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The effectiveness of Chinese medicine nursing care on food nutrition education among cancer patients

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Statement of the Problem: Nutrients such as carbohydrates, fat, protein, vitamins, minerals and water are vital to body cells. From the perspectives of Chinese traditional medicine, the nature of food is diversified varying from cold, hot, warm to cool characteristic. Eating food with different natures will lead to various symptoms. For example, eating food with cool or cold nature will cause diarrhea while eating food with warm or hot nature thus results in to nasal bleeding.

Methodology & Theoretical Orientation: The west medical care and Chinese traditional medicine are integrated for cancer patients with chemotherapy, radiotherapy or surgery. The side effects of such treatments include vomiting, diarrhea, constipation, poor appetite, skin rash, four extremities numbness, etc. Under such circumstances, more food with warm or hot nature will be provided for those who have symptoms such as diarrhea. Instead, food with cool or cold nature will be highly suggested for health recovery as patients suffer symptoms like constipation or dry.

Result: Data of this study is collected from more than 1000 cases. The findings of this study show that cancer patients tend to ignore what they eat and they seldom turn down barbecue stuff, as well as spicy, fried and pickled food, which in turn, lead to cancer morbidity. After receiving diet health education, cancer patients realize how to take food appropriately. Good diet habit and food-taking behavior decreases side effects of cancer therapy. Importantly, patients become energetic and enjoy good life quality by doing so.

Conclusion: The concept of the four natures of foods i.e., warm, cool, hot and cold characteristic are still not seriously recognized by west medicine. When cancer patients eat inappropriately, they, therefore, get health problems such as GI issue or uncomfortable feeling. The west-oriented medicine may not look at this issue from Chinese medicine perspectives. Yet, this study, based on the clinical evidence, would argues that it is possible to design appropriate clinical trial assuring the nature of food will affect the function of our body.

Biography

Meihuei Liou has graduated from the Tzu Chi University of Science and Technology in Taiwan. She is a Registered Nurse and working at Chinese Medicine Department in Dalin Tzu Chi General Hospital in Chiayi. She is interested in nutrition education and health care management among cancer patients.

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