

Original Paper

Application of Five-tone Therapy Combined with Acupressure in Colonoscopy

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Abstract

Colonoscopy is an important method for the diagnosis of digestive tract diseases, especially in the diagnosis and treatment of colorectal cancer has a key role. But as an invasive medical procedure, colonoscopy can lead to more severe pain in patients, and even cause intestinal inflation, resulting in patients with abdominal distension, intestinal spasms and other discomfort. Therefore, relieving the pain of patients during colonoscopy has become an important issue that medical staff must pay attention to. In this context, this paper carries out research, and uses five-tone therapy combined with acupressure diagnosis and treatment mode as an effective method to solve the pain problem of colonoscopy. Through analyzing its intervention process and implementation methods, the diagnosis and treatment effects are further analyzed.

Keywords

Colonoscopy, Five-tone therapy, Acupressure

1. Introduction

In colonoscopy procedures, the colonoscopy needs to be adjusted by mechanical traction, which stimulates the intestinal mucosa during the pulling process, and air needs to be filled into the intestinal cavity to expand the intestine for easy examination by the doctor. However, these operations will directly cause patients to have a strong sense of pain, and even cause intestinal spasm, and then affect the operation of the colonoscopy, resulting in the suspension of observation, prolonging the time of admission, etc., not only seriously affect the patient's diagnosis and treatment experience, but also cause great trouble to the doctor to complete the examination operation. Relevant studies have shown that pain and discomfort can directly affect patients' compliance with colonoscopy, examination time and willingness to review, which has a certain impact on patients' health. In this regard, medical staff can use five-tone therapy combined with acupressure to effectively relieve patients' pain and

discomfort, so as to help the smooth implementation of colonoscopy and give patients a better diagnosis and treatment experience. Overview of the diagnosis and treatment methods of five-tone therapy combined with acupressure.

2. Five-tone Therapy and Acupressure

After a long period of clinical practice, traditional Chinese medicine has rich experience and achievements in relieving patients' pain. The "Twelfth Five-Year Plan" for the Development of China's nursing Industry clearly states that modern medicine must pay attention to the important role of TCM technology in nursing work, so as to give full play to the advantages of TCM nursing technology.

Wuyin therapy, also known as Wuxing music therapy, is a typical complementary therapy in traditional Chinese medicine. It is also an important non-therapeutic means, mainly used for pain relief and bad mood relief, and can also be used for cancer pain relief and integrated treatment activities of traditional Chinese and western medicine. Acupressure is also one of the most commonly used traditional Chinese medicine therapy, especially in cancer patients after fatigue care, maternal labor analgesia and other aspects of widely used.

However, at present, there are few studies on the diagnosis and treatment of five-tone therapy combined with acupressure, and even fewer studies on its application in colonoscopy, so it becomes the starting point of this study.

2.1 The Application Mechanism of Five-tone Therapy Combined with Acupressure in Colonoscopy

Five-tone therapy is a nursing method based on five elements music. Its principle is to rely on the special rhythm, melody and nature of music, so that patients can maintain a stable and comfortable state. In the theory of traditional Chinese medicine, Zhenggong tune and Zhengyu tune belong to earth and water in the five elements music, and the earth and water correspond to the spleen and kidney of the five organs of the human body respectively, and also correspond to the thoughts and fears in the five spirits. Among them, Zhenggong Diao music mainly has the nature of "earth", which is melodious and calm, and the rhythm is gentle, which can make the patients feel pleasant and pleasant, and then achieve the effect of calming emotions. Zhengyu Diao music has the characteristics of "water". The music shows the characteristics of quiet and soft, sad and melancholy, just like the slight waves on the calm water surface, which can gradually reduce the patients' fear. At the same time, according to relevant studies, the rhythm of Zhengyu tune and Zhengyu tune music is basically maintained at 60-70 times per minute, which is exactly similar to the number of heartbeat in the static state of human beings. Therefore, listening to this music can make the heart rate of patients become calm, and then make the patients' blood vessels dilate and blood pressure drop, which has a certain relaxation effect from the physiological level. And in this state, people will produce a stable, comfortable, quiet, natural state of mind and consciousness, thus achieving the effect of psychologically eliminating tension and pain.

Acupressure is also a method of diagnosis and treatment based on the theory of traditional Chinese

medicine. It can dredge the local qi and blood meridians in the patient's body by pressing acupoints, thus mobilizing the body to strengthen the immune ability and further restore the function of the zang-fu organs. Take Hegu point as an example, it belongs to the finger Yangming large intestine meridian of the original acupoint, located in the central position of the back of the hand, by pressing the acupoint, can make the patient's Qingyang Qi rise, reduce the turbidity of the gas sinking, and then achieve the effect of clearing the heart, which can produce dredging the body meridians, the actual effect of dispersing the wind table, for human blood circulation, qi and blood operation has a good effect. On this basis, patients can feel the effect of invigorating qi and calming, propagating qi and blood, and achieve the effect of eliminating tension and reducing pain.

