

A borderline case and
a contrary case.
lastly,



**ASSIGN
BUSTER**

A Concept Analysis: Self-Care A concept provides the basic foundations and the essential framework for any discipline. The concept itself represents an icon of the advanced thought known as the theory, the concept of the theory is what the researcher will be concentrating on in order to attest or justify their assumptions. The concept I will be centering on will be Self-Care, the nursing theory associated with Self-Care is Dorotheas Orem's Theory of Self-Care Deficit. The selected nursing practice will be nursing education which where I will apply how I am able to use theory within my selected practice. Within this paper I will be explaining the concept of Self-Care and its theme and ideas using scholarly literature sources. I will also be defining attributes of Self-Care, as well identifying antecedents and consequences, two empirical referents of the nursing concept of Self-Care and be identifying a model case, borderline case and a contrary case.

Lastly, I will speak on the theoretical application of the concept by explaining the purpose of the concept analysis to the theory and how the concept applies to the theory. Concept analysis is an imperative step needed in order to provide precision that is needed in order to help the researcher identify the antecedents, consequences and attributes. Explanation of Self-Care The definition of Self-Care is the practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own health, well-being and happiness. It is also known as the care of self without medical or other consultation. Care for one self.

(Merriam Webster Dictionary) Humans instinctively need to sustain their health mentally and psychologically. Dynamics that broadly influence the patient to regress on Self-Care can be influences such as depression, beliefs,

<https://assignbuster.com/a-borderline-case-and-a-contrary-case-lastly/>

socioeconomic status, education level and ofcourse environmental factors.

Self-Care is referred to as one's independence, autonomy, individual accountability and self-guidance. (Hasanpour-Dehkordi, 2016)

Literature Review
The theme of the concept Self-Care is to help encourage individuals to play an active role in their own care. The significance of the Self-Care concept is related to how human needs are for maintaining and promoting health and recovery. Self-Care activities alleviate symptoms and complications of diseases, shorten recovery, and reduce hospital stay and rehabilitation rate. (Hasanpour-Dehkordi, Mohammadi, & Nikbakht-Nasrabadi, 2016) Orem's postulations of Self-Care was that people should be self-reliant and accountable for their own care. Orem identified the provisions also known as the ADL's as a person's intake of food, air and water.

How they deal with elimination care, their balance between activities and rest, how they balance solitude and social interactions, the prevention of hazards, and the promotion of functioning. (Self-Care Deficit Theory, 2016)

The attributes related to self-care defined by humans are having the mental competences to be able to assess a situation, judge it and make decisions about the factors and how they will contribute to their health. (Orem, Renpenning, & Taylor, 2003) These attributes act as the ideas of exactly what we are looking for within the concept of self-care. When looking into the idea of self-care as professional nurses in order for us to determine the presence of self-care patients need to be asked questions and we need to make sure we receive verbal read back of information given.

Asking patients questions about how they produce self-care for themselves will help measure their knowledge of their deficit. (Self-Care Deficit Theory,

<https://assignbuster.com/a-borderline-case-and-a-contrary-case-lastly/>

2016) If patients demonstrate positive self-care habits they will reach optimal health, which is the goal. Defining Attributes Three attributes of the concept of Self-Care defined by humans are having the mental competences to be able to assess a situation, judge it and make decisions about the factors and how they will contribute to their health. (Orem, Renpenning, & Taylor, 2003) For example, a mentally ill patient whom was discharged and placed on a medication regimen whom feels after a couple weeks that he feels better and no longer needs to be on medications.

He then chooses to come off medication and perhaps even self-medicate with drugs or alcohol. He is unable to assess the situation and judge his actions. He is deficit in the concept of self-care. Second attribute is the person's self interest in being able to take care of one's self in order to achieve the competency of self-care. For example, a patient whom is discharged and continues to go to all outpatient appointments, sticks to medication regimen and wants to take care of himself in order to optimize his health. Third attribute I feel is the fact that the patient is able to actually perform the self-care task fittingly. Orem's theory comes into play because as professional nurses, our task is to be able to identify where the patient is deficient in and help the patient with education on his self-care deficits.

(Self-Care Deficit Theory, 2016) Antecedent and Consequences An antecedent is an identifiable occurrence that precedes an event. An antecedent of self-care is knowledge. As the nurse, we must be able to identify if a patient is knowledgeable about themselves. Does the patient know how to take care of themselves, does the patient understand why they must perform certain acts in order to promote optimal health. Being able to identify the occurrences of

<https://assignbuster.com/a-borderline-case-and-a-contrary-case-lastly/>

self-care deficit will hopefully prevent the consequences. (Orem, Renpenning, & Taylor, 2003) A consequence follows or is the result of an event.

So, if an antecedent isn't identified and corrected we then have a consequence. A consequence to a patient's self-care would be a lapse of care or perhaps medication. This can lead to readmission, worsening of illness and possibly even can be fatal depending on the situation.

