



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

Management countermeasures for prevention and control of COVID-19 in TCM hospitals

Shen Wei Qi

M.PH. student in Public Health Program, Suan Sunandha Rajabhat University

15996999219@163.com

Siriluck Jittrabiab

Public Health Program, Suan Sunandha Rajabhat University

siriluck.ji@ssru.ac.th

Suppalak Fakkham

Public Health Program, Suan Sunandha Rajabhat University

Supaluk.fu@ssru.ac.th

Abstract

At the end of 2019, the COVID-19 swept across the world, posing a huge threat to people's life and health, and impacting social and economic development. In order to effectively prevent and control the epidemic, governments and health departments of various countries have taken a series of prevention and control measures, carried out vaccination work, to improve the immunity of the population and effectively control the spread of the epidemic. As the main force in the prevention and control of the epidemic, TCM hospitals have played a unique role in the prevention, control and treatment of the COVID-19 epidemic. The concept of "treating the disease before the disease" of TCM runs through the whole process of epidemic prevention and control, which not only improves the effectiveness of epidemic prevention and control, is conducive to the rehabilitation of patients, but also promotes the inheritance and development of TCM. The research analyzed the challenges faced by TCM hospitals under the COVID-19, introduced TCM's understanding and basic principles of the COVID-19, and summarized the prevention and control management countermeasures of TCM hospitals against the COVID-19, in order to provide reference for the promotion and application of TCM in epidemic infectious diseases.

Keywords: TCM hospitals, COVID-19; Prevention and control management measures

Introduction

Since the COVID-19 outbreak, healthcare institutions have faced serious challenges. During this period, the virus strain is constantly mutating, the clinical symptoms are complex and diverse, and the diagnosis and treatment plan of COVID-19 is also updating and changing. However, currently there is still a lack of effective prevention and treatment means. The development of new drugs is an urgent problem to be solved by medical institutions, but also



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

brings opportunities and challenges for the clinical research of traditional Chinese medicine. Hospital of traditional Chinese medicine is specialized in providing medical services of traditional Chinese medicine medical institutions, compared with western medicine hospital, hospital of traditional Chinese medicine pay attention to the application of traditional Chinese medicine and the use of traditional Chinese medicine theory, with traditional Chinese medicine diagnosis and treatment as the main features, by providing traditional Chinese medicine treatment, auxiliary traditional medicine treatment, provide psychological support, prevention knowledge, for patients and society provides a full range of services and support, has played an important role in the epidemic prevention and control^[1]. In order to do a good job in epidemic prevention and control, coordinate epidemic prevention and control and the regular development of business, TCM hospitals should base on reality, follow the requirements of epidemic prevention and control with a long-term perspective, build a sound epidemic prevention and control management mechanism, and form COVID-19 epidemic prevention and control countermeasures in line with their own characteristics.

Research purpose

1. Improve the epidemic prevention and control capacity. Through in-depth study and summary of the experience and lessons of epidemic prevention and control, the ability and level of TCM hospitals in epidemic prevention and control should be improved. Through scientific management methods and strategies, the efficiency and effect of epidemic prevention and control should be improved, and the safety of hospitals and the community should be guaranteed.

2. Raise public health awareness. Through publicity and education, the public's awareness of health and protection against epidemic prevention and control will be enhanced. It includes the analysis and improvement of public education and publicity strategies to improve public support and coordination for epidemic prevention and control work.

3. Strengthen team cooperation. Strengthen teamwork and improve the synergistic effect of epidemic prevention and control work. Analyze and improve the team organization structure, communication mechanism, and collaboration methods to improve the overall effectiveness of the team and the ability to respond to the epidemic.

4. Explore innovative methods. By exploring innovative methods, we will improve the effectiveness and efficiency of epidemic prevention and control. The research can include the exploration and practice of the application of TCM in epidemic prevention and control, and the innovation of TCM diagnosis and treatment technology, so as to provide more effective prevention and control strategies and methods.



