

Essay

Self-Care Deficit Nursing Theory

Student's Name

Course

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Date

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Background of the Self-Care Deficit Theory

According to Seed and Torkelson (2012), Dorothy Orem's 2001 Self-Care Deficit Nursing Theory (SCDNT) was developed to add importance to nursing practice, identify practical elements of nursing applicable in such practice, and guide nurses in all nursing disciplines. SCDNT stresses that people can benefit from nursing practice because they are rendered incapable of self-driven care and proper self-care due to certain limitations (Timmins & Horan, 2007). According to Didisen et al. (2017), the theory shows how nurses should help individuals within a clinical environment to achieve self-care. The theory also covers individualistic control in self-care and classifies it as personal continuous responsiveness and efficacy towards care needs.

Relationship between SCDNT and Nursing Practice

The theory emphasizes nurses' individualistic involvement and responsibility in care provision. Nurses can also evaluate and compensate for care deficiencies in patients rendered incapable of self-care due to psychomotor function impairments (Didisen et al., 2017). According to Shah (2015), the theory defines actions for providing care as technological, diagnostic, prescriptive, interventive, and regulatory. In nursing practice, the theory is instrumental and relevant in rehabilitation centers, acute care centers, management of specific chronic conditions related to old age, and management of cardiac diseases. The theory also enhances data collection based on patients' self-care requisites that nurses use to formulate and implement effective, technologically based, supportive/compensatory, and educative interventions within the nursing process (Gligor & Domnariu, 2020).

SCDNT and the Metaparadigm of Nursing Science

Person

SCDNT argues that a person is a social, psychological, and physical subject with varying levels of self-care abilities. The person is the beneficiary of self-care with the ability to learn and develop strategies to meet self-care needs and construct practical actions by engaging in deliberative activities and interpreting experiences towards self-care (Shah, 2015). Additionally, the theory views people as different entities from other creatures due to their self-reflective abilities. The person employs creative communication and thinking skills and ideas to enhance beneficial care outcomes for themselves and others. The theory also stresses that a person is distinct and unitary, therefore, cannot be considered separate from their environment (Didisen et al., 2017).

Health

The theory argues that health is the mental, physical, and social well-being, a crucial element of human structure, and the vital aim of the theory. SCDNT outlines limitations preventing individuals from meeting self-care needs and the associated impact on personal health. The theory's crucial principle is developing an effective nursing strategy that enhances individuals' achieve and maintain self-care (Shah, 2015). According to Didisen et al. (2017), the theory argues that self-care is an innate capability, and nurses should deal with the external factors that influence and affect the development of those capabilities. It defines self-care as daily care practices individuals intentionally and effectively undertake personally and continuously.

Environment

According to Shah (2015), the theory views the environment as a setting that an individual exists in. SCDNT emphasizes that a person and the environment are distinct subjects in the human mind, requiring knowledge to conceptualize them as separate subjects. The theory presented various environmental domains and categorized them into physical, chemical, biological, and social elements. In addition, the environment also entails cultures, families, and communities. These elements influence a person's ability and need for self-care.

Nursing

According to Didisen et al. (2017), Orem argues that nursing is an art with specific intellectual domains, including decision-making skills, planning, designing, organizing, and implementing care practices, and practical skills such as coping with various challenges in nursing practice. Orem introduced the nursing system and agency to exemplify nursing. Nursing agencies are individuals educated and trained to provide care. In contrast, the nursing system is the existing relationship between patients and nurses and entails implementing practical activities based on the client's self-care needs.

Conclusion

Ultimately, the theory encourages quality care provision and self-care promotion among individuals in various settings. It is relevant in various nursing practices, such as ambulatory care and the treatment of chronic conditions. In addition, its applicability in nursing practice is crucial in developing clinical knowledge and training to guide patients toward self-care. The theory legitimizes the significance of self-care in achieving overall health and maintaining daily life activities and requires individuals to participate in promoting their care.

References

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