

The Value of Chinese Medicine Humanistic Nursing in Healthcare Integration

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Abstract: With the rapid development of medical and nursing combinations, the application of humanistic care in medical and nursing combination institutions is getting more attention. Elderly institutions are the main carrier of elderly services in China, and the demand for humanistic care among the elderly in elderly institutions is also getting higher and higher, but at present, the humanistic care ability of the nursing staff in China's medical and nursing combined institutions is low. In recent years, the state vigorously promoted the development of traditional Chinese medicine, traditional Chinese medicine nursing contains a wealth of humanistic ideas, which can provide another solution for the lack of humanistic care in healthcare institutions. This paper discusses the ideological value, practical value and talent cultivation value of TCM humanistic nursing in medical care combination, aiming to provide a reference basis for improving the quality of humanistic nursing in medical care combination organizations.

Keywords: Healthcare integration; Healthcare institutions; Chinese medicine care; Humanistic care

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1. Introduction

The results of the seventh national population census show that China's population aged 60 years and above is 264.02 million, accounting for 18.70%, of which, the population aged 65 years and above is 190.64 million, accounting for 13.50%^[1]. The aging of the population is becoming serious. The demand for elderly care and medical rehabilitation services for the elderly is increasing, but at present, elderly care and medical care in most areas of China are in a state of separation, and the level of medical and nursing integration is limited^[2]. In the face of this problem, the 14th Five-Year National Health Plan states that the development level of medical and nursing integration should be improved. The improvement of the cooperation mechanism between medical and health institutions and elderly service organizations provides the elderly with integrated services of hospitalization during the treatment period, nursing care during the rehabilitation period, life care during the stabilization period,

and hospice care^[3]. The combination of medical and nursing care is a continuous social pension model that effectively integrates medicine, nursing, and recreation, which can better promote the allocation between the supply of medical resources and the demand for senior care services, and is a positive response to the aging of the healthy population^[4]. Elderly people are a special group of people, and most of them are accompanied by chronic diseases, which require prolonged medical and nursing care services. Elderly people hope to receive humanistic care from caregivers in addition to better medical care services. However, in most of the current medical and nursing care institutions, due to the shortage of manpower, professional technology is not hard enough and other shortcomings, result in the lack of humanistic care perceived by the elderly in the institutions^[5]. Humanistic care is a specific expression of humanism. Humanism is an important ideological foundation of TCM nursing, where it contains a rich humanistic spirit. In recent years, the state vigorously developed the application of traditional Chinese medicine in combination with medical care, and the development of TCM nursing in combination with medical care will become more extensive. It is of great significance to explore and discover the value of Chinese medicine humanistic nursing in the combination of healthcare and nursing, so that Chinese medicine humanistic nursing can be better integrated into the practice of a combination of healthcare and nursing so that the elderly can have medical treatment and nursing care for the elderly, which is of great significance to the promotion of the development of the combination of healthcare and nursing. This paper discusses the value of TCM humanistic nursing in the combination of healthcare and nursing.

2. The ideological value of Chinese medicine humanistic nursing in the integration of healthcare

2.1. The idea of the holistic view of humanistic nursing in Chinese medicine

Chinese medicine humanistic nursing has the idea of a holistic view, always observing and caring for humans and nature as a whole, believing that human health should include the health of physiological, psychological and social factors, rather than just looking at the disease from the focus of the disease^[6]. The holistic view of TCM humanistic nursing is in line with the current development goal of healthcare integration: to promote a better combination of medical care and elderly care services and to improve the quality of life and vitality of the elderly in all aspects, including their physiology, psychology and social environment^[7]. In the institution of medical and nursing integration, based on the idea of the holistic view of Chinese medicine and humanistic care, man and nature are a unified whole, and human spirit and society are a unified whole. It is important to focus on cleanliness, tidiness, and quietness in the environment to create a warm and harmonious home environment, and also hang Chinese medicine-related humanistic paintings and calligraphy in the corridors and wards to create a strong Chinese medicine Humanistic atmosphere. In terms of the social interaction of the elderly, the spiritual needs of the elderly can be met by organizing colorful recreational activities, such as singing, listening to music, watching movies, etc. Collective activities can also be used to enhance emotional exchanges among the elderly, and good interpersonal relationships can enable the elderly to care for each other and feel warmth. In terms of the spiritual needs of the elderly, caregivers are the group of people who usually have the most contact with the elderly. In addition to daily care services and routine care services, caregivers should also pay attention to the spiritual needs of the elderly, such as paying attention to the protection of the privacy of the elderly, respecting the wishes of the elderly and interacting with the elderly more emotionally.

