

## Research on Emotional Disorders of Community Diabetes Patients and Nursing Intervention of Traditional Chinese Medicine

Wang Zhenzhen

Shaanxi University of Chinese Medicine, Xianyang, Shaanxi, 712000, China

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**Abstract:** Diabetes Mellitus, Called Diabetes in Traditional Chinese Medicine, is an Endocrine and Metabolic Disease Mainly Manifested by Glucose Metabolism Disorder. the Occurrence and Development of Diabetes Are Often Accompanied by Emotional Disorders. Patients with Diabetes Emotional Disorders Can Control Blood Sugar, Improve Symptoms, Prevent Complications and Improve Quality of Life by Combining Traditional Chinese Medicine and Western Medicine to Complement Each Other, While Basic Treatment and Western Medicine Hypoglycemic Treatment Are Combined with Traditional Chinese Medicine Nursing. the Onset of Diabetes is Related to Irregular Life, and There Are Different Levels of Stress Stimulation, Tension and Anger Before the Disease Often Lead to the Aggravation or Deterioration of the Disease. the Treatment of Diabetes by Traditional Chinese Medicine is the Dominant Therapy in the Treatment of Chronic Diseases. as an Important Part of the Treatment of Traditional Chinese Medicine, Traditional Chinese Medicine Nursing Has Unique Advantages in the Care of Diabetic Patients. the Application Value of Traditional Chinese Medicine Nursing in Improving Blood Glucose Level and Prognosis of Diabetic Patients Has Been Gradually Recognized.

### 1. Introduction

With the Improvement of Our Country's Economy and People's Living Standard, the Incidence of Diabetes is Increasing Year by Year, and the Age of Onset is Gradually Decreasing, Becoming a Major Disease Burden That Endangers People's Health [1]. Diabetes Mellitus, Which is Called Diabetes in Traditional Chinese Medicine, is an Endocrine and Metabolic Disease with Glucose Metabolism Disorder as Its Main Manifestation. the Occurrence and Development of Diabetes Are Often Accompanied by Emotional Disorders. Diabetes Should Be Recognized from a New Starting Point to Adapt to the Disease Characteristics of Modern People [2]. Diabetes Mellitus Has Become a Difficult Problem in Clinical Treatment Due to Its Long Course of Disease, Numerous Organs Involved, Complicated Complications and Poor Prognosis. 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]. Traditional Chinese Medicine Nursing is an Important Part of Traditional Chinese Medicine Treatment. under the Guidance of Traditional Chinese Medicine Theory, It Advocates That the Nursing of Diseases Should Be Different from Time to Time, from Place to Place and from Person to Person, So as to Achieve the Effect of Part-Time Work on Specimens [5]. Insufficient Diet, Life Disorder, and Emotional Instability Are Important Reasons for the Onset of Diabetes. Therefore, the Above Factors Should Be Paid More Attention to When Treating Patients with Diabetes.

Western Medicine Care for Diabetes Mainly Includes Drugs to Lower Blood Sugar, Exercise Regulation, and Diet Control. Clinical Investigations Have Found That Western Medicine Nursing is Not Effective in Maintaining Stable Blood Sugar and Sustained Hypoglycemia, and Patients Are Prone to Fluctuations in Blood Sugar, Which Affects the Treatment Effect [6]. Traditional Chinese Medicine Believes That Diabetes is Mostly Caused by Yin Deficiency in the Body, Complex Diet,

