

Applicability of Orem's Self-Care Theory to Practice – A Narrative Review

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Abstract:- Introduction: Dorothea Orem's theory of self-care aid the nurses in deciding which aspects of patient care should be prioritized in specific situation and the importance of patients maintaining autonomy over their self-care procedures emphasize sex. Self-care is termed as a "a set of behaviours that you perform regularly throughout your life". A closer look at this list of activities will help you understand a person's attempts to maintain optimal health, avoid illness, and recognize and manage signs and symptoms as early as possible. Long-term ailments involves many activities. Participating in self-care activities can therefore provide a range of different experiences depending on the scope of the activity being done and the motivation to complete it. Her three aspects of Orem's General Theory are Self-Care theory, Self-care Deficiency Theory, and Systems of Care Theory. **Objectives:** The objectives of this study were to describe the applicability of the theory to practice, determine the impact of Orem's nursing theory on patients' quality of life and self-efficacy, assess the impact of Orem's self-care model on patients' lives, examine the impact of Orem's self-care model on the reduction and prevention of diseases, and determine the effect of Orem's self-care nursing theory in Midwifery

and Obstetrical Nursing. We study disease reduction and prevention to evaluate the benefits of Orem's Self-Care theory in midwifery and obstetrics. **Methodology:** Descriptive method for the applicability of Orem's theory **Type of study:** content analysis. **Results:** Orem's self-care theory can be applied to any clinical setting.

Keywords:- Applicability of Orem's Self-Care Theory, Self-Care Defect Theory, Care System Theory, Quality of Life, Diversity, Effectiveness.

I. INTRODUCTION OR BACKGROUD

Nursing theory helps nurses understand clients and their demands by differentiating nursing as a distinct discipline from medicine and related sciences. Dorothea Orem's theory of self-care helps nurses determine which aspects of patient care should be prioritized in specific situations, and the importance of clients keeping independence with their own self-care activities. Is emphasized. Self-care is defined as "a set of behaviours that you perform regularly throughout your life," and her three features of Orem's theory are self-care theory, self-care deficient theory, and system of care theory.

Table 1 Nursing Theory

Theory of self care	Theory of self care deficit	Theory of nursing system
Self care	When therapeutic self-care needs exceed self-care capacity, self-care deficits and care needs arise.	Nursing care office
Self care agency		Care system
Self care requisites		Full compensation
<ul style="list-style-type: none"> ✓ Universal ✓ Developmental ✓ Health ✓ Deviation 		Partially compensated
Therapeutic self care demand		Supportive education

The self-care theory of Dorothea Orem's Self-Care Deficiency Hypothesis is regarded as the great theory of nursing which is commonly utilised pattern in the world of nursing today. Orem's Self-Care Defect Theory got the privilege of being applied to a huge range of health care settings. This narrative review brings together four of his research publications that bring Orem's self-care theory to life. Its standards and ideals are fully expressed and therefore adaptable to different situations. Caregivers and clients can work together to make sure that the clients acquired the finest health care services. Thanks to her commitment in nursing theory and her devoted effort in the field of nursing, nurses applied Dorothea Orem's theories to their patients, influencing their decisions for the short stay in hospitals and recuperate at home can now be given.

Self-care is a condition that requires nurse support. The long-term care system consists of a 100% Compensation System, a 50% Compensation System, and an education Support system. The system is applicable when a Client's medicinal self-care demands outweigh the funds feasible for Self-Care, which results in requirement of health care nursing. Orem's Theory of Self-Care gives transparent direction and helps conceptualize component relationships. Applying Orem's theories to the above situation, patients become inefficient and unable to perform their daily tasks on their own, requiring full compensatory care. Thanks to the support and education system, I was able to find myself little by little.

II. BACKGROUND OF THE THEORIST

Dorothea E. Orem (1914-2007) was one of America's leading theoreticians, born in Baltimore, and received her doctorate (honorary doctorates from various universities). She published her theory for the first time in 1959 and revised it in 1971, 1983, 1987, and 2001. For her contributions, she has been recognized by prestigious societies such as the Sigma Theta Tau International Association, the National Federation of Nursing, and the American Academy of Excellence in Nursing.

A universal requirement for self-care is for people who need gratification to maintain their structural and functional integrity. These include providing care for maintaining adequate oxygen, food, and water intake, output and bowel regulation, exercise and rest, social participation, prevention of risk factors, and boost the growth, development and functioning of the body.

