Analysis of Nursing Theory

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**Introduction**

Appropriate nursing theories are recognized as the guiding principles for the perspective of nursing practice. A comprehensive understanding of different theoretical approaches is essential to apply suitable nursing theory according to the actual requirements of healthcare services for the patients. Understanding the theoretical foundations of nursing is a critical step to ensure proper management of the entire healthcare prospect considering the role of nursing staff (Helou & Zumstein-Shaha, 2019). This research work focuses on critically analyze the approach of self-care deficit nursing theory in the context of different domains of healthcare.

**Discussion**

**Analysis of Research Studies**

Orem's self-care deficit theory was proposed by Dorothea E. Orem, who wanted to enhance the quality of nursing in wide-ranging hospitals and clinics in her state. The theory specifically addresses the needs of self-care for patients suffering from chronic diseases. Nurses use and apply this theory extensively for guiding and improving their practice. For example, there is extensive use of this theory in addressing different patient's needs, such as multiple sclerosis (MS) (Afrasiabifar, Mehri, Sadat, & Shirazi, 2016). Ardashir, along with other researchers, conducted a single-blind randomized clinical trial study to tumble the exhaustion of multiple sclerosis patients. These patients suffer from wide-ranging symptoms, such as fatigue, stillness, impassiveness, faintness, shocks as well as visual and sexual disorders. Management of all these complaints is carried out not only with medical treatment, but non-medicinal methods are also used. These can be rehabilitation, session, training, rest as well as different relaxation exercises. Thus, effective management and intervention strategies require the empowerment of patients in self-care for getting effective results. Ardashir and other researchers had a sample of MS patients under treatment. Data was collected and analyzed for primary and secondary outcomes 1 week beforehand and 2 months afterward, the culmination of the mediation (Afrasiabifar et al., 2016). The results showed the upgrading in self-concept and quality of life in MS patients after the application of Orem’s model.

Furthermore, Hashemlu, with other researchers, also applied the same theory for increasing the quality of patient care for elderly people living in nursing institutions (Hashemlu, Maslakpak, & Bagherie, 2015). These people lose their capabilities and become susceptible, thus, requiring special care and sustenance. For this purpose, 50 elderly individuals were selected for the quasi-experimental study. After the application of Orem's self-care deficit theory, the world health organization quality of life questionnaire was used to assess the results. Data analysis involved the use of SPSS (v. 16.0).

Similarly, Borji, along with other fellows, also applied the same theory to check the quality of life(QOL) in patients with type II diabetes at Ilam, Iran. 80 patients with type II diabetes were selected as a sample of a quasi-experimental study (Borji, Otaghi, & Kazembeigi, 2017). There was a use of a demographic questionnaire and the SF-36 survey to check the theory responses (Borji et al., 2017). The results showed the use of a self-care program could improve the quality of life of patients with diabetes.

In addition, Orem’s Self-Care Deficit Theory (SCDT) has also been used as a model of self-care for examining self‐care behaviors and their related factors among adolescent girls with dysmenorrhea (Wong, Ip, Choi, & Lam, 2015). For this purpose, a predictive correlational study was conducted consisting of 531 secondary school girls. Path analysis exposed that age and expected menstrual education both had undeviating and knock-on effects through self‐care agency.

Additionally, the theoretical approach of self-care deficit nursing theory is used by Halmo and his fellow researchers in their research studies. The main focus of these researchers is to critically analyze the application of self-care theory, specifically in the context of patients of chronic heart disease (Halmo, Galuszka, Langova, & Galuszkova, 2015). Pilot-study is conducted in this research work to analyze all the problems that are associated with patients’ approach of self-care.

**Relationship between the Self-Care Deficit Nursing Theory and Healthcare Outcomes**

It is vital to figure out how the practical perspective of self-care deficit nursing theory plays its role in achieving potential healthcare outcomes. Understanding of the actual application of this nursing theory is important to determine the actual significance of this theoretical foundation. The main objectives of this theoretical model are to provide suitable forms of rehabilitation and primary care setting to the patients according to their specific healthcare needs. The healthcare results in the form of this theory appear as the growing independent approach of patients to address their issues. The independent approach of the patients is greatly encouraged, considering the theoretical perspective of Orem’s model of nursing.

