

Progress in the application of "prevention of disease" theory in the prevention of stroke

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Abstract: Introduce the related concepts of TCM treatment theory, analyze the advantages of "prevent treatment" theory in the prevention of stroke, and systematically review the treatment of predisposing diseases in exercise adjustment, emotional nursing, diet nursing, TCM nursing appropriate technology, and health. The current application status of education, the problems and prospects facing it, are aimed at providing reference for the application of "preventive treatment" theory in Chinese medicine nursing stroke patients.

Keywords: treatment of disease; stroke; TCM nursing; review

1. Introduction

Stroke, also known as cerebral apoplexy, is an acute cerebrovascular disease in which blood cannot flow into the brain due to vascular disease in the brain, causing brain tissue damage or dysfunction. At present, the global incidence of stroke has decreased, but the incidence in China is still very high, much higher than the level of developing countries [1]. With the aging of the population, the incidence of stroke has been increasing year by year [2]. It is also a common frequent disease that seriously harms human physical and mental health. It is the first cause of death and disability in adults in my country. It has a high incidence, high disability, Five characteristics of high mortality, high recurrence rate, and high economic burden [3]. In recent years, the application of TCM treatment thoughts to stroke patients has achieved remarkable results. The author summarizes the application status and existing problems of treatment of disease prevention thoughts in the prevention of stroke to provide clinical nurses with reference and reference.

2. The concept and development of the idea of treating disease

The idea of TCM treatment of disease-preventing diseases sprouted in the "Book of Changes", first appeared in the "Huang Di Nei Jing" in the Spring and Autumn Period and Warring States Period, developed in the Eastern Han Dynasty Zhang Zhongjing's "Golden Chamber Synopsis·Zang Fu Meridian", mature in the Qing Dynasty [4]. "Treatment of disease before disease" is a unique concept of Chinese medicine and one of the core concepts of Chinese medicine. The so-called "treatment" does not simply refer to medical treatment, but also refers to treatment, management, research and other meanings. "Cure before disease" refers to treatment and management of the disease. It is mainly manifested in preserving health without disease, curing the sprouting disease, and curing the disease early. Four aspects of prevention of recovery after death [5]. In its thousands of years of inheritance and development, it has penetrated into every aspect of our lives in China. For example, drinking tea and digesting food from ancient times to the present, but Gu can harmonize people's blood and tapping teeth can make people healthy. Spiritual etc. [6]. There is also the idea of treating disease before it is also reflected in our traditional festivals. Drinking Tusu wine in the Yuan day can warm the sun and dispel cold, drive away diseases and prevent evil, and in the winter solstice to keep warm and relieve pain, supplement Yang Qi, you can wear socks and eat lamb. The custom of eating dumplings made with anti-cold medicine [7]. From its budding, development, and then to maturity, the ideological system formed by all doctors through long-term exploration and practice, combined with theory, through repeated thinking, scrutiny, refinement, and summary, is the historical culture of Chinese medicine. An indispensable important idea.

3. The specific application of disease prevention thought in the prevention of stroke

3.1 Motion adjustment

"Nei Jing" mentioned: "Long vision hurts the blood, long-term lying hurts the qi, and sedentary sitting hurts the flesh." If lack of exercise, the body's qi circulation is not smooth, and the qi and blood flow slowly, which can cause qi deficiency and blood stasis. It is believed that qi deficiency and blood stasis are the triggers of stroke. Therefore, reasonable and moderate exercise can serve the purpose of preventing stroke before illness. Ren Ping [8] and others in the experimental group adopted three methods to maintain passive shoulder movement, promote the hand vein and lymph circulation on the affected side, and local muscle strength training. Compared with the control group, it significantly reduced the shoulder-hand syndrome in stroke patients. Morbidity. Xie Beijing [9] et al. used the Ba Duan Jin training method to prove that conventional rehabilitation training and the addition of Ba Duan Jin training on this basis can improve the motor function, balance function and daily life ability of stroke patients. Some scholars [10] believe that Chen-style Taijiquan can be used in daily life to prevent stroke. Regular daily life, moderate work and rest, compliance with the four o'clock, balance yin and yang, and moderate exercise can effectively prevent the further transformation of the disease-free state, which is also the ultimate goal of preventing disease.

