

Analysis on the Current Situation of Cupping Technology Demand of the Elderly in Community

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Abstract: To investigate the current situation and influencing factors of cupping technology demand among the elderly in Changchun community. Using random sampling method to investigate 200 elderly people in Changchun community by questionnaire. A total of 200 questionnaires were distributed and 200 were recovered. The recovery rate was 100%, and the effective rate was 100%. The total demand score of cupping technology for the elderly in community was (67.80±10.97). The lowest score was 32.5, and the highest score was 97.5. Among them, 80% of the elderly with demand score above 60. The factors affecting the demand of cupping technology for the elderly in community were the way of payment of medical expenses. The demand of cupping technology of the elderly in Changchun city was high, which needs to be further met. Therefore, the corresponding nursing intervention measures should be formulated according to the needs of the elderly in the community, so as to enhance the self-health awareness and self-health management ability of the elderly in the community.

1. Introduction

National Nursing Development Plan points out that, we should carry out the personnel training of traditional Chinese medicine nursing, promote the technology innovation and subject construction of traditional Chinese medicine and promote the development of traditional Chinese medicine nursing. Give full play to the role of traditional Chinese medicine nursing in disease treatment, chronic disease management, health care, rehabilitation promotion and so on. Nursing technology of traditional Chinese medicine is to apply traditional Chinese medicine therapy to nursing work, including cupping, scraping, water needling, wet compress, fumigation and washing, acupoint massage and so on. It plays a very important role in alleviating patients' pain and promoting rehabilitation [1]. This paper used the questionnaire to collect the data of the demand of the traditional Chinese medicine cupping technology in the community, and analyzed the current situation and influencing factors of cupping technology demand of the elderly, in order to better serve the old people in the community.

2. Participants and Methods

2.1 Participants

Participants were randomly selected from 3 Community Health Service Centers. Inclusion criteria: (1) over 60 years of age; (2) live in the community for more than 6 months; (3) Be able to correctly understand the meaning of questionnaire items. Exclusion criteria: (1) under 60 years of age; (2) live in the community less than 6 months or not living during the survey period; (3) suffer from mental disorder or unable to correctly understand the meaning of the item.

2.2 Methods

2.2.1 Research Tools

(1) Social demographic scale: including gender, age, marital status, educational level, political status, occupation, monthly income, mode of payment of medical expenses. (2) Cupping technology demand scale: the cupping technology demand scale was designed by the researchers themselves, it includes 10 items (Health care demand, Cupping demand, Moxibustion demand, Scraping demand, Massage demand, Ear point burying bean demand, Understand the extent of cupping, Effective degree of cupping, cupping time and cupping position). Respondents reported on a four-point Likert scale[2], with 1 representing “never”, 2 representing “a few times”, 3 representing “sometimes”, 4 representing “often”. Sum of the 10 items’ scores was the total scores of cupping technology demand, the total score was between 10 and 40, converted into percentage system was between 25 and 100. The higher the scores, the stronger the elderly’ cupping technology demand.

2.2.2 Data Analysis Method

SPSS21.0 for Windows was used to perform the statistical analyses. Descriptive statistical was used to describe social demographics, one-factor analysis of variance was used to compare scores of the elderly’ cupping technology demand according to demographics, multiple regression analysis was used to estimate the variance in the elderly’ cupping technology demand. A significance level of 0.05 or lower was considered statistically significant.

3. Results and Analysis

3.1 Basic Situation of Participants

Tab 1. Demographic data of participants (N=200)

Variable	Classification	n	%
Ages(year)	60-69	104	52
	70-79	90	45
	80-	6	6
Gender	male	100	50
	female	100	50
Marital status	unmarried	2	1
	married	174	87
	divorce (widowhood)	24	12
Education degree	primary school	94	47
	junior high	48	24
	high school	36	18
	junior college	22	11
Political status	masses	160	80
	party members	26	13
	democratic parties	14	7
Occupation	cadres	36	18
	technicians	8	4
	workers	54	27
	others	102	51
Monthly income	<1000	34	17
	1000-	46	23
	2000-	58	29
	3000-	62	31
Medical expenses	health insurance	90	45
	free	16	8
	own expense	94	47

3.2 The Elderly' Cupping Technology Demand

The total demand score of cupping technology for the elderly in community was (67.80±10.97). The lowest score was 32.5, and the highest score was 97.5. Among them, the selection of cupping site (72.25±1.910) and the effective degree of cupping (71.25±2.143) were higher. The results were shown in Table 2.