2.2. TCM humanistic nursing's idea of treating future diseases

Chinese medicine humanistic nursing has the idea of treating future disease, which includes the three aspects of preventing the disease before it occurs, preventing the change of the existing disease, and preventing the recurrence of the disease after it occurs^[8]. The idea of treating the disease before it occurs takes human health as the starting point, emphasizes the prevention of disease, reduces the occurrence of disease, and cares for human life; when the disease occurs, it advocates the adoption of active nursing measures to intervene and prevent the further development of the disease; after the prognosis, it also emphasizes the development of human beings, and guides them to improve the quality of life through the health maintenance and adjustment of nursing care, which can be seen that the idea of treating the disease before it occurs is rich in the spirit of humanism. Taking elderly hypertensive patients as an example^[9], preventing the disease before it develops is to take measures before the onset of the disease, such as nursing staff instructing patients to adjust their lifestyles to maintain the kidney Qi, and traditional Chinese medicine adjusting and tonifying the kidney Qi to stabilize the blood pressure. Pre-existing disease prevention is in the initial stage of hypertension, early diagnosis, early treatment, the use of Chinese medicine nursing technology for elderly patients with hypertension to intervene to improve their clinical symptoms, improve the quality of life, block the disease transmission pathway, and protect the target organ function. Prevention of recurrence after disease recovery, at the beginning of disease recovery, adopting Chinese medicine and appropriate technology such as acupuncture, Tuina and acupoint plastering to improve the resistance of the elderly and prevent the recurrence of the disease. Hospitals can also use health education with Chinese medicine nursing characteristics to guide patients to avoid damage to the organism caused by the six external evils and internal injuries in their daily life. The diet should be reasonable, with light as the main avoidance of fat, sweet and thick flavors, and according to the different types of evidence to the Chinese medicine dietary care. Exercise should pay attention to the combination of static and dynamic, and moderation of work and rest, and hospitals can guide elderly hypertension patients to practice Taijiquan and Ba Duanquan, which have good control of the blood pressure and have the appropriate intensity. At the same time, it is also necessary to carry out emotional care for elderly hypertensive patients, strengthen psychological guidance for patients with bad emotions, help them reasonably vent their emotions, relieve the pressure and tension produced by the disease, and establish confidence in long-term treatment by sharing cases of good blood pressure control. Elderly chronic diseases are characterized by the long duration of illness, high demand for services and costs, and health management based on the combination of the idea of treating the future disease and modern health education has a good therapeutic effect in chronic diseases and geriatric diseases such as hypertension, diabetes mellitus and osteoarthritis of the knee joints, which are common to the elderly^[10], and it can prevent or regulate the chronic diseases to improve the quality of life of the elderly.

3. The practical value of Chinese medicine humanistic nursing in healthcare integration

3.1. Evidence-based care can provide personalized care for seniors

The most distinctive feature of TCM humanistic nursing in the practice of healthcare integration is its evidence-based nursing care, based on humanistic philosophical thinking, emphasizing that nursing care should be different for the same disease and different diseases, so as to achieve personalized nursing care, thus achieving the purpose of "people-oriented." Different care for the same disease refers to the same disease in different times and places

or stages of development, the performance of different symptoms, and nursing measures are also different, such as hypertension in the elderly population based on different types of evidence to care^[11], kidney Qi deficiency, with moxibustion, auricular pressure beans and other treatments. Phlegm and blood stasis mutual conjugation of evidence of the accompaniment of chest tightness and other symptoms such as oxygen, electrocardiographic monitoring, etc. Liver Yang hyperactivity is evidence of sweaty and this can strengthen the skin care and ask the patient to maintain. If the patient has excessive sweating, strengthen the skin care and ask the patient to keep the emotion relaxed, and rest in bed if necessary. Different diseases with the same care refer to different diseases in the process of development of the same certificate, can use the same nursing measures, such as the elderly will due to acute and chronic glomerulonephritis edema, nursing will limit the patient's salt intake, and asked the patient to bed rest, appropriate activities, routine, and pay attention to keep warm. Medical and nursing institutions nurse staff of elderly patients for evidence-based care is not only the combination of medical and nursing "medical" requirements but also the performance of the humanistic spirit of Chinese medicine nursing, the value of providing personalized care to patients.

