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Title: Acupoint Application as a Traditional Chinese Medicine Treatment for Fatigue Associated with Chronic Obstructive Pulmonary Disease

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Author Questionnaire

1. **Microscopy**: Does your protocol require the use of a dissecting or stereomicroscope for performing a complex dissection, microinjection technique, or something similar? **No**

2. **Software:** Does the part of your protocol being filmed include step-by-step descriptions of software usage? **No**

3. **Filming location:** Will the filming need to take place in multiple locations? **No**

Current Protocol Length
Number of Steps: 08
Number of Shots: 17

Introduction

Videographer: Obtain headshots for all authors available at the filming location.

1.1. **Xiyang Zhang:** This study provides a detailed presentation of the process of using acupoint application therapy to treat COPD and the observed trends, aiming to offer a reference for non-pharmacological treatment approaches.

1.1.1. INTERVIEW: Named Talent says the statement above in an interview-style shot, looking slightly off-camera. *Suggested B.roll:2.5*

What research gap are you addressing with your protocol?

1.2. **Xiyang Zhang:** My protocol is to attempt to alleviate the fatigue symptoms of COPD patients, a common but often overlooked symptom, through traditional Chinese medicine external treatment methods.

1.2.1. INTERVIEW: Named Talent says the statement above in an interview-style shot, looking slightly off-camera. *Suggested B.roll:3.3*

What advantage does your protocol offer compared to other techniques?

1.3. **Xiyang Zhang:** Acupoint application therapy is non-invasive and directly acts on acupoints through skin absorption. It offers several advantages, including ease of operation and better patient compliance.

1.3.1. INTERVIEW: Named Talent says the statement above in an interview-style shot, looking slightly off-camera.

Videographer: Obtain headshots for all authors available at the filming location.

Ethics Title Card

This research has been approved by the Clinical Research Approval Committee of the Hospital of Chengdu University of Traditional Chinese Medicine

Protocol

2. Acupoint Patch Administration in a Clinical Environment

Demonstrator: Xiyang Zhang

2.1. To begin, escort the patient to a clean and quiet treatment room and instruct them to assume a seated position **[1]**. Adjust the curtains to ensure privacy, strictly protect the patient's confidentiality, and implement warming measures to prevent hypothermia **[2]**.

2.1.1. WIDE: Talent guiding the patient into a treatment room and helping them into a seated position.

2.1.2. Talent drawing curtains around the treatment area, followed by placing a blanket or warming device on the patient.

2.2. Reconfirm the patient's name, age, gender, bed number, and hospitalization identification number **[1]**.

2.2.1. Talent checking and verbally confirming each detail with the patient.

2.3. Collect and arrange all necessary items in an organized and complete manner **[1]**. Verify the validity period of each item and maintain strict separation between sterile and contaminated zones **[2]**.

2.3.1. Talent placing medical supplies neatly on a tray or table.

2.3.2. Talent examining expiry dates on packaging and placing sterile and contaminated items into clearly separated sections.

2.4. Next, apply at least 3 milliliters of fast-drying, non-rinse skin disinfectant to the palm of the operator's hand **[1]**. Proceed with the seven-step hand washing method **[2-TXT]**. Then wear disposable sterile medical rubber gloves **[3]**.

2.4.1. Talent dispensing disinfectant into their palm.

2.4.2. Talent performing all seven steps of the handwashing method. **TXT: Allow hands to air dry for 20 s without using paper towels**

2.4.3. Talent putting on disposable sterile gloves.

2.5. Now select the acupoints for acupoint application **[1]**. Use surface anatomical landmark measurement, bone-length proportional measurement, and finger-cun measurement to localize each point **[2]**.

2.5.1. Talent showing a chart with acupoints.
AND
TEXT ON PLAIN BACKGROUND:

Dan zhong (CV 17) on the chest region
Guan yuan (CV 4) on the lower abdomen
Bilateral Fei shu (BL 13) and Pi shu (BL 20) on the back
Bilateral Zu san li (ST 36) on the lower limbs
Video Editor: Please show both shots side by side

2.5.2. Talent using fingers and measuring tools to determine the precise locations of the acupoints.

2.6. Using tweezers, hold a 75 percent alcohol cotton ball and disinfect the skin around each acupoint two times **[1]**. Move outward in a spiral motion from the center of each acupoint, covering an area of 3 to 4 centimeters **[2]**.

2.6.1. Talent gripping the cotton ball with tweezers and dabbing on acupoint CV 17.

2.6.2. Talent performing outward spiral swipes around the acupoint with the cotton ball.

2.7. Retrieve the prepared acupoint patch **[1]**. Carefully grasp one corner and remove the protective film covering the medicinal ointment surface to expose it **[2]**.

