

# On the impact of nursing intervention on maternal psychological status of traditional Chinese medicine effect observation

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**ABSTRACT Objective:** To explore the effect of nursing intervention in Chinese medicine on relieving and preventing the negative emotions of pregnant women **Methods:** 118 cases were randomly divided into the control group and the intervention group with 59 cases in each group. The control group received routine nursing care intervention group on the basis of the control group take system of TCM nursing Intervention measures, such as the layout of the environment; payment of the related knowledge about the Chinese traditional medicine of atlas; play music, mental nursing hanging sachets, acupuncture point massage. Comparison and evaluation of the psychological state of the 2 groups of pregnant women in the implementation of Chinese medicine nursing intervention measures. **Results:** Two groups of anxiety depression, a number of cases, the percentage of the intervention group was significantly better than the control group, the difference was statistically significant ( $P < 0.01$ ). **Conclusion:** Nursing mode of TCM nursing intervention for pregnant women, to relieve or eliminate the negative emotions such as fear and anxiety of pregnant women, and it has very important practical significance to prevent the occurrence of postpartum depression.

## KEYWORDS

TCM nursing  
Pregnant women  
Intervention

## Introduction

TCM health care follows the principle of the Holistic Concept and Dialectic of Nursing Care, which pay attention to the patient's holistic nursing, as well as embodying the idea of human-oriented nursing, to promote the recovery of physical and mental health. Nursing staff treat different populations and diseases with the conventional treatment and care work, but also for different groups of people and patients with different psychological characteristics of traditional Chinese medicine nursing intervention.

### 1. Materials and methods

#### 1.1 General information

Select 19–35-year-old patients doing prenatal examination and hospital delivery from April 2012 to April 2013 in our hospital obstetrics and gynecology, whose pregnancy is 39–42 weeks. By B-ultrasonic examination showed that all single births, fetal

position Normal thinking and understanding and informed consent of 118 cases of pregnant women as the object of study. All pregnant women had no history of mental illness or personality disorder, expressed alerted TCM nursing interventions and willing to cooperate. 118 cases of pregnant women were randomly divided into control and intervention groups, compared with no significant difference between the two groups of age, disease, gestational age pregnancies, educational level and economic status ( $P > 0.05$ ).

#### 1.2 Methods

Two pregnant women were given traditional routine care after admission, the observation group increased in nursing interventions. Details as follows: First environmental requirements to be visually clean and comfortable. Post Chinese herbal medicine, four seasons of TCM regimen, and other colorful pictures with TCM characteristics on Ward corridor walls, and make the whole ward full of strong elements of traditional Chinese medicine. People entered the ward will be exposure to Chinese medicine culture. Increase physical comfort, reduce fear and anxiety and psychological stress and other negative emotions. Explain to patients that childbirth is a normal physiological process, explain the relationship between the progress of labor and psychological state patiently and meticulously through health

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education, distributing illustrated text information, lectures, discussions and other forms. Help them to adjust their mentality to control negative emotions. Develop personalized emotional care programs and policies with pregnant women and their families. Assess the mental state of pregnant women. Nurses should first assess the psychological status of pregnant women, in order to grasp the psychological changes when hospitalized. Chinese medicine emphasizes the internal organs (liver, heart, spleen, lung, kidney) pentamer (Gong,Shang,Jue,Zhi,Yu) methods to regulate physiological functions of internal organs, the modern equivalent of music therapy. Music accompanied the entire production process. The first stage of labor play according to the mother's wishes, continuous without the requires. Press the point: Meridian points are an integral part of the body, connected to the organs, massage or press acupuncture points can clear the organs and meridians, promote qi circulation to relieve pain. Nurses guide the maternal about childbirth tips, and with his left hand massage the fundus. When the contractions came, with his right index finger and middle finger pushing down long strong points up efforts to mothers feel local soreness can tolerate prevail. And inform women when they intended to breath hard down with contractions. Stop press when the maternal put in energy. Long strong point should be pressed before puerpera's contraction and holding their breath. Wear Herbal Bag: Product bag with an area of 20 × 10 cm sachets. Hang two to three sachets in the bed the day pregnant women admitted to hospital. Herbal Bag is formulated from XuZhou TCM city hospital. There are pink roses, cardamom, Shichangpu, cinnamon, patchouli and lavender and other herbs. Diet Regulation: Studies have shown that: give quality lamb and quality red dates, brown sugar, Astragalus, Angelica to pregnant women 3 days before labor can increase their strength and good for smooth delivery. It can also help calm the nerves, prevent postpartum lochia, and postpartum fatigue restored easily.

