

Orem's theory of self-care in Brazilian nursing theses: A bibliometric study

RESUMO | Objetivos: Caracterizar a produção científica relacionada à Teoria do Autocuidado de OREM nas teses de enfermagem brasileiras disponíveis no banco de testes do portal CAPES. Método: Revisão bibliométrica de caráter descritivo, desenvolvida a partir da análise de teses disponíveis na CAPES. Pesquisa descritiva com Análise de Conteúdo, desenvolvida pela categorização dos conteúdos das teses conforme a utilização da teoria do autocuidado. Resultados: Foram incluídas 10 teses que apresentaram diferentes formas de aplicabilidade da teoria de Orem: validação de protocolo e escala, adaptação, desenvolvimento da consulta de enfermagem e elaboração de instrumento norteador da consulta de enfermagem. As estruturas semânticas relacionadas às categorizações principais de utilização da teoria do autocuidado envolveram: ação, instrumento, condições básicas e suplementares do ser humano e lócus do cuidado. Conclusão: A Teoria de Orem foi utilizada em contextos diversificados, fomentando caminhos para reflexões sobre a construção e aplicação do conhecimento próprio da enfermagem.

Descritores: Autocuidado; Teoria de Enfermagem; Bibliometria; Teses como Assunto; Enfermagem.

ABSTRACT | Objectives: To characterize the scientific production related to the OREM Self-Care Theory in Brazilian nursing theses available in the CAPES portal theses bank. Method: Bibliographic review of a descriptive nature, developed from the analysis of theses available at CAPES. Descriptive research with Content Analysis, developed from the categorization of the contents of theses according to the use of the theory of self-care. Results: The sample consisted of 10 theses that resembled different forms of applicability of Orem's theory: protocol and scale validation, adaptation, development of a nursing consultation and elaboration of a nursing consultation instrument. The semantic structures related to the main categorizations of use of the self-care theory are: action, instrument, basic and supplementary human beings and locus of care. Conclusion: Orem's Theory was used in different contexts, encouraging ways to build and apply nursing knowledge.

Keywords: Self-care; Nursing Theory; Bibliometrics; Theses as Subject; Nursing.

RESUMEN | Objetivos: Caracterizar la producción científica relacionada con la Teoría del Autocuidado OREM en las tesis de enfermería brasileñas disponibles en el banco de tesis del portal CAPES. Método: Revisión bibliográfica de carácter descriptivo, desarrollada a partir del análisis de tesis disponibles en la CAPES. Investigación descriptiva con Análisis de Contenido, desarrollada a partir de la categorización de los contenidos de tesis según el uso de la teoría del autocuidado. Resultados: La muestra estuvo compuesta por 10 tesis que semejaron diferentes formas de aplicabilidad de la teoría de Orem: validación de protocolo y escala, adaptación, desarrollo de una consulta de enfermería y elaboración de un instrumento de consulta de enfermería. Las estructuras semánticas relacionadas con las principales categorizaciones de uso de la teoría del autocuidado son: acción, instrumento, seres humanos básicos y complementarios y locus del cuidado. Conclusión: la Teoría de Orem fue utilizada en diferentes contextos, fomentando formas de construir y aplicar el conocimiento de enfermería.

Palabras claves: Autocuidado; Teoría de Enfermería; bibliometría; tesis como tema; Enfermería.

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INTRODUCTION

Nursing produces scientific knowledge and is characterized as a science directed through theories. The first scientific paradigms built and discussed in the profession are foundations for nursing theories, especially those written by Florence Nightingale. Entitled as Nightingalean concepts, based on the person, environment, health and nursing, they constitute the center of care.⁽¹⁾

In the human sciences, theories are sets of concepts that reflect the systemic view of the phenomenon, serve to diagnose, describe, explain, and prescribe measures for care practice, offering a scientific basis for nursing actions.⁽²⁾

Theoretical models in nursing contribute to the formation of these concepts with their own meanings, as they seek to direct goals, actions and forms of care. Nursing theories support the formation of knowledge for the construction of nursing knowledge, consolidating it as a science, producing intrinsic and extrinsic scientific knowledge.⁽²⁻³⁾

Orem's General Theory of Self-Care is commonly used in Brazilian nursing, as it presents fundamental elements in the development of care. Adaptation to different scenarios makes this theory an important tool for getting to know the human being within its context and guiding professional practice on personalized needs.⁽⁴⁾

