

Reflections on Orem's theory and the applicability of educational technologies for the self-care of the person with an intestinal stoma

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Abstract

The empowerment of the individual about his health condition is of paramount importance to obtain his autonomy, thus the importance of encouraging self-care. Dorothea Orem's concepts and postulates are of great relevance to the construction of knowledge in the field of theoretical and philosophical foundations of nursing, as a strong guide to its practice, with regard to self-care needs. Self-care and the promotion of dependent care require availability, acquisition, preparation, and use of resources that determine the need for and provision of care. The present study aims to show the contributions of Orem's theory and the applicability of educational technologies for the self-care of a person with an intestinal ostomy. This is a descriptive, qualitative study of the reflective analysis type, a narrative review. Where narrative review studies are publications with the purpose of describing and discussing the state of the art of a given subject. We selected and analyzed articles published in the last five years, in Portuguese and that approached the theme, with the intention of acquiring greater depth and approximation with the object of study to subsidize the reflections. Three categories were elaborated, being, respectively: Self-care to the person with intestinal ostomy; Main difficulties listed by the patient with intestinal ostomy, to perform self-care; Technologies of education in health for the self-care of the person with intestinal ostomy. Thus, the present study aims to approach, in a brief way, reflections on Orem's Theory and its applicability in educational technologies for the self-care of a person with an intestinal ostomy.

Keywords: self-care, health education, stomas, nursing theory, health technology.

Reflexões da teoria de Orem e a aplicabilidade de tecnologias educativas para o autocuidado da pessoa com estomia intestinal

Resumo

O empoderamento do indivíduo sobre sua condição de saúde é de suma importância para obtenção de sua autonomia, por isso a importância de incentivar o autocuidado. Os conceitos e postulados de Dorothea Orem são de grande relevância para a construção do conhecimento no campo das bases teóricas e filosóficas da enfermagem, como forte norteador da prática da mesma, no que se refere às necessidades de autocuidado. O autocuidado e a promoção de cuidado dependentes requerem disponibilidade, aquisição, preparação e utilização de recursos determinantes para a necessidade e prestação de cuidado. O presente estudo tem como objetivo mostrar as contribuições da teoria de Orem e das aplicabilidades de tecnologias educativas para o autocuidado da pessoa com estomia intestinal. Trata-se de um estudo descritivo, qualitativo do tipo análise reflexiva, uma revisão narrativa. Onde, os estudos de revisão narrativa são publicações com a finalidade de descrever e discutir o estado da arte de um determinado assunto. Foram selecionados e analisados artigos publicados nos últimos cinco anos, nos idiomas Português, Inglês e Espanhol que abordassem o tema e no intuito de adquirir maior

aprofundamento e aproximação com o objeto de estudo para subsidiar as reflexões. Foram elaboradas 3 categorias, sendo, respectivamente: Autocuidado a pessoa com estomia intestinal; Principais dificuldades elencadas pelo paciente com estomia intestinal, para realização do autocuidado; Tecnologias de educação em saúde para o autocuidado da pessoa com estomia intestinal. Sendo assim, o presente estudo visa abordar, de forma sucinta, reflexões da Teoria de Orem e a sua aplicabilidade em tecnologias educativas para o autocuidado da pessoa com estomia intestinal.

Palavras-chave: autocuidado, educação em saúde, estomias, teoria de enfermagem, tecnologia em saúde

1. Introduction

Self-care is a process of choice based on personal and social experiences, carried out by the individual, to achieve stability or improvement in signs and symptoms in the face of worsening health. Empowering individuals over their health condition is of paramount importance in achieving autonomy (Santos et al., 2020; Nasiri et al., 2023).

Dorothea Orem's concepts and postulates are of great relevance for the construction of knowledge in the field of the theoretical and philosophical bases of nursing, as a strong guide for its practice, of self-care needs (Bezerra et al., 2018; Walker, 2020; Gligor; Domnariu, 2020; Tanaka, 2022). Currently, in the Brazilian reality, Dorothea Orem's conceptual model is one of the most researched, a fact justified by two main aspects: health promotion through educational interventions by nurses, which highlights self-care to the individual and/or population groups and long-term treatments related to the advancement of chronic disease conditions and the needs for private care, such as at home among other technologies, as ways of taking care of oneself (Yang; Niu, 2022; Marques et al., 2023).

