

## The Dilemma Analysis and Optimization Strategy of TCM “Combination Of Medical Treatment And Nursing Care” Pension Mode

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**Abstract:** In recent years, the combination of medical treatment and nursing care has become an inevitable measure for many countries to cope with the aging of the population, while the combination of medical care and old-age care with the characteristics of Traditional Chinese Medicine (Hereinafter referred to as TCM) is a characteristic solution to China's old-age care problems, but it still faces many difficulties in the construction of the model. Through the analysis of the five main modes of TCM “combination of medical care and nursing care”, this paper finds that the existing modes pay too much attention to the combination of medical care and nursing care in the horizontal service content, while ignoring the linkage and systematicness of the vertical system process, which is not conducive to the long-term development of TCM “combination of medical care and nursing care”. Therefore, on the basis of its trouble analysis and strategy optimization, to explore the building contains comprehensive hospital, pension institutions, community health service centers, family doctors, four linkage integration model, the model is conducive to medical institutions and pension agency further combination of lateral service content, and through the longitudinal medical endowment union building, promote the integration TCM into communities and families, realize transverse longitudinal medical service content integration and interactive resources.

### 1. Background of TCM Combination of Medical Treatment and Nursing Care

By the end of 2017, there were 240 million people aged 60 or above, accounting for 17.3% of the total population. According to the research report on the development Trend of China's aging population released by the National Working Committee on Aging, China will enter the stage of accelerated aging from 2021 to 2050. Smoothly into serious aging stage since 2051 in the context of the growing aging, the elderly health showing a high prevalence of complications of long treatment cycle characteristics, increasing demand for sustainable comprehensive medical rehabilitation<sup>[1]</sup> and family endowment weakening functions, only medical institutions don't keep, keep not only pension institutions, medical combination of pension mode was born.

The combination of medical care and old-age care mode is an inevitable measure for China to cope with the aging population and meet the diversified needs of the elderly for old-age care. The technical advantages and policy support of TRADITIONAL Chinese medicine in prevention, medical treatment, health care and other aspects make the combination mode with traditional Chinese medicine characteristics highly feasible in practice.

#### 1.1 TCM's Inherent Technical Advantages in Pension

First of all, the concept of “treating disease-free” advocates preventing diseases before they get sick<sup>[2]</sup>, which can help the elderly effectively prevent diseases in the early stage. Secondly, TCM treats the human body as an organic whole and advocates treatment based on syndrome differentiation, which can effectively treat and control diseases of the elderly in the middle stage. Finally, the non-drug therapy advocated by TCM is suitable for the physical condition and health

needs of the elderly population, and the later period of health care can effectively improve the quality of life.

### **1.2 TCM's External Policy Advantages in Pension**

On April 24, 2015, the State Council issued the Development Plan of TCM Health Services (2015-2020), which would promote the combination of TCM and elderly care services as one of the key contents. On February 22, 2016, the State Council issued the Outline of the Strategic Plan for the Development of TCM (2016-2030), proposing to promote the access of TCM medical resources to pension institutions, communities and households. On March 13, 2017, The National Administration of TCM issued the Implementation Opinions on Promoting the Development of TCM Health care services for the Aged, which formulated numerous specific development goals on the combination of TCM medicine and nursing, and provided preferential policies and method guidance.

### **1.3 The Definition of TCM “Combination of Medical Treatment and Nursing Care”**

TCM “combination of medical treatment and nursing care” especially emphasizes the role of TCM in old-age care, and advocates TCM health concepts such as “prevention of diseases”, treatment based on syndrome differentiation, and health care, etc. into old-age care institutions, communities and families, so as to achieve the effects of prevention of diseases before they get old, prevention of changes before they get old, and comprehensive nursing and nursing<sup>[3]</sup>.

## **2 Analysis on the Main Modes of Combination of TCM “Combination of Medical And Nursing”**

In practice, TCM “combination of medical and nursing “ has derived a variety of models, which can be divided into five modes according to their dominant subjects. Through comparative analysis of the advantages, disadvantages and development trends of each mode, it is helpful to explore the existing difficulties and optimization strategies of TCM medical care combination pension mode.

### **2.1 The Mode of Providing Old-Age Service by TCM Medical Organizations**

This mode is manifested as the establishment of elderly care services in general TCM hospitals, such as the establishment of TCM disease-free departments within the hospital; A new nursing home for the aged closely connected with the hospital. The biggest advantage of this model lies in that, with comprehensive TCM hospitals as the leading institutions, high-quality medical resources and nursing resources can provide. However, the number of service personnel in large general hospitals is limited, while the beds in small grassroots hospitals are idle. Therefore, the optimization trend of this model should be towards the direction of promoting the transformation of some basic TCM medical institutions into senile rehabilitation and nursing institutions.

### **2.2 The Mode of Providing TCM Medical Service by Old-Age Care Institutions**

This pattern is mainly manifested in the establishment of infirmaries, nursing stations and even geriatric hospitals, nursing hospitals, rehabilitation hospitals and other professional medical institutions. This mode is dominated by pension service institutions. The state has also promulgated the basic standards for the establishment of infirmaries and nursing stations in pension service institutions and relaxed the entry threshold. The key point of the healthy development of this model is to carry out physical assessment and service classification for the elderly, provide targeted and diversified TCM characteristic services for the elderly, and improve the service quality of pension institutions.

