

Summary

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2879 Words

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DOROTHY OREM'S SELF-CARE THEORY

- Also called the Self-Care Deficit Nursing Theory
- The model interrelates concepts in such a way as to create a different way of looking at a particular phenomenon.
- The theory is relatively simple, but generalizable to apply to a wide variety of patients.
- It can be used by nurses to guide and improve practice, but it must be consistent with other validated theories, laws and principles.

The self-care deficit nursing theory is a grand nursing theory that was developed between 1959 and 2001 by Dorothea Orem. The theory is also referred to as the Orem's Model of Nursing. It is particularly used in rehabilitation and primary care settings, where the patient is encouraged to be as independent as possible

Major assumptions in the theory

- People should be self-reliant, and responsible for their care, as well as others in their family who need care.
- People are distinct individuals.
- Nursing is a form of action. It is an interaction between two or more people.
- Successfully meeting universal and development self-care requisites is an important component of primary care prevention and ill health.
- A person's knowledge of potential health problems is needed for promoting self-care behaviors.
- Self-care and dependent care are behaviors learned within a socio-cultural context.

Conceptualized as a total being with universal, developmental needs and capable of continuous self care

A unity that can function biologically, symbolically and socially

General beliefs of this theory

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Spelling mistake: Uzobulfe

Spelling mistake: •Also → also

Spelling mistake: •The → the

Spelling mistake: •The → the

Student: Submitted to Grand Canyon Univer.

Spelling mistake: generalizable → generalize

Spelling mistake: •It → it

Web Content: <https://nurseslabs.com/dorothea-orems-model-of-nursing/>

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Passive voice: Is encouraged to be

Spelling mistake: •People → people

Spelling mistake: •People → people

Spelling mistake: •Nursing → nursing

Spelling mistake: •Successfully → successfully

Spelling mistake: •Self-care

Spelling mistake: socio-cultural

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Spelling mistake: •Nursing → nursing

Spelling mistake: •Successfully → successfully

Spelling mistake: •Self-care

Spelling mistake: socio-cultural

Theory description

•The theory has three parts:

•The theory of self-care, which focuses on the performance or practice of activities that individuals perform on their own behalf. Those might be actions to maintain one's life and life functioning, develop oneself or correct a health deviation or condition.

•The theory of self-care deficit, which defines when nursing is needed because a person is limited or incapable of providing self-care and needs help.

•The theory of nursing system, which focuses on the relationship between a nurse and a client and the whole or partial compensatory nursing system and supportive educative system that takes place between nurse and a person.

The Self-Care Deficit Theory developed because of Dorothea's will to improve the quality of nursing care in her state. The model combines different concepts and viewpoints in such a way to approach this situation

Efficacy of self-care theory

•Self-care is effective, learned, informed, and objective activities and behaviors of a person that are done in concrete situations of life, by the person himself or his relatives.

•Many health organizations and healthcare providers consider promoting self-care as a strategy to reduce the high costs of medical services.

•Self-care is considered an important and valuable principle because it emphasizes the active role of people in their healthcare, not the passive.

•So, to control diseases, it is important to identify the educational needs of patients, even more than the proper treatment.

•The theory provides a good clinical guide for planning and implementing the principles of good self-care

Once the care is provided, the nursing activities and the use of the nursing systems are to be evaluated to get an idea about whether the mutually planned goals are met or not.

How the theory proves conceptual model?

•The necessity to care by theoretical thinking and a scientific method is recognized.

•Orem's conceptual framework has defined "self-care" as a human need.

•Nurses must learn to be autonomous profession, based on scientific and theoretical knowledge.

•Dorothea Orem's theory is a conceptual model that provides a structure for critical thinking in the nursing process.

•Developmental self-care requisites are associated with adjusting to change.

•The solitude and social interaction can be determined by asking if the patient lives alone, if the patient has any family or friends, and if the patient has hearing or vision problems

One of the main elements of self-care is patient education and self-care also requires the ability to self-medicate.

Evidence that support self-care model,

self-care is effective, learned, informed, and objective activities and behaviors of a person who is done in concrete life situations by themselves or their relatives.

•many health organizations and healthcare providers consider promoting self-care as a strategy to reduce the high costs of medical services.

•self-care is regarded as an essential and valuable principle because it emphasizes people's active role in their healthcare, not the passive.

•so, to control diseases, it is vital to identify patients' educational needs, even more than the proper treatment.

•the theory provides an excellent clinical guide for planning and implementing the principles of good self-care

Metaparadigm Concept: Person

The patient receiving care is the emphasis of the person concept within the nursing metaparadigm.

Orem's Self-Care Theory and the Person Concept

Orem's Theory primarily focuses on the Person metaparadigm

Orem believed in empowering the patient with the tools, resources and education needed for the patient to take a proactive lead in their own health and wellbeing

Though the person was at the center of Orem's Theory, the other metaparadigms also play a role in the empowered patient

For example, nurses play an important role as educators

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Web Content: [https://biomedpharmajournal.org/...](https://biomedpharmajournal.org/)

Spelling mistake: •Self-care

Spelling mistake: •Many → many

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Spelling mistake: •Orem → more

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Spelling mistake: •The → the

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Spelling mistake: •the → the

Spelling mistake: self-care

Spelling mistake: Metaparadigm

Spelling mistake: metaparadigm → meta paradigm