3.2 Emotional care

Mood and anger, overwhelming. Emotional imbalance can cause a variety of pathological products and is also one of the internal causes of stroke. Therefore, it is necessary to adjust emotions, face life positively, avoid anger and irritability, and be calm and prevent the occurrence of stroke first. Chen Liping [11] and others adopted the four methods of "Sentimental Winning", Reasoning and Enlightenment, Empathy, and Submissive Desire to regulate patients' bad emotions, create a relaxed and happy life and work environment for patients, and provide the best society Interpersonal support system to meet patients' physical and psychological needs to the greatest extent. Some scholars[12] used the emotional nursing under the guidance of the physique theory to firstly differentiate the individual's physique, distinguish the individual's physique, and then take the corresponding emotional nursing according to the patient's physique. It was discovered through clinical observation that the physique theory guides the situation. Chi nursing can reduce the incidence of stroke. There are scholars [13]. The five-tone flirting method is used to adjust the emotions of patients, and the five-tones represent the music, "Ambush on Ten Sides," "Yangchun Baixue," "Hujia Eighteen Beats," "Purple Bamboo Tune," and "Three Plum Blossoms" which are played every day. Combining the patient's specific emotions, illness, and disease symptoms to strengthen the strengthening of a certain sound, so that the mind and body are harmonious, and the blood is smooth. In summary, emotional nursing is guided by the basic theories of traditional Chinese medicine, with a good nurse-patient relationship as a bridge, and applying scientific nursing methods to improve and eliminate the patient's negative emotional state, so as to achieve prevention before illness and prevention of existing illness. 2. A method of preventing stroke after recovery has important clinical significance and is worthy of our more in-depth exploration and research.

3.3 Dietary care

Dietary care is a method of preventing and curing diseases by giving appropriate diets according to the needs of patients' conditions under the guidance of the theory of Chinese medicine [14]. Traditional Chinese medicine believes that a reasonable diet and good eating habits are one of the keys to maintaining normal body functions. As far as stroke is concerned, unreasonable diet causes a large amount of adipose tissue to accumulate in the body, which increases the load on the heart, increases blood arterial pressure, and causes a significant increase in the incidence of brain diseases and other underlying diseases. Research by Liu Hua [15] et al. showed that excessive drinking and improper diet are risk factors for stroke. Chen Qingyun [16] gave dietary guidance and oral care to patients, and the results showed that dietary guidance and oral care can effectively prevent the occurrence of pneumonia in stroke patients. Xiao Ling [17] and others carried out early nutritional diet management for patients, which improved the recovery of patients' swallowing function. Food can eliminate evils and calm the viscera. Therefore, medical staff should follow the principles of carefulness and the five flavors, and administer food according to the symptoms.