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

Research scope

To study the strategies and measures taken by TCM hospitals in the prevention and control of COVID-19, including the management and practice of case diagnosis, isolation and treatment, protection of medical staff, and the promotion and application of traditional Chinese medicine. To study the management and training of medical staff in the COVID-19 prevention and control of TCM hospitals, including the practice and effect evaluation of personnel allocation, training content and methods, psychological counseling and other aspects. To study the information construction and application of TCM hospitals in COVID-19 prevention and control, including the practice and effect evaluation of information system construction, data collection and analysis, remote diagnosis and treatment, etc. To study the cooperation and publicity and education of TCM hospitals with all aspects of society in COVID-19 prevention and control, including the cooperation with government departments, community organizations and media, as well as the practice and effect evaluation of public publicity and education.

Literature review

Traditional Chinese medicine has played a certain role in the prevention and treatment of COVID-19. The COVID-19 Diagnosis and Treatment Plan (Trial 8) clearly states that TCM can be used as an auxiliary treatment means, including Chinese medicine treatment and acupuncture, to relieve symptoms and promote rehabilitation^[2]. According to traditional Chinese medicine, COVID-19 is caused by the invasion of external evil, which mainly refers to the virus and spreads into the human body through the respiratory tract, leading to lung lesions and systemic symptoms. COVID-19 mainly appears as pathological changes such as lung heat, dampness and phlegm turbidity, while lung fever refers to symptoms such as lung inflammation and fever; dampness refers to the accumulation of moisture in the body, leading to chest tightness and cough; sputum turbidity refers to the sputum produced in the body, leading to symptoms such as cough and expectoration. Traditional Chinese medicine emphasizes syndrome differentiation and treatment, that is, individualized treatment according to the specific symptoms and physical characteristics of patients. According to the patient's pulse, tongue coating, symptoms, determine the characteristics and attribution of the condition, and then use the corresponding Chinese medicine treatment, acupuncture, massage and other methods for treatment. In addition, Chinese medicine emphasizes the overall conditioning, emphasizing the balance of Yin and Yang, the regulation of qi and blood, etc. In the treatment process, Chinese medicine will conduct individualized conditioning according to the specific situation of patients, including diet conditioning, exercise, psychological counseling, etc., so as to improve the patient's rehabilitation ability^[3]. It should be noted that TCM understanding of COVID-19 is formed on the basis of clinical practice and scientific research, and the specific treatment plan needs to be individualized according to the



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

specific situation of patients. In the course of treatment, the suggestions of western medicine and traditional Chinese medicine should be comprehensively considered to carry out comprehensive treatment.

Research methods

To investigate the prevention and control of infectious diseases in the hospital from January 2020 to December 2020, record the awareness rate of epidemic prevention and control of the staff, summarize the problems existing in the prevention and control management of infectious diseases, and formulate management countermeasures. details are as follows:

1. Set up a team of TCM talents for fighting the epidemic. The establishment of a TCM campaign talent team requires systematic training and education, including the basic knowledge of novel coronavirus, transmission route, prevention and control measures, and the application of TCM in epidemic prevention and control. Training can be conducted through online learning, expert lectures, practical operations and other forms. Establish a good platform for experience sharing and exchange, organize regular meetings, seminars or online discussions, and let team members share their experiences and lessons, and learn from each other. The TCM campaign talent team should be equipped with the necessary equipment and drugs when performing their tasks^[4]. This includes traditional Chinese medicinal materials, traditional Chinese medicine preparations, acupuncture instruments, etc. Ensure that team members have sufficient resources to support their tasks. TCM emphasizes syndrome differentiation. Therefore, in the epidemic prevention and control work, TCM teams should go to the clinical frontline, collect the case data of patients, analyze the epidemiological characteristics, and explore the TCM pathogenesis, development rules and treatment guidelines of COVID-19, so as to ensure accurate drug use. We should adhere to the concept of "treating diseases", combine it with the actual epidemic prevention and control work, and formulate TCM prevention and control recommendations to provide support for epidemic prevention and control work.

