

possible to expand the connotation of words by prose. Due to the short length of words, in order to express the meaning, we must gallop the pen in the concentrated space. The jump and fracture between words and sentences cause a large number of metaphorical phenomena, which is the "blind spot" of understanding. Prose can just imagine the way to make up for its fracture. Describe its fineness by the way of reproduction, so as to expand the connotation of reproduction words, which makes the deformation of words necessary.

**Conclusions:** The teaching of ancient words is a difficult point in Chinese teaching. This teaching model focuses on analyzing the connotation of words with a variety of artistic means. The spirit of art is interlinked. The comprehensive use of these methods. Timely adjustment according to needs can make the teaching activities calm, simple, happy and true. It is helpful for students to improve their ability of reading and appreciating ancient words.

**Key words:** mental - ancient Chinese - teaching

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## **ANALYSIS ON THE QUALITY OF LIFE OF THE ELDERLY IN COMMUNITY AND THE MENTAL NEEDS OF COMMUNITY NURSING**

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**Background:** With the development of economy and scientific progress, human beings have greatly reduced the population mortality and increased the average life expectancy of the population through planned immunization, improved nutrition and food supply and effective treatment of diseases. The aging of the population is becoming more and more serious. According to statistics, by 2014, the total number of elderly people aged 60 and over had reached 212.42 million, breaking the 15% mark for the first time, accounting for 15.53% of the total number in China. It is predicted that by 2049, the number of elderly people aged 60 and over in China will reach 36.5%. As one of the key social groups, the elderly, with the growth of age, the transformation of social roles, the change of mental needs and other factors, the functions of various tissues and organs of the body gradually decline, the social adaptability is also gradually reduced, and various health problems are highlighted. Most elderly people have the phenomenon of sub-health and illness. According to the current mainstream pension model in China, the vast majority of the elderly live in the community. Therefore, it is the top priority of community nursing to actively carry out community elderly mental nursing and improve the self-care ability and quality of life of the elderly.

**Objective:** With the development of China's social economy, people's living standards have gradually improved, and the number of elderly population has also increased sharply. With the growth of age, the health status and various functions of the elderly gradually decline. At the same time, some elderly people lack the care and care of their children. Therefore, they are facing some problems in life and health, such as mental problems, medical care of diseases and life care. Relevant studies have found that physical health, family interpersonal relationship and quality of life satisfaction play an important role in regulating the mental status of the elderly.

**Subjects and methods:** 1. Current situation of community nursing for the elderly. Health archives community medical personnel establish dynamic electronic health archives for the elderly in their jurisdiction by means of telephone follow-up, door-to-door follow-up and outpatient examination, which records in detail the health status, medical records, living habits, physical examination, health assessment and other contents, so as to facilitate the medical personnel to fully grasp the health status of the elderly in their jurisdiction, Provide targeted medical care services. Health education. (1) Community medical staff regularly hold simple and practical health knowledge lectures (including health care, healthy diet, mental counseling, etc.) in the area under their jurisdiction; (2) During the free clinic or follow-up, the community medical staff will take the forms of written information publicity and

oral Q & A, so that the elderly can benefit from it. Family hospital bed. For patients who need continuous treatment (non dangerous diseases within the scope of admission and can be treated or rehabilitated at home) and cannot seek medical treatment by themselves, a form of setting up hospital beds in their homes according to regulations and regular door-to-door medical care services provided by community medical staff. Including disease treatment and nursing, health education and consultation, prevention and control of disease occurrence and development, etc. To a certain extent, it alleviates the family burden and solves the problem of medical treatment for people with mobility difficulties. However, since the diagnosis and treatment is carried out in families with relatively lack of relevant supporting service facilities, it is inevitable that there are certain risks and hidden dangers, such as allergy during intravenous infusion, respiratory arrest during gastric tube insertion, sudden cardiac death during enema, etc. Family signing. Residents in the jurisdiction have established a long-term and stable service relationship with the community general practitioner team through signing a contract, and the team provides basic medical and public health services to the contracted residents in accordance with national policies. Shanghai took the lead in carrying out the pilot work since 2011 and promoted it nationwide, gradually changing from "coarse and wide" to "fine and fine". On this basis, the contract type family doctor system service was implemented in Ningbo, Zhejiang Province in May 2015. One of the contracted residents was registered as one of the registered residence elderly. After signing the contract, ten preferential services covering basic medical, public health and personalized health management were included, including family bed service priority. During the signing year, we will provide one visit free of charge to the elderly who are inconvenient to move and have real needs among the signing residents, provide whole process health management services for patients with chronic diseases, issue health diagnosis reports once a year free of charge, and provide personalized health management suggestions. The service fee is 150 yuan per capita per year, of which 50 yuan is borne by individuals.