### **2.3 Agreement Cooperation Mode between Medical Institutions and Pension Institutions**

This mode mainly consists of two forms: first, TCM medical institutions provide standardized TCM medical and health care services for the elderly in cooperative pension institutions through regular visits and business guidance; Second, a green channel should be opened to realize the rapid

upward transition of the elderly in nursing homes when they are ill and the downward transition of rehabilitation after their condition is stabilized. This model reflects the concept of two-way referral of hierarchical medical treatment, and its future optimization can be developed towards the direction of building a compact “regional medical care and pension consortium”.

#### **2.4 The Model of TCM Pension Service in Community**

Relying on the community health service network, the model mainly focuses on family pension, supplemented by community institution pension, and provides day care or home service for the elderly at home. The future development focus of this model can consider introducing social capital to create communities rich in TCM characteristics<sup>[4]</sup>.

#### **2.5 The Model of TCM Pension Service in Home**

This mode mainly focuses on the health management of elderly patients, mainly manifested as the early prevention of diseases, consultation on health care issues, regular home care and home visits, and the establishment of family wards<sup>[5]</sup>. In the future, this model can make more use of family doctor contract service and gradually promote the grass-roots and universal application of TCM medical care combined with elderly care.

### **3 Analysis on The Predicament of The Existing Mode of TCM Medical Care Combination**

There are many problems in the existing mode of TCM combination of medical care and nursing. The following three aspects are discussed: management system, talent training and development focus.

#### **3.1 Management System Is Not Clear, Supporting Regulatory Measures Are Not In Place**

Because of medical institutions, pension institutions, decentralized management, each people club department make the combination of TCM medical raise development limited, national health council in September 2018 newly established elderly health department, the main responsibility for the medical establishment of a combination of policies, standards and specifications, but in practice there is no guarantee that the management institutions have combined with the sound development of the career, relevant hierarchical management structure and subsequent supervision is not specific to carry out the management policy.

#### **3.2 Lack of Professional Talents, Talent Training System Is Not Sound**

The lack of nursing talents is caused by the stereotype of social concept, the neglect of school and department education, the lack of on-job continuing education and the lack of qualification, especially the lack of nursing assistants with TCM’s knowledge. At present, the quantity and quality of talents training for TCM nursing care, TCM rehabilitation medicine, geriatric service and nursing home management in colleges and universities still cannot meet the demand of TCM “combination of medical and nursing “.Many nurses do not have professional background of TRADITIONAL Chinese medicine, and the turnover rate is high, high mobility.

#### **3.3 TCM Preventive Health Care Has Not Fully Played Its Role at the Grass-Roots Level**

Primary health care institutions generally have TCM service capacity, but this capacity may be more reflected in the partial diagnosis and treatment of some diseases, while TCM prevention and health care service content is less and the service scope is relatively narrow<sup>[6]</sup>.The health care methods and products of relevant TCM have not been rationally used and promoted, and cannot meet the prevention and health care needs of the elderly population, so that the role of TCM in the field of disease prevention and health care has not been fully played.

### **4. Discussion on Strategies of TCM Medical Care Combination Model**

#### **4.1 Strengthen Multi-Party Cooperation and Build A Consortium**

We will integrate TCM health care services into the regional service industry construction and the overall plan of combining medical care with nursing care, and integrate the resources of large TCM hospitals, nursing homes, community health service centers and family doctors according to local conditions with the help of the construction concept of medical alliance. While all parties perform their respective functions, long-term cooperation mechanisms such as orderly referral of elderly patients, systematic whole-course training of professional TCM nurses, and centralized utilization of TCM medical treatment and nursing resources are formed<sup>[7]</sup>.

#### **4.2 Build A TCM Endowment Personnel Training System in the United Body**

Encourage senior Chinese medicine doctors from large TCM hospitals to go down to grassroots community health service centers or participate in guiding family doctors; In terms of talent training, colleges and universities should actively support TCM colleges and universities to offer TCM nursing care, TCM rehabilitation medicine, geriatric service and nursing home management, etc. Strengthen the training of TCM theories, knowledge and skills for the staff in the old-age service industry, improve their professional abilities, strictly implement the assessment standards, establish qualification access, and at the same time raise the salary level of such employees; Keep up with the social trend, introduce the concept of “time bank”, encourage the elderly with self-care ability to provide some services for community elderly care services, to get the corresponding elderly care services when they are old, and gradually build the mutual care mechanism for the elderly.

#### **4.3 Take the Grassroots as the Position, Give Full Play to the Advantages of TCM**

Characteristics of TCM of medical keep the combination should focus on the development of community, family endowment units at the grass-roots level, such as signing of traditional Chinese medicine and rehabilitation should be brought into the family doctor service package, signing for home old man family doctor contact CARDS, to occupy the old-age population with common disease, frequently-occurring disease, chronic diseases, medical services, such as the guide of TCM rehabilitation care services; To provide free services such as TCM constitution identification and TCM health guidance for key elderly people.

### **5. Conclusion**

Through the above analysis, it can be concluded that the development focus of combining medical care with TCM should be placed on community, family and other grassroots elderly care units, but the grassroots medical care and elderly care resources are relatively weak<sup>[8]</sup>. So in order to achieve the system of Chinese medicine cure a combined system correlation, can be reference to the construction of couplet of medical concept, build an integrated model of TCM combining medical care with nursing care, including general hospitals, nursing institutions, communities and families, so as to truly focus on the health maintenance of the elderly in the whole process, and build a new old-age care model with the joint efforts of multiple parties.

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