

Traditional Chinese Medicine-Oriented Nursing Interventions after Finger Replantation: A New Frontier in Orthopedic Nursing

Mr. Chen Manxia

Traditional Chinese Medicine Hospital.Dianjiang. Chongqing, China

Objective: This study aims to assess the efficacy of Traditional Chinese Medicine (TCM)-oriented nursing interventions in promoting functional recovery and alleviating pain in patients following Finger Replantation (FR) compared to conventional orthopedic nursing.

Methods: This retrospective cohort study included 70 patients who had undergone FR. They were randomly divided into a control group, receiving standard orthopedic nursing care, and an experimental group, which, in addition to the standard care, received TCM-oriented nursing interventions, including acupuncture with herbal iontophoresis, herbal fumigation, and guided functional exercises. Both groups were provided with care for 12 weeks. Data on range of motion (ROM), grip strength, disabilities of the arm, shoulder, and hand (DASH) questionnaires, and visual analog scale (VAS) were collected before and after the nursing care.

Results: At the initiation of care, there were no significant differences between the groups regarding gender, age, injury-to-hospital time, surgical method, dominant hand, ROM, grip strength, DASH, and VAS scores. After 12 weeks of care, the experimental group demonstrated significant improvements in ROM, grip strength, DASH scores, and VAS scores compared to the control group. Specifically, the experimental group showed significantly higher ROM in proximal and distal interphalangeal joints ($80.32\pm 10.43^\circ$ and $55.21\pm 8.65^\circ$) compared to the control group ($71.12\pm 9.23^\circ$ and $46.21\pm 7.45^\circ$). The grip strength for males and females in the experimental group ($39.67\pm 5.43\text{kg}$ and $22.32\pm 4.21\text{kg}$) was significantly higher than in the control group ($36.17\pm 4.31\text{kg}$ and $18.32\pm 3.88\text{kg}$). The DASH and VAS scores in the experimental group (13.21 ± 3.43 and 2.82 ± 1.01) were significantly lower compared to the control group (16.63 ± 4.13 and 3.91 ± 1.32), with P-values <0.01 for all comparisons.

Conclusion: TCM-oriented nursing care shows potential benefits following FR, significantly improving joint mobility, grip strength, functional ability, and pain relief. It could serve as a practical new approach to orthopedic nursing care.

Biography

Mr. Chen Manxia is a dedicated practitioner at the Traditional Chinese Medicine Hospital in Dianjiang, Chongqing, China. With extensive experience in traditional Chinese medicine (TCM)

13638238260@163.com

Abstract received : April 21, 2024 | Abstract accepted : April 23, 2024 | Abstract published : 08-08-2024