Numbers of long-term illness disturb our standard of existence, like the inability to control sleep disturbances, stress, or anger.

Chip, M., and Downing, C. (2020). Her article describes her seven prerequisites, including commitment, voluntariness, religious, cultural beliefs and resources, professional support, commitment and availability of time. Increased self-esteem, improved health and well-being, autonomy, and self-determination, ailments prevention, expand social support, and in turn the capability to cope

with stress are the effects of her Theory. A paradigm is developed with the results of the concept analysis to support self-care for professional nurses in the medical care sector.

Sehrish Naz (2017). Using Dorothea Orem's ideas in nursing practice. A case study investigated a 62-year-old male patient with a right ischemic cerebrovascular accident (CVA) who was receiving full replacement therapy. By applying self-care deficiencies (SCDNT), significant improvements were achieved, and the desired goals of care were achieved.

Ali, (2018). Applicability of Orem's Theory of Self-Care deficiencies to psychotic patients. A case presentation of a psychiatric patient diagnosed with schizoid personality disorder was presented. A structured interview was conducted to determine patients' self-care needs. A needs-based intervention with a supportive and educational system was designed to allow patients to slowly and gradually improve their self-care deficits on their own.

Quinde et al., (2021). The self-care paradigm of Dorothea Orem can prevent COVID-19 This cohort's self-care was semi-experimented. The Latin American Behavioral Assessment Questionnaire was used. This research was divided into three phases. An educational session on self-care intervention in the event of a health emergency, following pre-test and post-test assessments. Post-test results show a positive impact on self-care education.

K. Moulaei et al., (2021). Two phases of this study's execution were used. On the basis of the opinions of 20 obstetricians and pregnant women, a needs assessment was carried out in the first step. The design and evaluation of an application prototype was done in the second step using the needs that had been determined. 20 expectant ladies used the app for ten days to evaluate it. The evaluation was conducted using the QUIS questionnaire, version 5.5. Descriptive statistics and Mann-Whitney tests were employed for data analysis in SPSS software version 23. When creating the application, 58 of the 66 information demands found in the questionnaire were taken into account. User Profile, Lifestyle, Disease Prevention and Control, Application Functionality, and User Satisfaction were used to categorise the characteristics of the created application. This app's features include the opening of a new coronavirus infectious disease specialist medical centre, searching for hospitals and clinics, managing medications, managing drug allergies, self-evaluation, managing stress, managing sleep, managing diet and nutrition, managing doctor appointments, and managing application settings. Women who are expecting gave the app positive reviews for use. Pre-eclampsia-related worry and anxiety can be lessened by the created application, which can also change people's perceptions about the COVID-19 pandemic and pre-eclampsia.

T. Rakhshani et al. (2022). In 2018, a study was conducted at Shafa Hospital in Ahvaz, Iran, to investigate the impact of Orem's self-care model-based instruction on

cancer patients. The study involved 100 patients, split into two experimental and control groups. The intervention included group, face-to-face, and individual training over five weekly sessions. Data was collected using the Orem questionnaire and Self-care capability assessment. The results showed that Orem's self-care approach significantly

increased the ability of cancer patients to take care of themselves. The intervention significantly raised self-care scores, suggesting it should be incorporated into regular chemotherapy department programs. The study also found that the age gap was not particularly noticeable before the intervention.