2. TCM concept to guide epidemic prevention and control. As an important part of traditional Chinese medicine, traditional Chinese medicine has unique concepts and methods, and plays an important guiding role in epidemic prevention and control. TCM emphasizes the human body as a whole and emphasizes the interrelationship between people and the natural environment. In epidemic prevention and control, TCM advocates a comprehensive analysis of the development trend of the epidemic, the health status of the population and environmental factors, and formulates corresponding prevention and control strategies. At the same time, TCM pays attention to individual differences, and makes personalized prevention and control plans according to the physical conditions and disease characteristics of different groups. TCM emphasizes that prevention is better than treatment,



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

and focuses on controlling the occurrence and spread of diseases from the source. In epidemic prevention and control, TCM advocates strengthening personal hygiene habits, maintaining a good lifestyle and enhancing their immunity. At the same time, TCM pays attention to environmental hygiene, advocating indoor air circulation, frequent hand washing, disinfection and other measures to reduce the spread of pathogens. Traditional Chinese medicine emphasizes syndrome differentiation and treatment, that is, according to the specific condition and individual characteristics of the disease, formulate the corresponding treatment plan. In epidemic prevention and control, TCM pays attention to the dialectical analysis of the condition and takes corresponding treatment measures according to different conditions. For example, in the treatment of COVID-19, traditional Chinese medicine uses TCM, acupuncture, massage and other methods according to the symptoms and physical characteristics of patients, so as to promote the recovery of patients. Chinese medicine emphasizes balance regulation, that is, by adjusting the balance of Yin and Yang and the circulation of qi and blood inside the body, enhancing the body's resistance and self-healing ability. In epidemic prevention and control, TCM pays attention to regulating the human body's immune system and metabolic functions, and improving the body's resistance^[5]. For example, traditional Chinese medicine strengthens the human immunity and reduces the occurrence of diseases by adjusting the diet structure, exercise and herbal diseases. Hospitals of traditional Chinese medicine should strengthen public health education and knowledge popularization, advocate Baduanjin, Taijiquan, medicated diet and other AIDS to support healthy qi, encourage the public to pay attention to diet care, carry out moderate exercise, and improve the body immunity. It should be noted that the application of TCM in epidemic prevention and control needs to be carried out in combination with specific situations, and it cannot replace traditional epidemic prevention and control measures, such as wearing masks, washing hands frequently, and maintaining social distancing.

3. Establish an early-warning mechanism for COVID-19. 1) Establishment of the mechanism. The establishment of an epidemic early warning mechanism requires clarifying the organizational structure, division of responsibilities and workflow of the mechanism. First of all, a special epidemic early warning team should be set up, with the leaders of the hospital and the heads of relevant departments and experts. Secondly, clarify the responsibilities of each functional department, including information collection, data analysis, early warning release, etc. Finally, establish a scientific and efficient workflow to ensure the timely transmission of information and the rapid implementation of decisions. 2) Determination of the early-warning indicators. Traditional Chinese medicine hospitals should determine scientific and reasonable early warning indicators according to the characteristics of the epidemic situation and the actual situation of the hospital. Early warning indicators can include the occurrence of epidemics, the number of infected cases, the growth rate of cases, and the mutation of pathogens. At the same time, it can also be combined with clinical manifestations, laboratory test results, epidemiological investigation and other



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

indicators. The determination of early warning indicators should be based on scientific basis and professional opinions to ensure the accuracy and effectiveness of early warning^[6]. 3) Information collection and analysis. Traditional Chinese medicine hospitals should establish a sound information collection and analysis system to timely obtain information related to the epidemic situation. Information can be collected through a variety of channels, including surveillance systems, epidemic reports, and data from scientific research institutions. The collected information needs timely and accurate analysis, including epidemic trends, transmission routes, and high-risk areas. At the same time, it is also necessary to conduct statistical and modeled epidemic data to provide scientific basis for prediction and early warning. 4) Emergency Response. After the establishment of the epidemic early warning mechanism, TCM hospitals need to formulate corresponding emergency response measures. Formulate corresponding prevention and control measures and work plans according to the level of early warning and the severity of the epidemic. Emergency response includes personnel deployment, material reserve, isolation measures, publicity and education, etc. At the same time, it is also necessary to work closely with relevant departments and institutions to jointly address the challenges of the epidemic.

