

Effect of Traditional Chinese Medicine Characteristic Nursing Techniques Combined with Health Education on Gastrointestinal Reactions in Elderly Cancer Patients During Chemotherapy: A Postprint

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Abstract

Objective: To investigate the effect of traditional Chinese medicine characteristic nursing techniques combined with health education on gastrointestinal reactions in elderly cancer patients during chemotherapy.

Methods: This study enrolled a total of 68 elderly cancer patients undergoing chemotherapy in our hospital, selected between January 2020 and January 2022. After enrollment, a designated person verified the completeness of patients' medical records. Participants were grouped by lottery method, with 34 subjects in both the control group and the observation group. While receiving standardized chemotherapy, the control group was provided with routine nursing support, whereas the observation group received traditional Chinese medicine characteristic nursing techniques combined with health education. The incidence of gastrointestinal reactions was compared between the two groups under different nursing intervention protocols.

Results: There was a significant difference in the incidence of gastrointestinal reactions between the two groups; compared with the control group, the incidence in the observation group was significantly lower, with statistical significance ($P < 0.05$).

Conclusion: Strengthening the application of traditional Chinese medicine characteristic nursing techniques and health education in the chemotherapy treatment process for elderly cancer patients can significantly improve patients' physical condition, reduce the occurrence of gastrointestinal reactions, and has received consistent positive feedback from patients.

Full Text

Exploring the Impact of Traditional Chinese Medicine Characteristic Nursing Techniques Combined with Health Education on Gastrointestinal Reactions in Elderly Cancer Patients During Chemotherapy

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Abstract

Objective: To investigate the impact of traditional Chinese medicine characteristic nursing techniques combined with health education on gastrointestinal reactions in elderly cancer patients during chemotherapy.

Methods: A total of 68 subjects were enrolled in this study, all selected from elderly cancer patients admitted to our hospital for chemotherapy treatment between January 2020 and January 2022. After enrollment, designated personnel verified patient medical records to ensure completeness. Participants were divided into groups by lottery, with both the control and observation groups comprising 34 subjects. While receiving standardized chemotherapy, the control group was provided with conventional nursing support, whereas the observation group received traditional Chinese medicine characteristic nursing techniques combined with health education. The incidence of gastrointestinal reactions was compared between the two groups under different nursing intervention protocols.

Results: The comparison of gastrointestinal reaction incidence revealed a significant difference between the two groups, with the observation group showing a markedly lower incidence compared to the control group ($P < 0.05$).

Conclusion: Strengthening the application of traditional Chinese medicine characteristic nursing techniques and health education during chemotherapy treatment for elderly cancer patients can significantly improve patients' physical condition, reduce the occurrence of gastrointestinal reactions, and receive consistent positive feedback from patients.

Keywords: elderly cancer; chemotherapy; gastrointestinal reactions; traditional Chinese medicine characteristic nursing techniques; health education; nursing efficacy

Introduction

Academia classifies tumors into malignant and benign categories based on their severity. Malignant tumors pose greater harm to the body due to their high invasiveness and rapid growth characteristics [1], and the disease progression produces varying degrees of systemic or local symptoms that seriously threaten

patients' physical and mental health and life safety. Consequently, clinical practice places great emphasis on the diagnosis and treatment of malignant tumors. In addition to surgical radical treatment, chemotherapy represents one of the important therapeutic modalities for malignant tumors [2]. However, patients often experience a series of gastrointestinal reactions during chemotherapy, which affect treatment progress. Conventional nursing typically focuses on compliance with medical orders while often neglecting patients' individual characteristics, resulting in limited nursing effectiveness [3]. In recent years, numerous studies have demonstrated that traditional Chinese medicine characteristic nursing techniques can effectively improve adverse psychological and physiological reactions in clinical applications [4]. In view of this, this study enrolled 68 elderly cancer patients undergoing chemotherapy to clarify the application effect of traditional Chinese medicine characteristic nursing techniques combined with health education. Details are reported as follows.

1.1 General Information

This study enrolled a total of 68 subjects, all selected from elderly cancer patients admitted to our hospital for chemotherapy treatment between January 2020 and January 2022. After enrollment, designated personnel verified patient medical records to ensure completeness. Participants were divided into groups by lottery, with both the control and observation groups comprising 34 subjects. The control group included 18 males and 16 females, aged 61-82 years with a median of (71.51 ± 3.64) years, including 1 case of colon cancer, 3 cases of breast cancer, 6 cases of lung cancer, 4 cases of liver cancer, 81 years with a median of (72.16 ± 3.69) years, including 2 cases of colon cancer, 2 cases of breast cancer, 7 cases of lung cancer, 3 cases of liver cancer, 9 cases of gastric cancer, 3 cases of uterine cancer, and 8 cases of esophageal cancer. The differences in age between the two groups were minimal ($P > 0.05$). All enrolled subjects were approved by the ethics committee, possessed good communication and cooperation abilities, and voluntarily participated and signed informed consent documents after being informed about the study by professional personnel.

