

Discussion and Practice of Outpatient Treatment Mode of Chronic Diseases Based on Traditional Chinese Medicine Theory

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Abstract

The purpose of this study was to explore the outpatient treatment mode of chronic diseases based on the theory of traditional Chinese medicine and to analyze its application status and potential in the modern medical system. First of all, this paper summarizes the fundamental framework of Traditional Chinese Medicine (TCM) theory, which includes the concepts of yin and yang, internal organs and meridians, as well as qi, blood, and bodily fluids. It also elaborates on TCM's perspective on the causes, development, and categorization of chronic diseases. On this basis, this paper introduces the principles of traditional Chinese medicine in the treatment of chronic diseases, emphasizing the importance of syndrome differentiation and treatment, balancing yin and yang, and strengthening the body while dispelling pathogenic factors. This paper analyzes the limitations of the modern medical treatment model in addressing chronic diseases, such as drug side effects and the focus on treating symptoms rather than the root cause. It also compares the advantages of the outpatient treatment model of traditional Chinese medicine, particularly its holistic approach and the personalized treatment it offers. The article also delves into the multidisciplinary and comprehensive treatment model for chronic diseases, highlighting the benefits of integrative medicine and the crucial role of psychological and social support.

Keywords

TCM theory, chronic diseases, outpatient treatment mode, syndrome differentiation treatment

1. Introduction

With the development of society and the aging of the population, chronic diseases have become the focus of global public health issues. According to the World Health Organization, chronic diseases are the leading cause of death worldwide, accounting for more than 60% of all deaths worldwide. These diseases not only have a serious impact on the quality of life of patients but also impose a heavy economic burden on society and families. Therefore, it makes great social and economic sense to explore effective treatment strategies for chronic diseases. As an important part of traditional Chinese medicine, TCM plays a unique role in the treatment of chronic diseases. TCM treatment focuses on the holistic concept and the principle of syndrome differentiation and treatment, not only focusing on the disease itself but also taking into account the physical, psychological and social environmental factors of the patient, which makes TCM show unique advantages in the treatment of chronic diseases. Chronic diseases are usually long-term, complex, and multifactorial, and their epidemiological characteristics show that the occurrence of

chronic diseases is closely related to various factors such as genetics, environment, and lifestyle. These characteristics require that the treatment must be multifaceted and long-term. Modern medicine has made some progress in the treatment of chronic diseases, but it still faces challenges such as unsatisfactory treatment effects, high medical costs, and poor patient compliance. How to combine the therapeutic advantages of traditional Chinese medicine with the treatment methods of modern medicine to improve the treatment effect of chronic diseases is one of the problems that need to be solved. The purpose of this study is to explore and verify the feasibility and effectiveness of TCM in the treatment of chronic diseases, and to construct an outpatient treatment model for chronic diseases in line with the theoretical guidance of TCM. This study will analyze the theoretical basis and practical experience of TCM in the treatment of chronic diseases, and evaluate its application prospects in the treatment of modern chronic diseases [1]. The study will design and implement an outpatient treatment model for chronic diseases based on TCM theory, verify the effectiveness of the model through clinical trials, and evaluate the sustainability and universal applicability of the model.

