

# Discussion on the Thinking of Evidence-based Nursing Research in the Digestive Department of Traditional Chinese Medicine

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**Abstract:** With the rapid development of China's economy, the great improvement of people's living standards and the continuous improvement of medical level, people are increasingly concerned about the quality of nursing, and the requirements for nursing are higher and higher. Therefore, the evidence-based medicine nursing, which is committed to applying the best medical research results to clinical practice, has emerged as the times require, and the digestive department of traditional Chinese medicine is no exception. Therefore, this paper first gives a brief overview of the concept of evidence-based nursing and related applications, then gives a brief overview of the current research situation of evidence-based nursing, and finally gives a brief overview of the ideas of evidence-based nursing research in the digestive department of traditional Chinese medicine. It is expected that the discussion in this paper will be helpful to the study of the application of evidence-based nursing in the digestive department of traditional Chinese medicine and promote its development.

**Keywords:** Traditional Chinese medicine; Digestive department; Evidence-based nursing; Research ideas

## 1. Introduction

Evidence-based medicine is a new rising science in clinical practice in recent years, and evidence-based nursing, as the name suggests, is the expansion of evidence-based medicine. At present, people pay more and more attention to the quality of nursing, naturally it has become a hot topic of research. However, evidence-based nursing and even evidence-based medicine are a new concept in our country, so it is difficult to develop in all fields of medicine, and there are great obstacles. The digestive department of traditional Chinese medicine is no exception, and it has high requirements for nursing staff, so this paper has high research value.

## 2. The Concept and Application of Evidence-based Nursing

### 2.1. Connotation of evidence-based nursing

Evidence-based nursing is one of the hot topics in the field of nursing at home and abroad in recent years, which is still under heated discussion. Evidence-based nursing can be summarized as follows: Based on careful and accurate combination of their own professional skills, clinical practice experience, patients' actual body and real wishes and other factors, nurses formulate the most suitable nursing plan and specific implementation measures for patients. Evidence-based nursing puts forward higher

standards and requirements for the ability of nursing staff to find problems, to raise problems, to collect and provide evidence, to judge logically and to apply in practice.

### 2.2. The application of evidence-based nursing research in TCM digestive department

As mentioned above, the concept of evidence-based nursing shows the requirements of the times for high quality and high standard nursing quality, and even more shows the requirements of the times for high-quality nursing staff, that is to say, it points out the direction for nursing and provides a standard for reference. In short, it shows that the new era puts forward new requirements for nursing staff of department of gastroenterology in traditional Chinese medicine, which requires medical staff to have new ideas, high-quality comprehensive talents with professional knowledge and practical ability. The application of evidence-based nursing research in digestive department of traditional Chinese medicine nursing can be simply understood as that in the process of nursing education in traditional Chinese medicine digestive department, we should pay attention to the process of self-learning research of nursing staff, pay attention to the best evidence confirmation teaching method and curriculum, fully consider the self-learning needs of nursing staff, and cultivate the practical ability of nursing staff, critical thinking ability and innovation ability.

### **3. The Importance and Current Situation of the Application of Evidence-based Nursing Research in TCM Digestive Department**

#### **3.1. The importance of applying evidence-based nursing research in TCM digestive department**

First of all, the application of evidence-based nursing research in TCM digestive department is the trend of the times and the demand of the public. With the continuous development and progress of the times, people's living standards are constantly improving, and people pay more and more attention to the quality of life. Therefore, as one of the livelihood industries, the medical industry is naturally concerned about people's life and health. As one of the important links of medical treatment, nursing is also the focus of people's attention. The times and the public put forward higher demand for the medical industry, especially the nursing industry. Therefore, under the strong demand, evidence-based nursing with high quality and high standard as the core is inevitable.

Secondly, from the perspective of internal motivation of nursing quality, nursing itself needs to be improved, and evidence-based nursing research is of great help to the development and improvement of nursing itself. Through the research of evidence-based nursing, it can explore the best nursing method of TCM digestive department and then apply it to clinical medical practice, so as to promote the improvement of nursing quality of TCM digestive department and various departments, and even the development of medical field towards a more scientific and reasonable direction.