(Hartweg, 1995) Empirical Referents Empirical referent is an objective way to measure or determine the presence of a nursing concept. The nursing concept we are focusing on is self-care relating to the theory of self-care deficit. In order to determine the presence of self-care patients need to be asked questions and we need to make sure we receive verbal read back of information given. Asking patients questions about how they produce self-care for themselves will help measure their knowledge of their deficit. (Self-Care Deficit Theory, 2016) For example, if a patient has diabetes and that patient is asked when do you take your blood sugar? When do you administer insulin? What range should you be in? ect. We will have a better understanding of the knowledge the patient has and the knowledge that is needed.

Another way to determine if self-care is present is through their understanding. When educating the patient about their illness or lifestyle changes it is a good method to ask the patient to verbally read back what you have taught them, this will measure their understanding of the material taught. Using these two empirical referents in order to determine whether or not the patient has good self-care or has self-care deficit will help you follow

through with the nursing theory and findways to help the patient in the areas they struggle. (Hartweg, 1995) Construct CasesModel Case: The followingreal-life situation is at my clinical practice where an adult man with bipolar disorder characterizes the traits of assuming accountability for self-care. Thepatient in this situation demonstrated the mental competency in assessing hissituation, making decisions and knowing how it will impact him.

Patient with 7-year history of bipolar disorder came in due to signs of increase mania. Patient felt as if he might need an increase in his medications in order to stabilize his moods. Patient assessed that he was feeling moments of grandiose behaviors and was displaying signs of increased mania. When assessed he made the decisions to bring himself into the emergency room in order to be admitted and adjust his medications as well as be watched for side effects.

The patient made this decision due to knowing that he needed to have a stable mood in order to function at his job and be able to function in everyday society. Borderline Case: The followingreal-life situation is at my clinical practice where an adult man whom held a position as a police officer with major depression had most of his attributes of self-care missing. The patient in this situation demonstrated the mental competency in assessing his situation, but wasn't able to make decisions or knowing how it will impact him in the long run. Patient with a long history of undiagnosed major depression came in due to himself writing a suicide note and thinking about attempting suicide. When patient assessed that these thoughts were too strong for him to "ignore" or "sleep off" he turned to his wife to get help. His wife recommended he go to the emergency room. Where the patient lacked self-

<https://assignbuster.com/a-borderline-case-and-a-contrary-case-lastly/>

care was his decisions, patient would not tell staff any of his feelings. Patient denied feeling depressed or anxious and said, " it was a mistake, it will never happen again.

" He was in denial and that decision to not work on his problems were causing harm to himself. Bringing us to how he was lacking the next attribute of realizing how it will impact him on the long run. He did not take into consideration his job will not let him return if he doesn't receive help, he did not care that he had a family to go home to and needed to be better in order to be around for a long time happily. Contrary Case: The following real-life situation is at my clinical practice where a young adult female whom unfortunately had a substance abuse issue and also suffered with major depression had all the attributes of self-care missing. The patient in this situation was unable to demonstrate the mental competency in assessing her situation, wasn't able to make decisions or knowing how it will impact her in the long run. Young female admitted 3 times in the last month for intentional overdoses. The last admission the patient was angry when she was revived.

Patient has a long history of heroin abuse as well as a long history of depression. Patient demonstrates no care for her situation. Patient is unable to assess her situation due to the mental competency lacking.

Patient continues to place herself in situations where she overdoses. Patient unable to make the decision to go to inpatient rehab instead of not going to her outpatient rehab and relapsing. Patient has no care for how it will impact her in the long run, unfortunately her self-care deficit may lead to death.

Theoretical Applications of the Concept The concept of self-care relates to the selected nursing theory of Dorotheas Orem self-care deficit theory. Self-Care is the act of taking care of oneself, patient whom demonstrate the capability to be able to care about themselves and care of themselves are able to promote optimal health. Orem's theory was towards professional nurses to be able to identify the patient deficits within self-care and be able to educate them in order to help them take care of themselves and help find services or programs to help them if they can't themselves. The importance of the concept analysis relationship to the theory is if the patient doesn't demonstrate self-care, we then look to Orem as our foundation on how to help the patient with their deficits. Conclusion The definition of Self-Care is the practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own health, well-being and happiness. It is also known as the care of self without medical or other professional consultation.

A concept provides the basic foundations and the essential framework for any discipline. The concept itself represents an icon of the advanced thought known as the theory, the concept of the theory is what the researcher will be concentrating on in order to attest or justify their assumptions. The nursing theory associated with Self-Care is Dorotheas Orem's Theory of Self-Care Deficit. Three attributes of the concept of Self-Care defined by humans are having the mental competences to be able to assess a situation, judge it and make decisions about the factors and how they will contribute to their health.

(Orem, Renpenning, & Taylor, 2003) The concept analysis of self-care applies to advanced practice nursing of education because as an educator I will help

<https://assignbuster.com/a-borderline-case-and-a-contrary-case-lastly/>

promote the act of making sure patients are well educated in order to promote autonomy for themselves. I will also be able to re-educate and educate nurses and new nurses about being aware of the act of determining what exactly your patient knows and understands about their health and how to act autonomously. Self-reflecting on the new knowledge I have gained from conducting a concept analysis about self-care I have learned that measuring and determining are critical. We can't determine what attributes they lack or how we can educate them without finding out where they lack within their knowledge. Being more mindful within my practice now I will try to lean off of just giving information and try the approach of asking them questions to see exactly what they are aware of about their medications and even their illness.