



## **Effectiveness of Orem's Theory in Improving Patient Outcome- An integrated review**

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### **ABSTRACT**

*The effectiveness of Orem's theory to improve care, aimed at assessing the effectiveness of the application of Orem's theory on improving patient care were included in the current review. 14 studies published between 2013 and 2022 based on the inclusion criteria were analyzed. Almost all the studies proved to be effective in improving patient outcomes, except for the one stating that the utilization of Orem's self-care theory is unable to satisfy the demand for self-care in chronic hepatitis patients due to a combination of psychological and behavioural needs, including a lack of knowledge about self-care and physical, economic, and sexual needs. As a result, the particular self-care model created in this study aids medical practitioners in identifying self-care practices in individuals with chronic hepatitis. Orem's theory helped caregivers decide which aspects of patient care they should concentrate on in a particular situation and it emphasizes how important it is for patients or individuals to maintain autonomy over their self-care processes. This theory has proven to be useful in providing care to patients. Features that appeared to have positive aspects include the nurse-led education program or training-based education or self-care training for individuals. This systematic review provides evidence for the efficacy of treatments to enhance care based on Orem's hypothesis, which saves time and effectively provides care, motivation, and knowledge required for persons to engage in self-care behaviours.*

**Keywords:** *Orem's theory, Orem's self-care theory, Orem's model, Self-care deficit theory*

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### **INTRODUCTION**

The Nurse theorist Dorothea Orem developed the Self Care Nursing Deficit Theory. What is meant by self-care is "the practice of self-initiated and independent actions people take to uphold their own health, wellbeing, and quality of life. The self-care or self-care deficit theory of nursing is made up of three interrelated theories: the theory of self-care, the theory of self-care deficit, and the theory of nursing systems, which is further divided into fully compensatory, partially compensatory, and supportive-educative systems. It is recognised as a grand nursing theory, which indicates that it comprises general concepts that may be used in all nursing circumstances. Nursing is "the action of assisting others in giving and administering self-care to" patients, according to Dorothea Orem's self-care deficit theory. It is recognised as a grand nursing theory, which means that it covers a wide range of nursing settings and includes universally applicable general concepts. To maintain or enhance human functioning at the level of effectiveness seen at home, nursing is defined as "the act of assisting others in the provision and administration of self-care." This definition comes from Dorothea Orem's self-care deficit hypothesis [1]. To study the effectiveness of Orem's theory to improve care. The study aimed at assessing the effectiveness of the application of Orem's theory on improving patient care were included in the current review.

### **MATERIAL AND METHODS**

A systematic integrated review

#### **Inclusion criteria**

This article includes the studies which focus on the care of patients or individuals based on Orem's self-care theory or model to improve patients' quality of life and improve individuals' self-ability to care for themselves. Articles written in the English language and published between 2013 and 2022 were included. Studies with full text and presenting sufficient information in abstract were included.

#### **Search Strategy**

Electronic databases like Pub Med, Research Gate, ProQuest and Google Scholar were searched for English-language publications from 2013 through 2022, in cooperation with information professionals.

The references of review articles and the original publications that were included were also checked for studies that might be pertinent.

**Methods of Review**

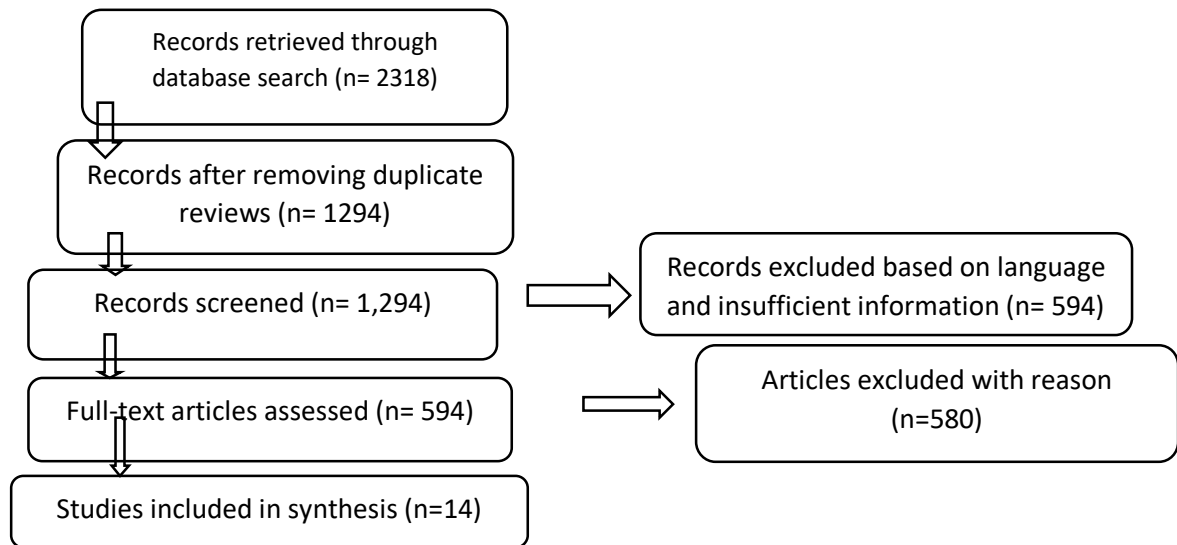
The citations and abstracts were evaluated by two reviewers to find suitable articles that would fit the inclusion requirements.

