

## Summary

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## Self-Care Deficit Theory

## Introduction

Orem's Self-Care Nursing Theory offers direction to the healthcare providers. In exploring how the Self-Care Deficit Theory is applied in nursing practice it is important to consider:

- What constitutes a self-care deficit,
- What causes self-care deficits
- The signs and symptoms of self-care deficits
- What the self-care deficit theory focuses on, and
- The methods nurses can follow in addressing the different self-care deficit issues.

Orem's Self-Care Deficit Theory offers direction to healthcare providers on the strategies for promoting patients' self-care. The theory holds that patients are better able to recover when they maintain some independence over their self-care. An individual's ability to perform self-care is defined as the practice of activities that individuals initiate and perform on their behalf in maintaining life. In exploring how the Self-Care Deficit Theory is applied in nursing practice, it is important to consider the following:

- What constitutes a self-care deficit,
- What causes self-care deficits
- The signs and symptoms of self-care deficits
- What the self-care deficit theory focuses on, and
- The methods nurses can follow in addressing the different self-care deficit issues.

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## Causes of Self-Care Deficits

A self-care deficit is an inability to perform certain daily functions linked to health and well-being.

Self-care deficits can arise from physical or mental impairments, including: depression, surgery recovery, trauma, or age-related mobility issues (Wagner, 2022).

Other issues that result in from the self-care deficit include:

- weakness,
- pain,
- neuromuscular disorders,
- developmental disabilities,
- and decreased motivation (Wagner, 2022).

A self-care deficit is an inability to perform certain daily functions linked to health and well-being. Self-care deficits can arise from physical or mental impairments, including depression, surgery recovery, trauma, or age-related mobility issues (Wagner, 2022). Other issues that result in from the self-care deficit include weakness, pain, neuromuscular disorders, developmental disabilities, poor mobility, lack of adaptive equipment, and decreased motivation (Wagner, 2022). A self-care deficit is an inability to perform certain daily functions, suggesting that patients can recover better when they maintain independence over their self-care (Wagner, 2022). As such, this theory is applied in the nursing practice during the assessment to determine the specific self-care deficits. Awareness of the patient's environment, strengths and weaknesses is significant in assessing self-care deficits and adopting the most appropriate intervention to help in patient recovery.

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### Signs and Symptoms of Self-Care Deficits

Some of the signs and symptoms of self-care deficits include: the inability to maintain proper hygiene, inability to dress, inability to feed oneself, mobility issues, frustration/depression, and problems with using the toilet (Jaftoran et al., 2021).

Upon assessing and discovering that a patient might be presented with a challenge in one or more ADLs, the nurses adopt interventions that are geared towards helping them while allowing for individual autonomy.

Some of the signs and symptoms of self-care deficits include the inability to maintain proper hygiene, inability to dress, inability to feed oneself, mobility issues, frustration/depression, and problems with using the toilet (Jaftoran et al., 2021). In referring to the aspects of daily living that the patients are having issues with, the terms activities of daily living or ADL are often used. Upon assessing and discovering that a patient might be presented with a challenge in one or more ADLs, the nurses adopt interventions that are geared towards helping them while allowing for individual autonomy.

### Application of Self-care Deficit in Nursing

In applying the self-care deficit theory in the nursing practice: nurses identify a patient facing a self-care deficit by gathering information about the patient,

Second is adopting the strategies for helping the patient improve their self-care, and last is working directly with the patient in meeting the needs towards effective self-care. Several ways to help in scenarios needing the nurses' attention include acting for and doing for others, guiding others, and supporting others (Martiningsih et al., 2021). Other ways include providing an environment for promoting personal development.

In applying the self-care deficit theory in the nursing practice, nurses identify a patient facing a self-care deficit by gathering information about the patient, including their health, needs, and capacity. Second is the strategies for helping the patient improve their self-care, and last is working directly with the patient in meeting the needs towards effective self-care. Several ways to help in scenarios needing the nurses' attention include acting for and doing for others, guiding others, and supporting others (Martiningsih et al., 2021). Other ways to help include providing an environment for promoting personal development with respect to meeting future need and teaching another about self-care strategies (Martiningsih et al., 2021).

### Application of Self-care Deficit in Nursing

Orem's Self-Care Deficit Theory offers direction to healthcare providers on the strategies for promoting patients' self-care by emphasizing the need for patient engagement in care provision (Borji et al., 2017).

The methods nurses can follow in addressing the different self-care deficit issues include in areas such as:

Hygiene  
Dressing and grooming  
Toileting, and  
Speech and communication.

This theory promotes collaboration in promoting self-care.

Orem's Self-Care Deficit Theory offers direction to healthcare providers on the strategies for promoting patients' self-care by emphasizing the need for patient engagement in care provision (Borji et al., 2017). The theory holds that patients are better able to recover when they maintain some independence over their self-care. The methods nurses can follow in addressing the different self-care deficit issues include: Hygiene, providing patients with reminders and motivation to help them to maintain hygiene. Recommending clothing that is easy to put on for clients struggling with dressing and grooming and offering privacy. Creating a conducive environment for patients struggling with feeding enables them to feed. In regard to speech deficits, the nurses can work with a speech pathologist to ensure that the deficits doesn't interfere with care communication. For clients with toileting deficits, the nurses should work towards simplifying it and remaining close by for assistance in cases of falls or accidents. Orem's Self-Care Deficit Theory offers helpful strategies for nurses upon diagnosing self-deficits by ensuring that they promote the independence of their patients while upholding some levels of autonomy in their areas of deficits. As such, Orem's Self-Care Deficit Theory is a fundamental theory that should be integrated in the routine practice as it promotes recovery by promoting the collaboration between the patient and the care provider.

Redundant phrase: **Some of the** → **Some**

Spelling mistake: **Jaftoran** → **Pastoral**

Spelling mistake: **ADLs** → **Adds**

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Spelling mistake: **Borji** → **Born**

Possible agreement error: **nurses**

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Possible agreement error: **nurses**

with/in reference to, ...: **In regard to** → **About**

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assist, assistance (help): **assistance** → **help**

## References

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