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## The Value of Conventional Nursing Care Combined with Constitution Identification-Based Traditional Chinese Medicine Nursing in Herbal Bamboo Cupping Therapy for Diabetes Mellitus

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**Date:** 2023-11-20T00:00:00+00:00

### Abstract

**Objective:** To investigate the value of conventional nursing combined with Traditional Chinese Medicine nursing based on constitution identification in traditional Chinese medicine bamboo cupping therapy for diabetes.

**Methods:** A total of 190 diabetes patients undergoing traditional Chinese medicine bamboo cupping therapy admitted to our hospital from January 2022 to July 2023 were selected and divided into two groups. The control group received conventional nursing intervention, while the study group received conventional nursing combined with Traditional Chinese Medicine nursing intervention based on constitution identification.

**Results:** The blood glucose changes in the study group were better than those in the control group ( $P < 0.05$ ); the HAMA and SDS scores of the study group were lower ( $P < 0.05$ ); the quality of life level of the study group was higher ( $P < 0.05$ ).

**Conclusion:** The application of conventional nursing combined with Traditional Chinese Medicine nursing based on constitution identification in traditional Chinese medicine bamboo cupping therapy for diabetes is more effective, can effectively improve patients' blood glucose levels, alleviate their negative emotions such as anxiety and depression, and improve quality of life, which is worthy of promotion.

## Full Text

# Value of Routine Nursing Combined with Constitution-Identification-Based Traditional Chinese Medicine Nursing in Herbal Bamboo Cupping Therapy for Diabetes

### Abstract

**Objective:** To explore the value of routine nursing combined with constitution-identification-based traditional Chinese medicine (TCM) nursing in the treatment of diabetes mellitus with herbal bamboo cupping therapy.

**Methods:** From January 2022 to July 2023, 190 diabetic patients who received herbal bamboo cupping therapy at our hospital were selected and divided into two groups. The control group received routine nursing intervention, while the study group received routine nursing combined with constitution-identification-based TCM nursing intervention.

**Results:** The study group demonstrated superior blood glucose control compared to the control group ( $P < 0.05$ ). The SAS and SDS scores of the study group were significantly lower ( $P < 0.05$ ). The quality of life in the study group was significantly higher ( $P < 0.05$ ).

**Conclusion:** The application of routine nursing combined with constitution-identification-based TCM nursing in herbal bamboo cupping therapy for diabetes yields more significant effects, effectively improving patients' blood glucose levels, alleviating negative emotions such as anxiety and depression, and enhancing quality of life. This approach is worthy of clinical promotion.

**Keywords:** Routine nursing; Constitution identification; Traditional Chinese medicine nursing; Combined intervention; Herbal bamboo cupping; Diabetes

## Introduction

Diabetes mellitus, known as “Xiaoke disease” in traditional Chinese medicine (TCM), arises from complex etiologies including congenital deficiency, improper diet, excessive labor or desire, and invasion of external pathogenic factors, leading to yin fluid depletion and predominant dryness-heat syndrome [1]. In recent years, the incidence of diabetes has shown an increasing trend in China. As a chronic metabolic disease primarily characterized by hyperglycemia, its clinical management focuses on blood glucose control, requiring long-term adjustments to diet, daily lifestyle habits, and physical activity to achieve overall disease control [2-3]. Therefore, nursing care for patients undergoing herbal bamboo cupping therapy is particularly crucial. This study analyzed the application effects of routine nursing combined with constitution-identification-based TCM nursing in herbal bamboo cupping therapy for diabetes, with findings reported below.

## 1. Materials and Methods

### 1.1 General Data

From January 2022 to July 2023, 190 diabetic patients who received herbal bamboo cupping therapy at our hospital were selected and divided into two groups. The control group comprised 95 patients (50 males and 45 females) aged 50-69 years, with a mean age of  $(59.7 \pm 1.3)$  years and disease duration of 1–6 years, with a mean duration of  $(3.3 \pm 0.2)$  years. The study group comprised 95 patients (51 males and 44 females) aged 50–70 years, with a mean age of  $(60.8 \pm 1.2)$  years and disease duration of 2–5 years, with a mean duration of  $(3.2 \pm 0.3)$  years. The baseline data between groups were comparable ( $P > 0.05$ ).

