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The Effects of Mindfulness-based Stress Reduction on Stress and Sleep Quality in Emergency Medical Personnel

Li-Chuan Hsu^{1,2}, Ta-Ho Chou³, Chun-Chih Chen²,
Chun-Kai Tseng², Te-Chun Shen^{4,5,6*}, Chiu-Yuan Chen^{1*}

¹ Master's Program in Natural Healing Sciences, Department of Natural Biotechnology, College of Science and Technology, Nanhua University, Chiayi, Taiwan;

² Department of Emergency Medicine, Chu Shang Show Chwan Hospital, Nantou, Taiwan;

³ Taiwan Mindfulness Development Association, Taipei, Taiwan;

⁴ School of Medicine, College of Medicine, China Medical University, Taichung, Taiwan;

⁵ Department of Internal Medicine, China Medical University Hospital, Taichung, Taiwan;

⁶ Department of Internal Medicine, Chu Shang Show Chwan Hospital, Nantou, Taiwan;

* Shen, Te-Chun and Chen, Chiu-Yuan contributed equally.

Abstract

Background: Mindfulness-based stress reduction (MBSR) has been proven to be effective in alleviating stress and improving sleep quality in workers under high tension environment. The purpose of this study is to investigate the effects of MBSR on stress and sleep quality in emergency medical personnel.

Materials and methods This study was designed with pre-test and post-test of two groups of quasi-experimental design. Forty emergency medical personnel, including emergency physicians, emergency nurses, and emergency medical technicians were recruited in a local hospital of central Taiwan. These 40 participants, via purposive sampling, were assigned into 2 groups. A MBSR program was performed to the experimental group. We adopted Chinese 14-item Perceived Stress Scale (PSS) and Pittsburgh Sleep Quality Index (PSQI) scale for evaluation. We applied t-test and analysis of covariance for statistical analysis.

Results: The PSS score of the study group decreased from an average of 36.75 ± 6.96 to 27.55 ± 7.45 ($p < 0.001$), while the PSS score of the control group increased from an average of 27.50 ± 6.65 to 32.15 ± 7.20 ($p < 0.001$). On the other hand, the PSQI score of the study group decreased from an average of 10.00 ± 3.54 to 6.00 ± 2.81 ($p < 0.001$), while the PSQI score of the control group increased from an average of 7.80 ± 2.21 to 8.05 ± 1.61 ($p = 0.412$). In addition, the results after covariate analysis are still consistent.

Conclusion: The MBSR program may improve stress and sleep quality in emergency medical personnel. However, the subsequent implementation and frequency of MBSR and the effective duration are largely unknown. This requires further studies to confirm the efficacy of MBSR.

Keywords: Mindfulness-based stress reduction (MBSR); emergency medical personnel; stress; sleep quality.

* Corresponding author: Te-Chun Shen

Address: No. 91, Hsueh-Shih Road, Taichung City, 404333, Taiwan, R.O.C.

(School of Medicine, China Medical University, Taiwan)

Tel: (04) 22053366

E-mail: chestshen@gmail.com

Integrated Chinese and Western Medicine Treatment Model is Associated with Reduced Hospitalization Costs for Hemodialysis patients

Liao Yin-Tzu¹, Lin Hsuan-Ming^{2*}, Wei Chao-Hsuang², Hsu Ya-Hsien²,

Su Ling-Ya², Lu Yu-wen²

¹Chinese Medicine Department, An-Nan Hospital, China Medical University, Tainan, Taiwan,

²Nephrology Division, Internal Medicine Department, An-Nan Hospital,

China Medical University, Tainan, Taiwan

Abstract

Background: The prevalence and incidence of chronic kidney disease and end-stage renal disease in Taiwan are the highest globally, so the medical costs of dialysis treatment are very staggering. It is a critical issue to reduce medical costs. Most of the past studies had shown the efficacy of integrated Chinese and Western treatment for hemodialysis patients, and there was a lack of discussion on medical expenses. Therefore, this study aims to analyze whether Chinese and Western medicine's integrated treatment can reduce medical costs.