4. Strengthening health education on epidemic prevention and control. Strengthening TCM health education in epidemic prevention and control is one of the important measures of TCM hospitals in epidemic prevention and control. Through publicity and education, traditional Chinese medicine hospitals can convey the relevant knowledge and measures of epidemic prevention and control to medical staff and patients, so as to improve their protection awareness and self-protection ability. The specific way is as follows: 1) Publicity board and leaflets. Hospitals of traditional Chinese medicine have set up publicity boards to release information related to epidemic prevention and control, including the transmission route of the virus, personal hygiene habits, and the correct wearing of masks. At the same time, leaflets were made and distributed to medical staff and patients, providing detailed protection guidelines and precautions. 2) Wechat official account. Hospitals of Traditional Chinese medicine have set up a wechat official account to regularly release epidemic prevention and control knowledge and the latest developments. Through pictures, videos and other forms, the health education content is conveyed to patients and medical staff, reminding everyone to maintain good hygiene habits and strengthen personal protection. 3) Personal guidance and counseling. Hospitals of traditional Chinese medicine set up a special consultation window or hotline to provide personal guidance and consultation services for medical staff and patients. They can consult professionals about issues concerning epidemic prevention and control and get targeted advice and guidance. Through the above measures, traditional Chinese medicine hospitals can strengthen the health education work in the epidemic prevention and control, and improve the protection awareness and self-protection ability of medical staff and patients. This can not only help to reduce the risk of infection, but also to promote the health and safety of the whole hospital.



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

The results of the study

The awareness rate of COVID-19 prevention and control among the hospital staff was 85.00%, among which doctors and nurses were the highest, 95.00% and 90.00% respectively. The treatment rate of TCM in all cases was 87.9%, and the treatment effective rate was 94.7%. The treatment rate of severe and critical cases was 81.3%, and the treatment response rate was 92.3%.

Summarize and discuss the study findings

According to the results of this study, the adoption of COVID-19 prevention and control management measures in TCM hospitals not only improves the awareness of medical staff on epidemic prevention and control, but also improves the treatment efficiency of patients, reflecting the role and advantages of TCM hospitals in epidemic prevention and control. First of all, TCM hospitals have played an important role in epidemic prevention and control. TCM hospitals have actively participated in the organization and coordination of epidemic prevention and control, provided TCM professional support and technical guidance to other hospitals, and helped other hospitals to better carry out the prevention and control of COVID-19. Second, TCM has played an important role in the prevention and treatment of COVID-19, for example, TCM can relieve patients' symptoms, improve immunity and promote rehabilitation. The Hospital of Traditional Chinese Medicine has actively participated in the prevention and treatment of COVID-19, provided TCM treatment services for patients, alleviated their symptoms, and shortened their rehabilitation time. Hospitals of Traditional Chinese medicine also actively carry out multidisciplinary cooperation in epidemic prevention and control. Hospitals of Traditional Chinese medicine and Western Hospital cooperate to jointly carry out the prevention and treatment of COVID-19, which can help patients get more comprehensive and effective treatment services. Traditional Chinese medicine hospitals have played an important role in the prevention and control of COVID-19, and have also provided experience and inspiration for similar public health events in the future. To sum up, hospital of traditional Chinese medicine has played an important role in the epidemic prevention and control, traditional Chinese medicine has a unique theoretical system and treatment, can provide personalized treatment, traditional Chinese medicine is widely used in the diagnosis and treatment, improve COVID-19 epidemic prevention and control management effect, to protect the people's life safety and body health contribution, have certain promotion value.

