

# Application of Traditional Chinese Medicine Nursing Technology in Oncology

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**Abstract:** Objective: To explore the application of traditional Chinese medicine (TCM) nursing technology in clinical nursing of oncology. Methods: Through the training and learning of TCM care organized by the State Administration of Traditional Chinese Medicine, the theoretical knowledge and practical skills of TCM with six bases are mastered. The TCM special nursing techniques that suitable for cancer patients were selected, then promoted and applied in our department. Results: The level of TCM theory of nursing staffs and Chinese medicine care operation technology were improved significantly. Satisfaction of tumor patients and their families towards nursing service was improved. Conclusion: Chinese medicine theory and skills are the basis of Chinese medicine care. TCM Nursing Technology should be given full play to the advantages of TCM.

**Keywords:** traditional Chinese medicine; care technology; oncology; application

In year 2015, I was very fortunate to participate in the National Traditional Chinese Medicine (TCM) key personnel training that organized by the unified organization of Central Administration Department. The purpose of this project is to enhance the professional quality and service ability of Chinese medicine nursing staff. The six bases that I chose are Shuguang Hospital, Shanghai University of Traditional Chinese Medicine; Jiangsu Provincial Hospital, Nanjing University of Chinese Medicine, Guang'an Men Hospital, Chinese Academy of Traditional Chinese Medicine, Qingdao Traditional Chinese Medicine Hospital, and Guangdong Provincial Hospital of Traditional Chinese Medicine. The following will be a brief summary on the advantages of learning characteristics of TCM theory and practical skills of the six bases:

1. Advantages of Shuguang Hospital, Shanghai University of Traditional Chinese Medicine featured technology are the application of the technique to promote the resuscitation of cirrhosis and ascites in the clinical practice, which is the application of induction of infertility in clinical application.
2. The characteristics of TCM hospital technology of Jiangsu Provincial Hospital, Nanjing University of Chinese Medicine are scraping therapy in the clinical application of common diseases. The scraping technique focuses on the cold, insomnia, cervical spondylosis, and lumbar disc herniation. The scraping parts follow the dialectical results through the selection of the method of scraping.

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3. Advantages of Nanjing University of Chinese Medicine featured technology are the application of scraping therapy in clinical common diseases and Chinese medicine diet in clinical diet care applications. Through learning, mastering the basic principles and methods of the diet care and traditional Chinese medicine diet, we master the commonly used of more than 60 kinds of food therapeutic effect and eight types of clinical common diseases of Chinese medicine.

4. Advantages of Guang'an Men Hospital, Chinese Academy of Traditional Chinese Medicine featured technology are basic theory and operation method of Chinese medicine fire therapy technology and clinical application of fire technology in the relief of “qi” stagnation caused by pain symptoms.

5. Advantages of Qingdao Traditional Chinese Medicine Hospital featured technology are the application of cupping therapy in clinical common illness. It focuses on cupping methods of low back pain, cervical spondylosis, cold, cough, psoriasis, herpes zoster, eczema, acne, erysipelas, and facial paralysis during recovery period. Besides, it focuses on cupping parts and how to choose according to the results of selection.

6. Advantages of Guangdong Provincial Hospital of Traditional Chinese Medicine are acupressure in the clinical application of common diseases. More importantly, the use of head massage for the prevention and treatment of abdominal pain, urinary retention, enuresis, constipation, anorexia basic theory, manipulation and clinical application of abdominal massage that used in the prevention and treatment of insomnia, headache, dizziness, preventive care. It masters the application of thermal moxibustion and mine fire moxibustion in clinical common illness.

## **1 Materials and Methods**

### **1.1 Chinese medicine care training methods**

In Integrative Medicine Hospital, Oncology Nursing work westernization problem is highlighted. Our department had developed a Chinese medicine treatment room that equipped with ear model, standard meridian site map, electronic antiemetic instrument, Chinese medicine grinder, as well as TCM technical operation.

### **1.2 Centralized training**

Training was given to the nursing Department of Chinese medicine theory and operation. Those qualified and certify nurses are eligible in the clinical practice of Chinese medicine care.

### **1.3 Key Personnel Training**

The department have two nurses who have graduated from Chinese medicine are the key training target. Chief Nurse will train the two nurses on the characteristics of TCM technology, learning from 6 bases by batch, and then will discuss the application of the specialist characteristics of TCM technology in the department.

### **1.4 Nurses Training Assessment**

Chief Nurse will utilize the morning briefing to assess on the learning, ward visit, monthly assessment on Western medicine graduates by conducting a comprehensive theory of Chinese medicine and skills training and assessment.

