

Study on Characteristics and Practice of TCM nursing in Anorectal Department Based on TCM Syndrome Differentiation System

Zhang Ting

Shaanxi University of Chinese Medicine

2418117067@qq.com

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Abstract: TCM nursing has a very similar connotation to the modern holistic nursing model. It organically combines the basic theory of TCM syndrome differentiation and treatment with the modern nursing concept, creates holistic nursing with TCM characteristics around "patient-centered", and gives full play to the characteristics and advantages of TCM in nursing work. Due to the accelerated pace of life and disordered eating and rest time, the incidence of anorectal diseases is on the rise. Drugs for anorectal diseases play a slow role, and most of them are treated by surgery in clinic. However, although surgery can quickly remove pain, the incidence of postoperative complications also increases, which affects postoperative recovery. Complications such as pain, constipation and infection are easy to occur after anorectal surgery, which seriously affects the prognosis of patients. At present, it is difficult to deal with such complications in clinic. This paper introduces the theory of syndrome differentiation and treatment of TCM, and expounds the common nursing precautions, TCM nursing techniques and psychological nursing, etc.

1. Introduction

At present, due to the accelerated pace of life and disordered eating and rest time, the incidence of anorectal diseases is on the rise. Drugs for anorectal diseases play a slow role, and most of them are treated by surgery in clinic. However, although surgery can quickly remove pain, the incidence of postoperative complications also increases, which affects postoperative recovery [1]. The anorectal department is an extremely important department in the hospital, and the number of anorectal patients is gradually increasing in recent years. The main way to treat anorectal patients is surgical treatment, but postoperative complications often occur after treatment, and urinary retention is the most common complication after anorectal surgery. The occurrence of urinary retention is due to poor urination after surgery, which leads to urine retention in the bladder of patients [2]. TCM nursing has a very similar connotation to the modern holistic nursing model. It organically combines the basic theory of TCM syndrome differentiation and treatment with the modern nursing concept, creates holistic nursing with TCM characteristics around "patient-centered", and gives full play to the characteristics and advantages of TCM in nursing work [3].

With the continuous improvement of medical level and technology in China, some difficult

diseases are no longer difficult, and many diseases that are difficult to cure are now easily cured [4]. Anorectal disease has always been a chronic disease that puzzles patients, and many patients with anorectal disease suffer from it. With the slow cure of some patients after surgery or the recurrence of postoperative problems, the treatment of postoperative traditional Chinese medicine has been applied to the treatment of anorectal patients. Constipation is mainly manifested in the reduction of defecation frequency, defecation quantity, dry stool and laborious defecation, etc. It is the most easily occurring complication after anorectal surgery, which brings great discomfort to postoperative patients [5]. With the development of integrated traditional Chinese and Western medicine, TCM nursing has also been fully reflected in anorectal surgery. TCM nursing concept and nursing content play an important role in the nursing of anorectal surgical diseases, which can effectively improve clinical efficacy and achieve the purpose of personalized nursing [6]. Complications such as pain, constipation and infection are easy to occur after anorectal surgery, which seriously affects the prognosis of patients. At present, the clinical treatment of such complications is difficult. The introduction of TCM syndrome differentiation and treatment theory, combined with TCM internal and external treatment methods, has achieved great results [7]. TCM syndrome differentiation nursing is to implement holistic and syndrome differentiation nursing for patients under the guidance of the basic theory of TCM. It has a similar application with modern nursing. In the organic combination of basic theory and modern nursing, it takes patients as the center to implement characteristic TCM holistic nursing. Give full play to the characteristics of traditional Chinese medicine in nursing work. TCM nursing is a nursing method under the guidance of the basic theory of TCM. It has the basic characteristics of holistic view of TCM and syndrome differentiation and treatment.

2. Principles and specific measures of traditional Chinese medicine nursing in anorectal department

2.1 Strengthening the body resistance to eliminate pathogenic factors

Table 1: 100 statistics of treatment results of postoperative complications in anorectal surgery

Complication	Number of cases	Cured (cases)	Improvement (cases)	Invalid (example)	Total effective rate (%)
Pain	18	5		1	90.0
Hemorrhage	14	6	1	0	99.8
Constipation	16	4	3	0	85.7
Wound does not heal	20	7	2	1	100.0
Infected	8	5	1	0	99.8
Edema	8	3	0	0	100.0
Uroschisis	16	6	2	1	99.9

