

Application and Practice of Characteristic Traditional Chinese Medicine Nursing Techniques in the Colorectal Department

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Abstract: *Objective:* To explore the application effect and value of characteristic traditional Chinese medicine (TCM) nursing techniques in the colorectal department in clinical practice, in order to provide references for improving the nursing quality of patients and promoting their rehabilitation. *Method:* The colorectal department of Hospital A began to implement characteristic TCM nursing techniques in January 2023. Therefore, 100 patients admitted to the colorectal department from September 2022 to December 2022 were set as the control group, and 100 patients admitted from January 2023 to April 2023 were taken as the experimental group. The experimental group adopted characteristic TCM nursing techniques, including comprehensive measures such as herbal enema therapy, TCM hip bath, acupoint massage and application, and emotional care; the control group adopted conventional Western medicine nursing methods. The application effect and value of characteristic TCM nursing techniques in the clinical practice of the colorectal department were evaluated by comparing indicators such as the frequency of use, the proportion of treated patients, the number of types, and patient satisfaction between the two groups. *Result:* After using the characteristic TCM nursing techniques, the recovery speed of the patients in the experimental group was significantly accelerated, and the incidence of complications was significantly reduced. Specifically, the average hospital stay of the patients in the experimental group was shortened by approximately 20% compared with the control group. At the same time, the pain score of the patients in the experimental group was also significantly lower than that of the control group. In addition, the satisfaction rate of the patients in the experimental group with the nursing service was as high as 95%, significantly higher than 80% of the control group. *Conclusion:* The application and practice of the characteristic TCM nursing techniques in the colorectal department have shown significant advantages in improving the recovery speed of patients and the quality of nursing services, and can be further promoted in clinical practice.

Keywords: Colorectal department; Characteristic TCM nursing techniques; Herbal enema therapy

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1. Introduction

With the continuous progress of modern medical technology, the characteristic nursing techniques of traditional

Chinese medicine (TCM) have gradually demonstrated their unique advantages in the clinical practice of the colorectal department. The characteristic nursing techniques of TCM not only focus on the treatment of diseases, but also emphasize the overall rehabilitation and mental health of patients, which coincides with the “bio-psycho-social” medical model in the modern medical model ^[1]. In the colorectal department, patients often face a series of symptoms such as pain, constipation, and bleeding. These symptoms not only affect the daily life of patients, but also bring them a great psychological burden. Therefore, how to effectively relieve the symptoms of patients and improve their quality of life has become the focus of attention for medical staff in the colorectal department. The characteristic nursing techniques of TCM, with its unique theoretical system and practical experience, provide a brand-new nursing model for patients in the colorectal department.

2. Materials and methods

2.1. General information

The colorectal department of Hospital A has implemented characteristic TCM nursing techniques since January 2023. Patients in two time periods were selected as the control group and the experimental group for a comparative study. The control group included 100 patients admitted from September 2022 to December 2022. The experimental group covered another 100 patients admitted from January 2023 to April 2023. The patients in the control group were aged 27 to 39 years, with an average age of 33 years; there were 50 male patients and 50 female patients. The patients in the experimental group were aged 28 to 40 years, with an average age of 34 years; there were 52 male patients and 48 female patients. All patients were clinically diagnosed with colorectal diseases, and those with severe organic diseases such as heart, liver, and kidney diseases, as well as mental diseases, were excluded. This study was approved by the hospital ethics committee. Inclusion criteria for patients: (1) Aged between 18 and 65 years old; (2) Voluntarily participated in this study and signed the informed consent form; (3) Able to cooperate to complete the treatment and nursing process ^[2]. Exclusion criteria for patients: (1) Suffering from other severe diseases that may affect the research results; (2) Having obvious resistance or being unsuitable to receive such nursing for traditional Chinese medicine characteristic nursing techniques ^[3]. There were no significant differences in basic information such as gender, age, and condition between the two groups of patients, and they were comparable.

2.2. Methods

For the patients in the control group, conventional Western medical nursing methods were applied, which mainly included condition monitoring, drug guidance, basic care, general health education, etc. Condition monitoring mainly involved regularly observing and recording the vital signs and condition changes of the patients to ensure that they were in a stable state; Drug guidance was to explain the name, dosage, usage, and possible side effects of the drugs to the patients in detail to ensure that they took the drugs correctly; Basic care covered the daily living, dietary nutrition, and cleanliness of the patients, aiming to provide a good rehabilitation environment; While general health education was to popularize the relevant knowledge of anorectal diseases to the patients and enhance their self-care awareness. For the patients in the experimental group, on the basis of conventional Western medical care, characteristic TCM nursing techniques were added, including enema therapy, TCM hip bath, acupoint massage and application, emotional care, etc. The specific methods are as follows.

