
AI translation · View original & related papers at
chinaxiv.org/items/chinaxiv-202209.00070

Post-print: Application of Traditional Chinese Medicine Emotional Nursing in the Operating Room

Authors: Chen Ying, Cao Hongjing, Li Ning, Li Jing, Cao Hongjing

Date: 2022-09-06T00:00:00+00:00

Abstract

Traditional Chinese Medicine emotional nursing constitutes a socio-psychological therapy grounded in the theoretical framework of Chinese medical education psychology. This approach influences and ameliorates patients' emotional states through the enhancement of nurses' verbal communication, facial expressions, postures, attitudes, behaviors, and temperament. Nurses are required to administer appropriate psychological nursing interventions tailored to the specific conditions of surgical patients, thereby improving adverse states and achieving the objective of disease prevention and treatment.

Full Text

Traditional Chinese Medicine Emotional Nursing in the Operating Room

Authors: Chen Ying¹, Cao Hongjing², Li Ning², Li Jing²

¹ Operating Room, Beijing Longfu Hospital, Beijing, China

² Department of Nursing, Beijing Longfu Hospital, Beijing, China

Corresponding Author: Cao Hongjing, E-mail: .com

Abstract

Traditional Chinese Medicine (TCM) emotional nursing is a psychotherapeutic approach grounded in medical psychology theory. Through purposeful regulation of nurses' language, expressions, posture, attitude, behavior, and temperament, it influences and improves patients' emotional states. Based on surgical patients' conditions, appropriate psychological care is provided to alleviate negative emotions, thereby achieving disease prevention and treatment goals.

Keywords: Traditional Chinese Medicine; emotional nursing; operating room; local anesthesia

Introduction

In recent years, China has increasingly emphasized integrated Chinese and Western nursing care, issuing multiple policy documents to advance the profession. At the national policy level, Chinese medicine hospitals are required to reflect TCM cultural characteristics in health education. The National Administration of Traditional Chinese Medicine's *Guidelines for Nursing in TCM Hospitals* stipulates that TCM nursing protocols should fully adhere to and implement the holistic perspective of TCM theory, employing syndrome differentiation and nursing to fully embody the distinctive features and advantages of Chinese medicine. Additionally, the *Quality Standards for High-Quality Nursing Service Implementation in Hospital Management* mentions that clinical nursing services in TCM wards of Chinese medicine hospitals, integrative Chinese-Western medicine hospitals, and specialized hospitals should fully demonstrate the resource advantages of TCM characteristics, carrying out syndrome differentiation and nursing as well as TCM specialty care to elevate the technical level of TCM nursing.

Emotional nursing represents a major characteristic of TCM nursing techniques. TCM holds that human disease is intimately related to one's emotions, and that emotional intervention can effectively promote patient recovery. This paper primarily introduces the application of TCM emotional nursing in operating room care, aiming to provide references for further improving operating room nursing quality in clinical practice.

1. TCM Emotional Nursing

In 通俗 terms, “Chinese and Western medicine emotional nursing” is academic terminology addressing the “psychological” aspects of patient care. As humans possess subjective initiative, surgical procedures inevitably produce corresponding psychological responses at varying levels. “Emotional nursing” assists such patients in achieving psychological relief before surgery, professional nursing care during surgery, and coordinated physical-psychological development after surgery—a form of holistic care throughout the entire perioperative period.

TCM posits that excessive emotional development and changes may cause related diseases, yet emotions can also be harnessed through the theory of emotional counteraction to treat disease. Ancient medical texts contain numerous discussions on this principle. The *Dongui Bogam* (Treasured Mirror of Eastern Medicine) states: “To treat a disease, first treat the heart; one must rectify the heart to draw upon the Way.” The Ming Dynasty text *Bencao Jingshu* (Commen-

tary on the Classic of Materia Medica) records: “Using consciousness to dispel consciousness, using reason to dispel emotion—this is what is meant by treating a heart disease with heart medicine.” Both *Su Wen: Yin-Yang Manifestation Theory* and *Su Wen: Five-Phase Movement Theory* articulate that “anger injures the liver, grief counteracts anger” ; “joy injures the heart, fear counteracts joy” ; “pensiveness injures the spleen, anger counteracts pensiveness” ; “sorrow injures the lungs, joy counteracts sorrow” ; and “fear injures the kidneys, pensiveness counteracts fear.” These citations demonstrate that TCM emotional nursing has ancient origins with documented historical evidence. This method of correcting abnormal emotions embodies the fundamental spirit of “emotional-emotional mutual victory,” consciously utilizing one type of emotional activity to control or regulate disease caused by certain stimuli, thereby achieving therapeutic goals.