Finally, the application of evidence-based nursing research in digestive department of traditional Chinese medicine is conducive to the cultivation of comprehensive medical personnel with advanced concept, solid professional knowledge, strong comprehensive quality and practical ability. The investigation shows that the advanced level of nursing concept plays an important role in guiding the direction of nursing education, and the lack of knowledge and skills of evidence-based nursing has become an important factor hindering the development of nursing. Therefore, we should pay attention to the research and application of evidence-based nursing concept in nursing. Evidence based nursing research is helpful for medical staff to strengthen the learning of nursing knowledge and skills and the cultivation of practical ability, innovation ability and critical thinking.

#### **3.2. The current situation of evidence-based nursing research in digestive department of traditional Chinese medicine**

According to the research of the author and a large number of literature and data, it is found that the idea of evidence-based nursing was introduced from western developed countries in the 1990s, which caused a wide range

of repercussions after the introduction. Then, some scholars have carried out theoretical research on relevant concepts and applications, and some literature has been written. In recent years, on the one hand, it has been gradually applied in medical practice and teaching practice, but it is not difficult to find that the evidence-based nursing research is relatively small in both theoretical research and practical exploration, and the research on EBM teaching and concept is relatively few; On the other hand, the research quality is not high, the research method is not standardized, and the evidence and achievement level obtained are relatively low.

### **4. The Research on Evidence-based Nursing in the Digestive Department of Traditional Chinese Medicine**

First of all, it is found that the psychological nursing of heatstroke patients should be the first step of evidence-based nursing in the department of traditional Chinese medicine. Psychological nursing is one of the important parts of evidence-based nursing. Such digestive diseases as peptic ulcer, ulcerative colitis, and allergic enteritis are related to psychological factors and mental factors (the bio psycho social medical model of Professor Engel in the United States and the traditional Chinese medicine books have records and studies to support it). Therefore, in the process of evidence-based nursing for patients, we should pay attention to psychological nursing at all stages. Specifically, before the treatment and nursing of patients, we should do a good job in all aspects of the examination of patients, fully understand the patient's physique and condition, and then develop a targeted high-quality program for patients; we should do a good job in informing and educating patients and their families about digestive diseases, so that patients and their families can fully understand the specific treatment plan and relevant nursing precautions, so as to make them fully confident in the treatment plan. Secondly, the medical staff should pay close attention to the changes of patients' physical indicators and psychological state at all stages, modify the nursing plan in a timely manner, and intervene in patients' bad psychological state in a timely manner, so that patients can fully feel the care from the medical staff, and make patients in a warm and pleasant nursing environment with full sense of happiness to ensure patients' satisfaction with medical work. Thirdly, medical staff should communicate with patients and their families from time to time to understand the practical needs of patients and their families, which is conducive to the development of mental health care. Medical staff should inform patients of nursing precautions before discharge, help patients and their families to maintain correct nursing after discharge, reduce the recurrence of patients' diseases, and ensure high satisfaction of patients and their families with medical work.

Secondly, traditional Chinese medicine attaches great importance to the method of taking medicine, so it should be paid attention to in the process of evidence-based nursing. For example, in order to reconcile the drug properties and reduce the drug resistance of patients in the Department of Gastroenterology whose clinical manifestations are mixed cold and heat deficiency and excess, it is necessary to "remove dross and then decoct" before applying Xiaochaihu Tang Decoction (a traditional Chinese medicine), Banxiaixixin Tang Decoction (a traditional Chinese medicine) and other commonly used drugs in the department of gastroenterology. However, the above steps inevitably concentrate the amount of relevant drugs. For patients with digestive diseases, it is not easy to take too many drugs in a short time, otherwise it will be more detrimental to the rehabilitation of patients. At this time, evidence-based nursing research is needed to study the oral dosage of traditional Chinese medicine for patients in the department of gastroenterology, so as to find out the best medication time, dosage and supporting maintenance methods, so as to help patients make suggestions on food therapy in the final stage.