Orem developed his theory based on the need to reformulate nursing curricula, as he believed that this task was necessary to identify the domain and limits of nursing as a science and art. The development of the Self-Care Deficit Theory was motivated by dissatisfaction and concern with the absence of a specific group on nursing knowledge, which had previously been non-existent. Dorothea Elizabeth Orem presents her general nursing theory, which is made up of three interrelated theories: (1) Self-Care Theory; (2) Self-Care Deficit Theory; and (3) Nursing Systems Theory (Silva et al., 2020; Yip, 2021).

The Self-Care Theory is combined with the practice of care carried out by the individual who needs to maintain life, health, and well-being. This theory encompasses self-care, self-care activity, the therapeutic requirement for self-care, and the requirements for self-care. From this perspective, guidance from a multidisciplinary team is important for the development of self-care, favoring the person's independence and adaptation (Júnior et al., 2020).

The Self-Care Deficit Theory describes and explains why people can be helped through nursing and the Systems Theory describes and explains the relationships that must be created and maintained to produce nursing (Aguiar et al., 2019). Self-care emerges with a regulatory function, which allows individuals to play a role, autonomously, that promotes actions aimed at preserving life, health, evolution, and well-being. Subjects suffering from illnesses report that self-care is a process of transformation in terms of feelings related to themselves and also in regaining meaning in their lives, providing a reason to move toward the future (Garcia et al., 2019).

According to Orem: "human beings need deliberate and ongoing health education about themselves and the environment to develop practical and intellectual skills to continue maintaining their essential human functions; and Self-care and the promotion of dependent care require availability, acquisition, preparation, and use of resources that determine the need and provision of care (Cavalcante et al., 2021). According to the above, the study aims to show the contributions of Orem's theory and the applicability of educational technologies to the self-care of people with an intestinal stoma.

2. Material and Methods

This is a descriptive, qualitative study of the reflective analysis type, developed from a literature review on Orem's theory and the applicability of educational technologies for self-care of people with intestinal ostomies. To this end, a narrative review was conducted.

Thus, the review was conducted in a non-systematic manner, with a random search for material in the databases of the virtual health library, Google Scholar, Scopus, and Web of Science to answer the following question: What are the contributions of Orem's theory and the applicability of educational technologies for self-care of people

with intestinal ostomies? The following descriptors were used to search for studies: Self-care; Health education; Ostomies; Nursing theory; and Health technology.

Articles published in Portuguese, English, and Spanish that addressed the topic in the last five years were selected and analyzed to acquire greater depth and approximation with the object of study to support the reflections. From then on, a qualitative synthesis of the analyzed works was carried out. It is considered that the established search and selection criteria were satisfactory in meeting the objective of this work.

Through the search procedure, 150 publications were identified with the potential to support this manuscript. After evaluating the titles and abstracts, 55 articles were considered for reading in full and, meeting the inclusion criteria, were able to support this reflection.

3. Bibliographic review

3.1 Category 1 - Self-care for people with an intestinal stoma

The process of adapting to life with an intestinal elimination stoma is characterized by a period of vulnerability and stigma, in which the person is challenged to develop self-care skills, which makes this process even more complex. Thus, based on the assumptions of self-care theory, it is understood that this is a process that patients with a stoma must experience since all human beings have the potential to develop their intellectual and practical skills. They also have the essential and voluntary motivation to take care of themselves and maintain life, health, self-esteem, and well-being (Alonso, 2021).

The ostomy patient's adaptation to their new living condition is difficult, as the care provided and the way this care is provided makes the client feel weakened and belittled. Therefore, the nurse plays a fundamental role in this process, comprising knowledge and skills to collaborate in the process of coping and adapting to the stoma, consolidating self-care and rehabilitation. The implementation of the nursing care process is of great importance in the care of intestinal ostomy patients (Ribeiro; Andrade, 2020).