3.2. Emotional care can provide pampering for the spiritual world of older adults

Chinese medicine humanistic nursing is not only concerned with the care of human diseases but also emphasizes the care of human emotions. Chinese medicine believes that joy hurts the heart, anger hurts the liver, worry hurts the lungs, thought hurts the spleen, and fear hurts the kidneys. Elderly people are prone to chronic diseases such as cardiovascular and cerebrovascular diseases, and due to the long-term and recurring nature of the disease, it is inevitable that they will have a heavy psychological burden, and if they do not receive timely counseling, the probability of mental health problems will increase dramatically. This requires caregivers to provide timely emotional care for the elderly. According to the personality characteristics of the elderly, Chinese medicine constitution customized with personalized negative emotion channeling program as well as methods to maintain emotional peace, such as following the principle of the five elements of the phases of life, the use of emotion to overcome the emotion method, interference and transfer of unfavorable feelings of the organism, in order to regulate the emotion. The use of empathy and ease of nature method, with sports, chess and card recreation and watching the theater and other methods to transfer the patient's attention, so as to get rid of the distress of the bad mood. The use of reasoning and enlightenment methods to persuade and persuade the patients, and get rid of the distress of bad emotions. The use of Reasoning and Enlightenment methods, mainly persuasion and enlightenment, so that the elderly correct the negative attitude of looking at things or change their angle and position to think about the problem. The use of the moderation method, appropriate catharsis of bad emotions, so that the emotions achieve mental equilibrium, but pay attention to prevent over-excitement of emotions, to avoid damage to the physical and mental health^[12]. It can also use the five elements of music to personalize and identify the selection of music to improve the negative emotions of depression, anxiety, paranoia and other negative emotions of the elderly^[13]. Thus, it can be seen that affective nursing^[3] starts from the human whole, focuses on and meets the needs of the elderly in terms of affective aspects that are often easily neglected by caregivers, reflecting the humanistic spirit of TCM nursing and the value of caring for the affective aspects of the elderly.

3.3. Appropriate Chinese medicine techniques can improve the quality of life of the elderly

Appropriate technology in Chinese medicine is a concrete manifestation of humanistic care in Chinese medicine. Due to the aging and degeneration of the body function, the function of internal organs gradually declines, and

the positive Qi gradually declines, the elderly are prone to chronic diseases such as hypertension, diabetes, cardiovascular diseases, and geriatric diseases such as Alzheimer's disease, geriatric psychosis, and strokes^[14], and the appropriate Chinese medicine technology has the unique advantages and characteristics of easy operation, significant effect, wide range of use, little trauma and no pain in preventing and controlling the chronic diseases and geriatric diseases^[15]. The Chinese medicine nursing techniques such as moxibustion, Guasha, and acupuncture are easy to operate, easy to take materials, and have better effects in treating diseases and healthcare. The elderly and their caregivers would like to master and apply the relevant nursing techniques by themselves through explanations^[16]. The scope of application of each of the TCM-appropriate techniques is wide, such as the ear-point application being applicable to the control of blood pressure, the improvement of insomnia, the alleviation of pain, and the improvement of constipation, and so on. It can be seen that TCM-appropriate technology highlights the glory of humanism and is more suitable for use in the conditioning of the elderly population. Some research surveys show that there is a great demand for relevant TCM-appropriate technology among the elderly^[17], which reflects the recognition of TCM-appropriate technology among the elderly from the side, therefore, while carrying out high-quality TCM-appropriate technology operation, nursing staff of healthcare institutions should explain the knowledge of TCM appropriate technology and guide the elderly and their caregivers to learn and carry out the operation of TCM appropriate technology on themselves has the value of improving the diseases of the elderly and improving the quality of life of the elderly. Therefore, it is valuable for nursing staff of medical and nursing institutions to carry out high-quality TCM-appropriate technology operations, explain TCM-appropriate technology knowledge, and guide the elderly and their caregivers to learn and carry out TCM-appropriate technology operations by themselves.

3.4. Traditional Chinese Medicine can keep older people healthy and promote longevity

Humanism is concerned with human development, and Chinese medicine humanistic nursing of Chinese medicine and healthcare is based on human development, reflecting the pursuit of a long and healthy life. Chinese medicine and healthcare are based on the holistic concept of "unity of heaven and man" in Chinese medicine and nursing, with the principle of following the time of the day and nature. People should follow the changes of the four seasons, spring and summer seasons should focus on Yang, under the premise of ensuring the quality of sleep should be late to bed and early to get up, as far as possible to delay the removal of winter clothing in spring, to keep warm to prevent the invasion of foreign evils, and in summer should not be greedy for cold food. Fall and winter seasons focus on the maintenance of yin, autumn and early to bed and get up early in winter, early to bed and late to get up and pay attention to warmth, especially in the elderly should pay attention to the head, neck, back and feet of the warmth of the^[18]. The meaning of conforming to nature is not only conforming to the natural environment but also conforming to the laws of natural development of the human body. The elderly should comply with the law of the body's decline, diet, small meals, eating more fresh vegetables and fruits; living and resting regularly, and not sitting for a long time lying down^[19]. Besides, exercise must be gradual, do not overwork and injure to the muscles and bones, traditional Chinese medicine exercises such as the five bird play, Taijiquan, eight brocade, etc. are low-intensity exercises, have a very good effect on strengthening the body and fitness for older people exercise, can be based on their own interests and physical load, the elderly. Elderly people can choose on their own according to their interests and the degree of physical load^[20], focusing on nourishing nature, and avoiding excessive exhaustion of the mind and spirit, so as to make the form and spirit maintain a natural and peaceful state. Therefore, it is valuable to promote the longevity of the elderly by providing TCM health guidance

to the elderly by the nursing staff of healthcare institutions.

