Further, the accuracy of the two models in practical operation is compared and compared in a complex environment, and the following data are obtained (Fig. 7):

It can be seen from the above test data that, compared with traditional methods and literature [3] methods, the integration method of ideological and political education in colleges and universities based on the Internet of Things in health management is more accurate and stable, and the time required under the same conditions of use is also greatly shortened.

Table 4. Test results of students’ mental health module

Project	Method in this paper	Traditional method
Test title	Mental health test	Mental health test
Importance level	high	–
Preset conditions	Users enter the ideological and political team module	User enters personal module
Operation steps	Users click to view the assessment results	Output results
Expected output	Return to the summary of appraisal results	Return to the summary of appraisal results
Test result	Fully passed	Partially passed

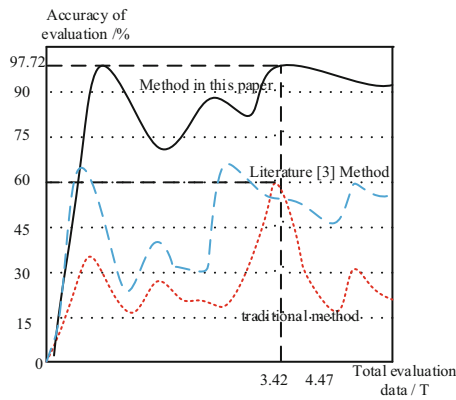


Fig. 7. Comparison test results

4 Suggestions on Integrating Ideological and Political Education into Health Management in Colleges and Universities

In the final analysis, the construction of the great ideological and political pattern is to use all possible forces in society and colleges and universities to do a good job on the ideological and political work of college students. It is an educational model that covers the “whole staff, whole process and all-round” of the educatees. The “great health” education required by the construction of a healthy China is precisely aimed at the education of the educatees in the whole life cycle. The coordination of the two major education is an effective way to establish morality and cultivate people in an all-round way. “Building Morality and cultivating people” is the fundamental task of higher education, and it is also an important part of the comprehensive and healthy development of the educated. The construction of the great ideological and political pattern should not only take the all-round and healthy development of the educated as the premise, but also create a good environment for the all-round and healthy development

of the educated. With virtue and talent cultivation as the center, we should start the whole process education mode, and cultivate health education while building a great ideological and political pattern. First of all, the perspective of collaborative education of health education and ideological and political education should cover the education in Colleges and universities, do not ignore the collaborative education function of the two major education due to the nature of specialty and employment direction, and pay attention to and implement the integration practice of the two major education. Secondly, the perspective of collaborative education of College Students' health education and ideological and political education should cover the whole process of educational from enrollment to graduation, and the collaborative education of the two should not be interrupted due to internship and employment. Finally, the perspective of collaborative education of College Students' health education and ideological and political education should cover the study, life and employment of educatees in an all-round way, combined with a variety of counseling and education methods, Guide them to correctly view the pressure in all aspects, correctly deal with and resolve the difficulties of life, and form an environment conducive to the educated to master their own destiny.

Colleges and universities are the main fronts to carry out health education and ideological and political education. The coordinated development of the two must also take colleges and universities as the main battlefield. First of all, colleges and universities should have the enthusiasm and initiative to carry out the collaborative education of health education and ideological and political education in Colleges and universities. The key to the collaborative education is to integrate the two into one, put forward the concept of collaborative education from the leadership area pole, and call for collaborative education action; From the perspective of financial investment, increase the hardware configuration and software application of collaborative development; From the aspect of teachers, we should strengthen the introduction of comprehensive talents and the training of existing teachers; from the aspect of management, we should carry out the integrated management mode of health education and ideological and political education. In addition, colleges and universities also need to actively take the lead in organizing large-scale theme activities, such as visits, seminars, etc., integrate other government agencies, healthy campuses and social forces into the collaborative education action, establish a platform for multi-party participation, and play a leading role in gathering multi-party forces and resources.

Comprehensive healthy talents are the pillar of collaborative education of College Students' health education and ideological and political education, and the capital to realize the collaborative education of the two major education. The absorption of healthy talents by United hospital and other departments is an important way to obtain collaborative education resources. The first is to vertically combine public hospitals of grade II and above, absorb clinical medical staff and party and government managers, and clinical medical staff can obtain first-hand clinical information and authoritative health knowledge: Party and government managers not only have high ideological and political literacy, are familiar with the relevant policies of the party and the state, but also have rich experience in hospital management, and can carry out relevant research in the field of health; the second is that ordinary colleges and universities can horizontally combine medical colleges and universities, Absorb double qualified talents with both

clinical experience and teaching experience. The integration of these healthy talents, as well as the integration of resources, can strongly promote the coordinated development of College Students' health education and ideological and political education.

The timeliness, universality and interactivity of network information communication make it an important propaganda position for the collaborative education of great health education and great ideological and political education. According to the behavior change theory of Fromm, a famous psychologist, using the method of enhancing the transformation force in the behavior correction strategy to guide college students to establish correct social values under the conditions of modern network communication, the government and colleges and universities should make full use of and grasp the initiative of modern network environment to carry out integrated education, and use modern network communication carriers such as wechat, microblog, and micro video to promote social positive energy and promote the idea of comprehensive and healthy development, Give publicity and praise to the practice of positive social behavior, and set an example for college students' comprehensive health behavior.

5 Conclusion

It is a new thing to integrate "ideological and political factors" into the course teaching, and there is no experience to learn from in the practice of "Introduction to Health Service and Management". This study is exploratory and experimental. Put forward the method of integrating ideological and political education into health management in colleges and universities based on Internet of Things technology. However, this method has some limitations, that is, it has not been applied to practice and other fields. In the future development, with the continuous in-depth attempt of the construction of ideological and political courses in colleges and universities, we can further explore the "ideological and political course" education and teaching system suitable for domestic college students, and finally form a teaching standard system and characteristic course standards.

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