

Application of Community TCM Constitution Identification in Health Management of the Elderly

Xing Zhang*

Shaanxi University of Chinese Medicine, Xianyang 712000, Shaanxi Province, China

*Corresponding author: Xing Zhang, 1366454143@qq.com

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Abstract: *Objective:* To study the effect of adding traditional Chinese medicine (TCM) constitution identification to the health management of the elderly in Shuangzhao street of Xianyang city. *Methods:* A total of 142 elderly people were selected from January 2019 to January 2021 in this community and were divided into two groups which consists of 71 participants each. In the reference group, where health management is done based on the current routine of the health management measures of the community; on the other hand, the subjects of the experimental group incorporates TCM Constitution identification to their health management routine. During the course of the experiment, the level of health awareness, the scores of physical indicators and quality of life, and the subjects' satisfaction with health management were compared between the two groups. *Results:* According to the statistical analysis of the experimental results, the level of health awareness of experimental subjects was 98.59%, while that of the reference group was only 76.06%, the difference between the two groups was significant and $P < 0.05$; Based on the scores of physical indicators and quality of life of the subjects, the experimental group had significant advantages over those in the reference group ($P < 0.05$); Questionnaires were used to investigate the subjects' satisfaction with health management. The satisfaction of the experimental group was 95.83%, while the satisfaction of the reference group was 80.28%, with a significant difference ($P < 0.05$). *Conclusion:* Constitution of TCM identification application in community health management measures for the elderly can not only effectively improve the community elderly's health knowledge and act as a good disease prevention measure, but also can obviously improve the elderly's physical index and the quality of life. Besides, it also help build harmonious relations among residents of a community, and is worth popularizing among communities.

Keywords: Community; TCM constitution identification; Aged; Health management; Application

Online publication: September 15, 2022

1. Introduction

With the passage of time, people's lives will not only gradually come to an end, but also experience old age. Due to the long-term consumption of body and spirit, a series of problems will gradually appear in the body, both naturally and due other factors. In general, the physical quality of the elderly will decline significantly. If preventive measures are not taken in time and the physical strength is not improved by exercising, it will have a serious impact on the quality of life in later years, and even shorten the life span. The aggravation of the social situation of aging population also leads to the fact that the current medical resources cannot meet the needs of each elderly person, so they can only entrust their health management tasks to take care of the elderly community. According to the research report, the effect of only carrying

out routine health management measures is very low, which is not only detrimental to the health of the elderly in the community, but also may intensify the contradiction between the community and the elderly [1]. TCM Constitution identification is a new health treatment method that has been on the rise in recent years. In TCM theory, there has always been an advanced theory of “treating diseases before they occur,” which means that preventive measures should be taken before diseases appear to achieve the effect of treatment. The constitution of traditional Chinese medicine is analyzed and summarized according to people’s constitution characteristics, and targeted health management measures are carried out according to the constitution characteristics. Only by “prescribing medicine appropriately” can we get twice the result with half the effort [2]. This paper studies whether the measures of adding TCM constitution identification to the health management of the elderly in Shuangzhao Street, Xianyang city have a good application effect, and reports the research results [3].

2. Clinical data and methods

2.1. Clinical data

A total of 142 elderly people were selected from the community from January 2019 to January 2021. They were divided into two groups: 71 in the reference group and 71 in the experimental group. The specific basic information is shown in **Table 1**. The subjects were screened according to the following experimental criteria: (1) the subjects were the permanent residents of the community and all of them were over 65 years old; (2) the subjects did not have serious diseases, including malignant tumors, heart failure, renal failure, etc.; (3) the subjects who had no significant diseases but had mental disorders were excluded; (4) patients with chronic diseases at the terminal stage were excluded; (5) both the subjects and their families agreed to sign the consent form for the experiment, and the patients themselves could communicate with others without obstacles. By comparing the routine data of the two groups, it is confirmed that there is no significant difference ($P > 0.05$), indicating that the comparative experiment can be carried out among the experimental subjects.

Table 1. Comparison of data between subjects

Grouping	Number of persons	Average age (years old)	Gender	
			Male	Female
Reference group	71	67.49 ± 7.30	38	33
Experimental group	71	67.56 ± 5.46	31	40
P	-	> 0.05	> 0.05	

2.2 Main contents of health management of two groups of subjects

2.2.1. Contents of health management of subjects in the reference group:

The subjects in this group adopted routine health management measures in the community, mainly including the following aspects:

- (1) The basic physical conditions of the subjects should be checked, and an electronic file should be established as one of the bases for evaluating their physical status.
- (2) Health education should be regularly carried out and guidance were given on taking drugs according to the subjects’ physical conditions to help them establish prevention and treatment awareness.
- (3) A suitable dietary guidance should also be given according to the subjects’ disease conditions [4].

