

**WEEK 7 ASSIGNMENT:  
THEORETICAL  
FRAMEWORK TO SUPPORT  
EVIDENCE-BASED  
PRACTICE: POWERPOINT  
PRESENTATION**

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# INTRODUCTION

DOROTHEA E. OREM'S SELF-CARE DEFICIT NURSING THEORY, ALSO KNOWN AS THE OREM MODEL OF NURSING, IS KNOWN AS A THEORY THAT CAN BE APPLIED TO MANY DIFFERENT SETTINGS AND NURSING SITUATIONS WITH A VARIETY OF DIFFERENT PATIENTS. USING THE THEORY IN A PATIENT WITH DIABETES CAN RESULT IN EFFECTIVE HEALTH OUTCOMES AND IMPROVED QUALITY OF CARE.

- Identification of Orem's Self-Care Deficit Theory
  - Issue/Concern related to Diabetes Mellitus
- Theory as Framework for Evidence-Based Practice



## OREM'S SELF-CARE DEFICIT THEORY

- BASED ON THE ABILITY OF PATIENTS TO CARE FOR THEMSELVES AS THEY DESIRE
- PROVES THAT THE RECOVERY PROCESS IS QUICKER AND MORE HOLISTIC WHENEVER PATIENTS ENGAGE IN SELF-CARE
- PEOPLE ARE DISTINCT INDIVIDUALS
- A PERSON'S KNOWLEDGE OF POTENTIAL HEALTH PROBLEMS IS REQUIRED TO PROMOTE SELF-CARE BEHAVIORS

# OREM'S SELF CARE DEFICIT THEORY AND THE RELEVANCE TO THE FAMILY NURSE PRACTITIONER

- THE THEORY PROVIDES EVIDENCE THAT PATIENTS SHOULD BE VIEWED AS A WHOLE AND THAT THEY HAVE THE POTENTIAL TO ENGAGE IN SELF-CARE
- ONE OF THE PRIMARY RESPONSIBILITIES FOR THE FNP IS TO TEACH PATIENTS TO CARE FOR THEMSELVES TO IMPROVE AND MAINTAIN HEALTH
- THE OVERALL GOAL OF PROVIDING CARE IN THE PRIMARY CARE SETTING IS TO INCREASE THE ABILITY OF PATIENTS TO CARE FOR THEMSELVES WHICH ASSISTS IN ENHANCING PATIENTS' PERSONAL HEALTH, DEVELOPMENT, AND WELL-BEING.

# DIABETES: A CHRONIC DISEASE THAT IS SELF-MANAGED AND CAN BE CONTROLLED THROUGH MODIFIED LIFESTYLE CHANGES



- DIABETES WAS THE 7<sup>TH</sup> LEADERS CAUSE OF DEATH AND TOOK THE LIFE OF APPROXIMATELY 80,058 INDIVIDUALS IN 2016 (XU, MURPHY, KOCHANKE, BASTIAN, & ARIAS, 2018).
- THE NUMBER OF ADULTS WITH DIABETES IN THE UNITED STATES FROM 2013-2016 WAS 14% OF THE POPULATION. OUT OF THAT 14%, 9.7% WERE DIAGNOSED WHEREAS 4.3% WERE UNDIAGNOSED (MENDOLA, CHEN, GU, EBERHARDT, & SAYDAH, 2018).
- MANY TIMES, INDIVIDUALS WITH DIABETES ARE UNEDUCATED IN THE DISEASE, AND NEED EXCESSIVE AND FOLLOW-UP EDUCATION AND DIRECTION ON MANAGING THE DISEASE TO CONTINUE WITH THEIR EVERYDAY LIVES.
- INDIVIDUALS ARE UNAWARE THAT SIMPLE, LIFESTYLE CHANGES MAY IMPACT THE WAY THEIR DISEASE PROCESS OCCURS AND PROGRESSES.

# OREM'S SELF-CARE THEORY AS A FRAMEWORK FOR EBP

- THOSE WITH DM REQUIRE CONTINUOUS EDUCATION AND INFORMATION PROVIDED TO THEM MANY TIMES WHENEVER ABNORMAL EPISODES OCCUR DUE TO LACK OF KNOWLEDGE.
- A SIMPLE CHANGE IN LIFESTYLE THAT MAY BE EDUCATED BY THE FNP CAN MAKE A BIG DIFFERENCE IN THE PATIENT'S ABILITY TO MAINTAIN ACCEPTABLE LEVELS. **SOME LIFESTYLE CHANGES MAY INCLUDE SMOKING CESSATION, DIETARY MANAGEMENT, AND INCREASED PHYSICAL ACTIVITY. (LEVESQUE, 2017).**
- THE ROLE OF THE FNP ACCORDING TO OREM RELATES TO ENCOURAGING THE PATIENT TO BE PROACTIVE IN SELF-CARE.



# OREM'S SELF-CARE THEORY AS A FRAMEWORK FOR EBP

THE ENCOURAGEMENT OF SELF-CARE BENEFITS PATIENTS WITH QUALITY NURSING CARE, THEREFORE, CONTRIBUTING TO A BETTER QUALITY OF LIFE (MOURA, ET AL., 2014).

THE GOAL OF THE MANAGEMENT OF DIABETES IS SELF-CARE AND OREM'S SELF-CARE DEFICIT THEORY CAN DIRECT THE PROVIDER OR EDUCATOR IN GUIDING THE PATIENT IN PERFORMING SELF-CARE ACTIVITIES THAT BENEFIT AND IMPROVE THEIR HEALTH (KUMAR, 2007).

IT IS IMPORTANT TO IMPLEMENT CLINICAL PREVENTION ACTIVITIES THE IMPROVE THE OVERALL HEALTH OF THE POPULATION. UNHEALTHY LIFESTYLE BEHAVIORS ACCOUNTS FOR OVER HALF OF THE DEATHS OF THE POPULATION.

SERVICES PROVIDES MUST BE PATIENT-CENTERED AND CULTURALLY APPROPRIATE TO ENSURE COMPLIANCE BY INDIVIDUALS, FAMILIES, AND COMMUNITIES.

# CONCLUSION

## **UNHEALTHY LIFESTYLE BEHAVIORS ACCOUNTS FOR OVER HALF OF THE DEATHS OF THE POPULATION**

UTILIZING DOROTHEA OREM'S SELF-CARE THEORY IN A PATIENT WITH DIABETES ENABLES THE PROVIDER TO:

- PROVIDE INFORMATION ON SELF-MANAGEMENT SKILLS
- PROMOTE EFFECTIVE ACTIVITIES TO PREVENT COMPLICATIONS FROM DIABETES
- ENCOURAGE THE PATIENT AND EMPOWER THEM TO ENGAGE IN SELF-ESTEEM TO PROMOTE HEALTHY LIFESTYLE CHANGES
- ENCOURAGE THE PATIENT TO BE PRO-ACTIVE IN SELF-CARE

# REFERENCES

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