

# [Every the practice of nursing have originated.](https://assignbuster.com/every-the-practice-of-nursing-have-originated/)

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Every day, nursing professionals questionaspects of daily practice; a fact that forces us to reflect on the meaning ofwhat is being done. In this sense, from various approaches, several authorshave contributed their knowledge in order to define and explain the essence ofnursing care. As result, different theories and models that guide the practiceof nursing have originated. For example: Dorothea Orem’s theory of self-care isa great general theory formed by three other related sub-theories: Self-caretheory, self-care deficit theory and nursing systems theory. Each of them isbased on key concepts that make up their central idea. Dorothea Orem was a prominent nurse who wasborn in 1914 in Baltimore, Maryland and died on June 22, 2007, with 94 years ofage. She was the creator of the Theory of Self-Care. Within her trajectory as atheorist, no nurse influenced more than another, but it was a set of all withwhich she had contact, and the experience of them, including his own, whichserved as a theoretical source.

Orem formulated its concept of nursing inrelation to self-care as part of a study on the organization and administrationof hospitals. Orem’s interpretations of nursing science as a practical scienceare basic to understanding how empirical evidence is collected and interpreted. The self-care theory, explains the conceptof self-care as a constant contribution of the person to their own existence. Thisbeing an activity learned by the person oriented towards an objective, considering it an existing behavior in specific situations of life. Self-careis directed by people towards themselves, towards others or to the environmentin order to achieve the regulation of factors that affect their own developmentand functioning for the benefit of their life, health or well-being. Thistheory has three requirements that explain what are the results or objectives thatare pursued with the use of it: universal self-care requirements, self-carerequirements for development and self-care requirements for health deviation.