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## Analysis of Nursing Efficacy of Auricular Acupressure Combined with Acupoint Application in the Treatment of Senile Constipation

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**Date:** 2024-10-31T00:00:00+00:00

### Abstract

**Objective** To analyze the nursing effect of auricular acupressure combined with acupoint plastering in the treatment of senile constipation.

**Methods** Taking senile constipation as the study disease, 80 patients were randomly selected, with the earliest admission to our hospital in November 2023 and the latest in July 2024. All patients were treated with auricular acupressure combined with acupoint plastering and were grouped by the lottery method, with 40 cases in the control group receiving routine nursing measures and 40 cases in the observation group receiving targeted nursing intervention measures. The selected observation indicators included defecation-related indicators, psychological state, and therapeutic efficacy of the two groups.

**Results** The comparison of defecation interval time, defecation duration, defecation sensation, and stool characteristics showed significant differences ( $p < 0.05$ ), with better outcomes in the observation group; the comparison of Anxiety Score (SAS) and Depression Score (SDS) showed significant differences ( $p < 0.05$ ), with lower scores in the observation group; the comparison of the total effective rate of treatment showed significant differences ( $p < 0.05$ ), with a higher rate in the observation group.

**Conclusion** The application of targeted nursing in senile constipation patients treated with auricular acupressure combined with acupoint plastering therapy can improve constipation symptoms in elderly patients, alleviate their negative psychological state, and demonstrates significant nursing effects, making it worthy of promotion.

## Full Text

### Abstract

**Objective:** To analyze the nursing effects of auricular point pressing with beans combined with acupoint application in treating senile constipation. **Methods:** Eighty patients with senile constipation who visited our hospital between November 2023 and July 2024 were randomly selected and divided into two groups using a lottery method. The control group (n=40) received conventional nursing measures, while the observation group (n=40) received targeted nursing interventions. All patients were treated with auricular point pressing combined with acupoint application. Observation indicators included bowel movement-related metrics, psychological status, and therapeutic efficacy. **Results:** Significant differences ( $p<0.05$ ) were observed between groups in bowel movement interval, duration, sensation, and stool characteristics, with the observation group showing superior outcomes. Anxiety (SAS) and depression (SDS) scores also differed significantly ( $p<0.05$ ), with lower scores in the observation group. The total effective rate showed significant differences ( $p<0.05$ ), with the observation group achieving higher efficacy. **Conclusion:** Applying targeted nursing care to senile constipation patients receiving auricular point pressing combined with acupoint application can improve constipation symptoms and alleviate negative psychological states, demonstrating notable nursing effects worthy of promotion.

**Keywords:** senile constipation; acupoint application; auricular point pressing; nursing effect

Senile constipation is commonly caused by functional disorders and organic lesions, clinically manifesting as infrequent bowel movements, small stool volume, difficult defecation, and dry, hard stools [1]. When elderly patients experience declining physical function and digestive absorption disorders, constipation readily occurs, seriously affecting their physical and mental health and daily life [2]. While auricular point pressing with beans combined with acupoint application has some effect on senile constipation, the efficacy alone is suboptimal [3]. Recovery from constipation in elderly patients requires not only effective treatment methods but also high-quality, efficient nursing care [4]. Based on this, this study analyzes the nursing effects of auricular point pressing combined with acupoint application in treating senile constipation, as reported below.

## 1. Materials and Methods

### 1.1 General Information

The study disease type was senile constipation. Eighty patients were selected, with enrollment periods from November 2023 to July 2024. Patients were divided into control (n=40) and observation (n=40) groups using a lottery method.

**Control group:** The male-to-female ratio was 22:18; patient ages ranged from

61 to 78 years, with a mean age of  $(69.83 \pm 1.94)$  years; constipation duration ranged from 0.5 to 7 years, with a mean age of  $(69.21 \pm 1.65)$  years.

**Observation group:** The male-to-female ratio was 24:16; patient ages ranged from 63 to 76 years, with a mean age of  $(69.21 \pm 1.65)$  years; constipation duration ranged from 1 to 5 years, with a mean age of  $(69.21 \pm 1.65)$  years.

**Inclusion criteria:** Patients were clinically diagnosed with senile constipation; Patient age was between 60 and 80 years, with no communication barriers; Patients had relatively complete clinical data.

**Exclusion criteria:** Patients with malignant tumors; Patients with important organ dysfunction of the heart, liver, or kidneys; Patients with poor compliance who could not cooperate with medical staff.

The above information for both groups was entered into SPSS 26.0 software, yielding  $p > 0.05$ , indicating no statistically significant differences between groups.

## 1.2 Intervention Methods

Both groups received auricular point pressing combined with acupoint application. For auricular point pressing, alcohol was used to disinfect corresponding auricular points including the Large Intestine point, Rectum point, and Constipation point. Vaccaria seeds attached to adhesive tape were then applied to the corresponding points, with alternating bilateral compression. The standard for achieving “deqi” sensation was patient-reported soreness, numbness, distension, and pain. Each compression lasted 3–5 minutes and was performed 3 times daily. For acupoint application, the herbal formula consisted of Rhubarb 30g, Immature Bitter Orange 20g, Mirabilite 15g, and Borneol 10g. These herbs were ground into powder, mixed with honey to form a paste, and a peanut-sized amount was placed in the center of a  $4\text{cm} \times 4\text{cm}$  dressing patch. The patch was applied to Shenque (CV8), Zusanli (ST36), Qihai (CV6), and other points for 6 hours once daily.

The control group received conventional nursing measures, including education on daily life precautions and contraindications, and healthy diet guidance.