### 1.3 Outcome measures

Use Self-Rating Anxiety Scale (SAS) to evaluate the patient's anxiety status; Use HAMD rating scale to evaluate postpartum depression status. A nurse trained for more than five years of liability assesse separately in the prenatal and postnatal 1d 3d. Design satisfaction survey, including the environment, the attitude, the atmosphere of traditional Chinese medicine, accept Chinese medicine and other measures or not, with satisfied, quite satisfied, not satisfied three levels, in order to evaluate maternal satisfaction with care work.

### 1.4 Statistical analysis

SPSS13.0 statistical software for statistical analysis, quantitative data using mean ± standard deviation ( $\bar{x} \pm s$ ) described with qualitative data rate or percentage Description. Groups were compared using *t*-test was used to compare quantitative data  $\chi^2$  test,  $P < 0.05$  was considered statistically significant.

## 2. Result

The intervention group compared with the control group, maternal anxiety before and after the intervention in nursing and postpartum depression rate in [Table 1](#). The intervention group compared with the control group, maternal satisfaction ([Table 2](#)).

**Table 1.** Two sets of maternal anxiety and postpartum depression compared to the situation[n(%)]

| Group                      | n  | Anxiety    | Postpartum depression |
|----------------------------|----|------------|-----------------------|
| Experimental Group         | 59 | 5 (8.47)   | 3 (5.08)              |
| No-treatment Control Group | 59 | 13 (22.03) | 11 (18.64)            |

**Table 2.** Maternal satisfaction between the two groups[n(%)]

| Group                      | n  | Satisfied  | Quite satisfied | Not satisfied |
|----------------------------|----|------------|-----------------|---------------|
| Experimental Group         | 59 | 39 (66.10) | 16 (27.11)      | 4 (6.78)      |
| No-treatment Control Group | 59 | 27 (45.76) | 22 (37.89)      | 10 (16.95)    |

## 3. Discussion

Mental and emotional factors affect the treatment and prognosis of the disease a lot. Irritation, depression, anxiety, especially for the fear of "incurable" can often cause or accelerate the development of the disease for the worse. Instead, the people who keep cheerful and optimistic, be confident of overcoming their disease, will increase the capacity of anti-evil and promote recovery from disease. So emotional care plays an important role in prevention and treatment of the disease. Traditional Chinese medicine has the theory of yin and the five elements, and five kinds of sound corresponding to the five internal organs is the concrete application of yin and yang theory in TCM. Five kinds of sound therapy use media imagery of five elements, in order to achieve physical and mental ease, and cure disease. Leting women listen to music can not only alleviate the pain of contractions, but also relieve tension, to achieve a non-drug sedating. So that the maternal can relax their heart and soul, maintain a pleasant mood to complete the delivery. The second stage of labor is particularly important during the entire production process. Because fetal head has arrived the pelvis and withstand greater resistance, mother and child most most vulnerable to complications. This time nurses' consolation, guidance and necessary assistance is particularly critical. Long strong points in the midpoint of the coccyx and the anus, is the chief contact point Du, with conditioning the XiaJiao, regulating qi to alleviate pain, calm mood and dredging the meridian[7]. Pressing long strong point to enhance the maternal's desire to defecate, make abdominal muscles and diaphragm contraction increase reflectively, so as to effectively shorten the second stage.

Childbirth brings pain and discomfort, cause changes in hormone levels after childbirth. Maternal tend to have depression, fear, anxiety, helplessness and other psychological emergency response, which will have a great negative impact on the mother and fetus, the marriage, family and society. Therefore, maternal anxiety, depression and other negative emotions should be eliminated by systematic TCM nursing intervention, so that mothers can maintain a good mental state. From pregnancy to pregnancy, childbirth and nursing is a kind of intense physical and emotional experience, 90% of mothers feel intense and fear before childbirth [7]. After delivery, maternal may feel stressful by the change of roles, it easily leads to mood disorders, anxiety, depression, interpersonal tensions, results in a psychological barrier. During the nursing process, according to the view of

holistic and the theory of "treat the part where the meridian pass" in TCM, select Chinese medicine care policy and eliminate their fear of anxiety and other psychological [10]. In summary, maternal anxiety and depression has become a social problem, and been increasingly valued. The implementation of Chinese medicine nursing intervention can effectively improve the whole status of pregnant women, and enhance the ability of psychological stress, increase immunity, promote functional recovery after childbirth.

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