Improving The Efficacy Of Traditional Chinese Medicine Acupressure For Gynecological And Oncological Nurses In Alleviating Cancer Pain

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ABSTRACT

70 ~ 90 % of the end -stage cancer patients have pain symptoms,The investigation of the project team found that only 3.03%of patients will use the acupuncture points of Chinese medicine to improve the pain.Nursingists have a low cognition of pain to relieve pain in acupoints of Chinese medicine, There is also lack of consistency on the guidance measures to alleviate patient pain ; With the assistance of Chinese medicine practitioners, education and training, duction of health education guidance manuals, publicity posters and acupoints pressing operation videos, ouraging patients to use the acupoints of Chinese medicine can indeed improve the index of pain.

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INTRODUCTION

If patients with gynecological cancer are in hospital, if there is a pain problem, it usually uses painkillers to control, but some patients will worry about the side effects of the use of drugs. They prefer to endure pain.The purpose of the project is to improve the pain through the acupoints of Chinese medicine,Increase the use of non -drug methods to improve the patient's self -control over pain.

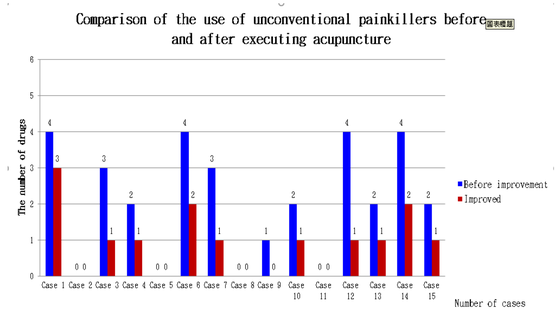
METHODS AND MATERIALS

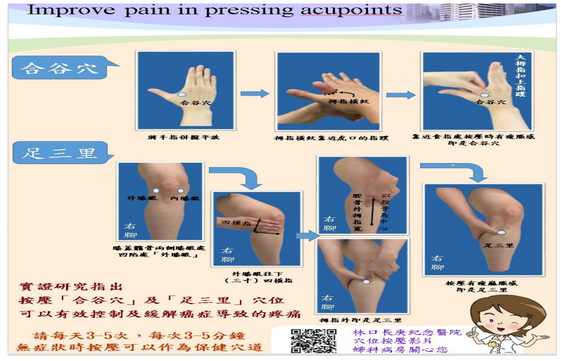
Knowing the current situation 1. Only 3.03% of patients can relieve pain by pressing the acupoints of Chinese medicine,The reason is that 57.6% of patients have never heard of the acupuncture point of Chinese medicine to relieve pain;Only 70.2% of the nurses understand the use of acupuncture points of Chinese medicine to relieve pain,The reason is that the hospital's training courses that relieve pain have not mentioned the acupuncture points of Chinese medicine can improve pain;And only 11.8% of the nurses have received the acupoints of Chinese medicine and pressed training,3. The guidance measures for nurses to relieve the pain of cancer patients lack consistency;Only 19.6% of the nursing division will guide patients to use non-drug measures to relieve pain,To relieve the training of pain by holding the acupoints of Chinese medicine,Use the "Cancer Patient Pain Log" to record the daily changes in patients in patients,Use health education orders and provide pressing rods to guide patients to use acupoints to use Chinese medicine to improve pain,Post posters and QR CORD movies to promote the acupoints of Chinese medicine to relieve pain,which is convenient for patients to watch and learn.

RESULTS

1.Patients in the Department of Women's Cancer use the acupoints of Chinese medicine to improve the pain ratio from 3.03%to 86.7%
2.The accuracy rate of the awareness of the use of Chinese medicine acupoints to improve pain was increased from 70.2 to 94.9%.

GRAPHS AND TABLES





CONCLUSIONS

After this project is educated and trained, Nursingists use health education manuals, publicity posters and videos to guide patients to perform acupuncture points for Chinese medicine to improve pain, Provide pressing rods to encourage patients to press to control the pain by themselves,Not only does it reduce the patient's pain index ratio,It also reduces the use of unconventional painkillers, Let patients more improved the satisfaction of the caregiver's health and education guidance.

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