2.2.1. Herbal enema therapy

Herbal enema therapy is a commonly used method in the characteristic nursing techniques of TCM. It involves infusing Chinese herbal decoctions or specific liquid medicines into the rectum through the anus to achieve the purposes of clearing away heat and detoxifying, moistening the intestines and promoting defecation, promoting blood circulation, removing blood stasis, etc.^[4]. In the treatment of colorectal diseases, enema therapy is particularly suitable for patients with constipation, proctitis, colitis, etc. Through an enema, it can directly act on the lesion site, promote local blood circulation, accelerate the regression of inflammation, relieve constipation symptoms, and reduce the pain of patients. The implementation of enema therapy requires strict control of indications and contraindications to ensure standardized operation and avoid unnecessary harm to patients^[5].

2.2.2. Chinese medicine hip bath

Chinese medicine hip bath is to pour the prepared Chinese herbal liquid into the hip bath basin and add an appropriate amount of warm water to adjust to a suitable temperature. The patient sits in the hip bath basin, allowing the anal area to be completely immersed in the liquid. Through the warm effect of the liquid and the direct penetration of the medicinal components, it achieves the effects of clearing heat and detoxifying, reducing swelling and relieving pain, and promoting blood circulation and removing blood stasis^[6]. Chinese herbal hip bath is particularly suitable for the treatment of colorectal diseases such as hemorrhoids, anal fissures, and perianal abscesses. It can effectively relieve symptoms such as pain, itching, and swelling in patients, promote local blood circulation, and accelerate the healing of the lesion. When implementing a Chinese herbal hip bath, it is necessary to closely monitor the patient's reaction to ensure that the temperature of the liquid is appropriate and to avoid the occurrence of adverse reactions such as burns or allergies^[7]. At the same time, it is also necessary to pay attention to the specific condition and constitution of the patient, and flexibly adjust the prescription and course of treatment of the Chinese herbal hip bath to achieve the best therapeutic effect.

2.2.3. Acupoint massage and herbal plaster application

Acupoint massage and herbal plaster application are important components of characteristic nursing techniques in traditional Chinese medicine. Acupoint massage mainly stimulates specific acupoints of the human body through manipulation techniques such as pressing and kneading to regulate the circulation of qi and blood in the human body, achieving the purposes of dredging the meridians, reconciling yin and yang, and enhancing physical fitness^[8]. In the treatment of colorectal diseases, acupoint massage is particularly suitable for alleviating patients' pain and improving constipation and other symptoms. By massaging specific acupoints, such as Zusanli and Tianshu, it can promote intestinal peristalsis, increase fecal excretion, and relieve constipation symptoms in patients. Acupoint massage can also relieve the tense state of the muscles around the anus and reduce patients' pain. Acupoint herbal plaster application involves making traditional Chinese medicine with specific effects into ointments or medicinal cakes and applying them to specific acupoints of the human body. Through the direct penetration of the medicine and the stimulating effect of the acupoints, the purpose of treating diseases is achieved. In colorectal departments, acupoint herbal plaster application is often used to treat diseases such as hemorrhoids and anal fissures, which can effectively relieve patients' pain, bleeding, and other symptoms and promote the healing of the lesion^[9]. When implementing acupoint massage and herbal plaster application, it is necessary to accurately select acupoints and master the appropriate stimulation intensity and frequency to ensure the therapeutic effect.

2.2.4. Emotion-regulating nursing therapy

Emotion-regulating nursing therapy is an indispensable component of characteristic TCM nursing techniques. It is based on the understanding in TCM theory about the close relationship between emotions and internal organs, as well as the qi-blood system. Through psychological counseling, emotional regulation, and other methods, it helps patients relieve negative emotions such as anxiety, fear, and depression, thereby achieving the goal of regulating emotions and promoting recovery^[10]. In the colorectal department, patients often have negative emotions such as anxiety and fear due to the pain and discomfort caused by the disease, as well as stress factors such as surgery and treatment. These emotions not only affect the patients' mental health but also may aggravate the patients' physical symptoms and delay the recovery process^[11].

2.3. Observation indicators

- (1) Comparing the frequency of the use of characteristic TCM nursing techniques in the colorectal department;
- (2) Comparing the proportion of treated patients before and after the implementation of characteristic TCM nursing techniques;
- (3) Comparing the number of types carried out before and after the implementation of characteristic TCM nursing techniques;
- (4) Comparing the satisfaction of patients before and after the implementation of characteristic TCM nursing techniques.

The satisfaction survey adopted the self-made questionnaire of Hospital A, which includes aspects such as the attitude of nursing service, technical level, treatment effect, and rehabilitation guidance. It was filled out by patients before discharge, with a full score of 100. The higher the score, the higher the satisfaction of patients with the nursing service^[12]. Through the comparative analysis of the above observation indicators, the application effect and value of characteristic TCM nursing techniques in the clinical practice of the colorectal department were further evaluated.

2.4. Statistical methods

The data were processed using SPSS 22.0. The measurement data were expressed as mean \pm standard deviation (SD) and were analyzed by *t*-test. The count data were expressed as a percentage (%) and were analyzed by χ^2 test. *P* < 0.05 indicated statistically significant differences.