III. MATERIAL AND METHOD

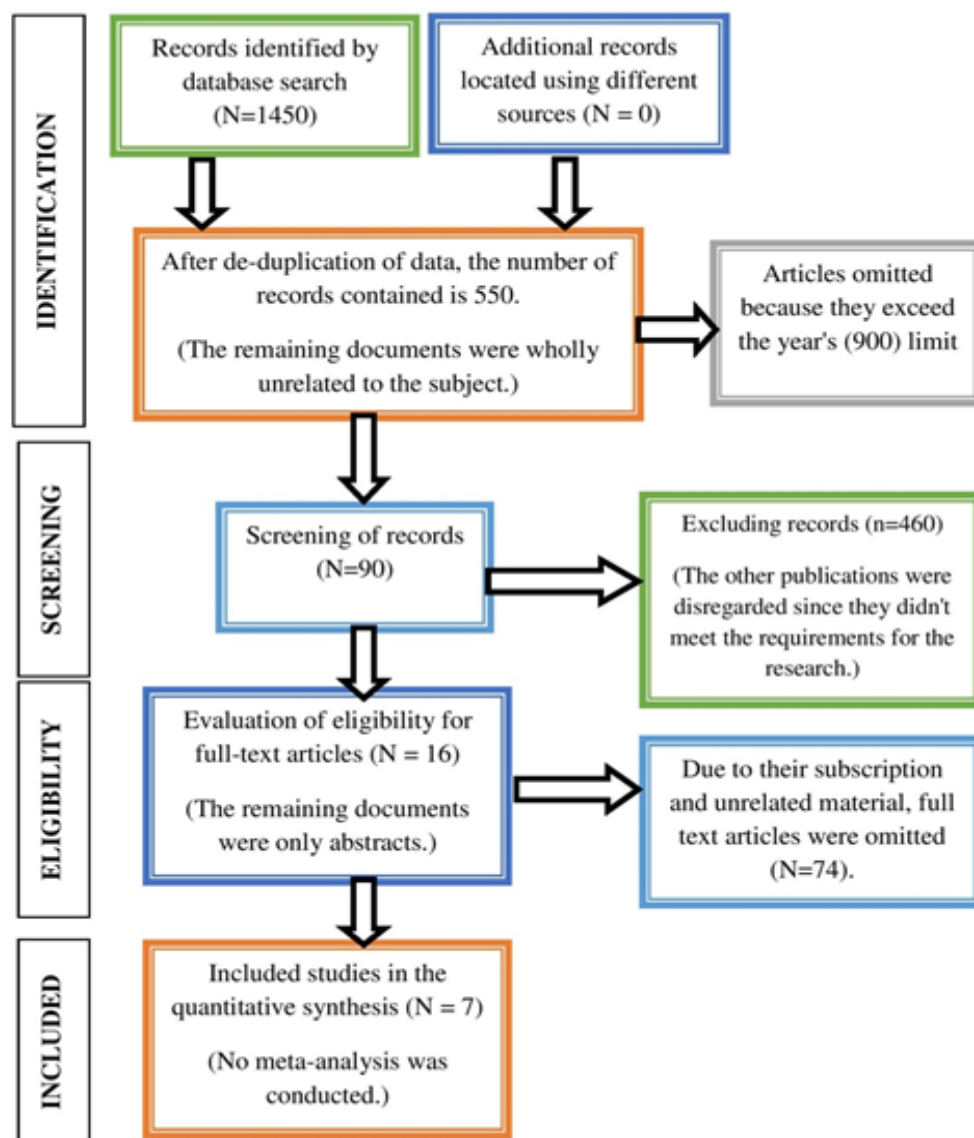


Fig 1 PRISMA Flow Diagram of Narrative Review

IV. FINDINGS

A systematic search was performed according to the database, formulating the terms separately and merging them with all synonyms. Manual searches were also performed by PubMed and Google researchers using keywords and search synonyms from previously published papers. Added 6 items to the database. The initial search retrieved 1450 items, 550 of which were manually selected. 900 items were rejected due to replication within the database. Duplicates were removed, and 90 articles were checked for acceptability. 74 further studies were rejected

due to the inability to access the full text. Therefore, 16 of his papers were reviewed, including quantitative studies.

V. DISCUSSION

These results are supported by a quasi-experimental study by Capik et al. (2015). "The impact of nursing care according to Orem's self-care model on postnatal self-evaluation". With a control group, this study was carried out using an experimental pre-test/post-test methodology. Women who had completed basic sign language education made up the study's population. A personal information form and a data collection form are provided. Primary

nursing interventions based on identified nursing diagnoses were implemented in confined women's homes, thereby resolving identified problems during the puerperium and improving confined women's postpartum adjustment.

VI. CONCLUSION

Dorothea Orem's theories are applied to patients by nurses as a result of her dedication to nursing theory and her hard work in the field, which influences patients' decisions to leave the hospital and recover at home. Now you can. In this study, the word "self-care" is defined in terms of its attributes, background, results, and empirical support.

FUNDING SOURCE: Own funds

ETHICAL CLEARANCE: The internal Sharda University ethics committee gave its preliminary clearance.

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