Method: A retrospective study was conducted at An-Nan hospital in Taiwan. Hemodialysis patients who received integrated Chinese and Western treatment were included from January 2014 to June 2018. We compared the differences in hospitalization, emergent unit visits, and patients' medical expenses with Chinese and Western integrated treatment three months before and after treatment.

Result: 36 patients were included. After the integrated treatment of Chinese and Western medicine therapy, hospitalization costs reached a statistically significant reduction compared with before the treatment ($p=0.005$).

Conclusion: This study is the first to explore whether integrated Chinese and Western treatment in hemodialysis patients were associated with reducing medical expenses. After the statistical analysis, the hospitalization medical expenses after treatment were significantly reduced. However, the total expenses decreased non-significantly. It may be related to the short duration of this study. Therefore, it is recommended for hemodialysis patients to adopt an integrated Chinese and Western treatment model to reduce medical costs.

Keywords: Integrated Chinese and Western medicine, hemodialysis, medical expenses

* Corresponding author: Lin Hsuan-Ming

Address: No. 66, Sec. 2, Changhe Rd., Annan Dist., Tainan City 709, Taiwan, R.O.C.

(Tainan Municipal An-Nan Hospital-China Medical University)

Tel: +886-6-3553111#1345

E-mail: D12598@mail.tmanh.org.tw

A Case Report of Traditional Chinese Medicine Treatment to Reduce Wheezing and Sputum in the Patient with Asthma

Jia-Jhen Liu¹, Da-Zhan Huo², Ai Ye³, Chia An Lee⁴, Wei-Lin Chang⁴, Chiung-Hung Chang¹

¹ Department of Chinese Medicine, Tainan Municipal Hospital
(Managed by Show Chwan Medical Care Corporation)

² School of Post-Baccalaureate Chinese Medicine, China Medical University

³ School of Chinese Medicine, China Medical University

⁴ School of Post-Baccalaureate Chinese Medicine, I-Shou University

Abstract

A 61-year-old woman with a history of asthma had suffered from wheezing, shortness of breath, chest tightness, cough, and sticky sputum for over 30 years. She needed to use bronchodilators, chest percussion, and steam inhalation for the purpose of relieving these symptoms. Based on the concept of Traditional Chinese medicine, patients have difficulty breathing due to excessive sputum, which is the product of lung inflammation. Therefore, the main method of improving inflammation is to remove heat from the lungs. After four months of treatment, the patient's lung function has been significantly improved, and the demand for bronchodilators has also been reduced.

Keywords: traditional Chinese medicine, asthma, wheezing, sputum

* Corresponding author : Chiung-Hung Chang

Address: No. 670, Chongde Rd., East Dist., Tainan City, 701, Taiwan, R.O.C.

(Tainan Municipal Hospital -Managed by Show Chwan Medical Care Corporation)

TEL: +886-6260-9926#21227

E-mail: changch99@gmail.com

Home Medical Care with Traditional Chinese Medicine: A Case Report- Frequent Urination

Hao-Chen Weng¹、Che-Chang Kuo¹、Tzu-Wei Chou^{1,*}

¹New Age Traditional Chinese Medicine Clinic, Kaohsiung, Taiwan

Abstract

This case report is an 86-year-old woman with a history of obsessive-compulsive disorder. Since 2018, her hunchback condition has worsened, her self-esteem has been damaged, and she doesn't want to go out to see people. She is often dizzy and the amount of exercise has been reduced, and the muscle mass has gradually decreased, making it impossible to stand and walk for a long time. Since 2020, she has started to urinate frequently and she has to go to the bathroom almost every half an hour. In order to avoid aggravation of frequent urination, the patient's food intake was greatly reduced. However, due to all the medical behaviors of the patient who stayed at home being refused, the family members heard that the Chinese medicine doctor started to provide home medical services, so they called the clinic for help. It is a type of frequent urination of liver and kidney yin deficiency. After receiving Chinese medicine prescriptions and acupuncture treatment for more than four months, the patient's frequent urination has been greatly reduced. The OABSS scale score has changed from 11 points to 1 point. This case shares the experience of home medical care with Traditional Chinese medicine for clinicians' reference and use.