TCM emotional nursing requires nursing staff to master the principles and content of the seven-emotion etiology theory, attentively monitor patients’ emotional changes, and grasp the essential spirit of “individualized care, disease-specific care, root-cause oriented nursing, different care for same disease, and same care for different diseases.” The adage “three parts disease, seven parts recuperation” partially reflects the role of psychological nursing from the perspective of TCM emotional nursing, advocating that beyond routine medication, disease cure requires spiritual nursing to regulate patients’ pathogenic “seven emotions” and “five spirits,” thereby improving adverse emotions, restoring physical and mental health, and achieving optimal therapeutic outcomes.

2. Application of TCM Emotional Nursing in the Operating Room

2.1 Pre-operative Emotional Nursing

Surgery impacts patients both physically and psychologically, potentially triggering negative psychological stress responses that lead to endocrine disorders and other sequelae, thereby affecting surgical smoothness and postoperative recovery. As a psychotherapeutic approach, TCM emotional nursing emphasizes the holistic concept of unity between body and spirit. Based on the “three causes” in TCM nursing and the physical manifestations of emotions, it seeks to overcome adverse psychology, regulate and restore balance, provide comfort and encouragement, and enable patients to cooperate with surgical treatment using a positive mindset.

Before surgery, patients may experience tension, fear, and other negative emotions due to unfamiliar environments and surgical anxiety, which is detrimental to surgical procedures. Nurses should implement appropriate measures to help patients overcome psychological barriers. Through effective preoperative psychological counseling, nurses can help patients improve their understanding. Simultaneously, family members and friends should provide additional encouragement and comfort. While moderate preoperative nervousness is normal, if fear becomes pronounced to the point of adversely affecting the surgery, medical staff must intervene to stabilize the patient’ s preoperative psychological state

and ensure surgical safety.

Traditional operating room nursing required strict adherence to physicians' orders in a step-by-step manner. Modern TCM emotional nursing advocates that nursing staff infer patients' psychological characteristics and emotional states from their outward behaviors. Based on comprehensive understanding of patients' individual physiological and psychological conditions, nursing staff can deliver targeted emotional nursing during operating room treatment, providing personalized care tailored to different etiologies and disease conditions.

2.2 Intra-operative Emotional Nursing Patients under local anesthesia remain conscious and may develop fear and anxiety due to the operating room environment and surgical procedures. Medical personnel must implement targeted interventions based on patients' psychological states. The operating room serves as the primary venue for surgical treatment, where nursing work is highly scientific, serious, collaborative, proactive, time-sensitive, and hazardous. The operating room should maintain appropriate quietness to provide patients with a relatively stable and secure space, effectively reducing anxiety. Surgical "steadiness" involves not only steady technique but also steadying patients' emotions. Therefore, intraoperative emotional nursing focuses on stabilizing patients' internal states, avoiding emotional fluctuations, and thereby facilitating surgical success.

Beyond environmental influences, communication is central to emotional nursing. Positive language stimulation is crucial for surgical patients' recovery care. Nursing staff applying emotional nursing concepts can fully mobilize patients' healing enthusiasm, alleviate adverse emotions, promote happiness and comfort, harmonize qi and blood, enhance organ function, and ultimately facilitate disease recovery.

2.3 Post-operative Emotional Nursing Postoperative emotional nursing emphasizes recovery and dietary habits. The postoperative focus is on recuperation; proper 调理 (regulation) can promote patient recovery. Diet represents a crucial nutritional source for patients, and good nutrition provides adequate energy for postoperative recovery. For instance, consuming foods rich in collagen and zinc significantly promotes wound healing. Maintaining good exercise and mindset postoperatively has positive significance for recovery; appropriate exercise helps improve patients' resistance, and maintaining a positive mindset enhances postoperative compliance.

References

- [1] Zhang Junxiu. Application of TCM emotional nursing in operating room nursing [J]. Primary Medical Forum,

- [2] Wang Yanyan, Li Yuxiang. Application of TCM emotional nursing in peri-operative patients [J]. Hebei Traditional Chinese Medicine,
- [3] Cai Juan, Li Yingfang. Effectiveness analysis of applying TCM emotional nursing in preoperative visits for elderly surgical patients [J]. Guangming Traditional Chinese Medicine,
- [4] Zhang Guangji, Zhang Yan. Origin and development of the seven-emotion etiology concept in Traditional Chinese Medicine [J]. China Journal of Traditional Chinese Medicine,
- [5] Yang Fengzhen, Yan Jianhua. Essentials of mental consciousness theory in *Huangdi Neijing* [J]. China Journal of Traditional Chinese Medicine,
- [6] Peng Lili, Lu Zhihong. Application effectiveness of TCM emotional nursing in operating room nursing [J]. Chinese Journal of Maternal and Child Health Research,
- [7] Wang Meier. Effects of positive motivation combined with humanistic care on self-management and psychological state of patients with permanent enterostomy [J]. China General Practice,

Note: Figure translations are in progress. See original paper for figures.

Source: ChinaXiv –Machine translation. Verify with original.