The so-called strengthening body resistance and eliminating evil is to use the means and methods of traditional Chinese medicine to assist healthy qi and eliminate evil spirits. In traditional Chinese medicine, strengthening body resistance is mostly to supplement deficiency, while eliminating evil is mostly to eliminate reality. Most anorectal patients suffer from diseases caused by dryness and heat in the body or deficiency of spleen, lung and kidney caused by diet, and damp-heat gas descends to the large intestine. The theoretical basis of the principle of distinguishing body comes from the theory of physique of TCM, which mainly involves the concept, characteristics, formation and influencing factors of physique, as well as the classification and discrimination of physique. Physique is composed of two aspects, namely, shape and spirit, which is endowed by nature, formed and

developed in the acquired living environment, and is closely related to the acquired diet, daily life, seven emotions and environment. Most anorectal surgical diseases are located in the large intestine. In addition to paying attention to the nursing of the intestine, we should also know whether there are diseases of other organs, so as to improve the degree of overall nursing and prevent the transformation of diseases. 100 patients with postoperative complications of anorectal surgery treated in a hospital from June to December 2020 were selected. The treatment results of 100 patients with complications after anorectal surgery are shown in Table 1.

As an important means of supporting the healthy and dispelling the evil, through expression, gesture, posture, speech, behavior, etc., explain, talk, enlighten, hint, encourage and other ways to improve the patient's mood, solve their troubles and worries, help the patient adjust their mood, achieve a stable state of Qi and blood and a comfortable mood, so as to help the healthy and accelerate the rehabilitation process. In the process of supporting the right and expelling the evil in anorectal department, we should pay attention to the power ratio of the right and evil, adhere to the principle of "expelling evil but not harming the right", and gradually guide the focus to transform to a healthy state. Man and nature are a unified whole, and the five internal organs of liver, heart, spleen, lung and kidney correspond to the spring, summer, long summer, autumn and winter festivals in nature. People should adapt to the seasonal changes, and their life rules should be adjusted accordingly according to the seasonal changes, so that they can be healthy.

2.2 Diet conditioning

Anorectal diseases are closely related to diet. Eating too much fat and spicy food, drinking too much, and overwork will hurt the spleen and stomach, endogenous dampness and turbidity, and endogenous dryness and heat will descend into the large intestine, thus causing various diseases in anorectal areas. Due to anesthesia during operation, the anal sphincter is paralyzed for a long time, resulting in decreased defecation reflex, too long bed rest and too little activity after operation, resulting in decreased intestinal peristalsis, or anal pain stimulates sphincter spasm, resulting in constipation. In order to achieve a good therapeutic effect on anorectal diseases, nursing staff must emphasize the importance of scientific and reasonable diet to patients, and at the same time formulate corresponding dietary principles for them: (1) Diet should be light, eat less high-fat foods, such as fried foods and animal offal, and stay away from spicy and irritating foods. (2) Avoid overeating, change the eating habit of swallowing, so as to avoid flatulence. (3) Eat crude fiber food appropriately, drink plenty of water, and stimulate the gastro colonic reflex with cold boiled water in the morning to promote defecation, but pay attention to appropriately adjust the water-saving temperature according to the object and season. Yogurt is rich in probiotics. Drinking an appropriate amount of yogurt can stimulate intestinal peristalsis, which is conducive to defecation and relieve constipation; At the same time, you can also eat some foods with the function of nourishing blood and moistening intestines, such as longan, jujube, pine nuts, etc., so as to moisten intestines and defecate, so as to promote the early healing of wounds. To guide patients to drink enough water, drink light saline or honey water on an empty stomach in the morning, and eat more fruits and vegetables, so as to maintain smooth defecation and reduce the pain caused by anorectal diseases.

3. Thoughts on the future development direction of Chinese medicine nursing in anorectal department

3.1 Strengthen the awareness of high-quality nursing and provide high-quality nursing services

At present, the traditional Chinese medicine nursing in anorectal department is mostly carried out around the doctor's advice, and the nursing care for patients' mental health, rehabilitation treatment,