People with a stoma have difficulties even when they are adopted, especially in terms of aesthetic aspects and the insecurity that this procedure causes in some patients, due to fear of leaks, flatulence, and causing discomfort to other people. It is up to the nurse to work on these issues in the pre-, trans- and post-operative periods, aiming at better adaptation to the condition of the ostomized person (Aguar et al., 2019).

The following self-care actions stand out: cleaning the stoma and the collection equipment, caring for the skin around the stoma, changing the collection bag, and changing eating habits. From this perspective, guidance from a multidisciplinary team is important for the development of self-care, favoring the independence and adaptation of the person with an intestinal stoma (Júnior et al., 2020).

Positive associations were evidenced between people with a stoma for more than 6 months and without a partner, with self-care. People with a stoma for more than six months and without a partner presented better self-care scores related to hygiene and the bag (Silva et al., 2020).

3.2 Category 2 - Main difficulties listed by patients with intestinal ostomies in performing self-care

The difficulties faced by people using intestinal ostomies have been increasingly studied, but it is observed that these highlight issues related to self-image, self-esteem, sexuality, social interaction, and complications of the stoma, without prioritizing the difficulties faced by ostomates during their self-care, more specifically, during the daily management of the pouch (Reis et al., 2020).

The need to use a pouch (reservoir/collection equipment) attached to the skin to collect feces and eliminate gases requires the person to have skills for its management, that is, to perform cleaning and periodic changes, a fact that can cause difficulties (Reis et al., 2020).

Among the difficulties encountered by ostomy patients and their families is the emotional fragility of both parties, since it is a new life condition in which they do not feel prepared to perform the necessary care, they feel insecure, distressed, and express their concerns regarding the lack of knowledge and management of the stoma and their care for it changing the collector, in addition to changes in the image of ostomized patients (Carvalho et al., 2019; Sha et al., 2024).

The difficulties that stand out are issues related to self-image, self-esteem, sexuality, social interaction, and complications of the stoma, without prioritizing the difficulties faced by ostomized patients during their self-care, more specifically, during the daily management of the pouch (Reis et al., 2020).

The family plays an important role in the recovery process and support for the patient's self-care. It is common for the family to be absent in this process, so the patient's recovery becomes even more difficult. Nursing plays a fundamental role in the guidance and care during the perioperative period and after hospital discharge, favoring the opening for learning self-care (Martins et al., 2021).

The crucial role in learning and encouraging self-care comes from the nurse; it is common for there to be a lack of assistance at this point, making the patient's learning process to deal with the device even more difficult. It is up to the nurse to provide health education that focuses on self-care and autonomy so that these people can alleviate the difficulties in their daily routines (Santos et al., 2022).

3.3 Category 3 - Health education technologies for self-care of people with intestinal ostomies

The protocols consist of technologies that make up the organization of nursing work and are characterized as an important health management tool (Rostirolla et al., 2022). The concept of technology applied to health encompasses all devices, products, techniques, and management mechanisms that enable the prevention of diseases and rehabilitation of people, improving their lives. In other words, any tool that is applied to health promotion in its broadest aspect is part of the universe of health technologies (Reis et al., 2020; Sasaki et al., 2021).

Educational technologies are indisputable in educational interventions and reveal that it is essential to contextualize the patient's needs and that it is up to the nursing professional to identify which type of technology is most relevant. Technologies such as pamphlets, booklets, and magazines facilitate access to information by patients, family members, and nursing professionals (Rostirolla et al., 2022). The use of educational videos, as an educational technology for care, is one of the ways of expressing the humanization and playfulness of nursing care, ensuring creativity in guidance and promoting critically reflective action in the face of care demands (Costa et al., 2018).

Nurses can use educational technology in the form of audiovisual resources to educate ostomized patients, allowing patients and their families to contextualize and become familiar with the care and products used in the management of changing and cleaning the collection bag (Costa et al., 2018).

Nurses are responsible for developing educational measures to better understand the new reality experienced by ostomized patients. The educational method involves developing technology in the form of booklets, aiming to guide and train patients and their families in developing a stoma care plan, to guide them in the best way to exercise self-care (Dalmolin et al., 2020).

The nurse must guide the patient in a practical, easy, and objective way, explaining the layout of the equipment available on the market, aiming to teach easily, in clear language, the best choice of the most appropriate type of bag for their stoma, showing how to empty it when it reaches half of its filling, and the care with changing the bag, and its clamping daily (Freitas et al., 2018).