Tab 2. Demand of cupping technology ($\bar{x} \pm s$)

Items	scores
Health care demand	66.50±2.168
Cupping demand	70.50±1.825
Moxibustion demand	66.75±2.072
Scraping demand	63.75±2.368
Massage demand	65.25±2.355
Ear point burying bean demand	64.25±2.283
Understand the extent of cupping	67.50±2.423
Effective degree of cupping	71.25±2.143
Cupping time	70.00±2.220
Cupping position	72.25±1.910
Total demand	67.80±10.97

3.3 Factor Analysis

There were significant differences in the variables of medical expenses payment mode among groups ($p < 0.05$). There were no significant differences in the variables of gender, age, marital status, educational degree, political status, occupation and monthly income ($p > 0.05$). The results were shown in Table 3.

Tab 3. Single factor analysis of cupping technology demand ($\bar{x} \pm s$)

Variable	n	$\bar{x} \pm s$	F/t	P
Mode of payment of medical expenses				
health insurance	90	28.40±3.525	3.697	0.028
free	16	25.75±4.132		
own expense	94	26.13±4.902		
Gender				
male	100	26.94±3.956	-0.408	0.684
female	100	27.30±4.816		
Ages(year)				
60~69	104	27.13±4.863	0.049	0.952
70~79	90	27.16±3.855		
≥80	6	26.33±4.726		
Marital status				
unmarried	2	34.00±0.000	1.265	0.287
married	174	27.08±4.491		
divorce (widowhood)	24	26.83±3.353		
Education degree				
primary school	94	26.60±4.148	0.943	0.423
junior high	48	26.92±4.754		
high school	36	28.61±4.925		
junior College	22	27.36±3.585		
Political status				
masses	160	27.09±4.085	0.795	0.454
party members	26	28.15±5.367		

democratic parties	14	25.57±5.940		
Occupation				
cadres	36	26.89±2.111	1.861	0.141
technicians	8	25.75±6.131		
workers	54	25.89±4.492		
others	102	27.96±4.707		
Monthly income				
<1000	34	27.76±4.684	1.950	0.127
1000-	46	25.22±4.462		
2000-	58	27.52±4.111		
3000-	62	27.81±4.222		

4. Discussion

With the continuous strengthening of health care, traditional Chinese medicine nursing technology has been paid more and more attention because of its strong humanistic characteristics, ancient and advanced nursing theory and operation methods. Traditional Chinese medicine nursing technology will have great potential for development in now or in the future [3]. The results of the survey was: the total demand score of cupping technology for the elderly in community was (67.80±10.97); the lowest score was 32.5, and the highest score was 97.5; among them, the selection of cupping site (72.25±1.910) and the effective degree of cupping (71.25±2.143) were higher. It shows that the demand for cupping technology of traditional Chinese medicine is higher for the elderly in community. This may be closely related to the better clinical effect of the combine of traditional Chinese medicine and western medicine in recent years, the traditional Chinese medicine nursing technology, which is simple, convenient and inexpensive, has an important role in the fields of prevention and rehabilitation and health care of senile diseases, chronic diseases [4]. Among them, there was a high demand for the selection of cupping site and the effective degree of cupping. Therefore, guide the elderly in the community how to use cupping Technology correctly, to inform the elderly in community should choose a large part of the muscle when they want to cup, avoid the uneven portion of the bone, avoid the hairy part of body [5]. Improve the self-care consciousness of the elderly in the community and provide a healthy and happy old life for the elderly, and to explore the practical health care projects of the traditional Chinese medicine for the elderly in the community.

According to the analysis of this study, the mode of payment of medical expenses was the factor that affected the demand of cupping technology of traditional Chinese medicine for the elderly in community. Therefore, the community workers and managers should pay more attention to the medical expense payment method when they understand the needs of the traditional Chinese medicine cupping technology of the old people in the community, in order to meet the needs of cupping technology of the elderly in the community. The payment mode of medical expenses had a great influence on the demand for the use of cupping technology for the elderly in the community. Community nursing workers and managers should pay attention to those elderly people in the community who do absolutely use their own expense, explain to them that the nursing operation technology of traditional Chinese medicine is simple and easy to learn, economical and practical, and the cost of technical supplies of nursing operation of traditional Chinese medicine is also low, but the curative effect is very significant, and the economic benefit of long-term was obvious. It plays an important role in promoting the rehabilitation of diseases, increases the understanding of the common nursing techniques of traditional Chinese medicine among the elderly in the community, and maximizes the satisfaction of more elderly people in the community who have the needs of health care of traditional Chinese medicine.

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