

## Investigation on Quality of Life of Patients with Diabetes Mellitus in Community and Research on Nursing of Traditional Chinese Medicine

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**Keywords:** Chinese Medicine Nursing, Diabetes Mellitus, Quality of Life

**Abstract:** Objective: to Explore the Influence of Traditional Chinese Medicine (Tcm) Nursing Intervention on the Quality of Life of Diabetic Patients. Methods: 100 Patients with Type 2 Diabetes Were Divided into Observation Group and Control Group According to Admission Order, 50 Cases in Each Group. the Control Group Received Routine Nursing Intervention While the Observation Group Received Tcm Nursing Intervention on the Basis of Routine Nursing Intervention. the Quality of Life of the Two Groups of Patients Before and after Intervention Was Evaluated with the Quality of Life Measurement Scale. Results: the Quality of Life Score of the Observation Group Was Significantly Improved after the Intervention Compared with That Before the Intervention, and the Difference Was Statistically Significant ( $P < 0.01$ ). after the Intervention, the Quality of Life Score of the Observation Group Was Higher Than That of the Control Group, and the Difference Was Statistically Significant ( $P < 0.01$ ). Conclusion: Tcm Nursing Intervention Can Improve the Physiological, Psychological, Behavioral and Social Functions of Diabetic Patients, and the Patients' Satisfaction is Relatively High. through Intervention, the Quality of Life of Patients Can Be Effectively Improved.

### 1. Introduction

In Today's High Quality of Life, Due to Irregular Diet in Life, More and More Diabetic Patients Are Also [1]. Diabetes is Not a Life-Threatening Disease, But It Cannot Be Cured. It Forms a Chronic Erosion on the Functional Health of Human Body and Will Greatly Affect the Life Attitude and Mental Will of Patients [2]. Diabetes Mellitus is a Kind of Endocrine and Metabolic Disorder Disease with Complicated Treatment and Easy Recurrence. the Quality of Life of Patients Often Shows Extremely Significant Decline after Suffering from This Disease [3]. the Treatment of Diabetes by Traditional Chinese Medicine is the Dominant Therapy of Traditional Chinese Medicine in the Treatment of Chronic Diseases, While Traditional Chinese Medicine Nursing, as an Important Part of Traditional Chinese Medicine Treatment, Has Unique Advantages in the Nursing of Diabetes Patients [4]. in the View of Traditional Chinese Medicine, Diabetes Belongs to the Category of Diabetes, and the Treatment of Traditional Chinese Medicine is of Great Significance for Disease Control [5]. Providing Effective Nursing Methods At the Same Time of Treatment is the Key to Improve the Treatment Effect and Improve the Quality of Life of Patients. Diabetes is a Life-Long Disease. as the Disease Progresses, Complications in Various Organs of the Body Will Occur [6]. in Order to Stabilize the Condition and Improve the Quality of Life of Patients, It is Important to Carry out Active Nursing Interventions.

The Incidence of Diabetes Has Been Increasing Year by Year in Recent Years, and with the Development of the Disease, Various Complications May Occur, Which Seriously Endangers the Health and Life of Patients [7]. the Method of Tcm Nursing is to Combine the Traditional Chinese Medical Context with the Current Methods of Treating Diabetes, and is Committed to Improving the Quality of Life of Patients [8]. Diabetics Need to Adjust Their Physical Conditions through Various Forms of Care, So Finding Specific and Effective Treatments is the Long-Term Goal of Many Medical Researchers for Diabetes [9]. Adopting Effective Methods to Change the Patient's Lifestyle and Behavior Will Ultimately Reduce the Patient's Blood Glucose Level Significantly and Effectively Enhance the Patient's Physique [10]. in Terms of Nursing, Tcm Has Unique Insights and is Recognized by Clinical Patients. for Community Diabetic Patients, Given Tcm Nursing

Intervention, the Exact Blood Glucose Nursing Intervention Effect Can Be Obtained, Which Significantly Improves the Quality of Life of Community Diabetic Patients [11].

