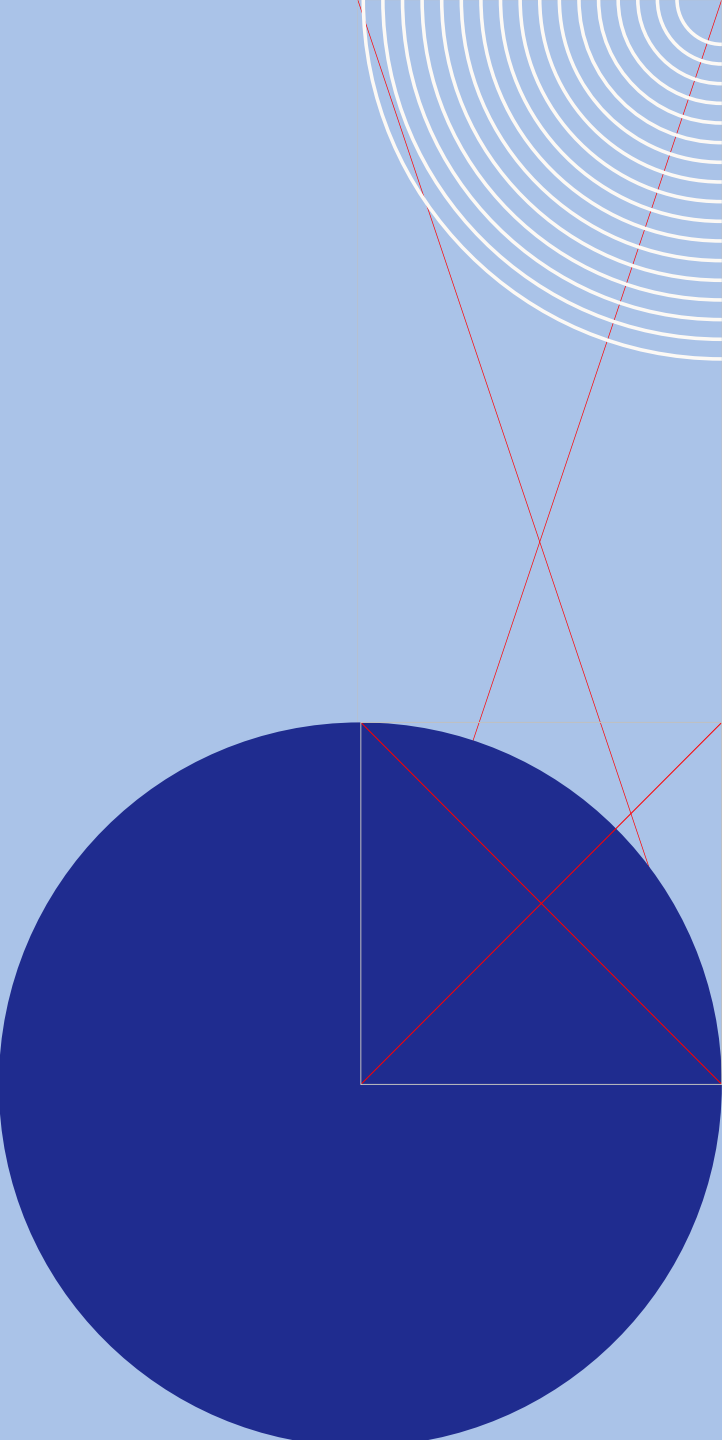




ENHANCING HOLISTIC NURSING CARE: EXPLORING OREM'S SELF-CARE DEFICIT THEORY AND KOLCABA'S COMFORT THEORY

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A NURSE THEORIST PRESENTATION



Featuring
Dorothea Orem and Katharine Kolcaba

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THEORIST'S BACKGROUND AND PARADIGM REFERENCE





DOROTHEA OREM

BACKGROUND

Life Span	Born on July 15, 1914, and died on June 22, 2007.
Education	In the 1930s, Orem earned her nursing diploma from Providence Hospital School of Nursing. She gained her Bachelor of Science in Nursing in 1939 and her Master of Science in Nursing in 1945, both from the Catholic University of America.
Nursing Positions	• Director of the nursing School and the nursing department of Providence Hospital in Detroit. • Assistant professor and nursing school dean from 1965 to 1966. • Curriculum consultant to The Office of Education, United States Department of Health, Education and Welfare, Practical Nurse Section in 1958, 1959, and 1960.

