

# To explore the Body Constitution of Traditional Chinese Medicine in Nurses

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## Background

While “**constitution**” is a commonly used term, its abstraction is often the source of confusion and mis-understanding. It is rarely scientifically measured in modern medicine, which implies that most people are not aware of the current state of their own constitution and are thus unable to receive appropriate evidence-based nursing care. Individual constitution is an influencing factor on Physical symptoms based on relevant theories.

## Purpose

- To explore the Body Constitution of TCM in Nurses.
- Exploring the influence of nurses' work style and life style on TCM constitution.

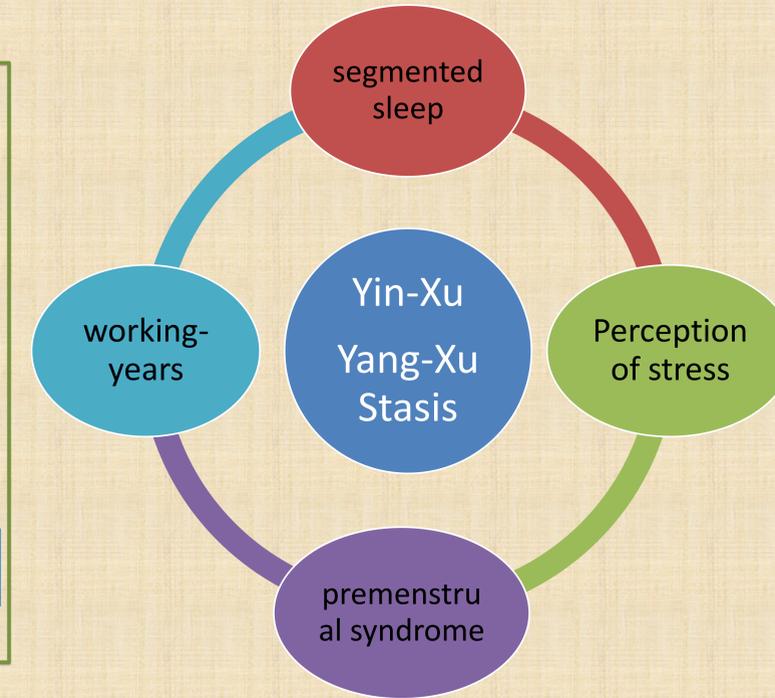
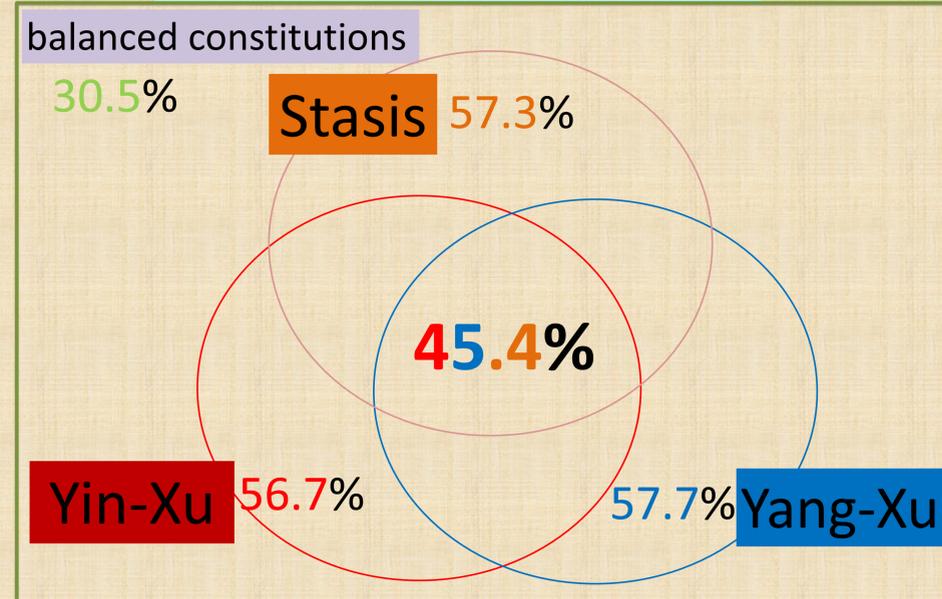
## Methods

A cross-sectional survey research was adopted. Participants were nurses from seven hospitals, aged 20-45 years-old and with over 6 months of clinical experience. Questionnaire content included demographic characteristics, life styles, working styles, body constitution questionnaire (BCQ) in TCM.

## Results

- Out of 300 recruits Questionnaire, 292 finished (97.3%), Female nurses account for 96.9%.
- 69.5% of nurses with unbalanced body constitution (Yin-Xu, Yang-Xu and Stasis) in our study.
- The proportion of unbalanced body constitution in nurses was higher than that in disease groups, and it was related to nurses' many bad work patterns and lifestyles.
- My research found “Premenstrual syndrome”, “Long working years”, “greater perception of stress”, “segmented sleep” are positively correlated with Yin-Xu, Yang-Xu and Stasis.

## Nurse TCM constitution N=292



	Yin-Xu(n=166)			Yang-Xu(n=169)			Yang-Xu(n=168)		
	$\beta$	OR	95%CI	$\beta$	OR	95%CI	$\beta$	OR	95%CI
premenstrual syndrome	1.142	1.312	1.286-7.726*	1.503	4.493	1.692-11.931**	1.686	5.397	1.944-14.982**
working-years	0.091	1.095	1.049-1.142***	0.078	1.081	1.036-1.127***	0.053	1.055	1.013-1.098**
perception of stress	0.322	1.380	1.188-1.604***	0.358	1.430	1.227-1.667***	0.302	1.353	1.167-1.568***
segmented sleep	0.670	1.954	1.155-3.304*	0.706	2.025	1.192-3.442**	0.579	1.784	1.062-2.996*

## Clinical nursing application recommendations

TCM focuses on preventive medicine, which is basically aimed at improving health.

- Use the body constitution questionnaire (BCQ) in Traditional Chinese Medicine (TCM) to assess your own TCM constitution.
- "Follow the rules of physiological clock", avoid segmental sleep.
- The perception of stress affecting BC type, effective way to relieve stress is important for nurses.