The observation group received targeted nursing interventions: **Psychological nursing:** Due to chronic constipation, elderly patients easily develop irritability, anxiety, depression, and other negative emotions. Nursing staff provided counseling and comfort based on specific causes of constipation symptoms and negative emotions to alleviate negative psychological states. **Health education nursing:** Health lectures on constipation-related medical knowledge were conducted to help patients understand the causes, symptoms, treatment methods, and daily precautions, improving patient cognition and compliance.

**Dietary nursing:** Based on specific constipation conditions, targeted dietary plans were formulated, emphasizing fiber-rich, easily digestible foods such as

vegetables and yogurt, ensuring adequate daily water intake, strictly prohibiting cold, stimulating foods and overeating, and maintaining regular meals.

**Exercise nursing:** Patients were guided in abdominal breathing exercises and appropriate functional training based on their exercise capacity to strengthen abdominal muscles and anal sphincter tone, enhance physical fitness, facilitate smooth bowel movements, and promote recovery.

### 1.3 Observation Indicators

**1.3.1 Bowel movement-related metrics:** Medical staff recorded and evaluated bowel movement interval, duration, sensation, and stool characteristics after nursing care. The Constipation Symptom and Efficacy Assessment Scale formulated by the Chinese Medical Association was used to score bowel movement sensation and stool characteristics.

**1.3.2 Psychological status:** Medical staff used the Self-Rating Anxiety Scale (SAS) and Self-Rating Depression Scale (SDS) to assess anxiety and depression before and after nursing care. Higher scores indicated more severe anxiety and depression.

**1.3.3 Therapeutic efficacy:** Our hospital's evaluation criteria for therapeutic efficacy after nursing care were as follows: **Marked effect:** constipation symptoms basically disappeared, bowel movements were smooth, duration was short, stool characteristics were soft, and bowel movements occurred more than once within 2 days; **Effective:** constipation symptoms improved, bowel movements were relatively smooth, duration was relatively short, stool characteristics were relatively soft, and bowel movements occurred at least once within 2 days; **In-effective:** constipation symptoms showed no improvement, bowel movements showed no significant change, duration was long, stool characteristics showed no improvement trend, and bowel movements did not occur promptly within 2 days. Total effective rate = (Number of marked effect patients + Number of effective patients) / Total number of patients in the corresponding group × 100%.

### 1.4 Statistical Analysis

In this study, treatment efficacy was categorical data expressed as [n (%)], analyzed using chi-square tests. Bowel movement-related metrics and psychological status were continuous data expressed as (mean ± standard deviation), analyzed using t-tests. Results analyzed by SPSS 26.0 software with  $p < 0.05$  indicated statistically significant differences.

## 2. Results

### 2.1 Comparison of Bowel Movement-Related Metrics

As shown in Table 1, the observation group demonstrated advantages in bowel movement interval, duration, sensation score, and stool characteristic score,

with significant differences ( $p < 0.05$ ).

**Table 1 Bowel Movement-Related Metrics of Both Groups**

Group	Bowel Interval (h)	Bowel Duration (min)	Bowel Sensation Score	Stool Characteristic Score
Control (n=40)	27.39±14.25	8.37±6.18	2.84±2.27	1.73±1.02
Observation (n=40)	22.14±9.81	5.34±4.35	2.26±1.17	1.14±0.81

## 2.2 Comparison of Psychological Status

As shown in Table 2, after nursing care, the observation group showed advantages in SAS and SDS scores, with significant differences ( $p < 0.05$ ).

**Table 2 Psychological Status of Both Groups (scores,  $\bar{x} \pm s$ )**

Group	Pre-care SAS	Post-care SAS	Pre-care SDS	Post-care SDS
Control (n=40)	57.95±6.82	49.86±3.74	59.54±6.31	48.62±4.73
Observation (n=40)	58.13±6.64	41.72±2.37	59.97±6.45	40.38±3.59

## 2.3 Comparison of Therapeutic Efficacy

As shown in Table 3, the observation group demonstrated advantages in total effective rate, with significant differences ( $p < 0.05$ ).

**Table 3 Therapeutic Efficacy of Both Groups (cases, %)**

Group	Marked Effect	Effective	Ineffective	Total Effective Rate
Control (n=40)	9 (22.50)	19.5 (48.75)	11.5 (28.75)	71.25 (28.5)
Observation (n=40)	20.5 (51.25)	15.5 (38.75)	4 (10.00)	36 (90)

## 3. Discussion

Elderly constipation patients experience significant physical impacts and numerous negative psychological emotions due to their condition. Adopting single treatment measures without considering patients' physical and mental feelings often yields poor therapeutic effects and may even worsen the condition [5]. Most elderly patients have insufficient understanding of constipation and its treatment methods, harboring resistance, irritability, anxiety, and depression [6]. Targeted nursing care based on individual patient conditions, health education, and knowledge dissemination can improve patient compliance and promote recovery [7-8].

In this study, nursing staff developed nursing measures tailored to each patient's specific condition, supervised healthy eating, and guided appropriate functional exercise. The observation group showed shorter bowel movement intervals and duration, with better bowel sensation scores and stool characteristic scores. Through healthy dietary planning, patients' gastrointestinal function improved and constipation symptoms were alleviated. Nursing counseling helped relieve negative psychological states, resulting in lower anxiety and depression scores in the observation group. By developing targeted nursing plans based on individual conditions, guiding patients through negative psychological states, and improving compliance, the observation group achieved better therapeutic efficacy.

In summary, applying targeted nursing care to senile constipation patients receiving auricular point pressing combined with acupoint application can improve clinical symptoms, alleviate negative emotions, demonstrate significant nursing effects, and hold strong clinical promotion and reference value.

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