

# 第十二届 国际 中医 推进 会

中国中医科学院  
广安门医院  
Guang'anmen Hospital  
CHINA ACADEMY OF  
CHINESE MEDICAL SCIENCES

BTCM  
BIECC

北京

Culturally appropriate nursing care,  
scientifically sound and technically safe practice

{ 文化兼容、科学合理、  
技术安全的中医护理 }

2024 the 11th  
Beijing International Annual Webinar  
of Traditional Chinese Medicine  
(TCM) Nursing Care

2024 Beijing  
China

全球唯一聚焦中医护理的年度盛会

The World's Only TCM-themed Annual Nursing Event

Theme:  
Nourishment and adjustment over treatment  
--nursing care in traditional medicines

三分治,七分养--传统医学中的护理



Sponsors:

Guang'anmen Hospital, China Academy of Chinese Medical Sciences  
Beijing TCM International Exchange and Cooperation Center

主办:

中国中医科学院广安门医院、北京市中医药对外交流与技术中心

**All** TCM and Western medicine nursing experts, nurses, family caregivers, nursing students, those who help patients physically and mentally, and TCM advocates are welcome to attend the conference.

欢迎所有中西医护理专家、护士、家庭护理人员、护理学生、守护患者身心健康的人以及中医药倡导者参加会议。

**Over** the past 11 years, the seminar has attracted more than 200 nursing experts and scholars from 24 countries around the world to share their academic experience and research achievements, making it the unique exchange forum that brings together frontline nurses of TCM, nursing teachers, student nurses, other primary health care providers and traditional medicine advocates.

在过去的11年里, 护理会吸引了200多名护理专家和来自全球24个国家的学者分享他们的学术经验和研究成果, 使其成为独特的交流论坛, 将中医一线护士、护理教师、实习护士、其他基层医疗保健提供者和传统医学倡导者汇聚一堂。

**The** 70/30 rule in TCM, that is disease management is 30% treatment and, 70% nourishment and adjustment.

中医的70/30疾病治疗法则, 即30%的治疗,  
70%的营养加调理。



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Webinar  
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Yang Qianqian-Beijing Huimin Hospital



Xing Yanfen-Beijing Hospital of TCM



Zhao Qi-Xiyuan Hospital



Zheng Liping-Dongzhimen Hospital

**Nourishment** and adjustment over treatment or 30% treatment and 70 % nourishment, san fen zhi qi fen yang in Chinese, a vernacular perpetuated itself in TCM for centuries.

营养加调理胜过治疗或者三分靠治疗七分靠养护，即中医药中流传千百年来俗语：三分治，七分养。

**It** is still an important concept deeply rooted in today's nursing care of TCM that highlights the value of prevention and rehabilitation in dealing with both mental and physical disorders.

至今，三分治，七分养这一重要理念，仍然深深根植于中医护理之中。中医特别重视身体与精神疾病的预防和康复作用。

**After** surgery or immunotherapy, for example, a cancer survivor like many other patients with chronic illness starts another journey of nourishment and adjustment using complementary approaches including dietary guideline, Taichi, acupressure, and mind-body exercise as mental adjustment, etc.

例如，在手术或免疫治疗后，癌症患者像许多慢性病患者一样，开始了另一段康复之旅。使用饮食指南，太极，穴位按摩，以及身心锻炼作为心理调节等疗法进行调理。

**Through** nourishment and adjustment, not merely treatment provided by doctors, TCM nursing as Prof. Cui Yongqiang emphasized in the 7 Primary Features of TCM Nursing Care, provides a unique perspective and approach to patient care and caring, emphasizing holism, mind-body intervention and care based on syndrome differentiation of TCM theory, and purposefully helping patients stay positive through being mindful of any symptom improvement.

中医护理正如崔永强教授在《中医护理七大特色》中强调的通过营养和调理起作用，而不仅仅靠医生提供治疗。中医护理，以独特的视角和方法为患者提供关心和关爱，它强调整体观念，心身干预，用中医理论辨证施护，有目的地通过关注症状的改善帮助患者保持积极的心态。

**Come** and experience the truly amazing eleven-year journey with Prof. Cui Yongqiang, chairman of the annual event exploring old but gold, culturally appropriate, scientifically sound and technically safe TCM nursing as a viable option and one more choice for patients and caregivers.

一年一度，与会议负责人崔永强教授一起体验真正令人惊叹的十一年之旅，探索古老且珍贵、文化适宜、科学合理、技术安全的中医护理，为患者和照护者多提供一种可行的选择。

Beijing Traditional Chinese Medicine  
**English-speaking Nurse Helpline**  
**86-10-88001800**  
-All your questions answered

The world's only TCM hotline  
全球唯一中医护理英文热线

**TCM LED Talk**  
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The world's only TCM weekly Talk  
全球唯一每周英文科学中医公开课

Culturally Appropriate Scientifically Sound Technically Safe Practices  
**BEIJING INTL TCM NURSING SEMINAR**  
Old but Gold

The world's only annual TCM nursing event  
全球唯一英文聚焦中医护理的年度盛会



崔永强教授  
Trending destination selected by  
tripadvisor 猫途鹰

世界卫生组织传统医学项目顾问  
Prof. Dr. Cui Yongqiang MD

全球唯一每周英文科学中医公开课  
The world's only TCM weekly Talk

In science we trust  
Every Thursday for ten years  
每周四，十年从未间断  
Onsite and online  
线上线下

**TCM LED Talk**  
Let's explore and discover Traditional Chinese Medicine  
Turn old into gold



护士朋友们，每周都可让你的声音-中医护理，通过我们的英文公开课传遍五大洲  
TCM nursing on illness and wellness, get your voice heard every week on TCM LED Talk