Therefore, in colonoscopy, five-tone therapy and acupressure can show a good effect of pain care. Five-tone therapy can provide musical stimulation according to the physiological rhythm of the five Zang-organs. With the help of the rhythm and harmony of music, it forms resonance with the meridians of the patient's body, and then with the help of the meridians, it helps the human body maintain stable zang-fu function and the running state of qi and blood, so as to achieve the nursing effect of peaceful heart and static qi. And acupressure can directly act on the acupoints, through the acupoint dredging meridians, can achieve the purpose of speeding up blood circulation, improve the elasticity of blood vessels, and can further reduce the patient's blood pressure, to ensure that it is in a stable body state. Relevant studies also show that the application effect of five-tone therapy combined with acupressure in colonoscopy is relatively good, which can not only reduce and alleviate the adverse reactions of patients, but also improve the diagnosis and treatment experience of patients and avoid fear. This is of great significance for colonoscopy, because the human intestine has a large number of concentrated nervous system, so the sensitivity to pain is more prominent, and it is easy to interrupt the examination because of severe pain during the examination, and then can not complete the normal physical examination, and five-tone therapy combined with acupressure can effectively solve this problem.

Second, the application strategy of five-tone therapy combined with acupressure in colonoscopy

2.2 Preparation for Colonoscopy

2.2.1 Nursing Education

Before colonoscopy, patients should fill in the basic information, including their age, gender, weight, height; And information about their symptoms, such as constipation or diarrhea, a history of pelvic and abdominal surgery, and abdominal pain. After filling in the data, the nurse checked the data and gave oral and written preoperative safety education respectively, explaining the matters needing attention face to face and answering questions and doubts for the patient on the spot; At the same time, the nurse should provide the patient with written contents such as notification form, manual and illustration, and explain the preparations needed to be made before the examination in a concise and clear way, such as the patient needs to manage his diet and drug use according to the requirements, and complete the intestinal cleaning work before the examination.

3. Bowel Preparation

Bowel cleaning is a necessary step before a colonoscopy and can generally be carried out in seven areas. First, the day before the examination needs to control and manage the diet content, requiring the consumption of low fiber, easy to digest and relatively light food, recommend noodles, porridge and so on. Second, it is forbidden to eat any fried food and drink, including soy milk and milk, six to eight hours before using the colon solution until the end of the inspection. Third, choose a colon solution, such as the commonly used polyethylene glycol electrolyte powder, known as Sutaqing. Before use, it is necessary to configure Shutai clearing intestinal liquid in advance, open A conventional Shutai Qing drug packaging box, which has two agents A and B, prepare a larger container, pour the two agents into it respectively, and then add 1.5 heating water, stir it evenly. Fourth, according to the appointment of the inspection time, within 4-6 hours before the inspection, gradually take the intestinal clearing solution. The nurse can provide prompt services according to the patient's needs to ensure that the patient takes the liquid as required. Fifth, in the process of taking colon liquid, patients can take once every 10 minutes, each dose of about 250 ml to 500 ml, as far as possible within 1-2 hours to complete the administration. Sixth, after taking the colon liquid, the patient should walk around as much as possible and massage the abdomen in a clockwise direction to speed up defecation and ensure that the stool is cleared. Seventh, pay attention to the process of taking colon liquid, if the patient has serious discomfort, or serious abdominal distension, then slow down the speed of taking colon liquid, or suspend taking according to the situation, and continue to take until the patient's symptoms disappear or reduce.

3.1 Intervention Methods and Contents

After entering the examination room, the nurse should guide the patient to get ready, instruct him to lie down in the left lying position, require the left limb to face up, the right limb to lean down, the legs to flex naturally, open the fart curtain, and ensure that the anus is exposed. After the patient is ready, the nurse should carry out psychological care for the patient again, and explain the purpose of five-tone therapy combined with acupressure, and explain the specific diagnosis and treatment and nursing methods, in order to guide the patient to relax. 5 minutes before the formal examination, the nurse should wear the prepared Bluetooth headset to the patient, and use the circular playback mode to play the uterine tone music and Anyu tone music for the patient, such as the uterine tone music such as "Moonlight Sonata", "Spring River Flower Moon Night", "Bihua" and so on; Feather style music includes "River dripping", "Cold river Remaining snow", "Quiet Shun" and so on. The nurse can guide the patient to listen to the music carefully and gradually immerse himself in the artistic conception created by the music.

After the doctor has done his homework, he may use a colonoscopy to perform an intestinal examination. After the exam begins, the nurse should instruct the patient to take deep breaths and relax the muscles. The nurse should stand next to the patient and use the thumb to press and knead the Hegu and Neiguan points of the patient's right hand while the doctor checks the operation. The process of

pressing and kneading should take an alternate way, and each point should be pressed 4-5 times and then kneaded 4-5 times, so as to circulate the massage. It should be noted that Hegu point is located between the first and second metacarpal bones of the palm, and is located at the inner edge of the second metacarpal bones. Neiguan point is located on the inside of the forearm, about two inches above the wrist stripe. In the process of massage, the nurse should use the inside of the finger, that is, the screw surface is pressing the acupuncture point. The force process needs to be carried by the forearm through the wrist, and the force is synchronized by the fingers, and the pressure is pressed hard at the acupuncture point for 4-5 cycles. Then, the nurse around the acupoint ring press sliding massage, the acupoint as the center, choose the location within the diameter of 2 cm, the massage process to maintain a certain rhythm, the strength to maintain the progressive process from light to heavy, step by step increase the strength, until the patient feels acid, numbness, swelling and other feelings.