Keywords: home medical care with Traditional Chinese medicine、frequent urination、Chinese medicine prescription and acupuncture

* Corresponding author: Tzu-Wei Chou

Address: No. 592, Heti Rd., Sanmin Dist., Kaohsiung City 807, Taiwan R.O.C.
(New Age Chinese Medicine and Healthcare Clinic)

TEL:+886-7-3100868

Fax:+886-7-3101978

E-mail: newagecmhc@gmail.com

「中西整合醫學雜誌」投稿簡則

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- 一、凡與中西醫藥整合有關之論著原著（包含基礎研究、臨床研究、文獻綜述meta-analysis）、病例報告、專題報導均為本誌刊載之對象，但以未曾刊載於其他刊物者為限。
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- 三、凡投稿經同儕審查及編輯委員會同意登載於本誌之著作，其著作財產權溯及投稿時移轉予臺灣中西整合醫學會所有；除商得本誌編輯委員會同意外，不得轉載於其它雜誌。惟著者仍保有集結出版、教學及個人網站等無償使用之權利。
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Wu BY, Liu CT, Su YL, Chen SY, Chen YH, Tsai MY. A review of complementary therapies with medicinal plants for chemotherapy-induced peripheral neuropathy. *Complement Ther Med*. 2019 Feb;42:226-232.

b. 引用書籍：

Strunk W Jr, White EB. *The Elements of Style*. 4th ed. New York, NY: Longman; 2000.
Reference to a chapter in an edited book

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Partridge H, Hallam G. Evidence-based practice and information literacy. In: Lipu S, Williamson K, Lloyd A. (eds.) *Exploring methods in information literacy research*. Wagga Wagga, Australia: Centre for Information Studies; 2007. p.149–170

d. 引用網站：

Cancer Research UK. Cancer statistics reports for the UK. <http://www.cancerresearchuk.org/aboutcancer/statistics/cancerstatsreport/>; 2003 Accessed 13 March 2003.

e. 引用數據集 (dataset)：

[dataset] 6. Oguro M, Imahiro S, Saito S, Nakashizuka T. Mortality data for Japanese oak wilt disease and surrounding forest compositions, Mendeley Data, v1; 2015. <https://doi.org/10.17632/xwj98nb39r.1>.

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目錄

原著 Original

正念減壓課程對緊急醫療救護人員壓力知覺和睡眠品質的影響 許麗娟、周大禾、陳君志、曾俊凱、沈德群*、陳秋媛*	1
The Effects of Mindfulness-based Stress Reduction on Stress and Sleep Quality in Emergency Medical Personnel Li-Chuan Hsu, Ta-Ho Chou, Chun-Chih Chen, Chun-Kai Tseng, Te-Chun Shen*, Chiu-Yuan Chen*	11
中西整合治療模式減少血液透析病患住院醫療費用 廖殷梓、林軒名*、魏照軒、許雅賢、蘇玲雅、呂育雯	12
Integrated Chinese and Western Medicine Treatment Model is Associated with Reduced Hospitalization Costs for Hemodialysis patients Yin-Tzu Liao, Hsuan-Ming Lin*, Chao-Hsuang Wei, Ya-Hsien Hsu, Ling-Ya Su, Yu-wen Lu	21
病例報告 Case Report	
中醫治療減少氣喘患者喘鳴和痰液之病例報告 劉家蓁、霍大展、葉愛、李嘉安、張維麟、張烱宏*	22
A Case Report of Traditional Chinese Medicine Treatment to Reduce Wheezing and Sputum in the Patient with Asthma Jia-Jhen Liu, Da-Zhan Huo, Ai Ye, Chia An Lee, Wei-Lin Chang, Chiung Hung Chang*	32
中醫居家醫療病例報告－頻尿 翁顯濤、郭哲彰、周子為*	33
Home Medical Care with Traditional Chinese Medicine: A Case Report- Frequent Urination Hao-Chen Weng, Che-Chang Kuo, Tzu-Wei Chou*	45

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9 771607 292808 >