

Nursing Strategies for Acupuncture Syncope with Venous Blood Collection in Outpatients

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Abstract: Acupuncture syncope refers to the patient who is receiving venous blood collection for the first time. Due to excessive mental stress, or hunger, excessive fatigue, or excessive acupuncture, the vagal nerve reflex causes a wide expansion of the vascular bed, especially the surrounding muscles. The decrease in peripheral resistance and blood flow to the heart lead to a decrease in cardiac output and a decrease in blood pressure, which results in a reduction in transient cerebral blood flow and causes syncope. It is caused by strong acupuncture, and the phenomenon of acupuncture syncope occurs during the patient's venous blood collection in the clinic. Specific psychological care interventions for outpatient blood collection patients can reduce the number of acupuncture syncope and the occurrence of some complications. In the case of acupuncture syncope in patients with venous blood collection in outpatients, a variety of aspects are analyzed from the causes, and the strategies for acupuncture syncope care during venous blood collection in outpatients are clarified to reduce the occurrence of acupuncture syncope during blood collection in outpatients.

Keywords: Outpatient; Venous blood collection; Acupuncture syncope; Nursing strategies

1. Introduction

As a common adverse reaction, acupuncture syncope is caused by a variety of complexities. Autonomic nerve disorders are a group of symptoms caused by long-term mental stress, excessive psychological stress, anger and mental stimulation. Autonomic nerve disorders are a syndrome of visceral dysfunction. The symptoms of dysfunction of circulatory system function, alimentary system function or sexual function are mostly caused by psychosocial factors to induce temporary dysfunction of some physiological functions of the human body, and there are related changes in neuroendocrine and no corresponding pathological changes in tissue structure[1]. This is also a major cause of acupuncture syncope. In general, acupuncture syncope is mostly mild, but there are also serious symptoms. In particular, some patients with delayed acupuncture syncope should pay more attention. There are patients with fainting of cupping, fainting of acupuncture and moxibustion, fainting of pricking blood, fainting of auricular needle and fainting of acupoint injection. In addition to the different therapeutic devices used, the clinical manifestations, prevention and treatment methods are similar to those of the fainting needles, so they are not described here. Moreover, it has also been found in clinical practice that acupuncture syndrome occurs mostly in young adults, and female acupuncture syncope is more common than males,

which may be related to sensitive needle sensitivity and corresponding increase in stimulation intensity.

As for the mechanism of acupuncture syncope, some people have mixed it with shock. In fact, acupuncture syncope is a kind of vasopressive syncope, or vascular decompression syncope, which belongs to the category of reflex syncope. It is caused by intense acupuncture and other stimuli, which cause vascular beds through vagal nerve reflexes, especially the expansion of the surrounding muscles, the reduction of peripheral vascular resistance and the reduction of the amount of blood returning to the heart, thus the output of the heart is reduced, and the blood pressure is lowered, which leads to temporary, extensive cerebral blood flow to decrease, and causes syncope. Acupuncture syncope should be an adverse reaction. We think that the relationship between acupuncture syncope and curative effect is still to be confirmed by more practice. The mechanism is also worthy of further investigation, but acupuncture syncope is a painful adverse reaction to patients, and clinical attention should still be focused on prevention [2].

2. Analysis of the Causes of Acupuncture Syncope in Venous Blood Collection in Outpatients

Acupuncture syncope is the most common type of adverse reaction that occurs when blood is collected, and many patients do not understand it. The original acu-

puncture syncope is a kind of vasopressive syncope (or vascular decompression syncope), which belongs to the category of reflex syncope. It is due to strong stimulation, causing the expansion of the vascular bed (especially the surrounding muscles) through the vagal nerve reflex, and the peripheral vascular resistance and the blood volume are reduced. As a result, the output of the heart is reduced, and the blood pressure is lowered, resulting in a temporary, extensive reduction in cerebral blood flow, which causes syncope.

