

# *Progress in the Application of Chinese Medical Care Techniques in Elderly Patients with Constipation*

**Pu Jiangpeng**

*Southwest Medical University, Luzhou, Sichuan, China*

**Keywords:** Laxative suppositories; functional constipation; patient constipation; treatment progress

**Abstract:** Constipation is a more common complication in patients with gastrointestinal diseases. In a foreign research survey, it was shown that about 30% to 60% of patients with gastrointestinal diseases will develop constipation after the onset of the disease, especially in patients with hemorrhagic gastrointestinal diseases, there is an 80% chance of developing constipation within two weeks after the onset of the disease. In recent studies, constipation is positively correlated with the severity of gastrointestinal disease, and the more severe and longer the disease, the higher the likelihood of constipation, which can lead to great pain. It may even lead to cerebrovascular rupture and cerebral hemorrhage, and in severe cases, may lead to sudden death in patients with gastrointestinal disorders. Researchers need to understand the main causes of constipation in patients with gastrointestinal disorders and explore appropriate care to ensure the quality of their recovery.

Normally, the normal frequency of bowel movement in human body is once a day or once every two days. If the patient is unable to achieve this frequency of bowel movement in daily life, the patient is considered to have symptoms of constipation, in addition to that, if the patient's constipation. If the duration of constipation is more than three months, the patient is classified as having chronic constipation. Constipation has a high clinical incidence, and can even be seen as a condition with the highest incidence in the anorectal department, with patients with gastrointestinal diseases and women as the most prevalent group<sup>[1]</sup>, and in the context of modern social development in recent years, more and more young people due to unclean diet and sedentary and other factors, the incidence of constipation shows a trend of increasing year by year in the relevant research surveys show that constipation remains Patients with gastrointestinal diseases are the main incidence group. Patients with gastrointestinal diseases are more prone to constipation than young people because their body functions are not fully developed. The quality of life of patients with constipation is significantly reduced, which has a great impact on the function of the patient's body, and the study also showed that constipation can lead to anxiety and depression.

## **1. Causes of disease**

Constipation is more common in clinical practice today, and there is no single major cause of constipation when it occurs. There are two direct causes of constipation: colonic constipation due to

delayed or spastic colon motility and rectal constipation due to unresponsive rectum, also known as dyspareunia. Medical professionals need to first understand the causes of constipation and choose the appropriate way to manage it in order to improve the patient's condition<sup>[1]</sup>.

For example, if a person has been living in a certain environment for a long time, a sudden change to another environment or a surrounding environment that makes the person too nervous may lead to constipation. In addition, if the posture of defecation is improper in daily life or frequent enemas or strong laxatives are used, it may lead to a decrease in the sensitivity of the rectal reflexes, which may result in the entry of feces into the rectum, but does not cause effective nerve impulses, resulting in the defecation reflex, which cannot be produced properly and leads to the occurrence of constipation.

Mental depression or over-excitement can lead to a conditioned reflex disorder that can cause constipation. In fact, we can easily hear our friends say in daily life that they are prone to constipation before certain competitions or certain important jobs, and this phenomenon is mainly caused by excessive mental tension, and continuous high mental tension may lead to peristaltic malfunction and spasmodic contraction of the colon, leading to constipation<sup>[2]</sup>.

After surgery, patients with gastrointestinal disorders will suffer a certain degree of trauma to their bodies, and the patient's gastrointestinal motility and absorption, will be inhibited by the condition. In addition, intracranial hemorrhage and hematoma compression can lead to impaired consciousness and can affect the patient's normal bowel movements. This leads to a decrease in the function of the cerebral cortex and lower centers in the lumbosacral spinal cord that regulate bowel movements, leading to a decrease in bowel function. It is believed that the complications of gastrointestinal diseases are more frequent and long-term, and patients need to apply drugs for a long time when receiving treatment. In the early stages of gastrointestinal diseases, during treatment, medical personnel often use large amounts of dehydrating agents and diuretics in order to relieve the patient's cerebral edema state and reduce intracranial pressure, which can lead to relative dehydration of the patient's intestinal tract and dry stools, triggering a decrease in the sensitivity of the patient's intestinal tract, in addition to the fact that some patients are treated with calcium antagonists and anticholinergic drugs. The combined effect of these factors can lead to a weakening of intestinal motility, causing or aggravating constipation and resulting in damage to the patient's body function.