The educational video is used in an extension project, with patients in the postoperative period of creation of an intestinal stoma and their families. Extension activities are developed to implement educational technology for hospital discharge into clinical nursing practice, favor the return home (Dalmolin et al., 2020).

The development of educational technologies in the form of booklets, to inform, guide, and train the person with a stoma and their family members for care and self-care, the development of a shared care plan with the patient with a stoma, and an educational nursing intervention (Dalmolin et al., 2020).

An important technology is the use of silicone in the adhesive plate, bringing great benefits to the person with a stoma compared to the use of hydrocolloid, which has disadvantages in the sense of absorbing moisture (such as sweat, exudate, or feces), which can cause maceration after saturation, in addition to the risk of detachment and, consequently, leakage (Reis et al., 2020).

4. Conclusions

Dorothea Orem's Self-Care Deficit Theory highlights the importance of the individual taking responsibility for their health and well-being. According to Orem, self-care is an essential component of maintaining health, and individuals must be able to identify their own self-care needs and engage in appropriate self-care activities. Overall, Orem's theory provides a framework for understanding the importance of self-care in promoting optimal health outcomes.

It is concluded that Dorothea Orem's self-care theory conjectures that a person, when qualified, becomes capable of developing self-care practices, being able to achieve maintenance and improvement in the face of health problems. Dorothea Orem bases the remodeling of nursing knowledge so that the professional, together with the patient, can identify deficits and self-care needs and guide the patient to develop their autonomy.

People with an intestinal stoma face unique challenges related to self-care, as they must learn how to care for their stoma maintain good health, and good adaptation to the anatomophysiological alteration suffered. Orem's Self-Care Deficit Theory is useful in guiding health professionals in promoting self-care practices in this population. By empowering individuals to take responsibility for their health and providing them with the knowledge and skills needed to manage their stoma, healthcare professionals can help individuals with an intestinal stoma achieve better health outcomes.

Educational technologies, used such as online resources and mobile applications, can also play a role in promoting self-care behaviors among individuals with an intestinal stoma. These technologies can provide individuals with access to information and resources that can help them manage their stoma and maintain good health. By incorporating educational technologies into their practice, healthcare professionals can help individuals with an intestinal stoma develop the skills and knowledge necessary to engage in effective self-care behaviors.

Ultimately, the integration of Orem's Self-Care Deficit Theory and educational technologies can lead to better self-care behaviors and better health outcomes for individuals with an intestinal stoma, consequently reducing complications and injuries to the stoma and peristomal skin. Both are guiding and enabling instruments for self-care practices, helping with the complexity of adaptation and quality of life for people with a stoma.

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6. Authors' Contributions

Wanderson Alves Ribeiro: ideas and formulations, oversight, and leadership responsibility for the research activity planning and execution, including mentorship external to the core team. *Ana Fagundes Carneiro*: conducting a research and investigation process, and development or design of methodology. *Érica Motta Moreira de Souza*: conducting a research and investigation process, and development or design of methodology. *Gabriel Nivaldo Brito Constantino*: conducting a research and investigation process, and development or design of methodology. *Gabriel Nivaldo Brito Constantino*: conducting a research and investigation process, and development or design of methodology. *Viviane Cortes Cruz de Souza*: conducting a research and investigation process. *Daiane Lopes dos Santos*: conducting a research and investigation process. *Ane Raquel Oliveira*: conducting a research and investigation process. *Pietro Henrique Benevides Pedrosa*: conducting a research and investigation process. *Loren Costa Klein*: conducting a research and investigation process. *Tarsila Reis Pinto Pires*: conducting a research and investigation process. *Cristal dos Santos Grassel*: conducting a research and investigation process. *Milena Rangel Siqueira*: conducting a research and investigation process, and preparation, creation and/or presentation of the published work. *Miriam Maria Ferreira Guedes*: conducting a research and investigation process and preparation, creation and/or presentation of the published work.

7. Conflicts of Interest

The authors declare no conflict of interest.

8. Ethics Approval

Not applicable.

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