This theory is based and outlined in three theoretical assumptions, called self-care theory, self-care deficit theory and nursing systems theory. For the development of self-care, Orem describes basic interrelated concepts, including: self-care, self-care action, self-care deficit, therapeutic demand for self-care, nursing service, nursing system and even a peripheral concept called basic self-care conditioning factors.⁽⁵⁾

To Orem⁽⁵⁾ care is considered an action performed by the individual with



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the benefit of maintaining and improving their own health and well-being. Self-care needs are related to the individual's conditions.⁽⁶⁻⁷⁾ The therapeutic demand of self-care are actions performed with a determined time, aiming to fulfill the individual's requirements in its entirety, using valid methods and a set of actions and operations related to self-care.^(8,2)

In nursing services, it is considered that the performance of nursing professionals must be trained to meet the demands required for self-care. The Nursing System explains the relationships necessary to meet each individual's therapeutic self-care requirements.^(8,2)

The studies of theories in the field of nursing are relevant for the reformulation of concepts and solidification of the knowledge produced in the area, with evolution and expansion of the spaces of professional performance.^(3,9)

Thus, considering the relevance of scientific theories for the consolidation of nursing as a science and strengthening of care practices, this study aims to characterize the scientific production related to the OREM Self-Care Theory in Brazilian nursing theses available in the theses bank of the Higher Education Personnel Coordination and Improvement portal.

METHOD

This is a bibliometric review of the literature of a descriptive nature, developed from the analysis of theses available on the portal of the Coordination and Improvement of Higher Education Personnel (CAPES). The bibliometric review proposes to analyze the process of scientific or technical publication in a given area of knowledge that results in the development of reliable indicators.⁽¹⁰⁻¹²⁾

Data collection was carried out between November and December 2021. The theses consulted for the development of the research were those availa-

ble in the CAPES Theses Bank and developed in graduate nursing programs in Brazil.

To select the theses related to Orem's nursing theory, the descriptors "Theory (Teoria)" OR "Nursing (Enfermagem)" AND "Orem" were used, according to the Boolean operators "AND" and "OR".

For consultation in the database, the following inclusion criteria were applied: describing the use and application of Orem's nursing theory, mentioning it in the title or abstract; be a Doctoral thesis; be registered on the CAPES portal in the broad area of knowledge Health Sciences; be registered on the CAPES portal in the Assessment Area: Nursing; be published in full and freely accessible online by December 2021.

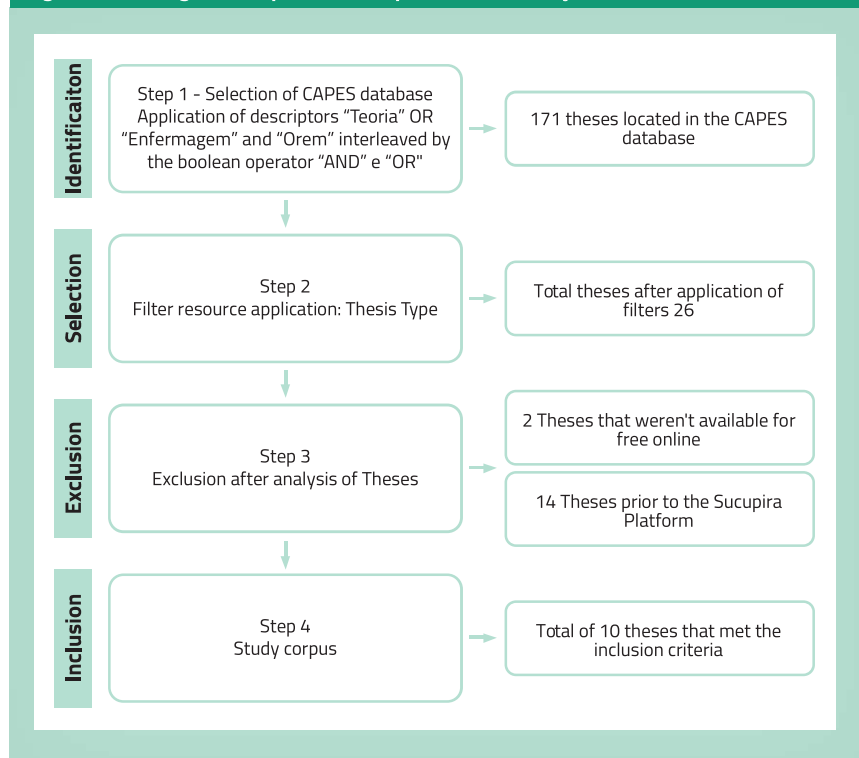
The following were applied as exclusion criteria: theses that were not available for free online in full on the CAPES portal; duplicate jobs.