Patients with gastrointestinal diseases may have physical movement disorders under the influence of various factors, and some patients may become disabled due to the special nature of gastrointestinal diseases. This can lead to gastrointestinal stasis, which can reduce the patient's appetite and lead to defecation difficulties due to insufficient intra-abdominal pressure during defecation.

After the acute onset of gastrointestinal diseases, patients need to stay in bed for a long time, and patients under the influence of adverse factors such as disease and medication will lead to dietary intake, reducing intestinal contents is not enough to stimulate the normal peristalsis of patients, coupled with irregular fasting and vomiting, will lead to varying degrees of increased water loss, triggering patients with gastrointestinal diseases to develop these diseases. These diseases can be caused by the increased water loss in patients with gastrointestinal diseases<sup>[3]</sup>.

## **2. Care of constipation in patients with gastrointestinal disorders**

### **2.1 Diet regimen**

Strengthening the patient's water and fiber intake is an important method of treating constipation worldwide, and in patient care, researchers have been able to strengthen the patient's organism through dietary modifications and to improve clinical outcomes to a certain extent<sup>[4]</sup>. In patient care,

if the patient does not have symptoms related to choking on water in the morning, the medical staff can ask the patient to drink a glass of water in the morning, and when drinking water should try to get the water into the digestive system quickly. By drinking water quickly, water can enter the intestine, which helps cleanse the intestine and stimulate intestinal peristalsis, while patients can drink a glass of honey water every night before bedtime, which can play a role in lubricating the intestinal tract, and in recent research studies have shown that sufficient water intake can, to a certain extent, enable patients to maintain good gastrointestinal function<sup>[5]</sup>. When regulating the patient's diet, you can increase the cooking oil during the cooking process or add a small amount of sesame oil to the dishes, which can help promote digestion and also improve the patient's gastrointestinal tract function to a certain extent, and patients can choose more grains in their daily life, such as oats, brown rice and sweet potatoes to increase the daily intake of plant fiber-rich foods. For example, vegetables such as carrots, leeks, cabbage and rape. Usually, the patient's daily water intake should be controlled to at least 2000 ml during the dietary intervention. On top of this, the patient should have a daily vegetable intake of at least 500g<sup>[6]</sup>.

## 2.2 Psychological care

Most elderly patients with chronic constipation suffer from more pronounced anxiety and depression due to their long-term condition, and especially elderly patients are vulnerable to various factors in their daily lives due to their emotional state, so it is necessary to strengthen patient psychological interventions when treating patients in general practice. When providing health guidance to patients, we explain various successful treatment cases and provide effective comprehensive guidance to patients to improve their confidence in the treatment work. If patients are under too much psychological pressure when receiving treatment, they need to be instructed to adopt the correct way to reduce pressure, inform patients that they cannot consciously control their bowel movements in daily life, develop a reasonable bowel movement time, and instruct patients to try to defecate within the specified time, which can form a bowel movement pattern and help promote the recovery of their bowel function<sup>[7]</sup>.

## 2.3 Proper exercise

Constipation can be treated by doing stirrups, sit-ups, body turns, leg bends, fast walking and jogging, and by massaging the abdomen. Constipation is also a disease of the intestinal tract, in addition to medication, but also through exercise to treat constipation. Before eating on an empty stomach, people lie flat, use their legs as stirrups to bend their legs, and can also do sit-ups. The body rotation movement promotes intestinal peristalsis, which is conducive to improving constipation. You can also do fast walking or jogging, improve the body's blood circulation, enhance gastrointestinal motor function, improve constipation. When the body after the intake of food, rest half an hour can be appropriate to walk outdoors. The palm of the hand gently massage the abdomen clockwise to promote intestinal peristalsis can cure constipation. You can do some simple turning exercises in the morning after waking up, which can effectively improve constipation. The waist and abdomen are in the pivotal position of the human body and have a great influence on the upper and lower digestive tract. If we properly carry out lumbosacral activities in general, it can promote our gastrointestinal peristalsis and secretion of digestive juices to solve the problem of constipation. When doing the action should be slow and consistent, and natural breathing, the whole body relaxed. The best time to turn the waist is to do it in the morning, and it is best to do it on an empty stomach, and then drink a glass of warm water afterwards<sup>[8]</sup>. Patients adhere to half a month of exercise and good habits, will be able to effectively improve the quality of control of constipation. Carbohydrates can relieve the symptoms of constipation caused by meat and

