

Application of Chinese and Western Medicine Nursing Techniques in Preventive Medicine: Postprint

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Abstract

Preventive treatment of disease (治未病) comprises two dimensions: first, preventing disease progression after onset (既病防变), and second, preventing disease before occurrence (未病先防). In actual nursing practice, various nursing tasks must be meticulously delineated to ensure maximal nursing efficacy. Traditional Chinese Medicine (TCM) nursing emphasizes prevention and health preservation, possesses unique advantages, and demonstrates significant effectiveness in preventive treatment of disease. Western nursing focuses on enhancing individuals' physical and mental comfort as well as treatment compliance, thereby improving their physical and mental health. Both approaches exhibit distinct advantages in the application of preventive treatment of disease, and in clinical practice, they can be flexibly applied to achieve complementary strengths and maximize nursing efficacy.

Full Text

The Application of Traditional Chinese and Western Medicine Nursing Techniques in Preventive Healthcare

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Abstract

Preventive healthcare (治未病) encompasses two aspects: first, preventing disease progression when illness has already occurred, and second, preventing disease before it occurs. In actual nursing practice, it is essential to refine various

nursing tasks to ensure optimal care outcomes. Traditional Chinese Medicine (TCM) nursing focuses on prevention and health maintenance, offering unique advantages with remarkable effects in preventive healthcare. Western medicine nursing emphasizes improving patients' physical and mental comfort as well as treatment compliance, thereby enhancing overall health. Both approaches have distinct advantages in preventive healthcare applications and can be flexibly integrated in clinical practice to achieve complementary benefits and maximize nursing effectiveness.

Keywords: Traditional Chinese and Western Medicine Nursing; Preventive Healthcare; Physical and Mental Health; Acupuncture; People-Oriented Care

Preventive healthcare refers to taking comprehensive preventive measures before disease onset. Traditional Chinese Medicine views the human body as an organic whole centered on the zang-fu organs and connected by meridians, characterized by functional coordination and structural integrity. All parts interact and influence each other, and any local issue can affect the entire system. Humans, social environment, and natural environment constitute a unified entity, where environmental changes directly impact physiological functions. Variations in social settings, geography, or climate can all lead to physiological changes in the body. TCM nursing approaches patient care from the perspective of social and natural environments, attending to both psychological and physical health while emphasizing comprehensive assessment of potential health issues. Through physical exercise, emotional regulation, and mind-body cultivation, TCM nursing aims to achieve disease prevention. Techniques such as emotional care, dietary nursing, acupuncture, scraping therapy, and moxibustion can effectively improve individual health status and demonstrate ideal outcomes in preventive healthcare applications. This article summarizes the concepts and applications of TCM and Western medicine nursing in preventive healthcare to provide references for further standardizing preventive nursing practices.

1 Traditional Chinese Medicine Nursing

Guided by the theoretical frameworks of TCM syndrome differentiation and holistic concepts, TCM nursing implements syndrome-based care with the core principles of “three parts treatment, seven parts nourishment” and “prevention over cure.” Grounded in TCM theory, TCM nursing emphasizes syndrome differentiation as the foundation for implementing “different diseases with same care,” “same disease with different care,” and “three-factor nursing” (tailoring care to individual, locality, and season). TCM nursing values the concept of “superior physicians prevent disease,” first documented in the *Huangdi Neijing*, which profoundly influences both TCM treatment and nursing practice.

1.1 Holistic Nursing for Preventive Healthcare

Holistic nursing for disease prevention is implemented through several key approaches. First, physical cultivation enhances disease resistance. As stated in *Suwen · Yipian · Cifa Lun*: “When vital qi exists internally, pathogenic factors cannot invade.” Therefore, strengthening constitution is crucial for enhancing vital qi. This involves proper diet, regular rest, and work-life balance. *Suwen · Shanggu Tianzhen Lun* emphasizes understanding natural laws, adapting to environmental changes, and ensuring appropriate work-rest balance to maintain abundant energy, physical health, and longevity. Second, regular physical exercise strengthens constitution and effectively prevents disease. Exercise promotes joint mobility, harmonizes qi and blood, and enhances the body’s disease resistance capabilities. Third, emotional regulation is essential. TCM recognizes that physiological and pathological changes are closely associated with mental and consciousness activities. Sudden or persistent emotional stimuli can disturb qi flow and cause imbalance of yin, yang, qi, and blood. For instance, fear damages the kidneys, overthinking damages the spleen, and anger damages the liver. Sudden emotional fluctuations can also trigger disease changes. Maintaining emotional joy, tranquility, and comfort helps achieve harmonious qi and blood flow. Fourth, dietary prevention is crucial. TCM holds that the five flavors—salty, pungent, sweet, bitter, and sour—correspond to the five zang organs and affect both physiological and pathological states of the viscera.

