

Analysis of Curative Effect of Emotional Nursing in Traditional Chinese Medicine on Depression Patients with Parkinson's Disease

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Abstract: Objective: To explore the influence of emotional nursing mode of traditional Chinese medicine on improving the negative emotions of patients with Parkinson's disease depression. Methods: 60 patients with Parkinson's disease depression were screened in the experiment, and the required treatment time was between January 2022 and March 2023. The negative emotions and some clinical indexes of the control group (30 cases, routine nursing) and the observation group (30 cases, emotional nursing mode of traditional Chinese medicine) were compared by using the principle of double-blind method. Results: There was no significant difference between the two groups at first ($P > 0.05$). After nursing, the scores of anxiety and depression in the observation group were lower than those in the control group ($P < 0.05$). After comparing the time of emotional improvement, hospitalization time and hospitalization expenses between the two groups, the data of the observation group was lower than that of the control group ($P < 0.05$). Conclusion: Applying the emotional nursing mode of TCM to the depressed patients with Parkinson's disease can effectively relieve their negative emotions, reduce the treatment time of patients and promote the recovery of the disease, which can be displayed as a positive case in clinic.

Keywords: Emotional Nursing Mode of Traditional Chinese Medicine; Parkinson's Disease; Negative Emotion

Introduction

Parkinson's disease belongs to clinical multiple neurodegenerative diseases, and the typical symptom of most patients is depression. Most patients with this type of disease have negative emotions such as despair, negativity and anxiety, and they are uncomfortable in sleep and appetite, and the daily living ability, cognitive function and motor function of patients with Parkinson's depression will be seriously reduced. In this regard, we intervened in the management of TCM emotional nursing mode to enlighten patients' negative emotions and improve their clinical medical compliance ^[1]. In traditional Chinese medicine, it is believed that mental diseases and emotional conditions will have an important impact on disease treatment and subsequent rehabilitation. When patients are in negative emotions for a long time, or their emotions are extremely unstable, their conditions will worsen. On the contrary, if the patient maintains an optimistic attitude for a long time, it can improve the clinical treatment effect and promote the recovery of the disease ^[2]. In this paper, 60 confirmed patients were selected to explore the clinical application effectiveness of the emotional nursing model of traditional Chinese medicine. First, the experimental details were analyzed as follows:

1. Data and methods

1.1 General information

A total of 60 patients with Parkinson's disease depression participated in the trial, and the time node was selected from January 2022 to March 2023, and the grouping task was completed according to the principle of double-blind method. In the control group, there were 30 cases, including 18 males and 12 females, with the age ranging from 52 to 76 years, with an

average of (64.18 1.12) years. In the observation group, there were 30 cases, including 19 males and 11 females, with the age ranging from 51 to 77 years, and the average age was (63.12 1.22) years.

1.2 Methods

The control group was given routine nursing, while the observation group was given emotional nursing mode of traditional Chinese medicine: ① psychological analysis. First of all, the inpatients should be evaluated comprehensively to inform them of the influence of good mentality on the treatment effect of the disease, and guide them to improve their self-emotional control ability and reduce their negative emotions, which is conducive to the recovery of viscera and qi and blood functions. ② catharsis method. Nurses should actively communicate with patients, understand their psychological status, guide them to actively talk about their concerns, and assist them to actively solve them. Pay close attention to the patient's physical condition and patiently answer his doubts to avoid unnecessary anxiety. ③ the method of clearing heart and spirit. We should provide patients with a comfortable environment with sufficient light and clean environment, and reduce the noise in the ward, which is conducive to improving the sleep quality of patients. Light music can be played in the ward to distract their attention to the disease, which is conducive to alleviating their bad emotions. ④ Five-will therapy. "Emotion, worry, sadness and fear of shock" are all related to the five internal organs, and this therapy is calculated through the law of mutual resistance of the five elements. Then according to the theory of yin and yang in traditional Chinese medicine, emotional nursing was carried out according to the specific situation of patients. ⑥ Life and Entertainment Law. Family members can participate in nursing together to understand patients' interests and hobbies, which can distract their attention and relieve negative emotions. ⑦ Empathy method and cognitive reconstruction method. Guide patients to look at the disease positively, correct their wrong cognition, and shift their attention to other things. The interaction of the two methods can quickly change patients' habitual thinking, correctly recognize the disease and actively receive treatment.

