

Empowering Health Journey: Dorothea Orem's Self-care Deficit Theory in Patient Empowerment

Annette Maruca*

Department of Biochemistry, College of Medicine, University of Hail, Hail 55476, Saudi Arabia

Mini Review

Received: 03 July, 2023, Manuscript No. jnhs-23-111054; **Editor Assigned:** 05 July, 2023, Pre QC No. P-111054; **Reviewed:** 17 July, 2023, QC No. Q-111054; **Revised:** 24 July, 2023, Manuscript No. R-111054; **Published:** 31 July, 2023, DOI: 10.4172/JNHS.2023.9.4.88

*For Correspondence

Annette Maruca, Department of Biochemistry, College of Medicine, University of Hail, Hail 55476, Saudi Arabia

E-mail: annettemaruca11@gmail.com

ABSTRACT

In the realm of healthcare, empowerment has emerged as a powerful concept that seeks to shift the balance of authority from healthcare providers to patients, enabling them to take charge of their well-being. One significant framework that has paved the way for patient empowerment is Dorothea Orem's Self-Care Deficit Theory. This theory emphasizes the importance of self-care in maintaining and improving health and its principles have been instrumental in promoting patient engagement and autonomy within the healthcare system. Dorothea Orem's Self-Care Deficit Theory is a prominent nursing theory that focuses on the importance of self-care in maintaining and improving an individual's health and well-being. Developed by Dorothea Orem, a renowned nursing theorist and educator, this theory provides a framework for understanding the roles of both patients and healthcare providers in ensuring optimal health outcomes.

Keywords: Healthcare, Self-care deficit, Medication

INTRODUCTION

Dorothea Orem, a prominent nursing theorist, developed the Self-Care Deficit Theory as a response to the changing landscape of healthcare. This theory posits that individuals have the inherent ability to care for themselves and manage their own health, provided they have the necessary knowledge, skills and motivation. According to Orem, when individuals are unable to meet their self-care needs due to physical, psychological, or developmental limitations, a self-care deficit occurs. In such cases, healthcare professionals step in to provide support, education and assistance to bridge the gap between the patient's self-care abilities and their needs^[1]. This refers to the activities that individuals engage in to maintain their well-being. These activities can range from basic tasks like bathing and eating to more complex actions like monitoring chronic conditions or adhering to medication regimens.

LITERATURE REVIEW

When a person's self-care abilities fall short of their requirements, a self-care deficit arises. This deficit can be due to various factors, including illness, disability, lack of knowledge, or limited resources. Orem's theory acknowledges the role of healthcare professionals in assisting individuals with self-care deficits. Nurses, in this context, act as facilitators who provide the necessary education, support and guidance to empower patients to regain or enhance their self-care abilities. Dorothea Orem's theory aligns seamlessly with the concept of patient empowerment. By recognizing that individuals possess the innate capacity to care for themselves, the theory underlines the importance of involving patients in their healthcare decisions and plans^[2]. This approach shifts the traditional healthcare model from a passive patient role to an active participant, thus fostering a sense of ownership and responsibility for one's health.

Engaged patients are more likely to adhere to treatment plans, make informed decisions and actively participate in their recovery. The theory's emphasis on patient involvement encourages individuals to take charge of their health journey. When patients are educated about their conditions and self-care practices, they are better equipped to manage their health effectively, potentially leading to improved health outcomes and reduced healthcare costs. Orem's theory takes a holistic approach to health-

Research & Reviews: Journal of Nursing & Health Sciences

care, addressing not only physical needs but also psychological, emotional and social aspects ^[3]. This comprehensive perspective aligns with the modern understanding of health as a multidimensional concept. At the core of Orem's theory is the concept of self-care, which refers to the activities that individuals engage in to promote and maintain their health. These activities encompass a wide range of behaviors, from basic daily tasks like bathing and eating to more complex actions like managing chronic illnesses, adhering to medication regimens and making informed health decisions.