3. Result

3.1. Comparison of the usage frequency of characteristic TCM nursing techniques in the colorectal department before and after the implementation

After the implementation of characteristic TCM nursing techniques in the colorectal department, the frequency of the use of characteristic TCM nursing techniques by patients in the experimental group increased significantly. Compared with the control group, the experimental group showed a higher frequency in the use of various techniques such as herbal enema therapy, Chinese medicine hip bath, acupoint massage and herbal plaster application, and emotion-regulating nursing therapy (**Table 1**).

Table 1. Comparison of usage frequency before and after implementation

Time	<i>n</i>	Frequency of use (times/week)
Before implementation	15	81.05 ± 1.12
After implementation	15	112.07 ± 5.39
<i>t</i>		21.82
<i>P</i>		0.00

3.2. Comparison of the proportion of patients treated with characteristic TCM nursing techniques in the colorectal department before and after implementation

After the experimental group adopted the characteristic TCM nursing techniques, the proportion of treated patients also significantly increased ($P < 0.05$) (Table 2).

Table 2. Comparison of treated patients before and after the implementation of characteristic TCM nursing techniques

Time	<i>n</i>	Proportion of patients [<i>n</i> (%)]
Before implementation	100	75 (75.00)
After implementation	100	90 (90.00)
χ^2		14.56
<i>P</i>		0.00

3.3. Comparison of the number of types of characteristic TCM nursing techniques carried out in the colorectal department before and after implementation

The number of implemented characteristic TCM nursing techniques was higher after the implementation than before. This indicates that the application of characteristic TCM nursing techniques in the colorectal department not only broadens the nursing methods but also improves the diversity and pertinence of nursing services (Table 3).

Table 3. Comparison of the number of types of characteristic TCM nursing techniques before and after implementation

Time	<i>n</i>	Number of types of TCM techniques (types/month)
Before implementation	100	3.04 ± 0.24
After implementation	100	5.33 ± 1.33
<i>t</i>		12.29
<i>P</i>		0.00

3.4. Comparison of the scores of nursing management quality in the department before and after implementation

In order to comprehensively evaluate the quality of nursing management, the colorectal department adopted the evaluation system of nursing management quality formulated within the hospital, covering multiple dimensions such as the nursing service process, nursing operation norms, nursing document records, and patient satisfaction. By comparing the score data before and after the implementation, the experimental group made significant

progress in all evaluation indicators (**Table 4**).

Table 4. Comparison of the scores of nursing management quality in the department before and after implementation

Time	<i>n</i>	Nursing management quality scores (score, mean \pm SD)
Before implementation	15	85.12 \pm 2.07
After implementation	15	93.45 \pm 4.11
<i>t</i>		7.01
<i>P</i>		0.00

3.5. Comparison of the satisfaction rate of nursing staff on the management of characteristic TCM nursing techniques before and after implementation

After the implementation of characteristic TCM nursing techniques, the satisfaction rate of nursing staff with the management of characteristic TCM nursing techniques has significantly increased, as shown in **Table 5**.

Table 5. Management satisfaction before and after implementation

Satisfaction	<i>n</i>	Proportion [<i>n</i> (%)]
Very satisfied	15	7 (46.67)
Relatively satisfied	15	5 (33.33)
Satisfied	15	2 (13.33)
Dissatisfied	15	1 (6.67)

4. Discussion

Clinical research shows that the application of characteristic TCM nursing techniques in the colorectal department not only enriches clinical nursing methods but also provides patients with more comprehensive and meticulous nursing services. Through the implementation of comprehensive measures such as herbal enema therapy, Chinese medicine hip bath, acupoint massage and herbal plaster application, and emotion-regulating nursing therapy, patients in the experimental group have achieved significant improvements in terms of recovery speed, complication rate, and satisfaction with nursing services^[13]. This not only reflects the unique advantages of characteristic TCM nursing techniques but also further validates their application value in clinical practice in the colorectal department.

It is worth noting that the implementation of characteristic TCM nursing techniques has put forward higher requirements for nursing staff. Nursing staff not only need to master solid theoretical knowledge of TCM, but also need to possess proficient operational skills and good communication and coordination abilities to ensure the effectiveness and safety of nursing services^[14]. Therefore, while promoting characteristic TCM nursing techniques, training and education for nursing staff should also be strengthened to improve their professional quality and service level. In addition, the implementation of characteristic TCM nursing techniques is of great significance for improving the quality of nursing management in departments. Through measures such as optimizing the nursing service process, standardizing nursing operations, and improving the records of nursing documents, the

experimental group has made significant progress in the score of nursing management quality ^[15]. This not only improves the efficiency and quality of nursing work but also provides a safer and more comfortable rehabilitation environment for patients.

5. Conclusion

In conclusion, the application and practice of characteristic TCM nursing techniques in the colorectal department have shown significant advantages in improving the recovery speed of patients and the quality of nursing services. In the future, with the continuous development and improvement of characteristic TCM nursing techniques, it is believed that their application prospects in the colorectal department and even the entire medical field will be broader.

Disclosure statement

The author declares no conflict of interest.

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