Suggestions

In the prevention and control of COVID-19 epidemic prevention and control work, TCM hospitals should fully implement relevant national policies and general guidelines, and ensure the orderly development of epidemic prevention and control work in accordance with various



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

rules and regulations. In terms of personnel management, the internal hospital staff management should be done well to prevent the occurrence of endogenous or exogenous hospital staff infection. In terms of patient management, the isolation and zoning management of patients should be done well to prevent cross-infection. In terms of epidemic prevention and control work, it is necessary to accurately judge the current epidemic situation, formulate reasonable epidemic prevention and control strategies, and ensure the smooth development of patients' medical treatment and epidemic prevention and control services. At the same time, hospitals should build an integration model of medical treatment and prevention, establish a sound hospital prevention and control mechanism, participate in the social prevention and control of the epidemic, and curb the spread and spread of diseases to the greatest extent. TCM hospitals should have a sense of the overall situation, earnestly implement the orders ordered by the epidemic prevention and control headquarters and the Ministry of Health, and implement the epidemic prevention and control policies issued. To put prevention first, TCM hospitals should actively participate in the epidemic prevention and control work, strengthen publicity and education, and advocate scientific protective measures, such as wearing masks, washing hands frequently, and maintaining social distancing, to reduce the risk of virus transmission. Formulate individualized treatment plan, TCM emphasizes syndrome differentiation and treatment, and should be carried out according to the specific symptoms and physical characteristics of patients. All the staff of the hospital will mobilize human resources to participate in the epidemic prevention and control work, so as to avoid gaps and dead spots in prevention and control. We should give full play to the characteristics and advantages of TCM, conduct TCM diagnosis and treatment knowledge training and health education, strengthen cooperation and cooperation with western medicine hospitals, jointly respond to COVID-19, and realize complementary advantages through full exchanges and cooperation.

Reference

- CAI Gadfly, Liu Juyuan. (2022). Discussion on the risk of nosocomial infection and prevention and control measures in urban or regional cluster outbreaks [J]. *West China Medicine*, 37(3), 326-329. DOI:10.7507/1002-0179.202202070.
- Dunna, Qu Chong, Qu Liying. (2021). Management of general inpatients during COVID-19 epidemic prevention and control [J]. *Journal of Changchun University of Traditional Chinese Medicine*, 37(1), 217-220. DOI:10.13463/j.cnki.cczyy.2021.01.060.
- Guo Yanfeng, Lu Mei, Xiao Hongying, et al. (2021). Integrated management strategy of emergency fever clinic of TCM hospitals in COVID-19 prevention and control [J]. *Chinese Medicine Emergency*, 30(9), 1668-1669,1672. DOI:10.3969/j.issn.1004-745X.2021.09.044.



การประชุมวิชาการและนำเสนอผลงานวิจัยระดับชาติ ครั้งที่ 6
วันที่ 6 กันยายน 2566

- Li Huanmei, Liang Hong, Zeng Ruifeng, et al. (2021). Difficulties, reform and prospects of TCM emergency observation under the Novel Coronavirus outbreak [J]. *Chinese Chinese Medicine Emergency*, 30(4), 565-567,641. DOI:10.3969/j.issn.1004-745X.2021.04.001.
- Ling Li, Lu Xiang, Sun Yongning, et al. (2022). Thoughts on practice and management of TCM under the normalization of COVID-19 prevention and control [J]. *Shanghai Journal of Traditional Chinese Medicine*, 56(10), 4-7. DOI:10.16305/j.1007-1334.2022.2205077.
- Zeng Qiuxia, Zhong Hua, Zhang Fuqin, et al. (2020). Emergency prevention and control and management strategies during the COVID-19 outbreak in TCM hospitals [J]. *Chinese Chinese Medicine Emergency*, 29(8), 1327-1329. DOI:10.3969/j.issn.1004-745X.2020.08.005.