

# Study on the Effect of the Intervention on Traditional Chinese Medicine Negative Heel Shoes in Geriatric Orthopedics Patients

Jiabin Zhai<sup>1</sup>, Lianjun Ren<sup>2</sup>, Qirong Wang<sup>2</sup>

<sup>1</sup>Inner Mongolia Medical University Medical College Hohhot, Inner Mongolia 010110, <sup>2</sup>Shenzhen Yikang Shou Culture Research Institute Shenzhen, Guangdong 518125

**Abstract:** In the clinical practice of orthopedics, geriatric patients are prone to form and exhibit complex and diverse clinical complications during long-term bedridden treatment. This can result in poor survival rate and adverse final clinical outcomes. Hence, it is essential to select appropriate methods for nursing intervention and health-care support for long-term bedridden geriatric orthopedic patients. It is of great significance to support and guarantee patients to obtain the best clinical results. This article focuses on the topic of interventional health effects of traditional Chinese medicine negative-heeled shoes in orthopedic bedridden patients, and two specific aspects were selected for a brief explanation.

**Keywords:** *orthopedics; geriatric bedridden patient; Chinese medicine negative heel shoes; health care effects*

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**Corresponding Author:** Jiabin Zhai,  
zaijiabin@163.com

## 0 Introduction

The gradual increase in the number of geriatric patients who were diagnosed and treated in the orthopedic clinic has led to the diversification in the diseases types that need to be faced and handled in the clinical practice of orthopedics. The basic physiological mechanisms and metabolic functions of the geriatric patients in orthopedics have undergone significant changes under the influences of certain constraints such as

accidental injuries and long-term bedridden factors. For the geriatric long-term bedridden patients who have been received treatment in orthopedic clinics, they usually suffer a certain degree of surgical trauma after undergoing surgical treatment. Therefore, it is easy to develop multiple types of internal multiorgan complications as well as other special clinical conditions during long-term bed rest treatment after surgery. These detrimental effects adversely affect the patient's overall quality of life. Hence, attention should be paid to the selection and application of appropriate types of nursing interventions and health support measures during the patient's treatment to support and ensure that the geriatric patients who received clinical long-term bedridden treatment in the orthopedic clinic are able to obtain the best clinical results. In view of the above research background, this article will focus on the topic of interventional health-care effects of traditional Chinese medicine negative heel shoes in orthopedic bedridden patients.

## 1 Basic elements of post-operative nursing work for geriatric orthopedics patients with long-term bedridden

### 1.1 Dynamic monitoring and care in clinical condition

To the elderly orthopedic patients who underwent long-term bed rest treatment, the nurses should dynamically monitor the vital signs of the patients based on comprehensive observation and record of the clinical changes of the patients. Indeed, the focus should

emphasize on the recovery of basic physiological functions of the cardiovascular system. For patients with complicated renal impairment, it is necessary to focus on the patient's urine output. On the other hand, for patients with diabetes, one must actively focus and monitor the patient's blood glucose physiological indicators and urine glucose physiological indicators to avoid complications of ketoacidosis in patients. Furthermore, special attention must pay to wound condition of the patient to observe to avoid the infection on the wound.

### **1.2 Pain relief by nursing intervention**

To the geriatric orthopedic patients who underwent long-term bedridden treatment after the operation, the nurse should conduct a comprehensive assessment of the occurrence and severity of the patient's pain symptoms. The nurse should conduct a comprehensive assessment of the occurrence and severity of the patient's pain symptoms, and then carry out targeted nursing intervention for patients with appropriate methods. In the process of using analgesics for the patients, the nurse should pay attention to the actual tolerance of the patient in combination with the actual tolerance of the patient to reasonably control the actual dose of the patient<sup>[1]</sup>.

### **1.3 Preventive care on patient's complication**

To the geriatric orthopedic patients who underwent long-term bedridden treatment after the operation, the nurse should combine the actual clinical conditions of the patients and the relevant clinical results obtained during the clinical treatment. By doing so, the nurse can execute preventive nursing interventions for various clinical complications that may occur in the patients. Preventive care interventions ensure that patients receive the best treatment outcomes while effectively reducing the likelihood of various clinical complications.

## **2 Interventional health-care effects of Chinese medicine negative heel shoes in the geriatric orthopedics patients**

From the perspective of the basic theoretical research results in the field of modern clinical medicine, the negative heel shoes belong to the orthopedic rehabilitation shoes that closely conform to the basic principles of orthopedics clinical medicine. It is a handmade product with a multilayer of the

base inside the shoe. Some extensive and in-depth reference was conducted in the process of the specific design and development of the shoes. The shoe's design was widely based on the relevant theories of foot science, non-surgical orthopedics, gait analysis, rehabilitation medicine, physical training (dance), sports biomechanics, and footprint science. It is a type of auxiliary health-care product that can fully satisfy the basic physiological functions of the human skeletal system<sup>[2-4]</sup>.

To the geriatric orthopedic patients who underwent long-term bedridden treatment after the operation, the traditional Chinese medicine negative heel shoes can play a better role in correcting body posture. In addition, the shoe can be used to effectively mobilize and exert the basic pharmacological effects of traditional Chinese medicine preparations. This helps to create support conditions for patients to achieve optimal clinical treatment recovery.

## **3 Conclusion**

By focusing on the therapeutic effect of traditional Chinese medicine negative heel shoe intervention in orthopedic bedridden patients, this paper chooses the basic elements of post-operative nursing work for patients with long-term bedridden orthopedics patients and the intervention effect of traditional Chinese medicine negative heel shoes in the geriatric patients with orthopedics. The two specific aspects have been briefly explained and analyzed, aiming at providing effective experience and building solid support conditions for basic researchers in related fields or practitioners in the field of orthopedic clinical medicine in China<sup>[5]</sup>. To the geriatric orthopedic patients who underwent long-term bedridden treatment after the operation, the selection and application of appropriate methods and means for their implementation of the nursing intervention and health-care support are important to support and ensure that relevant patients receive the optimal outcomes in clinical treatment.

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