1.2 TCM Nursing Techniques

Auricular Acupressure. This technique treats conditions by stimulating reflex points or acupoints on the auricle, achieving disease prevention and treatment effects through meridian transmission.

Scraping Therapy (Gua Sha). Using porcelain spoons, buffalo horn, or similar tools to scrape the skin along meridians and acupoints promotes the expulsion of pathogenic qi, invigorates blood circulation, unblocks meridians, harmonizes the zang-fu organs, and facilitates smooth qi flow and functional recovery.

Pricking and Bloodletting Therapy. This method uses fire needles, lancets, dermal needles, or three-edged needles to puncture specific acupoints and release appropriate amounts of blood based on syndrome differentiation. It can regulate qi and blood, warm yang and transform heat, and eliminate fire-toxins, thereby achieving disease prevention and treatment.

Moxibustion. Widely applied in patients with yang-deficiency constitution, moxibustion unblocks meridians and improves constitution.

Herbal Paste Massage. Applying medicinal paste to the skin and using massage techniques facilitates drug penetration into the muscle layer, achieving disease prevention and treatment effects.

Acupuncture. Acupuncture stimulates the body’s vital qi, unblocks meridian

qi, corrects zang-fu organ imbalance of yin and yang, and effectively resists disease.

Cupping Therapy. Cupping eliminates dampness, disperses cold, unblocks collaterals, and invigorates blood circulation, helping relieve muscle fatigue and promote metabolism while enhancing exercise capacity.

2 Western Medicine Nursing Techniques

Western nursing emphasizes a “patient-centered” philosophy, focusing on environmental, emotional, and psychological aspects of care. The goal is restoring patients’ physical and mental health, with the service connotation centered on meeting patients’ individual needs while fully respecting their dignity and privacy. Western nursing concepts and service models are closely related to medical technology development. During condition monitoring, nurses must closely observe changes in blood pressure, respiration, pulse, and temperature. Nursing techniques include psychological care, medication guidance, and rehabilitation training instruction. Western nursing demonstrates strong precision and objectivity, facilitating comprehensive understanding of patients’ health issues and constitution to meet their basic physical and psychological needs. Consequently, Western nursing has broad applications in preventive healthcare.

3 Analysis of the Relationship Between Chinese and Western Medicine Nursing

3.1 Unity of Chinese and Western Medicine Nursing

Both TCM and Western nursing emphasize that humans are multidimensional wholes with psychological, social, and physical dimensions. Internal factors such as mental, psychological, and physiological states interact with external factors like culture and environment. Both approaches provide multi-level, comprehensive nursing interventions from a holistic perspective, with health maintenance as the central focus and priority.

3.2 Consistency of Chinese and Western Medicine Nursing

Both nursing paradigms view humans and their environment as unified wholes. During nursing practice, they emphasize the relationship between individuals and their social and natural environments, providing care tailored to the person, locality, and season. Both offer holistic nursing addressing patients’ spiritual, psychological, and physiological aspects to ensure optimal health status.

3.3 Complementarity of Chinese and Western Medicine Nursing

Both TCM and Western nursing emphasize people-oriented care, prioritizing human needs through nursing interventions that satisfy reasonable physical and psychological requirements, enhance comfort and quality of life, and improve

clinical symptoms and conditions. Through dietary care, exercise guidance, psychological support, disease prevention, and condition monitoring, these approaches enhance patients' resistance and immunity to achieve effective disease prevention. TCM nursing focuses more on prevention and health maintenance with broader service targets and more comprehensive content, while Western nursing primarily serves individuals or populations with existing diseases. Therefore, the two approaches are complementary. Integrated application of TCM and Western nursing can improve care quality and achieve more ideal preventive effects in preventive healthcare.

Nursing science constitutes an important component of medical science and belongs to the category of natural sciences, playing a vital role in clinical practice. TCM preventive healthcare emphasizes "three parts treatment, seven parts nourishment." Medical treatment and nursing are integrated and inseparable. Preventive healthcare nursing requires attention to improving patients' psychological state, recuperation environment, nutritional regulation, and physical exercise, balancing activity and rest. Appropriate exercise facilitates joint mobility and harmonizes qi and blood, enhancing disease resistance. Western nursing values human holism, emphasizing satisfaction of physiological and psychological needs to improve physical and mental health, enrich patients' understanding of preventive healthcare concepts, and enhance their cooperation and enthusiasm. Both TCM and Western nursing emphasize holistic, multi-level, and comprehensive nursing interventions to improve patients' health issues.

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

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