WORKS AND AWARDS

- Published Nursing: Concepts of Practice in 1971
- Chairperson of the Nursing Development Conference Group
- Latest Work, Nursing:
- Concepts of Practice, 6th edition published by Mosby in January 2001.
- The Linda Richard Award from the National League for Nursing in 1991
- Catholic University of America Alumni Achievement Award for Nursing Theory in 1980
- 'Honorary Fellow of the American Academy of Nursing in 1992
- Honorary degrees from Georgetown University, Incarnate Word College, Illinois Wesleyan University, and the University of Missouri-Columbia

SELF-CARE DEFICIT NURSING THEORY

- Nursing is aiding individuals in efficiently managing their self-care to sustain or elevate their overall functioning at home. This theory focuses on an individual's capacity to engage in self-care, such as initiating and performing activities promoting life, health, and well-being.
- Suggests that nursing becomes necessary for adults when they cannot consistently maintain sufficient and beneficial self-care practices that sustain life and health, facilitate recovery from illness or injury, or help manage their effects.
- A self-care deficit occurs if a patient cannot meet their self-care requisites. In this case, the patient's nurse steps in with a support modality: total compensation, partial compensation, or education and support.

Tanaka, 2022

NURSING PARADIGM REFERENCE

Person

- The individual is a holistic entity with universal developmental needs and an innate capacity for ongoing self-care. He or she is a unified whole that can operate in a biological, symbolic, and social context.
- Developing an individual's self-care agency is predicated upon their innate potential and intrinsic desire to fulfill self-care requisites autonomously.
- Individuals can intentionally respond to environmental stimuli to maintain their health and well-being

Tanaka, 2022

NURSING PARADIGM REFERENCE

Health

- Health is a state of being structurally and functionally whole or sound. This encompasses the health of both individuals and groups. Human health is characterized by the ability to reflect upon oneself, symbolize experience, and communicate effectively with others. Being healthy is a holistic state encompassing physical, mental, and social well-being.

Environment

- The environment comprises physical, chemical, and biological components, as well as family, culture, and community. Creating an environment that fosters personal growth and meets future demands is vital for human development and well-being

Tanaka, 2022

NURSING PARADIGM REFERENCE

Nursing

- Nursing is the care provided to individuals who cannot or are not expected to perform self-care. It is focused on promoting self-care.
- Nursing actions can be classified into three categories: wholly compensatory, partly compensatory, or supportive educative. These efforts include education, training, and targeted interventions promoting self-efficacy, self-awareness, and self-determination, empowering individuals to take charge of their health and well-being

Tanaka, 2022

WHY DOROTHEA OREM?

- Orem's theory prioritizes promoting patient independence and satisfying fundamental human necessities, to prevent any impediments to post-hospitalization recuperation. It underscores the significance of fostering a human connection between the nurse and patient before administering care. Ultimately, this methodology enables a smooth transition from medical facilities to the patient's residence.
- By implementing Orem's nursing theory, nurses can optimize the quality of care provided to patients to achieve their self care goals

Tanaka, 2022



KATHARINE KOLCABA

BACKGROUND

Birth	Born in Cleveland, Ohio in 1944
Education	• Nursing diploma from St. Luke's Hospital School of Nursing In 1965, Ph.D. in Nursing in 1997 • Received a Certificate of Authority as a Clinical Nursing Specialist, her education specialized in Gerontology, End of Life and Long Term Care Interventions, Comfort Studies, Instrument Development, Nursing Theory, and Nursing Research.
Nursing Positions	• Associate Professor of nursing at the University of Akron College of Nursing. • Currently volunteering with the American Nurses Association and the Honor Society of Nursing, Sigma Theta Tau.

AWARDS

- Cushing Robb Prize from Case Western Reserve University in 1987 for outstanding work in a Master of Science in Nursing program and the Advancement of Science Award from Midwest Nursing Research Society for End of Life and Palliative Care Nursing in 2003.
- Mary Hanna Journalism Second Place Award in the Best Practice Category by the American Society of Perianesthesia Nurses for a co-written article published in the *Journal of PeriAnesthesia Nursing*
- Marie Haug Student Award for Excellence in Aging Studies from Case Western Reserve University in 1997.
- Researcher of the Year award with Dr. Therese Dowd from the Delta Omega Chapter of Sigma Theta Tau in 2006.
- Published *Comfort Theory and Practice: A Vision for Holistic Health Care and Research*