**Data Extraction**

Two reviewers performed the data extraction of pertinent study material for papers matching the inclusion criteria.

Discussions between reviewers were made to come to a mutual agreement. We extracted the main target of the intervention (patients, caregivers); part of Orem’s theory which included. Theory of nursing systems(wholly compensatory system, partly compensatory system, supportive-educative system), self-care theory, and self-care deficit theory and the provider of the intervention. The information from the articles was gathered, and the relevant information was condensed. (Flowchart 1)

**Flow chart 1**



**DATA ANALYSIS**

To identify the specific characteristics of interventions that are probably related to successful or poor results. The features which were identified are (1) the target of the intervention (2) Objectives (3) the Study design (4) the main findings of the study.

**Description of studies:**

The original search turned up 2,318 citations in total. 1,294 were allowed for additional screening after duplicate papers were eliminated, and full abstracts and full-text articles were examined. Based on the inclusion criteria, 14 intervention studies were included after reviewing full-text articles and abstracts

**Table 1: Summary of findings**

References	The target of the intervention	Study design	Main findings
[1]	Coronary artery disease patients	Randomized, controlled, pretest/posttest experimental design	Patients with CAD experienced increased self-care agency, disease-specific and general quality of life because of the training programme created in this study based on Orem’s SCDNT. <sup>2</sup>
[2, 3]	Nursing Students	Quasi-experimental study	The performance of nursing students has improved; however, nursing care templates still need to be improved. <sup>4</sup>

[4]	Hypertensive patients	Quasi-experimental study	The findings demonstrated that teaching hypertension patients self-care using Orem's theory can enhance their quality of life. Therefore, it is advised that nurses use this approach when providing outpatient treatment for patients with hypertension. <sup>3</sup>
[5]	Asthmatic adolescents	Semi-experimental study	Given that the training based on Orem's model had a favourable impact on lowering adolescents' perceptions of stress, ongoing use of these training interventions may eventually assist these patients in improving their health-related functions. <sup>5</sup>
[6]	Elderly patients with hip fractures	A randomized clinical trial study	A self-care programme built on Orem's self-care model has reduced post-operative complications while significantly enhancing the quality of life for elderly patients with hip fractures. <sup>6</sup>
[7]	Lung cancer patients	Two groups: an experimental group and a control group	Patients with lung cancer, as well as those receiving chemotherapy, have effectively improved their quality of life, negative emotions, and pain level by using Orem's self-care model. <sup>7</sup>
[8]	Acute coronary syndrome patients	Cohort study with 2 groups	After PCI, patients with the acute coronary syndrome can lessen their post-operative problems by using Orem's self-care method. <sup>8</sup>
[9]	Chronic hepatitis patients	Qualitative study	As hepatitis patients have critical physical, economic, psychological, and behavioural needs in addition to having inadequate knowledge of self-care, Orem's self-care theory cannot be used to satisfy their demands for self-care. As a result, the particular self-care model created in this study aids medical practitioners in identifying self-care practices in individuals with chronic hepatitis. <sup>9</sup>
[10]	Pregnant mothers who are at risk of preterm birth	Clinical trial study	It is advised that preterm birth-risk women receive prenatal self-care training given that educational interventions may lower the prevalence of premature delivery. <sup>12</sup>
[11]	Infertile couple	Cross-sectional study	It has been demonstrated that receiving nursing consultation based on Orem's theory and Bandura's concept can help infertile couples using assisted reproductive technology feel less stressed and more confident. <sup>10</sup>

[12]	Nursing students	Quasi-experimental study	The intervention group's mean score on the clinical performance evaluation was significantly greater than that of the control group. However, there were no statistically significant variations in the patient satisfaction ratings between the control group and the intervention group. The performance of the kids improved by 23% under the Orem self-care paradigm. <sup>11</sup>
[13]	Hypertensive older women	Randomized control trial study	The OSCD theory is successful at encouraging self-care behaviours in hypertensive women. Therefore, its use is advised to enhance patients' quality of life, manage their hypertension, and lower treatment expenses. <sup>14</sup>
[14]	Pneumoconiosis caregivers	Single-group repeated measures study	This nurse-led education programme for caregivers of people with pneumoconiosis improved their mental health, lowered their stress, fatigue, and sadness, and also addressed the majority of their unmet requirements. <sup>13</sup>
[15]	Multiple sclerosis patients	A single-blind randomized clinical trial study	The self-care model developed by Orem considerably reduces fatigue in people with multiple sclerosis. <sup>15</sup>

## CONCLUSION

The results of this thorough examination demonstrated that Orem's hypothesis can help people feel better and inspire them to take care of themselves. The review shows that a self-care program based on Orem's paradigm can greatly enhance one's quality of life. This theory has increased patients' self-care abilities as well as their general and disease-specific quality of life. Nurses using Orem's SCDNT to improve the quality of life and the efficiency of related educational initiatives should strengthen the self-care agency of these patients.

## CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest. The research received no specific grant from any funding agency in the public, community, or non-for profit sectors.

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