Enhancing the form of self-care for the patients is the primary objective of the self-care deficit nursing theory. The desired results of this theory are appeared as the acceptance of the patient’s independence to find proper solutions to their healthcare problems. Active involvement by patients is highly encouraged, considering the approach of their self-care to deal with healthcare issues. It is established that the patients’ ability of self-care is immensely important to achieve better forms of healthcare results in the end. A detailed understanding of the specific situations of patients is essential to ensure the successful application of self-care deficit nursing theory. This form of assessment guides nursing staff to guides patients about their healthcare standards in the most appropriate way. Appropriate application of this theory eventually appeared as the independent patients who are keen on their self-care to successfully deal with their healthcare issues. This theoretical idea eventually enhances the awareness level of patients about their specific healthcare needs and related requirements of self-care.

**Application of the Theory to Improve Care of the Patient and Nursing Practice**

The appropriate application of the self-care deficit nursing theory can be examined in many different forms. It is crucial to examine its significance in the form of different practical perspectives to evaluate the actual effectiveness of this specific theory. Firstly, it is important to evaluate how the implications of self-care deficit nursing theory can be helpful to enhance the approach of care of the patients. This theoretical idea is directly associated with the broad spectrum of healthcare services for the patients. The main philosophy of this theory is that all patients are always interested in adopting the approach of self-care to deal with their healthcare issues. The nursing staff must play their role as facilitators to encourage patients to adopt better practical approaches of self-care. This theoretical foundation ultimately influences the domain of care of patients effectively and efficiently. The promotion of self-care capabilities of patients is a vital practical step to meet the objectives of the desired form of care of patients.

It is also vital to observe how the practical implications of the self-deficit nursing theory can be helpful for the nurses to improve their present and future approaches of healthcare services. The main idea of the self-deficit nursing theory is closely linked with the application of the proper nursing system according to the healthcare service requirements for the patients. The current nursing prospect in this theoretical context requires the application of proper nursing agency to effectively provide awareness of self-care to the patients when they are in need. The application of compensatory supportive education in the current nursing scenario is a suitable approach to deal with the scenario of self-care for the patients successfully. The application of this theory can also be assistive for the nurses to develop their future domains of healthcare services for the patients. Accurate evaluation of all the self-care activities is important to step for the nurses to ensure proper healthcare prospects considering future directions. Consideration of suitable actions by the nurses is suitable for practical measures to improve the outcomes of self-care of patients in current and future domains.

**Development of Strategies for Using Nursing Theory within Practice**

The development of appropriate strategies of nursing is an essential practical measure to achieve the actual objectives of the self-care deficit nursing theory. A detailed understanding of the theoretical approach of this idea is first to step to develop accurate strategies. The perspective of developing necessary strategies can be observed in different forms of practice, education, and management. It is important to evaluate the approach of relevant strategies considering the domain of healthcare practice as delivers by the nurses. The first practical measure for the domain of practice is to select a suitable nursing system. This specific approach is critical to examine the actual requirements of the patient and adopt practical practice measures accordingly.

Proper adoption of the three theoretical domains in the forms of theory of self-care, the theory of self-care deficit, and the theory of nursing system is an important strategic measure for the nursing staff. The practical approach of this theoretical domain is also demanding the measurement of the deficit by the nursing staff. The perspective of the deficit is defined as the detailed assessment of the patient to identify the actual needs of healthcare services for the patients. This form of consideration is also vital for the nursing practice to build active communication between patients and nursing staff.

**Conclusion**

In a nutshell, it is crucial to indicate that the self-care deficit nursing theory is one suitable option when it comes to acknowledge and enhance the independence of patients during the procedure of healthcare services. The active role of nursing staff is critical to apply this specific theory according to the needs of healthcare services for different patients. The core objective of rehabilitation is closely linked with the patients’ willingness that eventually impacts the overall domain of healthcare services.

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