2.7.1. Talent picking up a sealed acupoint patch from the tray.

2.7.2. Talent peeling back the corner of the film to reveal the medicated side.

2.8. Stabilize the patient's skin to keep the area tense and stable **[1]**. Then precisely align the medicated area of the patch with the CV 17, CV 4, BL 13, BL 20, and ST 36 acupoints **[2]**. Gently place the patch and allow it to adhere fully to the skin, ensuring complete contact at all target sites **[3]**.

2.8.1. Talent using one hand to gently press and hold the patient's skin taut.

2.8.2. Talent aligning the patch directly over an acupoint.

2.8.3. Talent softly placing the patch onto the skin and smoothing the contact area.

2.9. Start from the center of the patch and press outward with fingertips to smooth it down evenly **[1]**. Ensure the edges adhere securely without any bubbles or wrinkles **[2]**.

2.9.1. Talent using fingers to apply outward pressure starting from the center of the patch.

2.9.2. Talent checking the patch edges and pressing down to seal any lifted sections.

Results

3. Results

3.1. The average 6-minute walking distance increased significantly in both the treatment group and the control group after treatment, with a greater increase observed in the treatment group **[1]**.

3.1.1. LAB MEDIA: Table 2. *Video editor: Highlight the "Post-treatment" column and the value for treatment row*

3.2. The mean Multidimensional Fatigue Inventory score decreased significantly in both the treatment group and the control group after treatment, with the treatment group showing a greater reduction **[1]**.

3.2.1. LAB MEDIA: Table 3. *Video editor: Highlight the "Post-treatment" column and the value for treatment row*

3.3. The Chronic Obstructive Pulmonary Disease Assessment Test score decreased significantly after treatment in both the treatment group and the control group, with the treatment group exhibiting a greater improvement **[1]**.

3.3.1. LAB MEDIA: Table 4. *Video editor: Highlight the "Post-treatment" column and the value for treatment row*

Pronunciation Guide:

1. Acupoint

- **Pronunciation Link**: Collins Dictionary: *acupoint* – (ˈækjʊˌpɔɪnt) Cambridge Dictionary+15YouGlish+15Accent Hero+15HowToPronounce+11Collins Dictionary+11TheFreeDictionary.com+11
- **IPA (General American)**: /ˈæk.jəˌpɔɪnt/ Wiktionary
- **Phonetic Spelling**: **ACK-yoo-point**

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2. Chronic

- While I didn't find a standalone source, it's standard: **IPA** /ˈkrɒnɪk/ (American: /ˈkrɑnɪk/)
- **Phonetic Spelling**: **KRON-ik**

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3. Obstructive

- Not found in isolation, but used as part of the full phrase below.

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4. Pulmonary

- **Pronunciation Link**: Cambridge Dictionary: *pulmonary* – US /ˈpʊl.mə.ner.i/ Oxford English Dictionary+15Cambridge Dictionary+15HowToPronounce+15
- **IPA (American)**: /ˈpʊl.mə.ner.i/ Cambridge DictionaryAccent Hero
- **Phonetic Spelling**: **PUL-muh-NARE-ee**

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5. Disease

- No standalone source found, but as in full phrase (see below).

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6. Chronic Obstructive Pulmonary Disease (COPD)

- **Pronunciation Link**: Cambridge Dictionary: US /ˌsiː.oʊ.piːˈdiː/ YouTube+15Cambridge Dictionary+15Cambridge Dictionary+15
- **IPA (American)**:
  - Chronic: /ˈkrɑnɪk/
  - Obstructive: /əbˈstrʌktɪv/
  - Pulmonary: /ˈpʊlməneri/
  - Disease: /dɪˈziːz/
- **Phonetic Spelling**: **KRON-ik uh-STRUHK-tiv PUL-muh-NARE-ee dih-ZEES**

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7. Fatigue

- No direct source, but standard: **IPA** /fəˈtiːg/
- **Phonetic Spelling**: **fuh-TEEG**

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8. Anatomical (e.g., anatomical landmarks)

- Not sourced, but standard: **IPA** /ˌænəˈtɑːmɪkəl/
- **Phonetic Spelling**: **an-uh-TOM-i-kul**

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9. Hypothermia (mentioned in warming measures)

- Not sourced; standard IPA /ˌhaɪpoʊˈθɜːrmiə/
- **Phonetic Spelling**: **hy-po-THER-mee-uh**

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10. Sterile (as in sterile medical supplies)

- Not sourced; standard IPA /ˈsterəl/
- **Phonetic Spelling**: **STAIR-il**