3.2 The Effect of Intervention

With the development of modern medicine, painless colonoscopy has been gradually popularized in large hospitals, which effectively eliminates the anxiety and pain symptoms of patients during the examination. However, five- tone therapy combined with acupressure still has important value and good effect in clinical application. On the one hand, painless examination significantly increases the financial burden and time cost of patients. At the same time, it is not completely risk-free, and it also faces risk factors such as allergic reaction and respiratory depression. On the other hand, colonoscopy has gradually become a routine examination item. In small and medium-sized hospitals, community hospitals and township hospitals, painless colonoscopy cannot be widely promoted due to the lack of anesthesiologists. According to the intervention practice research, the diagnosis and nursing mode of five- tone therapy combined with acupressure has important application value in colonoscopy, and the main intervention effects can be analyzed from the following aspects.

First, five-tone therapy combined with acupressure in the application of colonoscopy, can effectively relieve the pain of patients, while stabilizing the patient's blood pressure and heart rate, and thus achieve the effect of shortening the time of admission. Rectal malignant tumors are characterized by high incidence and high mortality, and colonoscopy can clearly and intuitively find the lesions, so it has gradually become a key method for rectal disease examination. However, in the process of examination, patients will produce anxiety and fear and other emotions, and then it is easier to produce physical and psychological discomfort in the process of admission. At the same time, this feeling forces the patient's sympathetical-adrenal medulla system to be in an excited state, further increasing the release of catecholamines, which will cause the patient to produce stress response, resulting in greater pain. In the application process of five-tone therapy combined with acupressure, it is not only painless, but also does not produce adverse reactions, and the purpose and effect of pain relief can be achieved by independent operation of nursing staff. In practice, it is found that by pressing Neiguan point and Hegu point and other acupoints, pain relief can be achieved and the effect of regulating the nerves of patients. On the one hand, Neiguan point as the starting point of hand Jueyin pericardium meridian,

pressing this position can clear heat and detoxify, promote blood circulation and remove blood stasis, so that patients calm down. As the original point of the large intestine meridian of the hand Yangming, Hegu point can achieve the effect of dispersing cold and relieving pain and promoting Qi and blood after pressing. Through the cooperation of these two acupoints, the purpose of analgesia can be better achieved. In addition, modern medicine has proved that massage can stimulate the body, which leads to the work of endogenous analgesia system, especially can promote the secretion of opioid peptides, brain endorphins and other neurotransmitters, thus achieving the effect of reducing pain.

Second, five-tone therapy combined with acupressure can effectively relieve patients' anxiety. In the process of ordinary colonoscopy, the patient is fully awake, so it is easy to have discomfort for the entrance, while in the strong self-perception, for the upcoming entrance operation will also produce anxiety and fear, which may cause intestinal spasms in serious cases, not only improve the patient's pain experience, but also reduce its pain tolerance. In the theory of traditional Chinese medicine, anxiety is a kind of emotional disease, which belongs to a kind of "depression disease". This kind of disease is mainly due to the liver Qi stagnation, qi machine is not smooth. The five-tone therapy makes full use of the acoustic wave caused by music, resonates with the corresponding meridians, and then dredges the circulation of the meridians of the patients, thus achieving the effect of affecting the patients' emotions. The five basic scales of Gongshang horn have different effects on patients. Among them, Gong Yin is smooth and gentle, which has a positive effect on the spleen and stomach regulation of patients; Shang tone majestic and high, can regulate the patient's chest lung and respiratory function; Horn sound melodious stretch, can strengthen the liver function of patients; Feather sound is quiet and soft, which is conducive to patients' sleep.

Third, five-tone therapy combined with acupressure can effectively improve patients' comfort and examination satisfaction. After five-tone therapy combined with acupressure, patients in the process of participating in colonoscopy, the average time of admission is shortened, the overall examination time is also reduced, and the pain of patients is relieved, so that patients are relaxed and calm. Therefore, in the feedback of patients, it was found that after adopting this combined nursing method, patients' comfort evaluation of the examination process was significantly improved, and their satisfaction with the examination was significantly improved. Therefore, it is not difficult to find that five-tone therapy combined with acupressure can indeed play a role in relieving pain, and can make patients more comfortable to complete colonoscopy activities.

4. Conclusion

To sum up, in the development of modern Chinese medicine, five-tone therapy and acupressure have become an important part of auxiliary clinical nursing work, especially in relieving patients' pain and regulating patients' emotions. In view of the adverse reactions such as pain and discomfort caused by colonoscopy activities, medical staff can implement the five-tone therapy combined with acupoint massage nursing model, thus providing patients with more reliable examination services through a

scientific and convenient way to achieve the purpose and effect of improving patient experience.

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