Emotional Disorders, and Excessive Dryness Caused by Lung Dryness, Stomach Heat, and Kidney Deficiency. the Pathogenesis is Mainly Hot and Hot, and Yin and Jin Loss [7]. Traditional Chinese Medicine Has More Typical Advantages in Treating Diabetes. Diabetes Belongs to the Category of “Thirst Quenching” in Traditional Chinese Medicine. It is Mostly Related to Weak Organs, Unclean Diet, and Emotional Disorders. with the Prolongation of the Disease, Its Metabolic Disorders Can Lead to Chronic Complications of the Eyes, Kidneys, Neurovascular and Heart Tissues and Organs. Diabetes is Related to Weak Organs, Unclean Diet, and Emotional Disorders. the Diseased Organs Are in the Lungs, Stomach, and Kidneys. Therefore, Chinese Medicine Believes That the Care of Diabetic Patients Should Focus on Lifestyle Guidance, Diet Control, Emotional Stability and Regulation [9]. the Onset of Diabetes is Related to Irregular Life, and Various Degrees of Stressors, Tension and Grief Often Lead to Aggravation or Deterioration of the Disease [10]. the Application Value of Traditional Chinese Medicine Nursing in Improving Blood Sugar Level and Prognosis of Diabetic Patients Has Gradually Been Paid Attention to and Recognized. Poor Diet, Disordered Life and Unstable Mood Are the Important Causes of Diabetes. Therefore, More Attention Should Be Paid to the Above Factors When Nursing Diabetes Patients.

## 2. Daily Life Care

Traditional Chinese Medicine Has a Long History in the Study of Diabetes Mellitus. It is Believed That the Pathogenesis of Diabetes Mellitus Lies in Deficiency of Yin and Body Fluid, Excessive Dryness-Heat and Marked by Yin Deficiency and Dryness-Heat. Traditional Chinese Medicine Culture Can Gradually Strengthen the Physique and Physical Function of Diabetic Patients, So It Can Reflect the Effect That Traditional Nursing Methods Do Not Have. When Nursing Patients, Nursing Staff Should Evaluate Their Coping Styles According to Their Physiological and Psychological Factors [11]. for Example, When Patients Suffer from Serious Complications, Due to the Torture of Diseases, They Often Suffer from Groans, Irritability, Anger, Pessimism, Disappointment and Other Manifestations. Nurses Should Give Care with a High Sense of Responsibility and Compassion to Relieve Their Worries and Difficulties and Make Patients Feel Dependent. If the External Various Mental Stimulation Degree is Too Heavy or Lasts Too Long, Resulting in Excessive Excitement or Suppression of Emotions, It Can Lead to Imbalance of Yin and Yang, Disharmony between Qi and Blood, Blockage of Meridians, and Dysfunction of Viscera and Lead to Disease [12]. Nursing Staff Should Properly Guide Patients' Negative and Overwhelming Coping Styles, So as to Effectively Reduce Blood Sugar and Reduce the Incidence of Related Complications. Most Diabetic Patients Have Low Self-Efficacy, Which is Mainly Manifested in Diet, Exercise, Poor Emotional Control, and Independent Blood Glucose Monitoring [13]. Therefore, According to the Characteristics of Diabetic Patients, Effective Measures Should Be Adopted in the Nursing Process to Improve the Patient's Self-Confidence and Strengthen the Patient's Independent Management Ability.

Diabetes is a Lifelong Disease. Patients Need Long-Term Medication. Poor Control is Prone to Chronic Complications Such as Brain, Heart, Kidney, Eye, Nerve, and Blood Vessels. Due to the Strained Life in Urban and Affluent Urban and Rural Areas, the Pace of Life Has Accelerated, and People's Mental Burden Has Increased. Tensions, Excitement, Depression, Fear and Other Bad Emotions Have Led to Increased Physiological Stress. Patients with Diabetes Combined with Depression Should First Undergo Basic Treatment, and Pay Special Attention to Diabetes Education, Supplemented by Psychological Intervention, So That Patients Can Correctly Understand Diabetes, Understand the Process of Diabetes Treatment and the Characteristics of Disease Changes [14]. Sympathetic Nerve Excitement, Epinephrine, Adrenocortical Hormone and Growth Hormone, and Glucagon Secreted by Islet A-Cells Increase Secretion of Glycemic Hormones, Increasing Blood Glucose Levels. Diabetes is a Chronic Disease. Due to Various Conditions, Patients Cannot Be Hospitalized for Long Periods of Time, and Rehabilitation Requires a Long Process. the Patient Was Discharged When His Condition Was Stable, Blood Glucose, Urine Glucose, and Complications Were Better Controlled. However, Health Education and Rehabilitation Guidance Should Be Done Before Discharge, So That Patients and Their Families

Understand the Basic Principles of the Etiology, Incentives and Treatment of the Disease [15]. for Patients with Excessive Fear, Use Thinking to Overcome Fear, Use Thought Therapy, Explain More about Diabetes and Its Related Knowledge, Correct the Patient's Bad Cognition, Encourage Them to Actively Cooperate with the Treatment of Medical Staff, and Improve Self-Efficacy.

