

Practice and Research on Chinese medicine Health Management in Patients with Hypertension in Community

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Abstract: In this paper, through in-depth analysis of TCM health management of hypertensive patients, combined with the actual situation of community TCM health services, explore the research practice, systematically expound the practice of hypertension TCM health management, and deeply analyze the dilemma faced by the community in carrying out the service. And make corresponding suggestions.

1. Introduction

At present, China's cardiovascular and cerebrovascular diseases are ranked in the forefront of disease spectrum and cause of death spectrum, while hypertension is the most important risk factor for cardiovascular and cerebrovascular diseases, and its prevalence is stepwise. Therefore, prevention and treatment of high blood pressure people is increasingly becoming an important public health problem. It is particularly important to work hard to improve the prevention and treatment network of hypertension and vigorously promote the comprehensive prevention and treatment of high blood pressure communities. The study found that long-term standardized community health management has a positive impact on blood pressure control in patients with hypertension, which is conducive to reducing the incidence of cardiovascular and cerebrovascular diseases, morbidity and mortality, and improving the quality of life of patients. At the same time, the use of appropriate technology of traditional Chinese medicine combined with Western medicine clinical treatment can effectively control the patient's disease development, improve the patient's blood pressure compliance rate, reduce complications and various end points, and reduce medical expenses. Therefore, China has implemented the management of hypertension TCM health as an important livelihood project. The system of health management of hypertension in Chinese medicine is systematically expounded, and the dilemma faced by the community in carrying out the service is analyzed in depth, and corresponding suggestions are put forward.

2. Practice of Chinese medicine health management for hypertension

Hypertension Chinese medicine health management is based on the principle of “dialectical treatment” and “holistic view”, with reference to “Technical Specifications for Hypertension Chinese Medicine Health Management (Trial)”, with community health service institutions as the carrier, giving full play to its close proximity to residents The advantage is that on the basis of traditional chronic disease health management, family doctors (including Chinese medicine practitioners, general practitioners, clinicians) provide diet and living for people who are not ill with high blood pressure, people who are ill, and those who are already ill. , health exercise, disease knowledge, emotional adjustment, TCM appropriate technology and other services, and teach body acupuncture, pedicure and other traditional Chinese medicine technology that is suitable for residents to operate, through regular community review and family follow-up, to achieve comprehensive treatment of patients with hypertension Health management with effective,

integrated Chinese and Western medicine.

2.1 Dietary Guidance

Because of the “same medicine and food homology”, the diet is in line with the basic requirements of light nutrition, vegetarian diet, small meals, hot and cold, soft and hard, and should also be based on the cold, heat, imaginary, real and food of the patient's disease. Sexual taste and syndrome differentiation. For example, patients with wind-yang disturbance can eat more pueraria porridge and chrysanthemum porridge, while patients with liver-kidney yin deficiency should eat more mulberry porridge and Shouwu bean jujube porridge. In addition, community medical staff should guide patients to eat due to local conditions based on changes in the climate at 4 o'clock. For example, during the summer season in Sanfutian, the weather is hot and humid, and you can eat more heat, spleen and dehumidification (such as mung bean, coix seed, etc.).

2.2 Living guide

Inform patients to keep the accommodation environment bright, safe, clean, comfortable and well ventilated. At the same time, the community physician can recommend the patient with yang deficiency to choose a warm sunny room according to the results of the patient's TCM physique classification, and the yin deficiency patient chooses a cool and quiet room. In terms of sleep, according to the laws of nature, yin and yang, and the physiological routine of the human body, spring and summer should teach patients to get up early and sleep late, and fall and fall late in autumn and winter. Individual elderly patients should be respectful of their habits when they go to bed early and stay long. For patients with limited mobility and long-term bed rest, family members or primary caregivers are required to help them wash, regularly turn over and massage to meet the needs of the elderly.

2.3 Health Exercise Guidance

It is recommended that the patient take the appropriate amount of health exercises daily. At the same time, patients should be informed of the exercise time and intensity to be able to withstand their own, if you feel uncomfortable during exercise, you need to stop immediately. The exercise method should follow the principle of “having static in the movement, static in the static, dynamic and static, and static as the main”. You can play Tai Chi, do Ba Duan Jin, rejuvenate medical exercises, etc., and guide patients to adjust their breath naturally during exercise. Abandon distracting thoughts and achieve the purpose of promoting blood and stretching limbs.

2.4 Traditional Chinese Medicine Technical Service

Community Chinese medicine practitioners can provide targeted Chinese medicine and other technical services such as massage, moxibustion, cupping, and Chinese medicine bathing foot according to the syndrome differentiation of hypertensive patients. For example, for patients with qi and blood deficiency type, dialectical points, use fingertips or knuckles to press points such as Qihai, Xuehai, Zhongmu, Sun, Hegu, and Foot Weeping, each time for 5-10 minutes, to have Swelling feeling is appropriate, 14 days a course of treatment, can stimulate the meridians, ventilating blood.