Table 1. Causes of acupuncture syncope in venous blood collection

Causes	Performance 1	Performance2
Constitutional cause	Fatigue	Allergy
Psychological causes	Tension	Introversion

According to Table 1, it can be known that the physical cause is one of the most important causes of acupuncture syncope. More common in clinical practice is physical weakness, hunger, fatigue, prone to fainting. It is more common in the clinic that people with weak constitution, hunger and fatigue are prone to acupuncture syncope. In addition, acupuncture after drinking can easily lead to acupuncture syncope, and people with allergies and vascular nerve instability are also easy to acupuncture syncope. Many people with acupuncture syncope without obvious causes can often find reasons from their physique, psychological reasons are the main reason. Some people have fears and nervousness when they first take blood collection for the lack of experience [3]. Among them, patients with depressive personality had the most acupuncture syncope. It may be because the introverted personality of depression, emotional depression, and easy to be excited when stimulated. Also, they are easy to inhibit, prone to autonomic dysfunction.

Table 2. Clinical manifestations of acupuncture syncope

Period	Performance1	Performance2	Performance3
Early period	Tinnitus	Nausea	Cold sweating
Middle period	Fall of blood pressure	Pale complexion	Convulsion
Later period	Loss of consciousness	Urinary and fecal incontinence	Fainting

According to Table 2, the clinical manifestations of fainting have various discomforts in the head, upper abdomen or general malaise, blurred vision, tinnitus, palpitations, nausea, pale, cold sweat, yawning, etc. This period is very short, and there have no presymptom phase in some patients. When it occurs, some patients will feel dizziness and nausea, vomiting, soft and cool limbs, unstable shaking, or loss of instantaneous consciousness. Moreover,

other patients will suddenly lost consciousness and have fainting, lips become blue and purple. Also, sweating, gray complexion, eyes turned up and urinary and fecal incontinence will happen to them. The blood pressure drops rapidly and the pulse slows down, slowing down to 40 to 50 times per minute. A small number can be associated with seizures. In the later stage, after timely recovery, the patient may have significant fatigue, pale, salivation and sweating. The above is a typical episode, but the mild ones can only appear in the aura period, that is, directly into the late stage, without the attack period [4]. Most of the acupuncture syncope occurs during the blood collection process, but a few patients start to appear for a few minutes after taking the needle. Known as delayed acupuncture syncope, it should be worth noting.

3. Nursing Strategies for Acupuncture Syncope with Venous Blood Collection in Outpatients

3.1. Treatment strategies

The acupuncture syncope is generally shorter. During the presymptom phase, the patient complains of dizziness, palpitations, nausea and vomiting, and weakness of the limbs. In the attack period, patients will have fainting in an instant, unconscious feeling, pale face, cold limbs, low blood pressure, slow heart rate and weak pulse. During the recovery period, patients will be conscious, and their limbs will sore, the complexion will turn from white to red, the limbs will turn warm, the heart rate will return to normal, and the pulse will be powerful. The symptoms of acupuncture syncope can be seen in the typical episodes of stage 3, and the light can be directly entered into the recovery period.

For mild fainting, remove all needles or cans quickly, or stop collecting blood and lift the patient to the air circulation. We should also raise their legs, lower their head (without a pillow), and lie for a while. If the patient still feels unwell, we should give warm boiled water or hot tea. In the diet, patients can eat more high-fiber and fresh vegetables and fruits to balance nutrition, including essential nutrients such as protein, sugar, fat, vitamins, trace elements and dietary fiber. The complementary role of nutrients in food is also helpful in preventing this disease. Severe fainting patients should be placed immediately after the needle is removed. If the situation is urgent, it can be placed directly on the floor. Yintang and philtrum should be tapped until the consciousness recovers and the symptoms subsides.