1.3 Observation indicators

(1) Negative emotions: According to the scores of Hamilton Anxiety Scale (HAMA) and Hamilton Depression Scale (HAMD), the anxiety and depression of the two groups before and after nursing were compared. The cut-off point of HAMA scale score was 7, and the cut-off point of HAMD scale score was 8. The higher the score, the more serious the anxiety and depression were. (2) Some clinical indicators: statistics and comparison of the data of emotional improvement time, hospitalization time and hospitalization expenses between groups.

1.4 Statistical analysis

In this study, the relevant data were all processed by SPSS20.0 software, and the measurement data were expressed by mean standard deviation (S), with T test, and the count was expressed by percentage (%), with χ^2 test. When $P < 0.05$, the comparison results were statistically significant. x

2. Results

2.1 Negative emotions

There was no significant difference in anxiety and depression between the two groups at the beginning of nursing ($P > 0.05$), but after nursing, the score of the observation group was lower than that of the control group ($P < 0.05$), as shown in Table 1.

Table 1 Psychological and Emotional Contrast (,points) $\bar{x} \pm s$

group	HAMA score		HAMD score	
	Before nursing	After nursing	Before nursing	After nursing
Observation group (n=30)	15.64±2.68	5.33±1.24	16.86±2.47	6.22±1.20
Control group (n=30)	15.42±2.74	13.57±1.45	16.67±2.34	15.47±1.75

t	0.314	23.655	0.306	23.877
p	0.754	<0.05	0.761	<0.05

2.2 Comparison of some clinical indicators

In the comparison of emotional improvement time, hospitalization time and hospitalization expenses, the data obtained in the observation group were lower than those in the control group ($P<0.05$), as shown in Table 3.

Table 2 Comparison of some clinical indexes (S) \bar{x}

group	Emotional improvement time (d)	Length of stay (d)	Hospitalization expenses (yuan)
Observation group (n=30)	2.36±0.34	6.18±1.47	3218.25±203.54
Control group (n=30)	3.95±0.51	10.66±1.68	4159.48±265.49
t	14.208	10.992	15.410
p	<0.05	<0.05	<0.05

3. Discussion

Traditional Chinese medicine believes that depression, anger, anxiety and other negative emotions will aggravate their own diseases and make the condition continue to deteriorate. The disease care caused by seven emotions is called emotional care [3-4]. During the treatment, we should not only pay attention to the patient's condition, but also attach great importance to the patient's emotion and mental condition, and take targeted emotional care to help patients relieve negative emotions, cooperate with treatment and promote the improvement of their condition [5]. In this paper, emotional nursing of traditional Chinese medicine is carried out for patients with Parkinson's disease depression, which greatly relieves the negative emotions of patients [6]. Nurses pre-evaluate patients' emotional state when they leave the hospital, and give them targeted health guidance in combination with their psychological state and illness [7-8]. Combined with psychoanalytic therapy, mind-clearing therapy and catharsis therapy, patients' mentality can be comprehensively adjusted. Through the popularization of disease knowledge, their correct understanding of the disease can be effectively improved and unnecessary negative emotions can be avoided [9]. Create a quiet and comfortable ward environment for them, control the number of room visitors, and avoid adverse stimulation to patients. Ensuring patients' adequate sleep, formulating scientific and nutritious diet recipes, and enhancing their physical resistance are conducive to promoting the improvement of their condition [10]. In this experiment, the negative emotion score of the observation group was lower than that of the control group, and the treatment time and cost of the observation group were lower than those of the control group ($P<0.05$).

To sum up, it is of positive significance to implement the emotional nursing mode of traditional Chinese medicine for patients with Parkinson's disease depression to improve their negative emotions, improve their cooperation with treatment and shorten the treatment time, which can be popularized in clinic.

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