other foods. In the case of constipation, we should eat more fresh vegetables and fruits, and we can also treat constipation through abdominal exercises. For example, do sit-ups in the morning after waking up, and do abdominal leg lifts half an hour before going to bed at night. Sit-ups are lying on your back on the bed to keep your body straight, ankle joints fixed, upper body lifted to the front of the body flexion, hands touching the feet. You can also cross your arms behind your head to do. Leg lifts are supine bed body to keep straight, the upper body fixed, the two legs together while lifting to 90 degrees, restore a little slower<sup>[9]</sup>.

## 2.4 Chinese Medicine Care Methods

Chinese herbal fumigation: First, take the drugs: 30g of Amaranthus, 30g of fishy grass, 10g of rhubarb, 18g of cypress, 20g of raw ground elm, 10g of wild chrysanthemum, 5g of frankincense, 5g of myrrh, 20g of bitter ginseng, 20g of wu hui zi, 30g of dandelion, 10g of honeysuckle, seven doses of Chinese herbal decoction, one dose per day, twice a day Chinese herbal fumigation<sup>[10]</sup>, 7d for a course of treatment. Acupuncture point massage: In the patient's acupuncture point massage, choose the patient's Shen Que point, Tian Shu, and the lower seven bones, in the massage, need to use the form of point pressure to massage them. The massage technique should be gentle and smooth, and the patient should be massaged once a day, and the massage time should be controlled at about 30 minutes each time, and the patient should receive 5 times a week as a course of massage. Acupuncture point patching: When applying acupuncture point patching to the patient, 5g of raw rhubarb powder plus calamus and houpou are fused with 10ml of vinegar, which is mixed well and then filled into the round hole of the special dressing patch, which is directly applied to the navel of the patient after the filling is completed. Abdominal massage: In the patient's acupuncture point massage, choose the patient's Shen Que point, Tianshu, the lower seven bones, in the massage, need to use the form of point pressure on its massage. The massage technique should be light and soft and smooth, the actual patient massage once a day, each massage time control in about 30 minutes, the patient receives 5 times a week for a course of massage. Chinese medicine suppository application: In the clinical treatment of patients, the five kernel used in the five kernel laxative suppository is fire mahogany. Yu Li Ren. Peach kernel, almond, and cypress kernel. Fire marijuana kernel is sweet, flat, and belongs to the spleen, stomach and large intestine meridian, with moisten dryness. It can moisten the dryness, smooth the bowel, promote laxative and activate blood circulation<sup>[11]</sup>; Yu Li Ren is pungent, bitter, sweet and flat, and belongs to the spleen, large intestine and small intestine meridians, which can moisten the dryness and smooth the bowel, lower the Qi and promote water circulation; Peach kernel is bitter, sweet and flat, and belongs to the heart. It has the effect of activating blood circulation and removing blood stasis, laxative and laxative; almonds, sweet almonds are sweet and pungent in nature, bitter almonds are bitter and warm in nature, which promote the lung to stop coughing, lowering gas and relieving asthma; cypress kernel is sweet and flat in nature, which belongs to the heart, kidney and large intestine meridians, and has the function of nourishing the heart and calming the mind, astringing sweat and laxative. The five kernels are all sweet and calm in nature, and used together to moisten the lower part of the body without harming the right. In recent pharmacological studies, it was found that Wu Ren Tong Chang Sheng can stimulate the gastrointestinal mucosa of patients, promote its secretion and peristalsis, reduce the absorption of water in the intestine, and obtain a better laxative effect on the bowels. Suppositories used in the clinical treatment of children can effectively alleviate the problem of non-compliance with oral medication in children, improve the function of the child's body, and also improve the patient's compliance with treatment.

### 3. Conclusion

In the clinical treatment of constipation, researchers assess the clinical symptoms of patients and apply laxative suppositories to improve the treatment effect on the one hand and the patient's compliance with treatment on the other. Nursing staff need to understand the individual conditions of patients and actively set up corresponding interventions for patients, which can help to improve the quality of treatment and eliminate as much as possible the adverse effects on patients, so that the treatment of patients can be carried out more smoothly and thus meet the treatment needs of patients.

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