Table 3. Treatment methods of acupuncture syncope in venous blood collection in outpatients

The degree of acupuncture syncope	Methods

Slight	Lift the patient to the air circulation, lie down, raise your legs, lower your head
Severe	Press philtrum, Su Shi, Neiguan, Zusanli, Jiu Baihui, Guanyuan, Qihai and other acupoints

According to Table 3, when the patient suddenly appears mental fatigue, dizziness, pale, nausea, sweating, palpitation, cold limbs, blood pressure, pulse, or stunned, blue-purple lips, urinary and fecal incontinence, when the pulse is delicate, we should stop the acupuncture immediately, and take all the needles out. We should keep the patient supine, keep warm, lighter on the back for a while, give the drink warm water or sugar, then they can return to normal. On the basis of the above treatments, the heavy ones can be stabbed in the middle, Suyu, Neiguan, Zusanli, Jiu Baihui, Guanyuan, Qihai and other points, and can be restored. If patients are still unconscious, then let them have a small breath, and have weak pulse, other treatments or first aid measures should be considered.

In the case of fasting blood collection, some patients may experience dizziness, which is caused by excessive weakness of the patients with fasting blood collection or excessive mental stress; Some patients are not fasting, but dizziness occurs when blood is seen. Light patients have pale, weakness, dizziness, nausea, sweating, etc.; Severe patients will have blood pressure drops, faints, etc. In this case, stop the blood collection immediately, let the patient rest quietly, or give warm water (but not hot water, because the hot water can make the stomach blood vessels dilate, may cause dizziness again), usually take a short break. It should be sent to the emergency department in time for serious illness. We should make the patient feel relaxed and psychologically safe. The paralyzed patient can't take an empty stomach and have enough sleep. Before taking an injection, it is best to drink a light sugary saline at home. In the injection, the standing position of the conventional intramuscular injection is changed to the lateral position of the occipital, the legs are bent, and the patient is facing the operator, and after the medicine is sucked, the conventional disinfection is performed. At the same time, another nurse pressed the patient's Tai Chong (this hole is located in the depression before the first and second metatarsal joints of the foot), and the intramuscular injection operator gently squeezed the hip muscle injection site. After the local muscle relaxes, the needle is quickly inserted, and the needle is fixed for 1 or 2 seconds. If the patient has no abnormal reaction, the drug solution is slowly pushed in and the needle is quickly pulled out [5].

In addition, the position of the blood is very important, the level of protein and blood lipids at the station is nearly 10% higher than the sitting position, so patients should sit still for a few minutes and then draw blood. The blood draw requires the patient to sit in the chair and roll the

sleeves, but do not press the sleeves too tightly on the upper arm. If the clothes are too much or too tight, it is best to take off the sleeves on the side where the blood is to be drawn, so as not to wear clothes. Pressing a blood vessel too tight or too long causes some trouble. The current blood draw device has a syringe and a vacuum blood collection device. If vacuum blood collection is used, the blood will directly enter the test tube containing the negative pressure. Immediately after the blood is drawn, use a sterile cotton lump or other disinfecting hemostatic article to compress the puncture site, or bend the arm to clamp the cotton ball to prevent blood from seeping out. Patients should try to keep the blood-sucking arm clean and hygienic within 24 hours.

3.2. Precautionary measures

The eyelash prevention method can be used to prevent acupuncture syncope during blood collection. The application of a pressure-eye anti-halation method abroad has been tested in the relevant units in China and has certain effects. The method is to let the patient's eyes look down and close the eyes. The surgeon puts the thumb and thumb of both hands on the patient's eyes, and the other four fingers are placed in front of the patient's ear for support. Then patients should use their thumbs to gently press the eyeball, paying attention to the direction of the force from the upper side to the lower side. The tip of the thumb should be placed above the cornea of the eyeball to prevent the fingertip from directly pressing the cornea. After pressing for about 5 seconds, lift the finger for about 5 seconds, and then press the method. Press and hold up for about 30s, then acupuncture. However, it is necessary to pay attention to glaucoma and high myopia. In addition to this, it can be prevented by hot water. For patients with special allergic acupuncture syncope, it is advocated that the sputum patient will immerse both hands in hot water. After about 5 to 10 minutes, gently puncture the two Neiguan points with a needle, about 1 minute, and start acupuncture points that need to be stabbed in other diseases. It is available for clinical reference. In the process of blood collection, once the patient has symptoms of precursor fainting, it should be treated immediately. After blood collection and cupping, the patient can leave after 5 to 10 minutes of rest in the clinic to prevent delayed fainting. For high-risk groups, first do psychological counseling, relax their spirits, comfort patients, distract attention, and take a lying position when taking blood. The patient's gaze avoids the operation process. After the nurse punctures, it is forbidden to withdraw the needle in the body and try to achieve a shot. When the blood is drawn, the patient's face should be closely observed. If the abnormality is found, the blood is immediately stopped and the needle is quickly pulled out. Place the patient on the spot, give a warm drink, inform the doctor, observe the changes in vital signs closely, and

