

4th Global Summit on

HERBALS AND TRADITIONAL MEDICINE

October 03-04, 2018 Osaka, Japan

Relationship between Chinese medicine body constitution and primary dysmenorrhea among final-year undergraduate nursing students in Hong Kong**Chan Sau Ling Windy, Lau M K M, Hui J W L and Chung P P**
The Open University of Hong Kong, Hong Kong

Background & Aim: Primary dysmenorrhea had high incidence rates (56-85%) across countries. It seriously affected young women's quality of life and academic performance. Previous studies reported that primary dysmenorrhea and Chinese Medicine (CM) body constitution were closely related. So far, no such study had been conducted in Hong Kong (HK). This study aimed to examine the relationship between primary dysmenorrhea and CM body constitution among final-year undergraduate nursing students in HK.

Methodology: This was a cross-sectional survey on final-year undergraduate nursing students. The participant suffering from primary dysmenorrhea for the recent three consecutive menstrual periods were identified as dysmenorrhea cases. Constitution in Chinese Medicine Questionnaire (CCMQ) (HK Version) was used to assess the CM body constitution of the dysmenorrhea cases. Goodness-of-fit test was used for data analysis.

Results: A total of 257 participants completed the questionnaires (response rate 98.5%) with 254 valid questionnaires for data analysis. The prevalence rate of primary dysmenorrhea was 73.2%. Among the dysmenorrhea cases, 88.8% possessed more than one types (complex type) of CM body constitution and 89.8% belonged to abnormal type. Yang-deficiency ($X^2=9.484$, $p=0.02$) and Qi-deficiency ($X^2=4.839$, $p=0.028$) were significantly found to be the two susceptible types of CM body constitution among the dysmenorrhea cases.

Conclusion: This study found that Yang-deficiency and Qi-deficiency were two susceptible types of CM body constitution among final-year undergraduate nursing students with primary dysmenorrhea. Therefore, nurses should identify these two high-risk groups and provide appropriate health advice from the perspective of Chinese medicinal nursing to relieve their suffering from dysmenorrhea.

Biography

Chan Sau Ling Windy has completed Master of Nursing in Chinese Medicinal Nursing from The Open University of Hong Kong in 2017. She is a Registered Nurse (General) working at the Team of Integrated Discharge Support Program for the elderly patients in an acute hospital in Hong Kong.

windycsl@gmail.com

Notes: