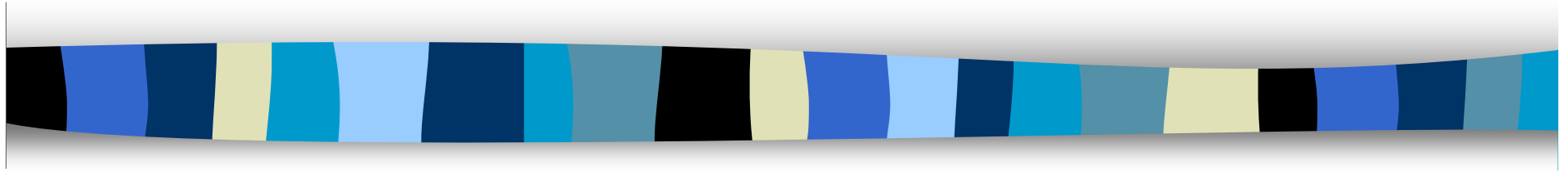


Orems' Model of Care



Andrea Jeffery
MSc.Cert.Ed Dip AVN
(Surg)VN



Origins of the Model

- Orem's quest for greater understanding of the nature of nursing focused on three questions:
- What *do* nurses do, and what *should* nurses do, as practitioners of nursing?
- *Why* do nurses do what they do?
- What are the results of nursing interventions?

» Orem & Taylor 1986



Self Care

- An individual is self caring if they can manage effectively:
 - Support of life processes and normal functioning
 - Maintenance of normal growth and development
 - Prevention and control of disease and injury
 - Prevention of, or compensation for, disability
 - Promotion of well being



Self Care

- Central to Orem's concept of self-care is that care is being initiated voluntarily and deliberately by an individual
- Self care is the practice of activities that will maintain life and health and will promote well-being.
 - » Cavanagh 1991.
- *Can an animal do this?*



Self care requisites

- Essential to Orem's model are the self-care requisites which are 8 activities that are essential to attain self-care.
- These activities are called universal self care requisites.
- The term requisite means an activity that an individual must perform in order to 'self-care'



8 Self care requisites

- The maintenance of a sufficient intake of air
- The maintenance of a sufficient intake of water
- The maintenance of a sufficient intake of food
- Satisfactory elimination functions



Self care requisites

- The maintenance of a balance between activity and rest
- The maintenance of a balance between solitude and social integration
- The prevention of hazards to life.
- The promotion of functioning and development within social groups and the desire to be normal (Normacy)

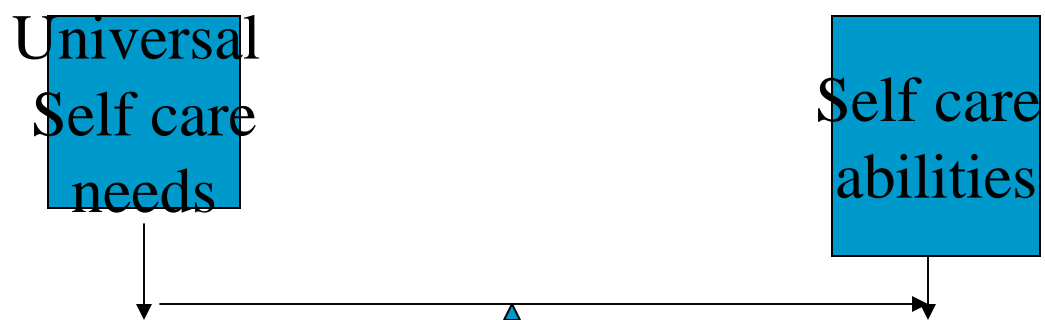


Universal self care requisites

- These self care requisites are essential tasks that an individual must be able to manage in order to be self-caring.
- Do animals have the same universal self care requisites? (wild .v.domesticated)

Health care demands and human ability

- The idea of balancing demands and abilities is central to Orem's model.





Developmental self-care requisites

- Orem identified a second kind of requisite found in special circumstances associated with development.



Specific developmental stages

- Including
 - Inter-uterine life and birth
 - Neonatal Life
 - Infancy
 - The developmental stages of childhood, adolescence and early adulthood
- Orem argues that at each of these stages universal self care requisites must be considered.



Specific developmental stages

- An example would be a neonate and temperature regulation. An adult can control their own body temperature but a neonate cannot.



