

The Practice and Thinking of "ShuLan Mode" in the Whole Process of TCM's Participation in COVID-19 Prevention, Control and Treatment

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Abstract

Traditional Chinese medicine (TCM) has made outstanding contributions to the prevention and control of COVID-19. During the epidemic, the medical team of Changchun University of Chinese Medicine combined traditional Chinese medicine theories such as "measures for three causes", "preventing disease" and "treatment based on syndrome differentiation" with the concept of "Internet + TCM diagnosis and treatment", and proposed the "Shulan mode" application prevention and control system of "early intervention, classified prevention and control, and full coverage of TCM". The key points of epidemic prevention, treatment and rehabilitation have been used throughout the process to strengthen community fight against the epidemic, help epidemic prevention and control, promote early recovery of patients, and improve grassroots development. The practice and application of the "Shulan Model" has built a modernized road for the prevention and control of infectious diseases by TRADITIONAL Chinese medicine, promoted the deep involvement of TRADITIONAL Chinese medicine in the prevention and control of major epidemics, reflected the wisdom of TRADITIONAL Chinese medicine, and provided reference experience for the prevention and control of diseases by traditional Chinese medicine.

Keywords: COVID-19; Traditional Chinese medicine; ShuLan model; Application prevention and control system

Introduction

The important role of TRADITIONAL Chinese medicine in THE prevention and control of COVID-19 has been recognized by the country and even the world, and has become a highlight of the epidemic prevention and control [1]. It has been applied to all stages of COVID-19 [2-5]. Jilin province has always attached great importance to the unique advantages of TRADITIONAL Chinese medicine in fighting the epidemic. Based on the epidemic prevention work and the experience of supporting the TCM medical team in Hubei province, it has

attached equal importance to traditional Chinese medicine and western medicine, and achieved remarkable results in scientific prevention and treatment and targeted treatment. After the outbreak of the epidemic in Jilin city in May 2020, Changchun University of Chinese Medicine immediately responded by setting up a medical team to fully participate in the treatment of the epidemic in Jilin city and Shulan City. Vice President Leng Xiangyang, as the expert group leader of the Provincial Epidemic Prevention and control Steering Group, combined with the concept of "Internet + TCM diagnosis and treatment" [6] and based on the "Wuchang Mode" proposed by Academician Tong Xiaolin [7], proposed the prevention and control mode of "early intervention, classified prevention and control, and full coverage of TCM", namely the "ShuLan Mode".

The Traditional Chinese Medicine Connotation of "ShuLan mode"

Faced with the new situation and problems of the epidemic in Jilin City, the medical team of Changchun University of Chinese Medicine followed the general principles of emergency prevention and control of "prevention first, combination of prevention and control, scientific guidance, and timely treatment" [8], assessed the situation, combined with the regional characteristics and actual situation, and applied the principle of "measures for three reasons". Give full play to the advantages of TCM in the prevention and treatment of "preventing disease before it is caused, preventing disease from becoming more serious and preventing relapse after disease" [9]. The framework of the "ShuLan Model" has been constructed based on the principle of "measures for three reasons". The medical team firmly grasped the principle of "time, place and person", based on the transmission time of the epidemic, the regional characteristics of ShuLan, referring to academician Tong Xiaolin's "cold and wet epidemic" theory [10], combined with the constitution of people in Jilin, constructed a "people-oriented, one person one side" framework to fight AGAINST COVID-19, and created a special brand of Jilin TCM to fight AGAINST COVID-19.

The theory of "preventing disease" builds the core of "ShuLanmode" in fighting epidemic disease. As a traditional theory of TRADITIONAL Chinese medicine, "preventing disease" plays an important role in all stages of disease through prevention, health care and early intervention [11]. Medical team always adhere to the "prevention is more important than treatment, and prevention and control combined with" of "cure not ill" concept, and its implementation in the "not, illness, and the more, after" the entire process, adhere to the "true spirit from the spirit within, I'll never Ann" prevention philosophy, emphasis on "supporting" and "modern factors", drug therapy and psychological intervention combined with combination. The concept of "syndrome differentiation and treatment" improved the details of "ShuLanmode" in fighting the epidemic. "Holistic concept and treatment based on syndrome differentiation" is the essence of TCM and the core advantage of TCM in epidemic prevention and control [12]. With "cold and dampness epidemic" and "cold and dampness excessive state" as the dominant, "inspection, olfaction, questioning and palpation" four medical examination combined, adjust Yin and Yang, to level the period. Disease choose party, and distinguishes the work details, with practical perfect solutions, to plan feedback, combine special experts' on-site diagnosis and online site delivery and send regular medicine combined, the first option to register and follow up the way of combining depth to carry out the traditional Chinese medicine in the prevention, treatment and rehabilitation of complete coverage of the whole chain, treatment work.