THEORY OF COMFORT

- Katharine Kolcaba developed her theory to emphasize the significance of comfort as an essential component of nursing care. The theory focuses on the idea that comfort is a desirable, immediate, and positive outcome of nursing interventions.
- Comfort can be achieved in three forms: relief, ease, and transcendence, manifesting in four distinct contexts: physical, psychospiritual, sociocultural, and environmental. These contexts represent the factors that can affect a patient's comfort level, such as their physical condition, spiritual beliefs, cultural background, and surroundings.
- Kolcaba's theory emphasizes the importance of assessing patient's needs for comfort and implementing nursing interventions to achieve these outcomes. By doing so, nurses can help patients feel more at ease, reduce their stress levels, and improve their overall well-being

Lin et al., 2023

NURSING PARADIGM REFERENCE

Person

- Recipients of care may be individuals, families, institutions, or communities in need of health care

Environment

- Includes any aspect of the patient, family, or institutional setting that can be manipulated by the nurse, a loved one, or the institution to enhance comfort
- An individual's environment can be classified into two categories: internal and external. External background refers to cultural and social norms and environmental conditions that can influence a person's experiences. On the other hand, internal factors include emotions, beliefs, and cognitive processes that also shape one's experiences. In order to fully comprehend how humans interpret comfort, it is crucial to take into account both internal and external factors.

NURSING PARADIGM REFERENCE

Health

- Considered optimal functioning of the patient, the family, the healthcare provider, or the community
- Sense of fulfillment of comfort needs in physical, psychospiritual, environmental, and socio-cultural contexts.

Nursing

- The intentional assessment of comfort needs, design of comfort interventions to address those needs, and reassessment of comfort levels after implementation compared with baseline
- Enhanced comfort leads to increased engagement in health-seeking behaviors by patients and families, which in turn enhances patient, family, and institutional integrity.

WHY KATHARINE KOLCABA?

- The understanding and application of Kolcaba's Theory can provide nurses with a practical framework for delivering personalized and holistic care that promotes patient comfort and emotional well-being and leads to better overall recovery.
- Providing comfort after therapeutic interventions can increase hope and confidence, facilitating patients' healing, rehabilitation, or peaceful death.

Lin et al., 2023

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KEY POINTS & CONCEPTS OF THEORISTS



DOROTHEA OREM

1. Self-Care Theory

- a. Definition
- b. Key Concepts

2. Self-Care Deficit Theory

- a. Definition
- b. Key Concepts

3. Nursing Process and Environmental Factors

SELF-CARE THEORY

- **Definition:**
 - Orem defines self-care as the essential activities individuals initiate and perform on their own to maintain their health and well-being
- **Key Concepts**
 - **Self-Care Agency**
 - This concept underscores individuals' capacity to engage in self-care, encompassing factors like knowledge, skills, motivation, and physical/emotional abilities.
 - **Therapeutic Self-Care Demand**
 - Reflects the entirety of self-care actions required to support an individual's health and well-being.
 - **Self-Care Requisites**
 - Orem categorizes these into universal (e.g., air, water), developmental (specific to life stages), and health deviation (pertaining to health challenges) requisites.

NURSING PROCESS AND ENVIRONMENTAL FACTORS

Nursing Process

- Orem's theory guides the nursing process, including assessment of self-care deficits, planning and implementing interventions to address these deficits, and evaluating outcomes.

Environmental Factors

- Orem recognized the influence of environmental factors on an individual's ability to perform self-care activities. These factors include social, cultural, economic, and physical environments.

Goal of Nursing

- The ultimate goal of nursing, according to Orem's theory, is to empower individuals to engage in self-care activities independently to the fullest extent, thereby promoting health and well-being (Nursing Theories, 2020).

KATHARINE KOLCABA

● Comfort Theory

1. Relief
2. Ease
3. Transcendence
4. Integration of Key Points

RELIEF

- **Definition**
 - Relief involves the alleviation of discomfort or distress experienced by individuals. It encompasses addressing specific comfort needs to promote physical, psychospiritual, and emotional well-being.
- **Concepts**
 - Identifying sources of discomfort or distress.
 - Tailoring interventions to meet individual comfort needs.
 - Providing relief from physical symptoms through appropriate medical interventions.
 - Offering emotional support to ease anxiety, fear, or psychological distress.

EASE

- **Definition**

- Ease represents a state of well-being, tranquility, and freedom from pain or stress. It involves fostering a sense of comfort and relaxation that contributes to the overall comfort experience.