Health-deviation self-care requisites

- These exist when an individual is ill, becomes injured, has disabilities or is under medical care.
- In these circumstances, the following additional health-care demands are placed upon an individual



Health-deviation self-care requisites

- Are these possible for an animal ?
 - Seeking and securing appropriate medical assistance
 - Being aware of and attending to the effects and results of pathological conditions and states
 - Effectively carry out medically prescribed treatment



Health-deviation self-care requisites

- Being aware of ,and attending to, the discomforting and deleterious effects of medically prescribed treatment.
- Modify their self image in accepting oneself as being in a particular sate of health
- Learn to live with the effects of pathological conditions and states

» Orem 1991



Preventative health care

- Orem stresses the importance of preventative health care as an important part of her model
- These views are in keeping with nurses concerns with health rather than illness.

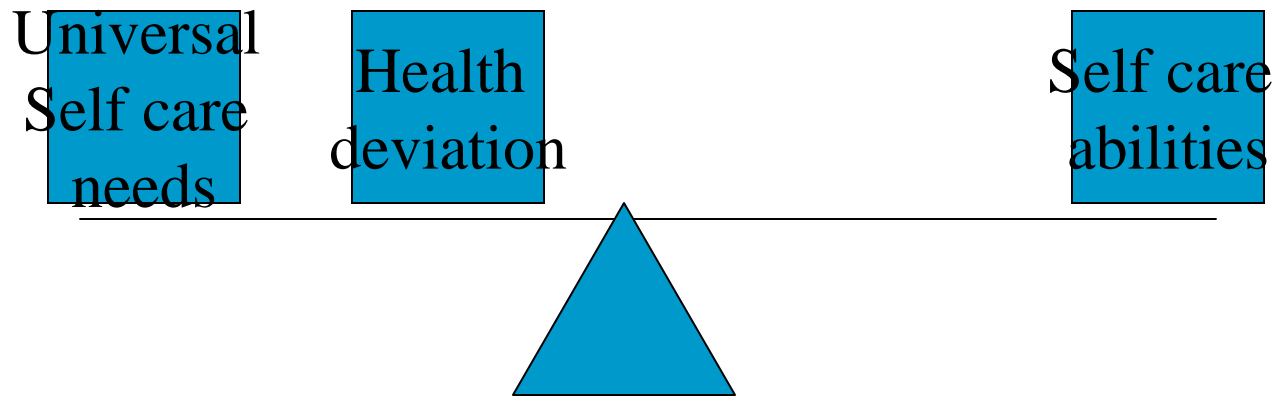


Self-care deficits.

- A situation could exist where the total demand placed on an individual exceeds their ability to meet it. In this situation an individual may need help to meet their self-care needs.
- Eg. A cat with a fractured jaw – difficulty eating, drinking and grooming