diet and daily life is relatively lacking. Man is an organic whole. All organs, tissues and organs of the human body have different functions, and these functions are interrelated, which makes people in a harmonious state. Become a good habit of patients' daily life rules. Patients are encouraged to take some activities that are beneficial to their happiness and nourishment, such as listening to music, playing Tai Ji Chuan, practicing Shuxin Pingxue Gong and rest Gong, etc., in order to keep their physical and mental health. At the same time, in nursing, we should follow the principle of simultaneous care for different diseases. Patients with different diseases but with the same syndrome types should take the same nursing measures. For example, for hemorrhoids with hot heat and damp-heat downward flow, patients have obvious manifestation of hot urine and pulse number. The future nursing should develop in the direction of high-quality nursing. The primary task is to change the thinking of nurses, actively change passive service into active service, take patients as the center, and take patients' experience as the core of all nursing work. Keep the air in the ward fresh, open windows regularly for ventilation, and the temperature and humidity are appropriate. The environment should not be too dark and humid, and the sun should not be too strong, which will bring uneasy stimulation to patients. Try to make the color clearer and coordinated, giving people a sense of tranquility and comfort. Man and nature are a unified whole. The five internal organs of liver, heart, spleen, lung and kidney correspond to the spring, summer, long summer, autumn and winter festivals of nature. People should adapt to the changes of seasons, adjust their living rules according to the changes of seasons, and form good living habits in order to be healthy; According to the law of "nourishing yang in spring and summer and Yin in autumn and winter", it is easy to recover from the disease.

3.2 Improve system, strengthen management and optimize nursing process

In order to better provide high-quality services for patients, it is also necessary to further revise and improve the relevant nursing system, clarify the nursing content, workflow and post responsibilities, and gradually promote the unified service standard of traditional Chinese medicine nursing in anorectal department. According to the relevant knowledge of yin-yang theory of traditional Chinese medicine, the human constitution is divided into three categories, such as "peaceful constitution of yin and Yang", "partial Yin constitution" and "partial Yang constitution". It is not only simple and clear, but also convenient to guide the clinical nursing application, which is of great significance to the diagnosis, treatment and nursing of anorectal diseases of traditional Chinese medicine. After two groups of standardized courses of treatment, it was found that the total effective rate of the experimental group treated with TCM syndrome differentiation was 90%, while that of the observation group treated with conventional symptomatic treatment was 70%. The effect of TCM syndrome differentiation in the experimental group was significantly superior to that in the observation group treated with Western medicine, with statistical significance ($P \leq 0.05$). As shown in Table 2.

Table 2: Comparison of therapeutic effects between the two groups

Grouping	Number of cases	Recovery%	Valid%	Invalid%	Total effective rate%
Observation group	50	49	20	31	70
Experience group	50	78	11	12	88
			$P \leq 0.05$	$P \leq 0.05$	$P \leq 0.05$

There are many nursing techniques in TCM, such as acupuncture, moxibustion, cupping, scraping, hot compress, fumigation and washing, etc. Some treatments are simple, effective, cheap and have no side effects, which enrich the contents of TCM nursing and make patients accept them easily. In the nursing of anorectal diseases in our hospital, we adhere to the principle of dialectical nursing.

Therefore, on the basis of paying attention to the nursing of key organs, anorectal surgical diseases should fully understand whether other organs have disease changes, and take corresponding nursing measures according to the changes of natural and social factors to reflect the advantages of holistic nursing. In addition, timely adjustments should be made according to the problems in clinical nursing and relevant feedback, and the nursing process should be continuously optimized to provide better TCM nursing services for patients. Under the guidance of TCM theory, TCM nursing perfectly combines holistic nursing and individualized nursing, enriches nursing technology, has a good application prospect for anorectal surgical diseases, and will better reflect the effect and value of nursing.

4. Conclusions

To sum up, in many years of clinical treatment, it has been found that the incidence of postoperative complications in anorectal surgery is high, and the condition is repeated and prolonged. According to the theory of syndrome differentiation and treatment of traditional Chinese medicine, targeted comprehensive treatment can effectively treat postoperative complications such as pain, bleeding, infection and urinary retention. Therefore, it is necessary to adopt different nursing interventions for patients with different TCM syndromes, so as to fundamentally relieve the causes of constipation and thus achieve the purpose of relieving constipation. Nurses should apply the above-mentioned different schemes to care patients with constipation caused by various reasons. Proper care can reduce the incidence of constipation to the lowest degree, thus effectively reducing the pain of constipation for patients and optimizing the quality of care. TCM syndrome differentiation and treatment can dredge the blood and vein of anorectal diseases, promote the blood circulation of the diseased parts, effectively solve the pain, comb the continuous contraction of anorectal nerves, relieve uncomfortable symptoms, promote smooth defecation and urination, and effectively control postoperative bleeding. TCM syndrome differentiation and treatment is economical, practical, with small side effects and few adverse reactions the effect is remarkable and has reliable therapeutic value. It is suggested to be widely used in Linchuan.

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