- **Concepts**

- Creating a calming and supportive environment conducive to relaxation.
- Utilizing relaxation techniques to promote a sense of ease and well-being.
- Supporting individuals in maintaining comfort and reducing stress levels.
- Ensuring comfort-enhancing measures are in place to minimize discomfort and promote relaxation.

TRANSCENDENCE

- **Definition**

- Transcendence occurs when individuals rise above their current situation or circumstances to find comfort and meaning in a broader context. It involves finding purpose, hope, and a sense of connectedness beyond immediate challenges.

- **Concepts**

- Encouraging individuals to find meaning and purpose in their experiences.
- Supporting spiritual and existential exploration to foster a sense of transcendence.
- Facilitating connections with others and promoting a sense of community and belonging.
- Helping individuals find comfort and peace by embracing a broader perspective on life's challenges.

INTEGRATION

- Relief, ease, and transcendence are interrelated components of the comfort experience, contributing to an individual's overall sense of well-being and quality of life.
- Effective nursing care addresses all three dimensions of comfort, recognizing that each plays a vital role in promoting holistic comfort and healing.
- By understanding and addressing the unique comfort needs of individuals within the framework of relief, ease, and transcendence, nurses can provide comprehensive and patient-centered care that enhances comfort and promotes overall health and well-being (Lin et al., 2023).

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APPLICABILITY OF THEORY TO NURSING PRACTICE



SCENARIO 1 - OREM'S THEORY

- A 70-year-old male patient just had a major abdominal surgery and is now in the PACU. The patient is experiencing lots of pain and struggles completing activities of daily living (ADLs) including dressing himself and walking. Considering Orem's theory the nurse makes a plan of care specific for this patient that includes pain management, walking using assistive devices like a walker with physical therapy. The nurses makes goals that the patient will gradually achieve on his own over time that will increase his independence in self care, for example brushing his teeth and using the bathroom.

SCENARIO 2 - OREM'S THEORY

- A pediatric patient had just been diagnosed with type 1 diabetes. Now, the patient requires lifestyle and diet modifications. The nurse explains to the patient and parents that the blood sugar must be monitored, how to administer insulin, and dietary changes. This is all new information for the patient and they are feeling discouraged. Considering Orem's theory, the nurse teaches the patient and family on how to manage and balance life and with all of these new teachings through fun and interactive lessons. This will encourage the patient to have autonomy over their care and diabetes management.

SCENARIO 1 - KOLCABA'S THEORY

- A new mom is just 12 hours post op, and has pain from her post labor stitches and incision. She also has anxiety of being a new mom and all of the responsibilities that come with it. Using Kolcaba's theory, the nurse comfort's the mom and aids with pain management , and offers the mom with support addressing all of her concerns about motherhood and teaching her think that are essential including nursing, and addresses all of her fears. The nurse also creates a care plan specific to the patient related to infant feeding and postpartum care. Allowing there to be a more seamless transition into motherhood.

SCENARIO 2 - KOLCABA'S THEORY

- An elderly patient in hospice with a terminal disease is experiencing pain, saddened by the loss of independence and scared about death. The patient feels lonely and is very anxious. Considering Kolcaba's theory, the nurse comforts the patient and involves the palliative care team to help manage the patient's pain. Also, the nurse facilitates zoom meetings with the patient's family in order to limit the patient feeling lonely. Lastly, The nurse comforts the patient by adding personal items to the patient's room to create a comforting atmosphere and reduce the patient's anxiety and have a sense of peace by meeting his end of life wishes.

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CRITIQUE OF THEORISTS



CRITIQUE OF OREM'S SELF-CARE THEORY AND KOLCABA'S COMFORT THEORY

●Standardized Format

1. How clear is this theory?
2. How simple is this theory?
3. How general is this theory?
4. How accessible is this theory?
5. How important is this theory?

HOW CLEAR IS THIS THEORY?

- While Orem's Self-Care Deficit Theory provides a structured framework for understanding the role of self-care in nursing, some critics find aspects of the theory to be overly complex and abstract. The terminology used in the theory, such as "self-care agency" and "self-care requisites," may be challenging for individuals without a background in nursing theory. Additionally, the theory's conceptualization of self-care deficits and the nursing process could be clearer, potentially hindering its practical application in clinical settings.
- Moreover, like Orem's theory, Kolcaba's Comfort Theory offers a comprehensive perspective on comfort in healthcare, but its clarity may be compromised by its broad conceptualization and terminology. The theory encompasses various dimensions of comfort, including physical, psychospiritual, and environmental aspects, which could lead to confusion or ambiguity in its application. Additionally, the terminology used in the theory, such as "comfort interventions" and "comfort measures," may require clarification for individuals unfamiliar with nursing theory.

