

# The implementation of traditional Chinese medicine in the perioperative pain of orthopedics based on the best practice guide for pain

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## Abstract

Pain is listed as the fifth vital sign, which widely affects the quality of life of patients. It interacts with sleep disorders and anxiety disorders, forming a vicious and increasing the risk of postoperative complications. TCM appropriate technology is simple and effective. In this study, under the guidance of the best guidelines, the advantages of TCM Western medicine are combined to provide individualized services for patients, and the curative effect is excellent. It is significant to manage pain with a new combination of three-way therapy in practice.

## Research results

Comparison of **VAS** scores between two groups of patients before and after intervention ( $\bar{X} \pm s$ , scores)

Group	VAS scores
Control group (n=48)	
Before intervention	6.48±0.21
After intervention	4.07±0.32
Experimental group (n=48)	
Before intervention	6.56±0.02
After intervention	2.38±0.31

Comparison of nursing satisfaction between two groups of patients/case (%)

Group	Satisfaction with pain preaching	Satisfaction with pain care
Control	29 (60.42)	35 (72.92)
Experimental	44 (91.67)	46 (95.83)

Comparison of **PSQI** scores between two groups of patients before and after intervention ( $\bar{X} \pm s$ , scores)

Group	PSQI scores
Control group (n=48)	
Before intervention	18.64 ± 1.31
After intervention	15.14 ± 1.02
Experimental group (n=48)	
Before intervention	18.59 ± 1.22
After intervention	11.03 ± 1.05

Comparison of Effective Rates of Pain Improvement between Two Groups of Patients

Group	Sample size	Significant effect (例)	Effective (例)	Ineffective (例)	Efficient [例 (%) ]
Control	48	2	28	18	31 (62.50)
Experimental	48	11	34	3	47 (93.75)

## Goals

The purpose of this article is to explore the applicability of traditional Chinese medicine appropriate technology in the care of musculoskeletal pain, by comparing the effects different nursing models on the efficacy of pain management and patient satisfaction, and to propose feasible suggestions for future development and the best evidence for clinical practice.

## Method

The research uses a randomized controlled study method, divided into control group and experimental group of 48 each at a ratio of 1:1, and then relevant are collected and analyzed systematically.

**Control group:** routine pain management program guided by the best practice guidelines for pain.

**Experimental group:** The pain management program based on the combination of Chinese medicine and appropriate technology on the basis of the best practice guide for pain.

## Conclusions

In this study, a combination of traditional Chinese medicine innovation technology and a three-step standardized analgesia was applied to patients after orthopedic surgery. results showed that after the intervention, the total effective rate of pain improvement in the experimental group was higher than that in the control group; the VAS score in the experimental group was lower than that in the control group, and the difference was statistically significant ( $P < 0.05$ ), suggesting that the combination scheme of traditional Chinese medicine innovation technology and three-step standardized analgesia could reduce the pain degree of patients after orthopedic surgery; the PSQI score in the experimental group was lower than that in the control, and the difference was statistically significant ( $P < 0.05$ ), suggesting that the combination scheme of traditional Chinese medicine innovation technology and the three-step standardized analges could improve the sleep quality of patients.

In summary, the management of pain symptoms in orthopedic postoperative patients by traditional Chinese medicine (TCM) appropriate technology innovation combination scheme has broad prospects. Its core value lies in breaking the limitations of single therapy, with a combination logic of "diagnosis and treatment targeted long-term efficacy", which can not only effectively relieve immediate symptoms, but also improve the sleep quality of patients, and achieve the long-term goal from "treating existing diseases" to "preventing recurrence".