2.5 General guidelines for disease

The disease state is a prominent feature of patients with chronic diseases. The doctor can prescribe a reasonable Chinese and Western medicine prescription based on the medical examination results of the Western medicine and the evaluation results of the TCM syndrome identification. The nursing staff or the health education specialist should inform the patient in detail of the disease-related knowledge, medication methods, time, and precautions according to the doctor's advice to ensure that they can Use the medicine correctly.

3. The dilemma faced by implementing Chinese medicine health management services for hypertension

3.1 Lack of supporting measures and documents

The domestic support policies for the establishment of hypertension Chinese medicine health management service projects lack relevant supporting measures. For example, the introduction and construction of the talent team, the investment and the guarantee mechanism and other policies do not list the special content, the existing two lines of revenue and expenditure management and The policy on preventive health care funding has not clearly defined the content of TCM health management. These shortcomings not only affect the enthusiasm of community health service institutions to carry out TCM health management of hypertensive patients, but also affect the enthusiasm of patients to actively participate in TCM health management, which is not conducive to the prevention and treatment of hypertension and the control of complications.

3.2 Lack of practical experience

In the United States, the United Kingdom, Japan and other countries, health management business started early and developed better. China's health management business started relatively late, and its development is slow, and the health management of Chinese medicine belongs to new things with Chinese characteristics. Foreign countries have not seen relevant reports. Therefore, the theoretical research on TCM health management at home and abroad is obviously insufficient. Moreover, the relevant experts in the domestic health department have relatively short research time on the TCM health management service model for hypertensive patients. The implementation methods and intervention measures are not uniform, the management model is still not perfect, and the relevant literature reports are few, and the pilot areas are not included. The level of community health services is mixed, leading to a lack of practical experience in the management of hypertension in Chinese medicine.

3.3 The number of Chinese medicine practitioners is relatively insufficient

The number of TCM medical staff in China is relatively insufficient. The number of existing TCM doctors is far from meeting the community's need for full-course and effective health management of patients with hypertension, which is not conducive to the implementation of TCM health management in patients with hypertension.

3.4 Health information system to be improved

Although the city's health information network platform has been established in various cities, there is no data docking between medical systems at all levels, and it is impossible to achieve collaborative sharing of health information. There is no effective support and coordination management platform between medical service organizations and health management objects. The existing basic public health service platform and the basic medical service platform have not been shared in real time, so that effective health information cannot be interconnected. In turn, different health care service agencies and different departments of the same medical institution repeatedly collect health information of the same individual. The drawbacks of this “chimney” and “island” of health information system hinder the implementation and promotion of TCM health management in patients with hypertension, and need to be further improved.

4. Suggestions

4.1 Give play to the leading role of the government and increase support

Government departments should give full play to their leading role, improve policies and supporting documents related to TCM health management for patients with hypertension, and guide the benign development of hypertension management in Chinese medicine. At the same time, it is

recommended to introduce a series of support policies to strengthen the construction of Chinese medicine talents, especially to increase the incentive policies for non-Chinese medicine practitioners to participate in TCM health management training, and to increase the introduction and training of existing talents. In addition, the cost of Chinese TCM health management in our community mainly comes from public health service funds or a small part of TCM special funds. It is recommended that the government establish a continuous investment mechanism for community TCM health management, and increase capital investment and hardware support.

4.2 Improve the structure of the information system and provide technical support

It is recommended that in accordance with the requirements of the “3521 Project” overall framework for health informationization construction proposed by the National Health and Family Planning Commission, the construction of health information platform at the city and district levels should be fully promoted to achieve regional interconnection and dynamic management of residents' personal and family health records. At the same time, based on the existing basic public health service software in the region, increase the TCM health management section of patients with high blood pressure, provide information support for community TCM health management, improve management efficiency, ease the pressure of talent shortage, and ensure service continuity.

4.3 Using a family doctor team to carry out integrated management

The use of a family doctor team to carry out the health management services of integrated Chinese and Western medicine can not only improve the efficiency of community service, but also achieve the goal of continuous and comprehensive TCM health management based on patients and families. Therefore, it is recommended to incorporate the TCM health management services for hypertensive patients into the work scope of family doctors, and conduct standardized training on TCM health management for non-Chinese medicine practitioners in the family doctor team. Afterwards, a team of qualified family doctors will provide a combination of Chinese and Western medicine health management services for contracted hypertensive patients and their families, thereby increasing effective management rates and expanding management coverage.

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