### 1.2 Methods

**Control Group:** Received routine nursing intervention, including patient and family education about the disease condition, health education, dietary guidance, continuous monitoring of patient status, and medication administration according to physician orders.

**Study Group:** Received routine nursing combined with constitution-identification-based TCM nursing intervention. Specific measures included:

1. **Special Constitution:** Maintain a light, nutritionally balanced diet; avoid allergenic foods; perform meridian exercises and Tai Chi each morning.
2. **Phlegm-Dampness Constitution:** Follow dietary principles of eliminating dampness and resolving phlegm, including foods such as seaweed, lotus leaf, and radish; massage the abdomen with warm palms; increase physical activity to effectively control constitution.
3. **Yang-Deficiency Constitution:** Follow dietary principles of warming and supplementing yang qi, consuming garlic, ginger, and beef; avoid cold and raw foods; engage in gentle exercise; appropriately massage acupoints such as Yongquan (KI1) and Zusanli (ST36); Jin Gui Shen Qi Wan may be appropriately prescribed for severe cases [4].
4. **Qi-Deficiency Constitution:** Follow dietary principles of supplementing spleen qi, consuming foods such as hyacinth bean and Chinese yam; avoid qi-consuming foods; ensure adequate rest and warmth due to susceptibility to sweating; engage in gentle exercises such as Qigong and walking; Yu Ping Feng San may be appropriately prescribed for colds or spontaneous sweating.
5. **Damp-Heat Constitution:** Follow dietary principles of sweet-neutral and sweet-cold foods, including sponge gourd and mung bean; avoid spicy and stimulating foods; engage in high-volume and high-intensity exercise; Liu Yi San may be appropriately prescribed for severe cases.
6. **Blood-Stasis Constitution:** Follow dietary principles emphasizing

brown sugar, seaweed, and black bean consumption; engage in ball sports and long-distance running; quit smoking and alcohol consumption.

7. **Qi-Stagnation Constitution:** Follow dietary principles emphasizing seaweed, radish, and hawthorn consumption; avoid strong tea and coffee; engage in mountain climbing and ball sports.
8. **Balanced Constitution:** Follow dietary principles emphasizing fruits, vegetables, and whole grains; ensure balanced meat-vegetable consumption and thorough chewing; engage in walking and Wu Qin Xi exercise; avoid excessive exercise to prevent cardiac overload.
9. **Yin-Deficiency Constitution:** Follow dietary principles of nourishing yin and reducing fire, including corn silk and lily; Liu Wei Di Huang Wan may be appropriately prescribed for severe cases; avoid staying up late; maintain adequate hydration; engage in Tai Chi; avoid vigorous, large-amplitude exercise.

### 1.3 Observation Indicators

**Blood Glucose Levels:** Glycated hemoglobin (HbA1c), fasting blood glucose, and 2-hour postprandial blood glucose were measured in all patients [5].

**SAS and SDS Scores:** The Self-Rating Anxiety Scale (SAS) and Self-Rating Depression Scale (SDS) were used to assess psychological status, with total scores of 100 points. Higher scores indicated greater anxiety and depression, while lower scores indicated better psychological status [6].

**Quality of Life:** Comprehensive assessment was performed using the Quality of Life Scale, with a total score of 100 points. Higher scores indicated better quality of life [7].

### 1.4 Statistical Methods

Data were analyzed using SPSS 22.0 software. Enumeration data were analyzed using the chi-square ( $\chi^2$ ) test, while measurement data were analyzed using the t-test (mean $\pm$ standard deviation).  $P < 0.05$  indicated statistically significant differences.

## 2. Results

The study group demonstrated superior blood glucose control compared to the control group ( $P < 0.05$ ), as shown in Table 1 .

**Table 1 Comparison of Blood Glucose Changes (mean $\pm$ SD) | Group | n |**  
**Glycated Hemoglobin (%) | Fasting Blood Glucose | 2h Postprandial Blood Glucose |**  
 Study Group | | 7.3 $\pm$ 1.3|6.2 $\pm$ 1.1| < 0.05||*ControlGroup*||8.2 $\pm$ 1.2|7.0 $\pm$ 1.1| < 0.05|||9.4 $\pm$ 1.8|6.5 $\pm$ 1.2 | <0.05 |

The SDS and SAS scores of the study group were lower than those of the control group ( $P < 0.05$ ), as shown in Table 2 .