"ShuLanmodel" to Guard the Prevention and Control of Community Prisons

Primary medical and health institutions are "gateways" in epidemic prevention and control [13]. The medical team gave full play to the advantages of TRADITIONAL Chinese medicine, demonstrated its responsibility as a "Class A tertiary hospital", stayed on top of prevention and control, and made its contribution to ensuring the safety of people's lives and property.

The "ShuLanModel" intensifies community fighting against COVID-19: Under the guidance of the 《Inner Canon of Huangdi》 "Keep healthy qi inside, avoid poisonous gas and evil spirits" [14], the medical team took the "four early" as the premise, improved disease resistance as the basis, and took active defence as the strategy. "Dehumidifying anti-Epidemic Powder" developed by Professor Wang Tan from the Affiliated Hospital of Changchun University of Traditional Chinese Medicine was put on record by the provincial Food and Drug Administration. During the spread of ShuLan, the medical team used the "Dehumidifying anti-epidemic formula" to prevent and intervene. A total of 84,044 doses of tea for preventive dehumidification and epidemic prevention were distributed. According to statistics, none of those taking the medicine was diagnosed as a confirmed patient or asymptomatic infected person. Medical teams in ShuLancity to isolate the population, classified prevention and control. For contact, contact, fever clinics, under observation wards and so on six key crowd, taking "one side" the accurate syndrome differentiation treatment, and realizing a complete coverage of traditional Chinese medicine treatment, the whole process of participation, in the process of ShuLanepidemic situation, Chinese medicine prevention one-to-one intervention in a total of 3667 people, 3154 people, one of a pair of diagnosis one-to-one remote online 513 people; A total of 15,125 TCM free decocting granules and 1,991 boxes of TCM dehumidification and epidemic prevention powder were distributed, and no confirmed patient or asymptomatic infected person was diagnosed in isolation.

Online communication has helped epidemic prevention and control: In giving full play to the advantages of TCM in preventing diseases, the medical team lowered the focus of prevention and control and moved the key point forward, comprehensively establishing a community disease prevention and control system. Supported by science and technology, the use of national scientific research platform, to carry out major outbreak of scientific research project, using the APP management platform, the six key crowd, take preventive intervention in the whole process of the "one person one follow-up", constantly monitor, dynamic feedback, achieve precise ShiCe, eliminate the epidemic in the bud, build classification grading gradient arc of disease prevention and control, Provide effective basis for the government to strengthen community management. More than 300 volunteers were organized in the background to promote Internet + medical code scanning, and a total of 19,449 people filled in diary cards, and a total of 11,530 people were enrolled in isolation.

Individualized rehabilitation to promote early recovery of patients: In terms of giving play to the core role of TCM rehabilitation therapy, the medical team determined rehabilitation treatment plans for COVID-19 patients in the convalescent stage in the face of the high rate of rehabilitation. Based on harmony, more than the eradication of evil, reposing, harmonic, shih syndrome, hybrid in the rehabilitation of traditional Chinese medicine theory of cure [15], for the recovery of patients with different signs and symptoms, take "one person one case" personalized rehabilitation treatment, application of traditional Chinese medicine, Chinese medicine diagnosis and treatment are stains down, moxibustion, eight kam, systematic, standardized and scientific rehabilitation therapy of traditional Chinese medicine, Promote early recovery and return to society. The medical team of Changchun University of Chinese Medicine cooperated with the Second People's Hospital of

ShuLan, and fully participated in the infection control work of the Second People's Hospital of ShuLan and the post-recovery work of COVID-19 patients. For patients in the convalescence stage, the rehabilitation treatment mode of one person and one plan is adopted, the application of TCM syndrome differentiation treatment, care for healthy qi, remove residual evil, improve the symptoms of patients in the convalescence stage, enhance the resistance of patients, reduce the occurrence of sequelae.

Inherit the essence of traditional Chinese medicine and improve the development of grassroots: To guide the local hospital to carry out the treatment of traditional Chinese medicine, and enhance the service ability of Chinese medicine, the doctor treatment level critical patients, strengthen the mentoring role of grassroots medical staff, assist in ShuLan remote consultation center hospital construction, improve the ShuLan second people's hospital infection control management system, standardize the process, strengthening the standard, the transformation layout, fully promote infection control consciousness and ability, The infection prevention and control ability of grassroots hospitals will quickly reach the level of third-class a hospitals, so as to more effectively protect the health of patients and ensure the safety of medical care.