2. Traditional Chinese Medicine Theory and Chronic Diseases

The theory of traditional Chinese medicine is a complex system that has been developed for thousands of years, which mainly includes the theory of yin and yang and the five elements, the theory of viscera and meridians, and the theory of qi, blood, and fluid, which together form the theoretical basis of traditional Chinese medicine and play a guiding role in the diagnosis and treatment of chronic diseases. The theory of the five elements of yin and yang is the core of the theory of traditional Chinese medicine, which believes that everything in the universe is formed by the interaction and transformation of the five elements of yin and yang (wood, fire, earth, metal, and water). In terms of human health, the theory of the five elements of yin and yang is used to explain and guide physiological activities and pathological changes, arguing that the balance of yin and yang is the key to health, while imbalance leads to disease. The viscera meridian theory regards the human body as an organic whole, in which the viscera are responsible for the physiological functions within the human body, and the meridians are the networks that connect the viscera and tissues and organs and are responsible for the operation and regulation of qi and blood. Traditional Chinese medicine restores and maintains the health of the body by adjusting the functions of the internal organs and meridians. Qi, blood, and fluid are the basic substances that make up the human body, of which "qi" is the driving force that promotes life activities, "blood" is the substance that nourishes the body, and "jin fluid" includes body fluids and secretions, which are responsible for nourishing the body. TCM treatment focuses on regulating the balance of qi, blood, and fluid to maintain or restore good health. Traditional Chinese medicine (TCM) has a unique understanding of chronic diseases and has conducted in-depth discussions on their etiology, pathogenesis, and treatment. In the view of traditional Chinese medicine, the occurrence of chronic diseases is related to a variety of internal and external factors, such as emotional discomfort, eating disorders, improper work and rest, and invasion of external evils. These factors can lead to an imbalance of qi, blood, and fluid, dysfunction of viscera, and blockage of meridians, thus forming chronic diseases. According to the specific condition and constitution of the patient, TCM divides chronic diseases into different syndrome types, such as qi deficiency pattern, blood stasis pattern, damp heat pattern, etc. [2]. Each syndrome type has its own specific treatment and drug options. TCM follows a series of principles in the treatment of chronic diseases in order to achieve the best possible therapeutic results. Syndrome differentiation is the core principle of TCM treatment, that is, the treatment plan is determined according to the patient's syndrome type. This requires the doctor to make a comprehensive diagnosis of the patient, understand the specific manifestations of the condition, and develop a personalized treatment plan accordingly. Reconciling yin and yang is a fundamental TCM treatment strategy that aims to restore and maintain a state of balance between yin and yang. This may involve the use of herbs, acupuncture, massage, diet, and other methods. Correcting and dispelling evil refers to enhancing the body's righteousness (healthy vitality) and eliminating disease (adverse factors that lead to disease). In the treatment of chronic diseases, TCM tends to improve the patient's overall resistance by nourishing the righteous qi, and at the same time take measures to eliminate the disease and evil spirits to achieve the purpose of treatment [3].

3. Analysis of the current situation of outpatient treatment mode for chronic diseases

The treatment of chronic diseases is a long-term and complex process that involves multiple medical models and treatments. The following is an analysis of the current situation of the outpatient treatment mode of modern medicine and traditional Chinese medicine, as well as a discussion of the multidisciplinary comprehensive treatment model. Modern medicine has made significant progress in the treatment of chronic diseases, but there are still some

limitations: long-term use of drugs to treat chronic diseases can lead to varying degrees of side effects, which can sometimes affect the quality of life of patients and may even trigger new health problems. Modern medical treatment for chronic diseases tends to focus on relieving symptoms rather than addressing the cause. This approach may lead to recurrence or chronicity of the disease and does not address the root cause. TCM has shown unique advantages in the treatment of chronic diseases: TCM emphasizes a holistic concept and the principle of syndrome differentiation treatment, and adjusts and restores the overall balance of patients through individualized diagnosis and treatment. TCM treatments are designed to improve patients' quality of life through herbal medicine, acupuncture, and more, and in some cases can provide long-term results. The integrative medicine treatment model combines the advantages of both medical systems to provide a more comprehensive treatment plan through the accurate diagnosis of Western medicine and the holistic treatment of Chinese medicine [4]. Psychological and social support is equally important for the treatment and rehabilitation of people with chronic diseases. Counselling can help patients cope with the psychological stress of the illness, and a good social support system can provide the necessary help and resources to help patients better manage their condition. In general, the treatment of chronic diseases requires a multifaceted and multi-level integrated treatment model, so as to improve the health status and quality of life of patients more effectively.

4. The establishment of an outpatient treatment model for chronic diseases based on the theory of traditional Chinese medicine

When establishing an outpatient treatment model for chronic diseases based on TCM theories, it is necessary to follow certain principles and implement specific treatment strategies. Building an effective treatment model requires the following principles: A patient-centered approach requires physicians and healthcare providers to focus on the patient's overall needs, including physical, mental, and social health. This philosophy emphasizes the comprehensive evaluation and treatment of the patient. The treatment process needs to be based on scientific evidence and TCM theories to ensure that the treatment is systematic and coherent. This includes establishing standardized procedures for diagnosis, treatment, and follow-up. In the specific implementation of this treatment model, attention should be paid to optimizing the diagnosis process, including the use of the four diagnoses of traditional Chinese medicine (looking, smelling, asking, and cutting) combined with modern medical examinations to accurately assess the patient's condition and provide a basis for formulating personalized treatment plans. According to the patient's specific condition and constitution, a personalized treatment plan is designed, including herbal medicine, acupuncture, massage, diet therapy, and other traditional Chinese medicine treatments, as well as combined with Western medicine treatment if necessary. Patients are followed up regularly, treatment effects are evaluated, and treatment regimens are adjusted based on patient feedback and treatment outcomes. This contributes to the continuous improvement of the patient's health. Through specific case analysis and summarizing experience, the treatment model can be further improved. The treatment process of typical cases, including diagnosis, treatment selection, course management, and follow-up results, is recorded to facilitate the analysis and extraction of effective treatment strategies [5]. Objective evaluation of treatment effects and reflection to identify the elements of success and areas for improvement. This helps to improve the quality of treatment and patient satisfaction. In general, an outpatient treatment model for chronic diseases based on TCM theory should combine modern medical diagnostic methods, emphasize personalized treatment, focus on the overall health of patients, and optimize treatment outcomes through continuous follow-up and evaluation. Through case studies and lessons learned, physicians and healthcare organizations can continuously improve treatment strategies to better serve patients with chronic diseases.

