

## What do we need to know to prevent and control nosocomial infections completely?

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Nosocomial infections are a widespread problem around the world. The Center for Disease Control (CDC) estimates that nosocomial infections affect around 1.7 million patients per year, and cause 99,000 deaths. According to CDC, 32% of all healthcare acquired infections are urinary tract infections, 22% are surgical site infections, 15% are pneumonia and 14% are bloodstream infections. 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. 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.

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, humidity, wind and dryness), internal (emotional) and dietary. 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 more nosocomial infections, reducing the costs for the healthcare. 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 thinking can be used. According to Einstein, “We cannot solve our problems with the same thinking we used when we created them.”

### Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013. Author of the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine. Author of more than 100 publications about treatment of variety of diseases rebalancing the internal energy using Hippocrates thoughts.

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