

Every the practice of
nursing have
originated.

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

Orem formulated its concept of nursing in relation to self-care as part of a study on the organization and administration of hospitals. Orem's interpretations of nursing science as a practical science are basic to understanding how empirical evidence is collected and interpreted. The self-care theory, explains the concept of self-care as a constant contribution of the person to their own existence. This being an activity learned by the person oriented towards an objective, considering it an existing behavior in specific situations of life. Self-care is directed by people towards themselves, towards others or to the environment in order to achieve the regulation of factors that affect their own development and functioning for the benefit of their life, health or well-being. This theory has three requirements that

explain what are the results or objectives that are pursued with the use of it:
universal self-care requirements, self-care requirements for development and
self-care requirements for health deviation.