4. The value of Chinese medicine humanistic nursing in the cultivation of Chinese medicine healthcare integrated nursing talents

4.1. Chinese medicine humanistic nursing is a realistic need

Nursing staff of medical and nursing institutions have to deal with the elderly for a long time, and the health needs of the elderly and the needs for Chinese medicine treatment are rigid needs, but the psychological needs are also very urgent^[21]. However, at present, there is a general lack of humanistic care among the staff of medical and nursing institutions in China, and the overall humanistic quality of the geriatric nursing team is low^[22]. In the cultivation of Chinese medicine nursing personnel, there is also the problem of humanistic quality education is not in place, a study investigation of Chinese medicine colleges and universities found that there is a weak cognitive knowledge of the basic knowledge of humanistic quality education of the students, the curriculum of humanistic courses accounted for a small percentage of the curriculum and a single way of teaching to indoctrinate the main, in the clinical practice of the technical operation and light humanities and other issues^[23]. In recent years, the state has issued several policies to encourage the combination of traditional Chinese medicine and elderly services, and the combination of traditional Chinese medicine medical care model is also accelerating the development, but in the face of the increasing number of elderly people, the shortage of traditional Chinese medicine nursing personnel is still expanding^[24]. Ways to meet the multifaceted and multilevel needs of the elderly for nursing care puts forward higher requirements for the training of TCM nursing talents, in addition to the teaching of basic professional knowledge and skills training, there is also an urgent need for the cultivation and shaping of TCM humanistic spirit of TCM nursing talents.

4.2. Chinese medicine humanistic nursing can improve the comprehensive quality of Chinese medicine nursing personnel

Chinese medicine nursing contains rich humanistic thoughts, human-oriented, emphasizing the correspondence between heaven and man, individual differences and holistic care, etc., which can make the spiritual world and inner emotions of Chinese medicine nursing talents richer and cultivate noble moral sentiments. By reading a large number of TCM medical texts, not only can they receive the inculcation of TCM humanistic thoughts, but also feel the wisdom of the ancients, broaden their horizons, internalize the traditional cultural achievements they have learned continuously, and improve their cultural literacy^[25]. By practicing in healthcare institutions, TCM humanistic nursing can help TCM nursing talents to think comprehensively about the nursing needs of the elderly, seek interdisciplinary cooperation and communication when encountering difficulties, improve teamwork ability at the same time, but also deepen the knowledge of TCM nursing, to apply it flexibly in clinical practice, to cope with the needs of the elderly, and to make the elderly feel humanistic care.

5. Conclusion

Humanistic care is an essential requirement of the nursing discipline, and the precipitation and condensation of the humanistic spirit reflects the development of the nursing discipline^[26]. China's healthcare integration model started late, and there is an obvious gap with Western developed countries^[27]. In particular, humanistic care is

generally missing in China's healthcare integration institutions^[22], and the improvement of humanistic qualities of nursing staff, humanistic care for the elderly, and the popularization of humanistic care in healthcare integration institutions cannot be accomplished overnight, but requires time to precipitate. Humanism is the inner soul of the medical care combination^[28], to develop a good medical care combination and good humanistic care. The country vigorously developed the cause of traditional Chinese medicine today, traditional Chinese medicine has a broad social base, in the prevention and treatment of chronic diseases and geriatrics and other aspects of the advantages^[29], and healthcare integration of the depth of the integration of the trend is also where the humanities contained in traditional Chinese medicine has gradually been emphasized. Chinese medicine is the treasure of Chinese civilization, is a huge treasure trove, gives full play to the advantages of Chinese medicine in elderly healthcare, the development of Chinese medicine and healthcare integration mode, out of the Chinese characteristics of Chinese medicine healthcare integration development road, cannot be separated from the excavation of traditional Chinese medicine and modernization of the application. Thus, facing the problem of lack of humanistic care, TCM humanistic nursing is another solution. Chinese medicine nursing contains rich humanistic thoughts, and Chinese medicine humanistic nursing is the inner thrust to promote the good development of medical-care integration. Only by fully recognizing the value of Chinese medicine humanistic nursing, continuously digging out the value of Chinese medicine humanistic nursing in the field of medical-care integration and applying it, and giving full play to the characteristics and advantages of Chinese medicine humanistic nursing can hospitals better meet the needs of humanistic care of the elderly groups, and push forward the development of the cause of combining traditional Chinese medicine and medical care in a better way. The only way to better meet the needs of humanistic care for the elderly and promote the better development of Chinese medicine and healthcare integration.

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