DISCUSSION

The theory emphasizes the importance of patient involvement in their own care. By promoting self-care agency and active participation, patients are empowered to take charge of their health and make informed decisions. Orem's theory underscores the need for personalized care plans tailored to each patient's unique self-care abilities and deficits. This approach ensures that care is responsive to the individual's specific needs and circumstances ^[4]. The theory encourages the promotion of preventive measures and health education to enhance self-care capabilities. By educating patients about healthy behaviors and self-monitoring techniques, nurses can help prevent the development of self-care deficits. Orem's theory recognizes that health is a multifaceted concept, encompassing physical, psychological and social dimensions. Nurses applying this theory consider all aspects of an individual's well-being when designing care plans.

The theory is particularly relevant during transitions of care, such as discharge from the hospital to home. Nurses play a critical role in ensuring that patients have the knowledge and skills to manage their health effectively after leaving a healthcare setting. Self-care agency represents an individual's ability and capacity to engage in self-care activities. It is influenced by factors such as a person's physical and psychological abilities, knowledge, motivation and cultural background. When an individual's self-care agency is insufficient to meet their self-care needs, a self-care deficit occurs ^[5]. This could be due to various reasons, including illness, injury, developmental challenges, or lack of necessary resources and support. Orem's theory introduces the nursing system as the means through which healthcare professionals provide assistance to individuals with self-care deficits. In situations where an individual cannot perform adequate self-care, nurses play a crucial role in providing education, support and interventions to bridge the gap between the individual's abilities and their care needs.

Wholly Compensatory System, Partially Compensatory System and Supportive-Educative System: Orem's theory classifies nursing interventions into three systems. The wholly compensatory system involves nurses performing all necessary self-care activities for the patient ^[6]. The partially compensatory system involves collaboration between the patient and the nurse, where both contribute to self-care activities. The supportive-educative system emphasizes the nurse's role in educating and supporting the patient to improve their self-care capabilities. The theory recognizes that each individual's self-care needs are unique. Healthcare providers can tailor their approach to meet the specific requirements of each patient, thereby promoting personalized and patient-centered care.

CONCLUSION

Dorothea Orem's Self-Care Deficit Theory has significantly contributed to the transformation of healthcare from a paternalistic approach to one that values patient autonomy and empowerment. By recognizing the inherent self-care abilities within individuals and advocating for their active involvement in their health journey, the theory aligns with the contemporary shift towards patient-centered care. As healthcare continues to evolve, Orem's principles remain a guiding light in empowering individuals to take control of their well-being and lead healthier, more empowered lives. Theory remains a cornerstone in nursing theory and practice, emphasizing the significance of self-care in achieving and maintaining good health. While it is not without its limitations, Orem's theory continues to inspire nurses and healthcare professionals to engage with patients in a way that respects their autonomy, enhances their self-care abilities and fosters improved health outcomes.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

None.

REFERENCES

1. Berbiglia VA and Banfield B. Self-care deficit theory of nursing. *Nursing Theorists and Their Work-E-Book*. 2013 27;30(1):240.
2. Younas A. A foundational analysis of Dorothea Orem's self-care theory and evaluation of its significance for nursing practice and research. *Creat Nurs*. 2017;23(1):13-23.
3. Sisay M. The use of assistive technology to support self care of the elderly people at home.
4. Hartweg DL and Metcalfe SA. Orem's self-care deficit nursing theory: Relevance and need for refinement. *Nurs Sci Q*. 2022;35(1):70-76.

Research & Reviews: Journal of Nursing & Health Sciences

5. Kumar CP. Application of Orem's Self-Care Deficit Theory and Standardized Nursing Languages in a Case Study of a Woman with Diabetes. *Int J Nurs Terminol Classif.* 2007;18(3):103-110.
6. Tanaka M. Orem's nursing self-care deficit theory: A theoretical analysis focusing on its philosophical and sociological foundation. *Nurs Forum.* 2022;57(3):480-485.