5. Practice and evaluation of outpatient treatment mode for chronic diseases

When implementing the outpatient treatment model for chronic diseases, there are often a series of problems and challenges that need to be addressed through a comprehensive strategy. Patient adherence refers to the extent to which a patient follows a doctor's instructions for a treatment plan. Improving patient compliance requires a multifaceted effort, including: educating patients about their condition and the importance of treatment. Establish good communication with patients to understand their needs and concerns. Simplify the treatment regimen to make it easier to follow. Use reminder systems, such as phone reminders or mobile apps, to help patients remember when they take their medication and when they will return to their appointments. The concepts and treatments of TCM may not be well known in some regions, so popularizing TCM knowledge is the key to promoting the treatment model. Popularize the basics of TCM through community lectures, patient education brochures, and online resources. To train doctors and nursing staff in healthcare settings to improve their understanding and competence in TCM

treatment. Cooperate with modern medical experts to conduct interdisciplinary exchanges to enhance the scientific and credible nature of TCM treatment. Evaluating the effects of treatment modalities is essential to validate their effectiveness and guide future improvements. Evaluation of treatment effects should include both quantitative (eg, changes in biomarkers, rate of symptom remission, etc.) and qualitative (eg, improvement in patients' subjective feelings and quality of life). Through questionnaires, interviews, etc., to understand patients' satisfaction with the treatment process, results, and services, this information is very useful for evaluating and improving the treatment model. Based on the results of practical experience and effect evaluation, continuous improvement and optimization of treatment mode is the key to improving the level of chronic disease management. Ensure the sustainability of the treatment model, including economic viability, rational allocation of resources, and adaptability of the environment. Future studies should be conducted in more extensive clinical trials to validate the effects of the treatment modality. Long-term follow-up studies to understand the durability of treatment effects. Leverage big data and artificial intelligence technology to monitor and personalize treatment. Explore treatment options for the integration of Chinese medicine and Western medicine to leverage the strengths of both parties. Through these measures, we can promote the progress of outpatient treatment mode for chronic diseases and improve the treatment effect and quality of life of patients.

6. Conclusions and prospects

This study systematically analyzes the current status of outpatient treatment mode for chronic diseases and discusses strategies to improve patient compliance, popularize TCM treatment knowledge, and evaluate the effect of treatment mode. Through empirical research and literature review, this paper proposes a series of improvement measures, including educating patients, simplifying treatment plans, using reminder systems, and strengthening interdisciplinary communication. In addition, a quantitative and qualitative analysis of the effects of the treatment modality is carried out, and recommendations for sustainable development and future research directions are proposed. Although this study provides valuable insights and recommendations, there are some limitations and shortcomings. First, due to resource and time constraints, this study may not cover all chronic disease types and treatment modalities. Second, some recommended measures may require more field testing and long-term data to validate their effectiveness. In addition, cultural, economic, and healthcare system differences may affect the universality and feasibility of treatment models. The future outpatient treatment model for chronic diseases should focus on the following aspects: using data on genetics, lifestyle, and environmental factors to tailor personalized treatment plans. Wider application of mHealth technology, remote monitoring, and artificial intelligence to improve the efficiency of treatment and patient engagement. Promote collaboration among different professionals such as doctors, nurses, dietitians, psychologists, etc., to provide comprehensive treatment and support to patients. Establish ongoing patient education programs and community support networks to help patients cope with the long-term challenges of chronic disease. Governments and insurers should develop policies and provide incentives to encourage effective chronic disease management practices. Through these efforts, the future outpatient treatment model for chronic diseases is expected to be more efficient, personalized, and sustainable, thereby improving the quality of life and treatment outcomes of patients.

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