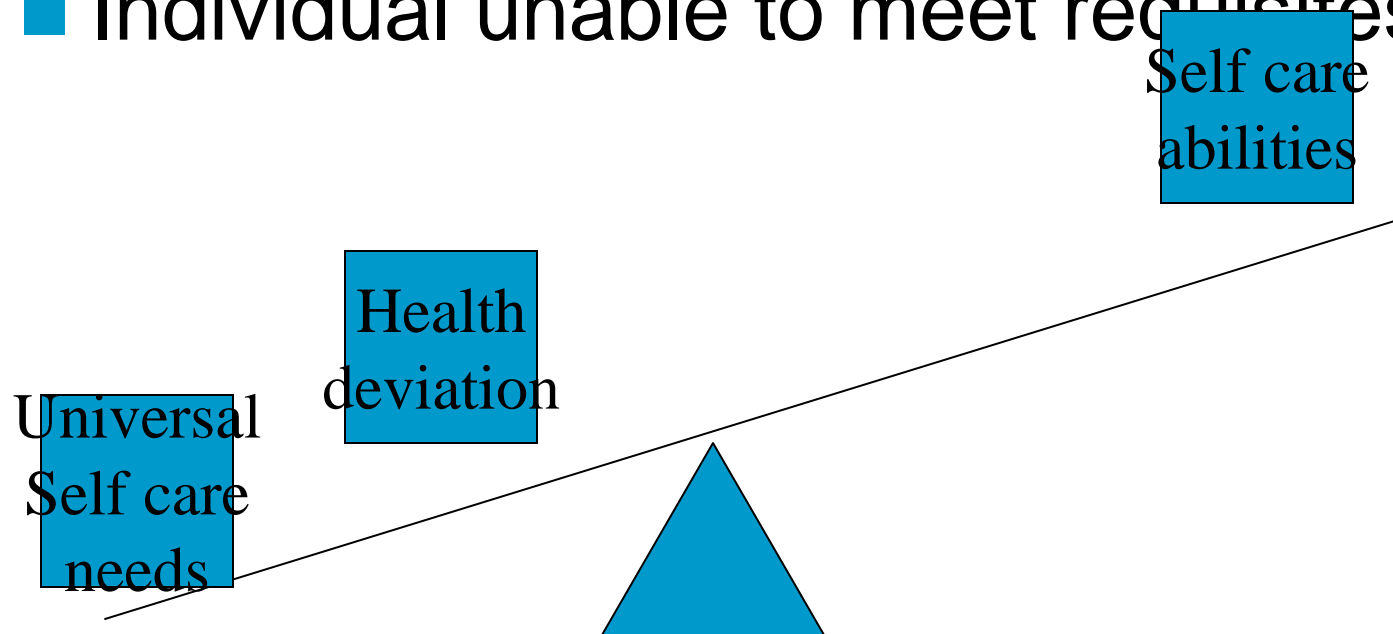
Health-deviation self-care requisites

- Individual still able to meet requisites



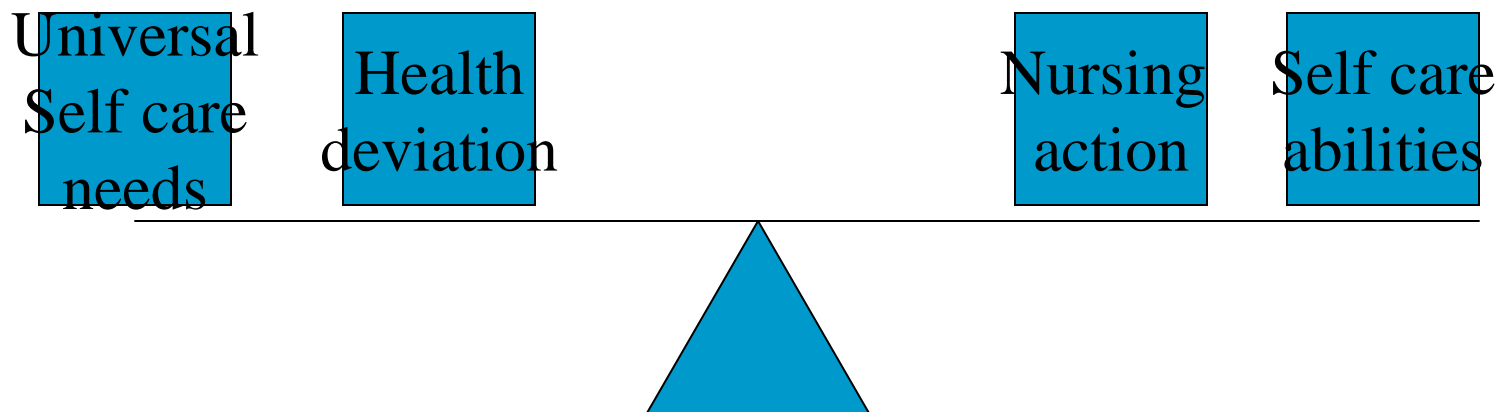
Health-deviation self-care requisites

- Individual unable to meet requisites



Health-deviation self-care requisites

- An individual able to meet all requisites with nursing assistance.





Applying the Nursing Process

- Assessment – of universal self care requisites.
- Planning – nursing actions and patients actions
- Implementation-of actions
- Evaluation- of actions.



References

- Cavanagh S.J. 1993 Orem's Model in Action. 3rd edition. The Macmillan Press Ltd, Hampshire
- Orem. D.E 1991 Nursing : Concepts of Practice, 4th edition. Mcgraw-Hill New York



Applying the Nursing Process

- Lets now have a look at the cat with the fractured jaw.
- He is a castrated 12 month old male, he lives with a family with two young children and he has a brother who he spends his time with. He uses a cat flap and does not have a litter tray , he normally eats a dry diet on an ad lib basis.
- He is a good hunter and spends most of the night outside the house.