

What do We Need to Know to Prevent and Control Nosocomial Infections Completely?

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Abstract

Introduction: Nosocomial infections are a widespread problem around the world. Nowadays, only 1/3 of nosocomial infections can be prevented with the Infection Control Programs. The other 2/3 cannot be prevented with the programs used nowadays. In USA, 31 billions of dollars are spent in the treatment of nosocomial infections per year.

Purpose: The purpose of this study is to demonstrate how this 2/3 of nosocomial infections could be controlled with the use ancient medicines reasoning, such as Traditional Chinese Medicine and Hippocrates theories. Another goal is to make evident the possible economy to healthcare when using these techniques and tools in the treatment of nosocomial infections.

Methods: The methodology used was a review of studies, such as those presented by Hippocrates ("Natural forces within us are the true healers of disease"), as well as others from oriental medicines, which comprehend the disease as originated from three factors: external (exposure to cold, heat, dampness, wind and dryness), internal (emotional) and dietary.

Findings: When comprehending the patient in a broader view, considering the energy imbalances of *Yin*, *Yang*, *Qi*, Blood and Heat retention, it is possible to control and prevent better nosocomial infections.

Conclusion: The 2/3 of not controlled nosocomial infections cannot be prevented because of the reasoning used in the treatment of infections in Western Medicine. When using ancient oriental medicines reasoning, a different path can be opened. According to Einstein, "We cannot solve our problems with the same thinking we used when we created them."