Finally, as we know, traditional Chinese medicine for the treatment of digestive diseases is of course rootless, no side effects, mild and other advantages, but at the same time, it also has the disadvantages of slow effect, long course of treatment and so on. Therefore, the combination of traditional Chinese and Western medicine has become a common clinical treatment method, combining the advantages of both, banning or reducing the disadvantages of both. As the advantage of traditional Chinese medicine, the pertinence is also the disadvantage of traditional Chinese medicine treatment. Because traditional Chinese medicine pays more attention to the personalized treatment of patients, it is difficult to carry out large sample and data randomized clinical research before the study of patients' diseases. Many studies have no way to repeat, and it is not easy to summarize the commonness. Western medicine makes up for this. Evidence-based medicine and evidence-based nursing can be based on the advantages of Chinese and western medicine to carry out research to improve the efficiency and quality of nursing.

## **5. The Research Methods and Effects of Evidence-based Nursing in Digestive Department of Traditional Chinese Medicine**

### **5.1. The research method of evidence-based nursing in digestive department of traditional Chinese medicine**

Traditional Chinese medicine is different from western medicine, which is widely used in China and has a long history. Therefore, it is only in the position of supplement and replacement of Western medicine in the world. The

research methods of traditional Chinese medicine (including Gastroenterology) must be standardized, and the research methods of evidence-based nursing are relatively scientific and reasonable. Specifically, the evidence of evidence-based nursing can be studied in a randomized controlled way. Because evidence-based nursing needs nursing staff, the first is that the single blind method is generally used, while the double-blind method is rarely used; Secondly, the application of randomized control method also needs researchers to hide the random allocation scheme and to be mastered by special personnel; Thirdly, the admission criteria should be strictly defined for the research objects, otherwise the reply to the research results will have a great impact; The fourth is to clarify the research mode and the number of samples. The research mode generally adopts the research mode of combining disease and syndrome. At the same time, we should ensure that the number of samples is appropriate, avoid wasting manpower and material resources, and avoid negative results; Finally, scientific scales should be used for analysis, such as SF-36 health scale, IBDQ scale for inflammatory bowel disease, etc.

Besides, the author thinks that evidence-based nursing education should be strengthened so that the medical staff and the future medical staff can better understand and apply evidence-based nursing. Specifically, firstly, the teaching staff should use critical angle to improve the teaching of nursing skills, and it is necessary for medical staff and future medical staff to create a challenging and innovative atmosphere in the basic operation skills or basic principles of nursing, and cultivate the ability of independent thinking and critical thinking of medical staff and the non coming medical staff; Secondly, the government should encourage medical staff to treat clinical practice with research attitude, so that medical staff can master excellent nursing professional knowledge and have good nursing practice ability, and can apply theoretical knowledge well.

### **5.2. The research on the effect of evidence-based nursing in the digestive department of traditional Chinese medicine**

The 152 cases of digestive department of TCM in a medical center from April 2020 to April 2021 were screened out by big data, and then divided into observation group and control group, that is, 76 cases in observation group and control group. On the basis of ensuring that the other controllable factors of the two groups were unchanged, different nursing modes were adopted for them respectively, and the observation group adopted the high quality nursing mode of evidence-based nursing; The control group was treated with the routine nursing mode. Finally, the mental health status data and the body function data of the two groups after nursing were recorded in detail and made into a three-line table for comparative analysis,

and then to explore whether the nursing mode applied in the observation group is more conducive to the recovery of patients' disease. The results show that evidence-based nursing model is more conducive to the recovery of patients' health than conventional nursing, and can effectively improve the patients' bad psychological state.

To sum up, although the concept of evidence-based nursing has always been the focus of attention and discussion at home and abroad, there are many deficiencies in the concept of evidence-based nursing and practical research in the field of nursing in our country. It is expected that the discussion in this paper will help to study the application of evidence-based nursing in the Department of traditional Chinese medicine digestion and promote its development, so as to promote the development of traditional Chinese medicine nursing. Through the application of evidence-based nursing research ideas and methods in traditional Chinese medicine nursing, especially in gastroenterology nursing, we can give full play to the advantages of traditional Chinese medicine nursing and help patients recover as soon as possible.

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