

Pay Attention to the Intervention of Integrated Traditional Chinese and Western Medicine in Pre-Diabetes

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Abstract: Objective: To explore the effect of integrated traditional Chinese and Western medicine intervention on pre-diabetes. Methods: A total of 100 diabetic patients were selected from our hospital. These patients were divided into groups first, and then different interventions were adopted to observe the results. Results: The blood glucose level in group B was improved more obviously than that in group A ($P < 0.05$). Conclusion: It is important to pay attention to the early intervention of integrated Traditional Chinese and Western medicine in diabetic patients, which can effectively control the blood glucose level of patients.

1. Introduction

High prevalence of diabetes is very common in clinical, and occurs in middle-aged and old people, elevated blood sugar levels as the main characteristics of blood glucose at a higher level for a long time can cause multiple system damage, especially caused by kidney, nerves, eyes, heart and blood vessel damage, so as to induce multisystem complications, complications of the damage in patients with more severe, Therefore, intervention is needed at the early stage of the disease ^[1]. Western medicine is usually used for treatment, but some patients have poor compliance with western medicine intervention, resulting in poor blood glucose control, and other intervention methods should be combined. In recent years, the intervention of integrated Traditional Chinese and Western medicine has been applied in the early intervention of this disease. Based on the intervention of Western medicine, the intervention of Traditional Chinese medicine is given to patients, and the two methods are used together to achieve good results ^[2]. This study discussed the effect of integrated Traditional Chinese and Western medicine intervention on pre-diabetes, as follows.

2. Data and Methods

2.1 General Information

Select 100 cases of diabetes patients treated in our hospital, these patients were treated during 2021.1-2021.12, first complete grouping (random), divided into group A (50 cases, 26 cases of male, 24 cases of female, age 40-76 years, average 58.23 ± 8.42 years old) and group B (50 cases, 24 cases of male, 26 cases of female, Age ranged from 40 to 75 years, with an average of 58.56 ± 8.14 years). There was no difference between the two groups ($P > 0.05$).

2.2 Methods

Routine intervention was given to group A, taking metformin orally, 0.5g/ time, twice /d, and the dosage was adjusted according to the patient's condition, with the maximum dose of medication lower than 2g per day. Patients were instructed to take medicine strictly according to the doctor's advice, health education was conducted for patients, and diabete-related knowledge was informed to improve their awareness and compliance. To the interpretation of the reasonable diet, exercise, regular monitoring of blood sugar, maintain good state of mind of the importance of guiding

scientific diet, patients with on-demand intake, timing quantitative, eat much food less, etc for the principle, with rich in vitamins, cellulose, low salt, low fat, easy to digest food is given priority to, control sugar, high fat and high cholesterol food intake, exercise plan for patients, Follow the principle of step by step, adjust the amount and intensity according to the patient's situation, guide patients to learn to measure and record blood glucose, and give them psychological care, through a variety of ways to help patients improve their mentality, establish treatment confidence. Patients in group B were given integrated Chinese and Western medicine intervention, and western medicine intervention was the same as group A. On this basis, patients were given traditional Chinese medicine intervention, as follows.

2.2.1 Diet and Exercise Regimen.

Dietary rehabilitation and dietary guidance were given to patients, following the following principles: proper amount of food, balance of proportion, balance of sex and taste, according to the theory of food and taste of TRADITIONAL Chinese medicine, according to syndrome differentiation, specific dietary guidance was given to patients, avoid fatty food, avoid sweet and fatty wine, spicy and sweet products; Exercise regimen, guide patients to practice Taijiquan, baduanjin, etc., the amount of exercise should be adjusted timely according to the patient's age, weight, condition, etc., step by step, and instruct patients to adhere to it for a long time.

2.2.2 Classification and Treatment.

In view of the spleen syndrome of dampness and heat accumulation, the treatment should be clear and li dampness and heat, using Banxia Xiexin Decoction to complete the treatment, increase and decrease with the syndrome; For spleen deficiency and dampness syndrome, yihua dampness and spleen strengthening was treated with Liujunzi Decoction prescription, which was increased and decreased with the syndrome; For the patients with liver stagnation and qi stagnation syndrome, the treatment should be to relieve qi and liver, and the treatment should be completed with Sini SAN prescription, which is increased and decreased with the syndrome; For the patients with deficiency of qi and Yin, nourishing Yin and supplementing qi should be treated with qiwei Baizhu Powder prescription, which is increased and decreased with the syndrome and decocted with water.