**Table 2 Comparison of SDS and SAS Scores After Intervention (points, mean $\pm$ SD)** | Group | SDS Score | SAS Score | |——-|———|———  
——| | Study Group | 45.6 $\pm$ 6.3|40.5 $\pm$ 5.2||ControlGroup|47.6 $\pm$ 5.4|41.3 $\pm$ 3.5 | |  
P-value | <0.05 | <0.05 |

The quality of life level in the study group was higher than that in the control group ( $P < 0.05$ ), as shown in Table 3 .

**Table 3 Comparison of Quality of Life (points, mean $\pm$ SD)** | |  
65.7 $\pm$ 5.4|63.4 $\pm$ 3.4|64.4 $\pm$ 4.6|64.5 $\pm$ 3.6|||73.4 $\pm$ 4.3|71.2 $\pm$ 3.6|72.5 $\pm$ 3.7|74.1 $\pm$ 3.4|||65.1 $\pm$ 4.8|62.9 $\pm$ 4.4|64.9 $\pm$ 4.7|63  
|

### 3. Discussion

Diabetes mellitus is a prevalent chronic metabolic disease with high incidence among middle-aged and elderly populations. Severe cases can lead to various complications such as nephropathy and cardiovascular disease, posing significant threats to patient safety [8-9]. However, extensive clinical practice has demonstrated that maintaining blood glucose levels within a normal range enables patients to achieve favorable physical and psychological states. Blood glucose levels are typically associated with daily diet, exercise, and emotional status. Therefore, effective clinical nursing should be implemented alongside therapeutic interventions [10]. Herbal bamboo cupping therapy ensures effective coordination between bamboo cups and medicinal herbs. It not only utilizes negative pressure to improve local blood circulation but also employs skin suction to deliver medicinal steam through opened pores to local tissues, achieving dual therapeutic effects of cupping and fumigation, thereby significantly enhancing treatment efficacy. Furthermore, the effective combination of herbs and bamboo cups can improve blood glucose levels and eliminate pathogenic factors. With the transformation of nursing models, nursing philosophy has evolved with social development, establishing a clear “human-centered, patient-focused” care concept, making such approaches essential during treatment [11].

In TCM, diabetes falls under the category of “Xiaoke” (consumptive thirst). TCM classifies the condition into multiple syndrome types, including stomach yin deficiency, lung yin deficiency, yin-yang dual deficiency, and kidney yin deficiency. Therefore, during TCM nursing interventions, comprehensive syndrome differentiation-based care should be implemented according to the patient’s specific condition to effectively control overall blood glucose status [12].

Constitution-identification-based TCM nursing is a care model developed from TCM theory, premised on “TCM Constitution Studies” and centered on “preventive treatment.” It emphasizes preventing disease progression in existing conditions and preventing disease onset in healthy individuals, aiming to understand physiological and pathological characteristics and constitutional features,

thereby providing more scientific and comprehensive guidance for disease prevention and treatment. Due to genetic influences, human constitution exhibits diversity, and individual constitution remains relatively stable yet dynamically changeable. Therefore, under the premise of understanding individual constitution, selecting appropriate health preservation methods can effectively regulate constitutional deviations and achieve clinical effects of disease treatment and prevention [13-14]. Through routine nursing combined with constitution-identification-based TCM nursing, healthcare providers can effectively improve patients' overall quality of life and confidence in overcoming disease, ameliorate blood glucose levels, and facilitate recovery, yielding superior overall outcomes [15]. Our analysis revealed that the study group showed superior blood glucose control compared to the control group ( $P < 0.05$ ), lower SAS and SDS scores ( $P < 0.05$ ), and higher quality of life scores ( $P < 0.05$ ). These findings indicate that combined nursing intervention produces better outcomes, significantly regulating blood glucose levels, alleviating negative emotions, improving overall quality of life, and demonstrating higher safety.

## Conclusion

In conclusion, routine nursing combined with constitution-identification-based TCM nursing demonstrates significant application effects in herbal bamboo cupping therapy for diabetes, effectively improving patients' blood glucose levels, alleviating negative emotions such as anxiety and depression, and enhancing quality of life. This approach is worthy of clinical promotion.

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