## **2. Materials and Methods**

### **2.1 Materials**

100 Community Diabetic Patients. Inclusion Criteria: Type 2 Diabetes Patients over 50 Years Old Have Good Compliance and Cooperation. Exclude Patients with Consciousness Disorders, Mental Diseases, or Patients with Various Serious Organ Diseases Caused by Non-Diabetes. the Selected Subjects Were Divided into Observation Group and Control Group According to Admission Order. There Were 50 Cases in the Observation Group, Including 29 Males and 21 Females. the Control Group Consisted of 50 Cases, 31 Males and 19 Females.

### **2.2 Methods**

The drug treatment methods of the two groups of patients are basically the same. Both groups take oral hypoglycemic drugs or insulin intensive treatment, antihypertensive treatment, symptomatic treatment and other comprehensive treatment. Among them, the control group adopted routine nursing methods to control the daily diet, regularly detect the blood sugar content in the body, and assist in outdoor activities and exercises to strengthen physical fitness. On the basis of routine nursing in the control group, the experimental group added the intervention method of traditional Chinese medicine nursing to nurse the diabetic patients. Specific nursing methods are as follows:

1) Acupuncture and moxibustion therapy. According to the differentiation of symptoms and signs, acupoints such as spleen Shu, Zhongwan, liver Shu, San Jiao Shu, Di Ji, San Yin Jiao and Zusanli are usually selected for treatment. Generally, acupuncture is the main method, and moxibustion is used for patients with yin impairment and yang impairment. If the patient has strong reaction after acupuncture, the needle shall be retained for 15 min.

2) Massage therapy. According to the corresponding relationship between each segment of spine and viscera, the 8th thoracic vertebra is massaged for 10-20 min each time, twice a day, by means of one-finger Zen pushing method, thumb pressing method, point method, etc. for diabetic patients. The method of gradual and orderly progress is adopted, and each technique is used alternately.

3) Qigong therapy. The majority of diabetic patients have weak constitution and are mostly middle-aged and elderly patients. Therefore, internal nursing is the main function. This can not only increase the generation of qi, but also save the consumption of qi, which is conducive to calming vital qi, strengthening body resistance and eliminating pathogenic factors. Practice the internal training exercise once in the morning and once in the evening for 15-20 min each time. The patient can lie on his or her side or on his or her back, or sit on his or her back, relax, eliminate distractions, breathe, and recite words that are beneficial to health.

4) Proper exercise. The exercise methods include slow walking, fast walking and calisthenics. Appropriate forms should be selected according to the patient's physical strength. Attention should be paid to gradual and orderly progress so as not to be fatigued.

5) Emotional control. Emotional care should be given to patients to encourage them to treat life and diseases correctly, to reduce anger, anxiety, delight in emotion and will, and to keep emotional adjustment smooth so as to facilitate the control and rehabilitation of the disease.

6) The patient's diet should be light, cool and nutritious. Eat more bitter melon, kelp, pig pancreas and other products that nourish yin and moisten dryness, benefit lung and spleen. Avoid foods that are rich, sweet, thick and spicy. Avoid foods with high sugar content and increase protein appropriately.

### **2.3 Score**

According to the quality of life scale of the international medical and health organization and the actual situation, we adjusted and formulated the questionnaire, starting from the aspects of

psychological state, physiological function, behavioral ability and social function. A total of 20 questions, each with a score of 5 points and a full score of 100 points, the higher the score, the higher the quality of life. Before and 6 months after each patient received the intervention, a questionnaire survey was conducted to comprehensively analyze the quality of life of the patients.

### 3. Results

Comparison of scores in various fields between the two groups before and after intervention is shown in Table 1-4.