1.2 Nursing Methods

While receiving standardized chemotherapy treatment, the control group was provided with conventional nursing support, whereas the observation group received traditional Chinese medicine characteristic nursing techniques combined with health education. The specific interventions were as follows:

(1) Health Education: Due to elderly patients' relatively poorer cognitive abilities, health education incorporated easy-to-understand pictures along with face-to-face explanations of tumor diseases, chemotherapy treatment, and the necessity of chemotherapy to improve patients' understanding and awareness, thereby enhancing treatment motivation and compliance.

(2) Traditional Chinese Medicine Characteristic Nursing Techniques:

Emotional Guidance: Nursing staff should engage in frequent conversations with patients to understand their emotional status and the causes of negative psychological states. Traditional Chinese medicine characteristic methods such as emotional diversion, five-element emotion restraint, and tranquil mind cultivation were employed to help patients properly vent emotions and maintain a positive mindset. Additionally, successful treatment cases were shared with patients to help them build confidence in overcoming the disease. Furthermore, providing a clean, tidy, and comfortable medical environment with sunlight exposure, regular ventilation, indoor plants, and comfortable temperature and humidity could improve patients' emotional state.

Healthcare Massage: Elderly cancer patients often experience gastrointestinal reactions during chemotherapy, which can be ameliorated through acupoint massage, moxibustion, and auricular point seed embedding. For acupoint massage: the Sifeng (EX-UE10) and Zusanli (ST36) acupoints were gently pressed until patients felt warmth and soreness at a frequency of 15-20 times per minute for 10 minutes. For auricular point seed embedding: magnetic therapy patches were applied to auricular points including sympathetic, subcortex, and stomach, pressed 2-3 times daily with seeds retained for 2-3 days each time. For moxibustion: patients' sensations were frequently queried during the procedure, with the moxa stick maintained at an appropriate distance from the skin, applied once daily for 10-15 minutes per session.

1.3 Observation Indicators

The incidence of gastrointestinal reactions including nausea, vomiting, appetite loss, and constipation during chemotherapy was compiled for both groups.

1.4 Statistical Analysis

Data were processed using SPSS 21.0 software. Count data were described as frequency (n) and percentage (%) and analyzed using the χ^2 test. Measurement data were expressed as $(\bar{x} \pm s)$ and analyzed using the t-test. Statistical significance was defined as $P < 0.05$.

Results

The comparison of gastrointestinal reaction incidence revealed a significant difference between the two groups, with the observation group showing a markedly lower incidence compared to the control group ($P < 0.05$). Details are presented in Table 1 .

Table 1 Comparison of Gastrointestinal Reaction Incidence Between Two Groups (n%)

Group	Nausea	Vomiting	Appetite Loss	Constipation	Total Incidence
Observation (n=34)	14 (41.18%)	2 (5.88%)	1 (2.94%)	1 (2.94%)	9 (26.47%)
Control (n=34)	14 (41.18%)	7 (20.59%)	2 (5.88%)	3 (8.82%)	26 (76.47%)

Discussion

Chemotherapy is one of the effective treatments for malignant tumors, capable of killing cancer cells [5]. However, as a systemic treatment modality, chemotherapy also affects normal cells while destroying cancer cells, resulting in a high incidence of adverse reactions [6]. Gastrointestinal reactions are particularly common, manifesting as nausea, vomiting, and constipation. These physical adverse reactions increase negative emotions in elderly cancer patients and affect treatment progress [7]. Health education can explain disease and treatment-related knowledge according to patients' actual cognitive conditions, helping them understand the necessity of chemotherapy and thereby actively cooperate with treatment. Traditional Chinese medicine characteristic nursing techniques improve patients' emotional state and physical comfort through emotional support, medical environment optimization, and healthcare massage, thereby alleviating gastrointestinal adverse reactions and enhancing treatment efficacy [8]. The present study results demonstrate a significant difference in gastrointestinal reaction incidence between the two groups, with the observation group showing a markedly lower incidence compared to the control group ($P < 0.05$).

Conclusion

Strengthening the application of traditional Chinese medicine characteristic nursing techniques and health education during chemotherapy treatment for elderly cancer patients can significantly improve patients' physical condition, reduce the occurrence of gastrointestinal reactions, and receive consistent positive feedback from patients, demonstrating high recommendation value.

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

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