### 3. Emotional Nursing

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 Pace of People's Life Has Increased Rapidly, the Psychological Stress Factors Have Increased, the Mental Burden Has Increased, and the Incidence of Diabetes Has Increased. Long-Term Diet Control, Monitoring of Blood Sugar and Daily Medication Have Caused Various Inconveniences to Patients' Lives. the Economic Pressure Brought about by Long-Term Treatment, Dissatisfaction with the Curative Effect and Worries about the Possible Outcome Have Made Patients Generally Suffer from Mental Disorders and Abnormal Emotional Activities in Terms of Spirit, Thinking, Emotion and Personality [16]. the Emotion of Patients with Diabetes is Relatively Fragile, and Patients Often Show Depression and Anxiety Such as Depression, Depression and Vexation. Patients Lack Patience, Confidence and Perseverance in Treatment, and Their Compliance Decreases, Thus Causing Blood Sugar Fluctuation. Poor Blood Glucose Control, on the One Hand, is Prone to Various Complications, on the Other Hand, It Also Aggravates Emotional and Physical Disorders, Forming a Vicious Circle. in Cases of Severe Depression, Patients Experience Decreased or Lack of Interest, Accompanied by Hopelessness, Helplessness, and Sense of Worthlessness. Everyone Will Feel the Existence of Mental Stress More or Less during Their Lifetime. When the Mental Stress Increases, If the Mentality is Not Adjusted in Time, It Can Induce the Occurrence of Diabetes, or Disrupt the Normal Diet and Exercise of Diabetic Patients, Making the Condition Worse.

Fifty Patients with Type 2 Diabetes Were Selected from Different Communities and Included in the Criteria: 1. All of Them Met Who Diagnostic Criteria and Related Classification Criteria for Diabetes in 1999; 2, All Educated Youth and Agree; 3. Fasting Blood Glucose (14.5 2.8) Mmol/l; 4, Life Can Take Care of Oneself, No Serious Complications; 5, No Mental Disorders, Effective Communication and Communication Can Be Carried out; 6, Conscious, Can Cooperate with Nursing Independently or with the Help of Family Members. Exclusion Criteria: 1. Severe Heart and Liver Renal Failure; 2. History of Mental Diseases and Psychological Diseases; 3. the Disease is Serious and Cannot Cooperate with the Research. 4, Combined with Malignant Tumors; 5, Consciousness is Not Clear, Can't Cooperate with Treatment and Nursing. All Patients Were Randomly Divided into Observation Group and Control Group with 25 Cases in Each Group. the Age of the Observation Group Was 56-79 Years, with an Average of (65.3 4.3) Years, and the Course of Disease Was 3-15 Years, with an Average of (6.8 3.5) Years. in the Control Group, the Age Ranged from 57 to 76 Years, with an Average of (64.9 4.1) Years, and the Course of Disease Ranged from 2 to 14 Years, with an Average of (7.1 3.6) Years. There Was No Significant Difference in General Data between the Two Groups ( $P > 0.05$ ). the Drug Treatment Methods of the Two Groups of Patients Are Basically the Same. All Patients Take Oral Hypoglycemic Drugs or Intensive Insulin Therapy, Antihypertensive Therapy, Symptomatic Treatment and Other Comprehensive Treatments. the Control Group Received Routine Nursing. the Observation Group Was Given Tcm Nursing Based on the Control Group, Including Diet and Emotion. According to Different Emotional Types, Emotional Therapy Can Be Adopted by Evaluating the Psychology of Patients.