severely inject 50% glucose solution intravenously without special drugs.

Table 4. Prevention of acupuncture syncope of venous blood collection

Pre-blood collection	Prevention methods
1	Eye pressure prevention
2	Hot water immersion prevention

According to Table 4, it is known that the eye-pressure prevention method and the hot water prevention method are effective methods for avoiding acupuncture syncope during blood collection. There are several main reasons for the prevention of acupuncture syncope. There are several main reasons for the prevention of acupuncture syncope. It is aimed at people with suspicion, fear, or crying, screaming, shaking, avoiding, muscle spasms, accompanied by autonomic and endocrine functions such as pupil, blood pressure, respiration, heartbeat, skin temperature, complexion, sweating, etc. Pre-psychological prevention can be done to avoid adverse reactions such as acupuncture syncope. It can be used for language induction before the needle is inserted. First, patiently explain the specific method of acupuncture to the patient, and explain the possible feeling, degree and conduction route of the acupuncture to obtain the trust and cooperation of the patient. Relaxation training: For patients who are quiet, depressed, easy to concentrate, and introverted, let them gaze at an object, and wait until they fully enter the state of self-meditation (into the static state). Distracting attention: For patients who are irritable, active, distracted, and extroverted, patients can make some simple quick mental arithmetic, or ask them some small problems, use their visual, auditory functions, and thinking activities to transfer them. Their attention should be transferred to promote local tissue relaxation. For hungry patients, it is advisable to eat properly before the needle; those who are fatigued should rest until the physical strength is basically restored. Especially for people with history of fainting needles and first blood collection, it is best to take lateral position, simplify acupuncture points and reduce the amount of stimulation.

4. Conclusion

Fainting halo is the fainting phenomenon caused by the patient's blood, mainly manifested as dizziness, nausea, dizziness, palpitations, and then pale, cold sweat, cold limbs, lower blood pressure, weak pulse, and even sudden loss of consciousness. The patient should be supine first, and medication should be given if necessary. Haemorrhage, also known as "blood phobia", is a kind of men-

tal disorder in a special situation. This disease is related to the fear of seeing snakes, the "object horror" of caterpillars, and the fear of seeing strangers and the "communication" of the opposite sex. "Terror" is a phobia, and there is no necessary connection with timidity. Halo is different from motion sickness and seasickness. The former is similar to acrophobia and is a psychological problem; The latter is the physiological problem of the inner ear balance organ. Although the cause of haemorrhage has not yet been clarified, this kind of mental disorder is certainly not the kind of mental illness commonly known as "neuropathy". In addition to not seeing blood, the halo is no different from ordinary people. Those who suffer from faint blood, those who see the blood will feel horrible, nausea; those who are severe will lose consciousness. These problems may affect the work and life of patients. For the acupuncture syncope, attention should be paid to prevention, such as people who the firstly receive acupuncture treatment or have mental over-stress, and weak people, the work should be explained to them to eliminate the concerns about acupuncture. At the same time, A comfortable and lasting position should be chosen, it is best to use the lying position. Choosing a small hole, the method should be light. If patients are hungry, tired, or thirsty, they should make acupuncture after eating, resting, and drinking water. In the process of acupuncture treatment, the doctor should be mentally specific, pay attention to observe the patient's look and ask the patient's feelings. Once there is discomfort and other signs of acupuncture syncope, precautions are taken to prevent problems before they occur.

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