HOW SIMPLE IS THIS THEORY?

- Orem's theory aims to provide a comprehensive understanding of self-care and its implications for nursing practice, but its complexity may pose challenges for novice nurses or those unfamiliar with theoretical frameworks. The theory's emphasis on various self-care requisites and the nursing process requires a deep understanding of nursing concepts and terminology, which may overwhelm individuals new to the field.
- Furthermore, while Kolcaba's Comfort Theory provides a holistic framework for understanding comfort in healthcare, its simplicity may be challenged by the complexity of its conceptualization and implementation. The theory's emphasis on addressing multiple dimensions of comfort and tailoring interventions to individual needs requires a specialized understanding of nursing practice and patient care. Novice nurses or healthcare professionals may find the theory's application challenging without adequate training and support.

HOW GENERAL IS THIS THEORY?

- While Orem's Self-Care Deficit Theory offers a broad perspective on self-care and its importance in nursing, some critics argue that its applicability may be limited to certain populations or healthcare contexts. The theory's focus on individual self-care abilities and deficits may not adequately address the unique needs of diverse patient populations, particularly those facing systemic barriers to accessing healthcare. As such, there's a need for further exploration of how the theory can be adapted to accommodate the complexities of different healthcare environments and patient demographics.
- In addition to Orem's theory, Kolcaba's Comfort Theory offers a broad perspective on comfort in healthcare, but its generalizability may be limited by its emphasis on subjective experiences and individual preferences. The theory's focus on personalized comfort interventions and the uniqueness of each patient's comfort needs may pose challenges in applying it across diverse patient populations or healthcare settings. Further research is needed to explore the theory's applicability in different cultural contexts and its effectiveness in addressing comfort disparities among various demographic groups.

HOW ACCESSIBLE IS THIS THEORY?

- Orem's theory is primarily targeted at nursing professionals and scholars familiar with nursing theory and terminology, which may limit its accessibility to a broader audience. Therefore, individuals outside the nursing field may find the theory challenging to understand due to its specialized language and conceptual framework. Greater efforts to translate the theory into more accessible language and disseminate it through various educational channels could enhance its accessibility and reach.
- Comparatively, Kolcaba's Comfort Theory is primarily targeted at nursing professionals and scholars familiar with nursing theory and terminology, which may limit its accessibility to a broader audience. Individuals outside the nursing field may find the theory challenging to understand due to its specialized language and conceptual framework. Efforts to simplify the theory's language and concepts and disseminate it through various educational channels could enhance its accessibility and reach.

HOW IMPORTANT IS THIS THEORY?

- Despite its complexity and potential limitations, Orem's Self-Care Deficit Theory remains a foundational framework in nursing theory and practice. Its emphasis on empowering individuals to engage in self-care and its recognition of the nurse's role in supporting self-care activities are crucial contributions to the field of nursing. Therefore, while there may be areas for improvement and refinement, the theory's significance in promoting patient-centered care and enhancing health outcomes cannot be understated.
- Similarly, despite its complexity and potential limitations, Kolcaba's Comfort Theory remains a valuable framework in nursing theory and practice. Its emphasis on holistic comfort care and patient-centered approaches aligns with contemporary nursing values and priorities. While there may be areas for refinement and further research, the theory's significance in promoting quality patient care and enhancing the patient experience cannot be overstated.

Chinn et al., 2022

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RESEARCH QUESTIONS



RESEARCH QUESTIONS

1. Does utilizing Orem's Self-Care Deficit Nursing Theory in diabetes management education of adolescents lead to improved self-care practice and glycemic control?
2. To what extent does the implementation of self-care education programs among individuals with chronic illnesses impact their ability to manage their condition independently and improve their overall wellbeing?
3. Could the application of Kolcaba's Comfort Theory to patients during natural birth without anesthesia process improve birth outcomes and post birth recovery?
4. How do interventions targeting multiple dimensions of comfort, including physiological, psychospiritual, sociocultural, and environmental aspects, impact patient satisfaction and overall well being in a hospital setting?

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