2.2.2. Contents of health management of subjects in the experimental group:

This group of subjects is to add the management measures of TCM constitution identification on the basis of conventional community health management. The specific contents are as follows:

- (1) Firstly, the professional foundation of TCM doctors in the community health service center needs to be trained to ensure that the content of TCM constitution identification can be carried out smoothly.
- (2) Secondly, the TCM Constitution of the experimental subjects were determined. The TCM constitution is generally divided into 9 constitutions. The TCM doctor can evaluate the experimental subjects according to the patient's body shape, posture, pulse and disease condition, that is, "watching, hearing, asking and cutting", and make detailed and accurate records after confirming the TCM constitution of the elderly.
- (3) After evaluating the physique of the subjects, targeted health management measures can be taken for the subjects in combination with the characteristics of their physique. Not only is it necessary to help the subjects improve their physique, but it is also important to give appropriate medication in based on their physical illnesses^[5]. In addition, incorporation of traditional Chinese medicine diet in daily life, having a balanced diet, and appropriate exercise are the methods that are conducive to the recovery of the elderly.
- (5) Health education needs to be given in order to improve the compliance of the elderly in the community, they need to improve their awareness of basic health knowledge. Only by improving their cognitive ability can they realize the importance and significance of doing so. For example, we can hold regular health knowledge publicity seminars for them, which mostly involve elderly diseases and TCM constitution improvement methods. We can improve their enthusiasm and cultivate a good attitude by combining image data and communication between patients^[6].

2.3. Observation indicators

During the experiment, the rate of health awareness, the scores of physical indicators and quality of life, and the subjects' satisfaction with health management were compared between the two groups.

2.4. Statistical analysis

The collected clinical data were statistically analyzed by SPSS software, and $P < 0.05$ was used as the standard to determine whether there was significant difference in the experimental data between the two groups, so that the experimental results were statistically significant.

3. Results

3.1. Comparison of the awareness rate of health education knowledge between the two groups

According to the statistical analysis of the experimental results, the awareness rate of health education knowledge of the experimental group was 98.59%, while that of the reference group was only 76.06%. The difference between the two groups was significant ($P < 0.05$). See **Table 2** for the specific data.

Table 2. Comparison of rate of health awareness between the two groups

Grouping	Number of persons	Very aware	Moderately aware	Unaware	Rate of awareness
Reference group	71	14	40	17	76.06
Experimental group	71	32	38	1	98.59
P	-	-	-	-	<0.05

3.2. Comparison of the physical indicators and quality of life scores between the two groups of subjects

By scoring the physical indicators and quality of life of the experimental subjects, the scoring results of the experimental group have significant advantages over the reference group ($P < 0.05$). See **Table 3** for the specific data.

Table 3. Comparison of physical indicators and quality of life scores between the two groups

Grouping	Number of persons	Physical index score results	Quality of life score results
Control group	71	60.11 ± 12.72	65.82 ± 7.60
Experimental group	71	84.07 ± 15.64	90.26 ± 8.22
P	-	<0.05	<0.05

3.3. Comparison of the satisfaction between the two groups of subjects with the content of health management

Questionnaires were distributed to investigate the subjects' satisfaction with health management methods. The satisfaction of the experimental group was 95.83%, while the satisfaction of the reference group was 80.28%, which was statistically significant ($P < 0.05$). See Table 4 for specific data.

Table 4. Comparison between two groups of subjects' satisfaction with health management content

Grouping	Number of persons	Very satisfied	Satisfied	Dissatisfied	Satisfaction (%)
Reference group	71	20	37	14	80.28
Experimental group	71	42	27	2	95.83
P	-	-	-	-	<0.05

3. Summary

The physical condition of the elderly will gradually decline with the passage of time, and the rate of decline will increase with the age, which will increase the probability of illness of the elderly. For example, the most common chronic diseases are the “three high” diseases, and the continuous accumulation of various diseases, with the gradual decline of physical quality, is more likely to cause adverse complications and increase the physical burden on the elderly, which is not only uncondusive to daily life, but is also life threatening^[7]. Therefore, it is very necessary to improve the health management of the elderly. However, the dilemma faced by our country at present is the growing number of the elderly with limited medical resources. Some chronic diseases progresses slowly, but if they are not prevented, they will lead to cardiovascular and cerebrovascular diseases. Therefore, it is necessary to take medicine regularly and carry out treatment. Such diseases are not only detrimental to the health of the elderly, but also may stimulate conflict among social groups^[8]. Therefore, it is urgent to find a suitable method to solve this problem. The community health service center was established, and the proposal and application of some relatively new and effective health management concepts are also helping the elderly improve their physical quality and quality of life in their later years. For example, TCM constitution identification, as a traditional medical field in China, is gradually accepted and used by people. The TCM constitution is used to evaluate the TCM constitution according to people's physical characteristics, physiological characteristics, psychological

characteristics, pathological reactions and disease tendency, and carry out targeted disease prevention, health management and nutritional health care through understanding the characteristics of TCM constitution, so as to achieve the best health management effect ^[9].

This paper also conducted experiments to study and compare the clinical effects of adding traditional Chinese medicine constitution identification in routine management measures taken in the community. According to the experimental results, not only do the subjects in the experimental group have a comprehensive understanding of their own physique, but they also have a basic grasp of relevant health knowledge. They can also have a correct diet, supplement their lack of nutrients, exercise appropriately, and use appropriate drugs to control their chronic diseases. On the other hand, conventional health management measures has obvious advantages. Therefore, incorporation of TCM constitution identification should be popularized and applied in various communities.

Disclosure statement

The author declares no conflict of interest.

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