### **1.5 Communication between doctor, nurse and patients**

Chief Nurse will coordinate and communicate with Supervisor in order to obtain doctor's cooperation to issue Chinese medicine care to patient and hospital to carry out the relevant charges. Whenever the patient and their families do not understand the situation, doctor, nurse and team leader should apply relevant knowledge and communicate repeatedly until the operation proceeded smoothly.

## **2 Nursing Method**

### **2.1 Auricular Plaster Therapy**

Apply auricular plaster to cancer patients on their common seen symptoms. This operation is simple and easy and has been widely used in clinical TCM. Cough: bronchial, lung, “shenmen” and apex of tragus; insomnia: heart, “shenmen”, spleen and kidney; constipation: large intestine, cortical and constipation points; high blood pressure: “shenmen” and brain.

### **2.2 Electronic antiemetic instrument**

Prevention and treatment of nausea and vomiting caused by chemotherapy. Nausea and vomiting: “Neiguan” points. One day before chemotherapy can start the application of electronic antiemetic apparatus for two times a day on every 4 hours and seven days for a course of treatment.

### **2.3 Acupressure therapy**

For night sweat caused by chemotherapy, apply Chinese medicine paste on “Shenque” acupoint every morning at 08:00; apply to 3M film paste for 24 hours and 3 days a course of treatment. For nausea and vomiting caused by chemotherapy, apply traditional Chinese medicine paste to bilateral “Neiguan” and bilateral “Zusanli” points day before the start chemotherapy, 2 times a day, every 2 hours and 7 days for a course of treatment.

### **2.4 External application of Traditional Chinese Medication**

Phlebitis: apply “Ruyi” golden cream topical; Ascites: apply water absorbent No.2 on the abdomen area; Pleural effusion: apply water absorbent No. 1 on the external chest; Cancer pain: apply analgesic on the external pain area.

### **2.5 Soak with Chinese Medication**

Pain or numbness on hand and foot: prevention and treatment of peripheral nerve damage caused by chemotherapy, soak in Chinese medication (Health Astragalus, Ai Ye, Health Yiyiren, red peony, old grass, Atractylodes, safflower, Angelica, Atractylodes and Xu Changqing) 2 times a day, every 30 minutes and 7 days for a course of treatment; Induced hand-foot syndrome caused by chemotherapy: soak in Chinese medicine (raw Astragalus, Lithospermum, psoralen, red peony and habitat) 2 times a day, every 30 minutes and 7 days for a course of treatment.

## **3 Traditional Chinese medicine health education**

When proceed health education with patients, nurses apply their knowledge from Nanjing University of Traditional Chinese Medicine. Chinese medicine in the diet is emphasized on the method of treatment, which can effectively analyze the patient's condition and symptoms. They had analysis in details on food “five flavors” and “four qi”, and apply different analytical methods and different treatments on different diseases.

A corresponding Chinese health education manual is developed to focus on the learning of three diseases, including gastric cancer, colorectal cancer, and lung cancer. Chief Nurse is in charge of assessment of nurses.

Chinese medicine dietary treatment is developed for common diseases seen in the department. Induced leukopenia caused by chemotherapy: five red soup (red dates, red beans, red peanuts, brown sugar and Chinese wolfberry); White sputum polychromatic due to lung cancer: raw radish juice, 3 times a day and 20 mL each time; Gastric cancer dietary treatment: yam porridge and coix seed red bean soup; Intestinal cancer dietary treatment: fungus “Erlang” porridge and pig blood carp soup; Lung cancer dietary treatment: sand ginseng winter stewed duck soup and ginkgo jujube porridge.

## 4 Performance appraisal

Our hospital gives strong support to the development of Chinese medicine nursing technology. The performance appraisal for nursing unit of each department who involve in the Development of TCM Nursing Technology is assessed monthly. 50% of the monthly revenue that gained from applying TCM care technology in nursing unit of every department will be used to reward the department nurses. The chief nurse will perform a secondary assignment by allocating the rewards according to the actual number of Chinese nursing nurses in every department.

## Conclusions:

Through the study from the six bases, a lot of technology characteristics of traditional Chinese medicine were applied to the clinical care work. The combination of Chinese and Western medicine is used to promote cancer care work and it has achieved great results and high satisfactions among the health care workers, patients and their families. In the theoretical study of Chinese medicine, nurses who graduated from Western medicine and apart from participating in the hospital Westernization of standardized training for three years can gain more knowledge of TCM in oncology aspect.

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