"ShuLan Mode" to Build a Modernized Road of TCM Prevention and Control of Infectious Diseases

During the anti-epidemic work in Shulan, Jilin province, TRADITIONAL Chinese medicine played an important role in the in-depth intervention and treatment of major infectious diseases, mainly reflected in the following aspects: First, early intervention. The earlier the application of TRADITIONAL Chinese medicine is applied, the more effective it can be in curbing the process from suspected to confirmed, from mild to severe, and from severe to critical. In particular, the "Shulan model" of prevention and control has established the first line of defense for the public health system with Chinese characteristics. Second, whole-course intervention. TCM plays a role in the whole process of prevention, treatment and rehabilitation of infectious diseases. Complementary advantages of Traditional Chinese and western medicine have played a greater role in the prevention and control of COVID-19. Third, comprehensive coverage. When there is no vaccine or effective medicine for an outbreak, the large-scale application of TCM general prescription intervention is simple, easy and effective, which can minimize the occupation of medical resources and improve public confidence. Four is evidence-based medicine, will the concept of "one side" application of Chinese medicine in the whole process of epidemic spread, progress, "one person one follow-up", "one person one case" and so on the way, the application of the concept of precision medical in the different stages of the epidemic, the waste of medical resources, avoid ensure diagnosis and time saving, each patient will be the most suitable and effective treatment. In response to the epidemic, the medical team has strengthened public health safety management, established a "community + Internet" management platform, and accurately collected population data for accurate management. In addition, the rehabilitation management of those who have been cured should be strengthened. In the critical period of epidemic prevention and control, the "four early" principle will remain unchanged, and the rehabilitation treatment and management of those who have been cured will be fully strengthened, with targeted treatment and information-based management. Relying on the national Internet platform -THE BACKGROUND APP of China Academy of Chinese Medical Sciences and the volunteer service team of our university, we managed the health status of all those who had been cured and those who had returned to Ji and Shu from SuiFenHe, so as to prevent another outbreak of the epidemic and give full play to the role of

TRADITIONAL Chinese medicine in the health maintenance of the whole life cycle of people. Supported by science and technology, national scientific research platforms and online communication have been used to facilitate epidemic prevention and control. By carrying out scientific research on major epidemic diseases and using APP management platform, whole-course preventive intervention medication of "one person and one follow-up" was adopted for key population. Patients can upload information in time, which is beneficial for doctors to master first-hand information, more targeted analysis of the condition, syndrome differentiation and treatment, and constantly improve and improve the prescription according to the actual situation.

TCM Wisdom Reflected in "ShuLan Mode"

To sum up the work of TCM in fighting COVID-19, Changchun University of Chinese Medicine will further give full play to the leading role of TCM in preventing and treating diseases, the unique role of TCM in the treatment of major diseases, and the core role of TCM in disease rehabilitation, promote the in-depth involvement of TCM in the prevention and control of major epidemics, and enable TCM to play a greater role in epidemic prevention and control. First, we will ensure the whole process of TCM diagnosis and treatment services for people in close contact with TCM, and provide TCM prevention and intervention services to all key groups at all levels of society. The second is to establish and improve the network consultation system to guide the treatment of fever outpatients and ordinary patients in grassroots traditional Chinese medicine hospitals. Third, speed up the construction of Internet hospitals, provide patients with health management, home diagnosis and treatment and medication services through the "Internet + medical" mode as soon as possible, and improve the service capacity of TCM in Jilin Province. Fourth, strengthen prevention work for teachers and students, and provide TCM services for the full resumption of school work. Five is seriously sum up the experiences of resistance to disease and infectious diseases, respiratory diseases, speed up the hospital emergency first aid construction, cultivating talents, infectious diseases, infection control, intensive treatment of Traditional Chinese Medicine (TCM) in colleges and universities education to improve education attaches great importance to the prevention and control of infectious diseases, to cultivate a strong strength deep and intensive treatment of traditional Chinese medicine clinical talent team, build a major epidemic prevention and control system of traditional Chinese medicine, We will build TCM treatment centers for major epidemics, and integrate TCM into the public health emergency management system. Sixth, science and technology are supported to carry out scientific research in the fields of early warning of infectious diseases in TRADITIONAL Chinese medicine, theoretical innovation of epidemic diseases in Traditional Chinese medicine, screening and optimization of clinical diagnosis and treatment schemes, drug research and mechanism research, and strive to make breakthroughs in the key links of prevention, treatment and rehabilitation of infectious diseases.

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