2. Problems in community nursing for the elderly. Lack of effective policy support. In China, the community nursing model started late and developed slowly. There is neither a clear legal provision for community elderly care, such as Japan, nor a special appropriation set by the Australian federal government for the "family and community care project". In addition, due to regional differences and unbalanced allocation of health resources, it is difficult for the community nursing work to develop sustainably and stably. The form of community nursing for the elderly is single. The existing community nursing service only follows the management mode of the hospital. China's community free clinic service is still patient-centered, and its work is limited to blood pressure measurement, intravenous infusion, intramuscular injection, drug delivery, physical examination, etc. according to the investigation of helun, it is found that at present, China's community free clinic work is still dominated by disease nursing, and less involved in disease prevention and health promotion. According to relevant reports, most countries in the world have carried out community elderly care according to their own characteristics to solve the medical and health care problems caused by aging, gradually formed service models such as hospitals, community nursing institutions and family nursing institutions, and established a network system integrating disease care, preventive health care and life care. There is a shortage of community nursing talents for the elderly. China does not pay enough attention to the training of community nursing talents. At present, there is no school in China to train special elderly nursing talents. There is a lack of targeted practical skill training, and the theoretical knowledge is superficial. Moreover, most nurses working in the community generally have the problems of low educational background, weak professional knowledge and operation skills, and low mastery of communication skills, In addition, due to the lack of systematic and professional community nursing training for the elderly, many nurses do not understand the needs of the elderly. The care provided for the elderly is limited to general life care and medical care, but can not reflect the full-time care and support for the elderly, and the service is not in place. At the same time, most community nurses are temporary workers, resulting in the instability of the nursing team, It causes some difficulties for the long-term and effective development of community nursing work.

**Results:** 1. Increase government attention. Government departments and health administrative departments should increase their support for community nursing for the elderly, fully realize that accelerating the development process of community nursing for the elderly is the general trend, do a good job in guidance, promote the construction of community nursing for the elderly, establish and improve community nursing related systems, talent training and evaluation systems, and clarify various operation process specifications and service charging standards, Introduce corresponding community management laws, regulations and standards, establish an integrated social security system, strengthen the government compensation mechanism, and reasonably allocate medical and health resources accor-

ding to local conditions, so that both service parties can have laws to follow and reasons to find, and residents can fairly enjoy medical and health resources, so as to further enhance the implementation and sense of responsibility of community nursing staff and improve their work enthusiasm, To a certain extent, it can reduce the incidence of doctor-patient disputes, reduce the burden of medical expenses of the elderly, and ensure the health needs of the elderly.

2. Provide all-round nursing services. Learn from the advanced nursing model and successful experience of developed countries, combined with China's national conditions and actual development needs, adhere to the development of "people-oriented", take the needs of the elderly as the guide, establish the overall community nursing model for the elderly based on the existing services according to the physiological and mental characteristics, and carry out all-round and humanized community nursing for the elderly, (1) On the basis of existing health education, further strengthen health promotion activities, let the elderly learn and master the methods of self mediation and emotional relief, maintain physical and mental health, master scientific diet and improve the quality of life. (2) Actively carry out the cause of hospice care for the elderly. In China, the cause of hospice care for the elderly started late, but its role in community care can not be underestimated. Hospice care for the elderly is a humanized care cause (including physical, mental and moral care) to relieve the pain and maintain the dignity of the hopeless dying elderly. It is a sign of the needs of population aging and the progress of human civilization, It will play an important role in community service for the elderly.

3. Strengthen the training of community nursing professionals for the elderly. In 1990, the World Health Organization proposed "healthy aging" as a development strategy to deal with population aging, which prompted the need to develop systematic education and professional training related to community nursing for the elderly in China as soon as possible, and formulate and improve special evaluation mechanisms to meet the growing health needs of the elderly. (1) What the elderly need is both physical and mental care, which makes nurses not only have basic nursing theories and skills, but also know many aspects of knowledge and skills related to the elderly, such as laws and regulations, health education, communication skills, mental counseling and so on. At the same time, nurses should also combine with China's traditional medicine to increase the application of traditional Chinese medicine nursing techniques such as acupuncture, massage and massage and diet health care knowledge in elderly nursing. This requires medical colleges and universities to further improve the setting of curriculum contents, such as elderly nursing mental, health education (including communication skills, relevant policies and regulations), elderly nursing nutrition, acupuncture and massage and other courses with community nursing characteristics for the elderly. At the same time, they should pay more attention to practical operation training, combine theory with practice, learn and use flexibly; (2) The national medical examination center can try to increase the examination sites of relevant professional knowledge of elderly nursing in the nurse qualification examination, so as to promote the quality improvement of elderly nursing practitioners from the perspective of nursing professional access. (3) Strengthen the on-the-job training and continuing education and training of existing community nursing staff on community nursing related knowledge for the elderly, and further improve their service ability. In addition, the mode of counterpart support and assistance should be formed, that is, large comprehensive hospitals regularly send nursing staff with high professional titles to community hospitals for communication and guidance, give full play to the role of "transmission, help and guidance" and improve the level and quality of community nursing.