3.4 Appropriate TCM nursing technology

Traditional Chinese medicine nursing technology is the operation of nursing skills with unique curative effects by applying traditional Chinese medical treatment methods to nursing work. Wang Junyuan [18] implemented acupuncture and traditional Chinese medicine to prevent post-stroke depression. The results showed that with this combined technique, the incidence of post-stroke depression was significantly reduced. Li Junxia [19] TCM diet therapy combined with acupoint and abdominal massage prevents constipation after stroke and reduces the risk of constipation in patients. Jiang Chongfeng [20] Acupoint massage combined with TCM directional drug penetration therapy to prevent deep vein thrombosis in patients with stroke hemiplegia can effectively prevent the occurrence of deep vein thrombosis in patients with stroke hemiplegia, and it is a non-invasive operation that is easy for patients to accept. Yang Yongqin[21] provided health guidance based on the theoretical basis of TCM treatment, and then according to the actual physical condition of the patient, matched with special TCM techniques such as ear points, cupping, acupuncture and moxibustion, which has a positive preventive effect on stroke. Luo Wenmin [22] uses traditional Chinese medicine techniques to prevent post-stroke respiratory tract infections, that is, acupuncture and moxibustion are used to stimulate acupoints, which can effectively reduce or avoid the chance of respiratory tract infections and effectively improve the clinical efficacy of patients. Tang Wei [23] instructed patients to master acupuncture points, Chinese herbal tea decoction methods and health exercises. The results showed that stroke patients can quickly master simple Chinese medicine suitable techniques, which improves patient compliance and the efficiency of Chinese medicine intervention. On the basis of the theory of TCM treatment of disease prevention, combined with TCM nursing technology, this method is convenient to operate and low in cost. It can play a greater role in clinical nursing of stroke patients and is worthy of clinical popularization.

3.5 Health Education

In the investigation and research of Dong Yuqing [24] and others, it was found that the risk factors for inducing stroke include diabetes, hypertension, abnormal lipid metabolism, obesity and overweight, drinking and smoking, etc., instructing patients to effectively avoid these adverse factors, which can reduce the incidence of stroke Rate and recurrence rate. According to literature [25], among all the risk factors for cerebrovascular disease, hypertension is the most important independent risk factor for stroke, so guiding patients to control hypertension is the key to preventing stroke before disease. Yang Shufang [26] to the experimental group Patients took community-level primary prevention and health education intervention, and the results showed that the probability of stroke in this group was significantly lower than that of the conventional care group. Wang Qian [27] applied the 4P medical model to people at high risk of stroke, instructing patients on how to monitor daily high-risk factors, effectively avoiding adverse factors, and stimulating the enthusiasm of people at high risk of stroke to participate in self-management. The risk factors of stroke patients are divided into avoidable and unavoidable. We can start with disease-related knowledge, treatment compliance, and recovery status to control basic diseases such as hypertension, diabetes, and dyslipidemia in patients, so that patients can quit smoking and limit alcohol, and follow Take medicines as prescribed by doctors, provide personalized health education to patients and their families, improve compliance and awareness of the disease, and reduce the risk of illness.

4. Conclusion

To sum up, although the current nursing practice continues to introduce the theory of TCM treatment of disease prevention and has achieved good results, its advantages and characteristics in the field of nursing are becoming increasingly prominent. However, there are also many problems: 1. People know very little about the concept of treatment of disease before it is not fully popularized; 2. The idea of treatment of disease in TCM lacks objective identification methods and safe and effective prevention methods, which greatly restricts Chinese medicine. The practical application of the thought of "preventive treatment of disease" in stroke prevention; 3 The concept of precursive treatment of disease only stays on health education, and has not deeply studied the application of other aspects of nursing stroke patients.

The "Healthy China 2030" Plan states: "By 2030, the leading role of traditional Chinese medicine in the treatment of diseases must be fully brought into play. The treatment of diseases stems from our Chinese nation's ideological awareness of neutralization and balance between Yin and Yang, creating

or changing The condition avoids the transformation from "not diseased" to "already disease". This idea has been inherited and developed for more than two thousand years. After the supplement and improvement of countless doctors, a prevention and treatment system with national characteristics and suitable for Chinese people has been formed. It keeps pace with the times , As the society progresses, it is in line with China's national conditions and has a high national acceptance. In the future, as medical staff, we should actively promote the advantages of integrated Chinese and Western medicine, implement the health project of TCM treatment, and combine the advantages of TCM with health management , Explore a TCM health insurance model that integrates health culture, health management, and health insurance. Provide new ideas for chronic disease management, explore a unique TCM "preventive treatment" stroke management model, build a TCM characteristic preventive health care service system, and improve Service connotation quality, maintain and promote people's health, promote the healthy development of Chinese medicine cause, and improve the health ability of Chinese medicine service.

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