2.2.3 Emotional Intervention.

Closely observe the patient state of mind and emotions, to guide patients to adjust mentality, in view of the bad feelings seriously, have poor state of mind, the following methods to help patients improve mentality: vent to resolve depression, suggests that therapy, cognitive therapy, emotional appeal volunteers, etc., and guide patients through breathing to relax, listen to music, meditation, and muscle relaxation to relieve negative emotions.

2.3 Observation Indicators

Blood glucose levels of the two groups were observed and evaluated before intervention and 3 months after intervention.

2.4 Statistical Methods

SPSS22.0 software was used and t-test was adopted. $P < 0.05$ was considered as data difference.

3. The Results

Blood glucose level in group B was improved more significantly than that in group A ($P < 0.05$). See table below for details:

Table 1 Comparison of Blood Glucose Levels between the Two Groups Before and after Nursing
($\bar{x} \pm s$)

group	Example number	fasting blood-glucose(mmol/l)		Blood glucose was obtained 2h after the meal(mmol/l)	
		Before nursing	After nursing	Before nursing	After nursing

groupA	50	9.42±1.87	7.85±1.58	12.26±2.42	9.21±1.98
groupB	50	9.36±1.91	6.04±1.22	12.19±2.37	7.38±1.02
<i>t</i>	-	0.159	6.412	0.146	5.810
P	-	0.874	0.001	0.884	0.001

4. Discussion

Diabetes is extremely common in clinical practice with a high incidence, which has been increasing year by year in recent years. Most of them have no obvious manifestations, while some of them may have polydipsia, polydipsia and polyuria. According to statistics, there are about 300 million diabetes patients in the world, and this disease has become the third serious threat to human health after cardiovascular and cerebrovascular diseases and malignant tumors^[3]. If not in early intervention and treatment of disease, poor blood sugar control, continuous progression, may induce a variety of complications, such as low blood sugar, infection, neuropathy, diabetic foot, diabetes, kidney disease, such as ketoacidosis, these various complications in patients with damage and bad influence, and may even life threatening patients, at the same time practice found that, The best time for the same drug to treat the disease should be in the early and early stages of the disease, when the disease is relatively mild. If the disease worsens, the curative effect will also decrease, so early intervention is very important^[4].

The usual clinical intervention for the disease is mainly western medicine, mostly drug therapy, reasonable diet, moderate exercise, blood glucose monitoring and maintaining a positive attitude, etc. In order to further improve the efficacy, it is necessary to combine other methods for joint intervention and diagnosis and treatment. Under the current new medical mode, the policy of “paying equal attention to traditional Chinese and Western medicine, focusing on prevention, and emphasizing prevention over treatment” is proposed. The combined intervention of traditional Chinese medicine and Western medicine can effectively improve the quality of life of patients and prevent complications^[5]. Will be classified as the disease of traditional Chinese medicine “excessive” category, think that the basic pathogenesis of Yin jin sheng lose money, hot and dry, lesions in the lungs, stomach, kidney, infection with phlegm, dampness and heat, qi and factors related to common causes are insufficiency, ferrite Yin deficiency, not of diet, mental stimulation, the six evils of the exogenous, etc., according to the classification of syndrome differentiation should be divided into the following four types: The treatment principles of dampness-heat accumulation of spleen syndrome, dampness of spleen deficiency syndrome, liver stagnation and qi stagnation syndrome and deficiency of qi and Yin syndrome are different. The TCM intervention measures implemented in this study include diet and exercise regimen, classification and treatment, and emotional intervention. Guided by the “holistic concept”, the comprehensive, comprehensive and targeted TCM intervention has played a good role in the treatment of patients' internal organs and emotions while preventing and treating complications.

The results of this study showed that the blood glucose level in group B was improved more significantly than that in group A ($P < 0.05$). It can be seen that the intervention of integrated Traditional Chinese and Western medicine used in this study is practical and effective, and the effect and value of this intervention is better than the single western medicine intervention. The reasons are as follows: Western medicine intervention from oral drugs, education, blood glucose monitoring, diet, exercise and mentality to give patients a comprehensive intervention, can control blood glucose from many aspects, traditional Chinese medicine intervention can play a slow and lasting effect through the knowledge of traditional Chinese medicine, the combination of the two ways to further control blood glucose.

5. Conclusion

It is of great significance to pay attention to the intervention of integrated Traditional Chinese and Western medicine in the early stage of diabetes, which can effectively control the blood glucose level of patients and can be widely promoted.

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