**Conclusions:** In short, the number of elderly people in China is growing. They are vulnerable groups in the community and should receive more community health care services; At the same time, the community is also the basic living environment for the elderly. The basic point to solve the health problems of the elderly lies in the community. Therefore, only by understanding their actual needs and implementing targeted community nursing measures on this basis can their needs be met, which may be one of the effective methods to improve the quality of life of the elderly. Community nursing should strengthen the care of the elderly, take corresponding measures according to the different conditions of the elderly, and develop a community nursing model suitable for the elderly, so as to improve the quality of life of the elderly and achieve the purpose of healthy aging.

**Key words:** mental - elderly - community nursing

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## APPLICATION OF DIFFERENT PERSONALITY EDUCATION AND EMOTIONAL EMPATHY IN TEACHER-STUDENT INTERACTION

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**Background:** In recent years, with the continuous improvement of people's understanding of personality education, more and more students, parents and even teachers hold a negative attitude towards "cramming" and "preaching" education. It is more inclined to require teachers to fully grasp students' psychology and pay attention to teaching psychological skills such as teacher-student interaction. Master the basic psychological knowledge and apply it to teaching practice. Guided by the theory of education and mental health, the practice of psychological education can grasp the correct direction and promote the in-depth development of educational reform. Education and mental health can play a very important role in practical teaching. Applying personality education and mental health to teaching can help teachers understand problems accurately; Be able to scientifically analyze the teaching process, understand the essence, law and function of psychological activities in the teaching process, and intervene and predict students' learning characteristics and intellectual development from a psychological perspective; It can help teachers conduct research in combination with the actual situation, provide scientific theoretical guidance for practical teaching, and promote the improvement of teaching quality.

**Objective:** Education and mental health is a science that studies the basic laws of pedagogy in educational situations. It is a kind of Applied Mental and an interdisciplinary subject of mental. The research object of education and mental health is all kinds of mental changes in the process of education, which aims to understand students' learning mental and create effective teaching situations according to these understandings. If teachers can understand and master students' mental in teaching, and design classroom teaching procedures according to the principles of education and mental health to let students follow teachers' ideas, they can optimize classroom efficiency, reduce students' burden and improve teaching results. At the same time, in the communication with students after class, teachers should also pay attention to students' mental characteristics, find the starting point of conversation, communicate effectively with students, and try to be a teacher that students like, which will be beneficial to the teaching of the subject.

**Subjects and methods:** 1. The basic connotation of education and mental health. Research object & content. Education and mental health is a science that studies the basic mental laws of education and teaching in education and teaching situations. It is not only a kind of applied mental, but also an interdisciplinary subject of pedagogy and mental. Learning mental is the core of education and mental health. The role of education and mental health. It can describe, explain, predict and control educational practice. Specifically, it includes: (1) Helping teachers accurately understand problems; (2) Providing scientific theoretical guidance for practical teaching; (3) Helping teachers predict and intervene students' behavior; (4) Helping teachers carry out educational research in combination with practical teaching. 2. Main mental phenomena of students. The development of human life can be roughly divided into seven periods, the infancy is 0 ~ 3 years old; Early childhood 3-6 years old; childhood 7. 12 years old; Puberty: 11 years old, 12 years old, 15 years old, 16 years old; Youth (17 years old, 18 ~ 35 years old); Then middle age, old age. Human mental phenomena are divided into two aspects: mental process and personality. Mental process includes cognition, emotion and will. Personality has two aspects: Tendency and personality characteristics. There are feeling, perception, memory, thinking, speech and imagination in cognition. Emotions include happiness, anger, sadness, fear, mood, passion, stress, sense of morality, sense of beauty and sense of reason. Will has the stage of will action and the conflict of motivation. In terms of personality, we mainly understand students' needs, motivation, ability, temperament and personality. We should know that students are different in these aspects. Different students have different needs and motives, and the results are different. With the same needs and motivation, students with different temperament and personality also have different results. As we all know, people's temperament is divided into bile, bloody, mucus and depression. There is no good or bad in the four temperament, but for the same thing, people with different temperament make different results. In class, choleric students can adhere to lectures for a long time, while bloody students are easy to distract. Mucinous students are attentive but unwilling to speak, while depressed students are timid, withdrawn and careful. If we understand these contents, we can more easily understand the various performances of students. Some students make trouble in class. He is a bloody student. He can't control it. For depressed students, we should care more and scold less. Because they are fragile. When assigning work, you can also assign work according to the temperament type of students. Bile students are energetic and can arrange more work. Mucinous students have a clear mind and are organized. They can arrange some difficult jobs according to their needs.