Table 1 Physiological Status Scores Before and after Two Interventions

Group	Number of cases	Before intervention	After intervention
Observation group	50	10.86±0.97	14.23±1.18
Control group	50	10.78±1.01	12.95±1.11

Table 2 Psychological Scores Before and after Two Interventions

Group	Number of cases	Before intervention	After intervention
Observation group	50	11.17±1.82	15.23±1.84
Control group	50	11.59±1.31	12.95±1.56

Table 3 Behavioral Scores Before and after Two Interventions

Group	Number of cases	Before intervention	After intervention
Observation group	50	12.32±1.21	15.87±0.98
Control group	50	12.88±1.08	14.29±1.02

Table 4 Social Relationship Scores Before and after Two Interventions

Group	Number of cases	Before intervention	After intervention
Observation group	50	12.53±1.22	14.55±1.02
Control group	50	12.40±1.31	12.79±1.37

According to the results of the questionnaire survey, the nursing satisfaction of patients in the intervention group was 98.33%, and the nursing satisfaction of patients in the conventional group was 83.33%. Comparison of nursing satisfaction between the two groups of patients, the difference is statistically significant ( $P < 0.05$ ), see Table 5.

Table 5 Comparison of Patient Satisfaction between the Two Groups

Group	Very satisfied	Be satisfied	Dissatisfied	Nursing satisfaction rate (%)
Observation group	38	10	2	96
Control group	29	11	10	80

### 4. Discussion

The occurrence of diabetes is caused by many factors, because the course of disease is long, complications are numerous, diet and other aspects are limited. The treatment of diabetes is a long-term process, itself is a chronic disease, after a long time of erosion on the human body will become uncontrollable, the patient's body gradually emaciated. Diabetes belongs to the category of diabetes in traditional Chinese medicine, and is characterized by thirst, excessive drinking, excessive food, emaciation, polyuria or turbid urine. The disease itself and the pain caused by various treatments affect the quality of life of patients. Diabetes mellitus, as a chronic disease, can be effectively controlled according to the blood sugar level of the patient by giving diet control to the patient for a long time, thus effectively reducing the probability of disease complications of the patient and remarkably improving the quality of life. Traditional Chinese medicine nursing intervention is a good way to treat diabetes, can effectively alleviate the pain of diabetic patients, and its treatment effect is also supported by data, which is a good nursing method. For the community diabetes patients, the traditional Chinese medicine nursing intervention, compared with the conventional

nursing method, has many advantages, such as simple operation, significant therapeutic effect and long-term effect.

Traditional Chinese medicine has a long history in the study of diabetes. It is believed that the pathogenesis of diabetes lies in the deficiency of yin and fluid, the excess of dry heat, the deficiency of Yin as the basis and the standard of dry heat. Traditional Chinese medicine culture can gradually strengthen the Constitution and physical function of diabetic patients, so it can reflect the effect of traditional nursing methods. Through the nursing intervention of traditional Chinese medicine, we can effectively guarantee the change of patient's peace of mind, effectively improve the life style of patients, effectively improve the body, effectively improve the local blood circulation of patients, and play a significant preventive effect on diabetes. Some acupuncture and massage, massage, is a kind of internal metabolic function regulation, promote the absorption of blood sugar, so as to achieve the effect of reducing blood sugar. In the treatment of diabetes, there must be drug therapy, but drug therapy alone cannot achieve the best effect, and effective nursing intervention must be combined to achieve better control effect. The observation group implemented TCM nursing intervention on the basis of routine nursing intervention, which improved the physiological, psychological, independent ability and social function of community diabetes patients. In the four fields of the control experiment, the scores of physiological field, psychological field, independence field and social relation field were higher than those of the control group, and the total score of quality of life was significantly improved. After nursing intervention, the quality of life scores of the routine nursing group and the intervention group using traditional Chinese medicine nursing intervention were improved compared with those before nursing intervention. The nursing satisfaction of patients in the intervention group was significantly higher than that of patients in the routine group, and the difference was statistically significant ( $p < 0.05$ ). It can be seen that the nursing effect of TCM nursing intervention in the nursing of diabetic patients is obvious.

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