After Nursing, Compared with the Control Group, the Observation Group Had Better Satisfaction in the Overall Understanding of Diabetes, the Understanding of Chinese Medicine Diet Therapy and the Diet Therapy Effect, with Statistically Significant Differences ( $P < 0.05$ ), as Shown in Table 1.

Table 1 Comparison of Tcm Medical Conditions between the Two Groups of Patients

Group	Lack Of General Awareness Of Diabetes	Insufficient Medical Awareness	Unsatisfactory Diet	Cannot persist
Control group	19 (76%)	21 (84%)	12 (48%)	20 (80%)
Observation group	10 (40%)	8 (32%)	7 (28%)	11 (44%)

There was no significant difference in blood glucose levels between the two groups before nursing ( $P \geq 0.05$ ). After nursing, compared with the control group, FBG and P2hBG in the observation group were significantly reduced, with statistically significant difference ( $p < 0.05$ ), as shown in table 2.

Table 2 Comparison of Blood Glucose Control Levels between the Two Groups of Patients

Group	FBG/(mmol/L)		P2hBG/(mmol/L)	
	Before nursing	After nursing	Before nursing	After nursing
Control group	9.17 $\pm$ 2.02	7.25 $\pm$ 1.98	12.96 $\pm$ 2.17	10.82 $\pm$ 3.75
Observation group	8.89 $\pm$ 2.37	6.37 $\pm$ 1.84	13.22 $\pm$ 2.46	9.03 $\pm$ 2.35

The occurrence of diabetes is caused by many factors, because of the long course, many complications, and restrictions on many aspects such as diet. The patient's height and weight were measured after admission to calculate diet and dose. After that, measure the weight once a week, observe the changes in urine volume, color, and taste, observe the patient's mind, vision, blood pressure, and skin condition, and make a record. Chinese medicine believes that emotional disorders are one of the main causes of many diseases, that is, emotional disorders. Nursing staff should pay attention to the communication with patients, establish a good relationship between nurses and patients, and understand the psychological state of patients [17]. The treatment of diabetes is a long-term process. It is a chronic disease in itself. After a long period of erosion to the human body, it will become uncontrollable and the patient's body will gradually lose weight. Patients are prone to emotions such as tension, fear, and anxiety, which are very detrimental to treatment and rehabilitation, and even worsen their condition [18]. Nursing staff should pay more attention and consideration, often talk with them, so that they can understand the occurrence and development of their own diseases, analyze the favorable factors in treatment, and enhance the patients' confidence in treatment [19]. Dietary regimen intervention corrects and regulates the imbalance of body cold and heat and the imbalance of qi activity in diabetic patients by differentiating the constitution of the patients and selecting food with corresponding sexual flavor for targeted differentiation and feeding [20]. Traditional Chinese medicine nursing intervention is a good method to treat diabetes, which can effectively relieve the pain of diabetic patients.

#### 4. Conclusion

Diabetes is a common disease with a high incidence rate, which cannot be cured at present. Only by effectively controlling the blood sugar level can the progress of the disease be delayed, the disability rate, death rate and medical expenses related to diabetes be reduced, and the quality of life of patients be improved. Everyone will feel the existence of mental stress more or less in his life. If he does not adjust his mentality in time when the mental stress increases, he may induce diabetes or disturb the normal diet and exercise of diabetic patients, thus aggravating his illness. Diabetes mellitus, as an endocrine metabolic disease with a rapidly increasing incidence rate, its occurrence and development are closely related to social pressure and emotional disorders. Patients are prone to nervous, fear, anxiety and other emotions, which is very unfavorable to treatment and rehabilitation, and even aggravate the disease. Traditional Chinese medicine nursing is an important part of traditional Chinese medicine, which follows the principle of syndrome differentiation and more respects the individual differences of patients. The traditional Chinese medicine nursing of diabetic patients should include healthy life style guidance and nursing, stable mentality, emotion regulation nursing, diet control nursing, acupuncture, massage, massage nursing, etc. The satisfaction degree of traditional Chinese medicine nursing in diabetic patients is significantly higher than that of Western medicine nursing. It has a significant role in maintaining blood glucose stability and is easy

to be accepted by patients. It is worth trying and promoting.

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