Initially, 171 publications emerged from the database with the application of the descriptors "Teoria" OR "Enfermagem" AND "Orem". The application of the inclusion criteria resulted in 26 theses; of these, two were eliminated as they were not available for free online in full and 14 were prior to the Sucupira platform. There remained as corpus for analysis 10 theses that met the inclusion criteria, as shown in Figure 1.

The theses selected for the analysis corpus were read in full to operationalize relevant aspects in the studies. The organization of information included the preparation of spreadsheets in Microsoft Excel® version 2019, with the following information: Title, year, author, university, program, audience, study location, use of Orem's theory in the title (yes) (no), use of Orem's Theory in the abstract (yes) (no), objectives, methodology, method of application of the theory and conceptual aspects of Orem's theory applied to research.

Data analysis was descriptive and

Figura 1 - Fluxograma explicativo do processo de seleção das teses



Source: The authors, 2022.

used content analysis⁽¹³⁾, respecting the following execution phases: a) organization of the analysis; b) encoding; c) categorization; d) treatment of results, inference and interpretation of these results. The ethical aspects of copyright were respected at all stages of the research, and the source of the works and authors was reliably referenced.

RESULTS

In this study, publications from 1997 to 2021 were identified in the CAPES database, but until 2007 the publications were not published in full and with free online access. We found 10 theses available from 2008 to 2021, all of which were authored by professional nurses. The years 2008, 2011, 2012, 2015, 2016 and 2018 were awarded with one thesis, and the years 2017 and 2019 with two theses. As for the population studied, eight theses addressed

adult participants, one addressed elderly people and one involved children.

As for the institution of origin of the publications, theses were found from the Federal University of Ceará (UFC; n=1); Federal University of Paraíba (UFPB, n= 2); Federal University of Rio Grande do Norte (UFRN; n=1); Federal University of Goiás (UFG; n=1), Federal University of Santa Catarina (UFSC; n=1); Paulista State University (FMB; n=1) and University of São Paulo (USP) (n=3).

In relation to the programs originating from the theses, the Postgraduate Program in Nursing (seven theses), Postgraduate Fundamental Nursing Program (one thesis), Postgraduate Program of the Hospital for Rehabilitation of Craniofacial Anomalies (HRAC) (two theses).

Regarding the locus of the investigation, five theses were developed in hospital units, four in the Family Heal-

th Strategy (FHS) or Basic Health Unit (UBS) and one in Polyclinic Units.

The keywords presented in the theses showed variations, and of the 38 found, Nursing (six records) and self-care (four) prevailed, as shown in table 1.

Table 2 presents characteristics of the theses identified in the corpus of analysis, according to categorization code, title, year, study scenario and theory approach.

As a result of the analysis of the 10 theses (Table 2), it was found that six studies indicated self-care in the title of the thesis, two Orem's Theory and two did not mention it, although they presented Orem's Theory in the abstract of the work and in the reference of the work.

Regarding the application of Orem's theory in the corpus of theses, in terms of objectives, six mentioned self-care, two cited Orem's theory and two did not refer to the theory or self-care.

As for the type of study of the theses, four were identified as methodological, an exploratory descriptive study, an exploratory and methodological study, a prospective quasi-experimental research, an adaptation and validation of a measurement scale, one with an observational and cross-sectional character and a prospective and qualitative study. Regarding the methodological nature, four studies used a qualitative approach, followed by two multi-method studies, one study with a quantitative approach and three did not have the nature of their research described in the theses.

Considering the approach of Orem's theory in the research corpus, there was a deficit in the methodological description and explanation of the theory, as well as its applicability in three theses, which used other theoretical bases, concomitant with Orem's theory, including Wanda Horta's Theory of Basic Human Needs and other theoretical models used as a theoretic-

Table 1: Keywords used in theses (n=10)

| Keyword | f | Keyword | f | Keyword | f |
|---------------------|---|--------------------------|---|-----------------------|---|
| Nursing | 6 | Self-care | 4 | Ostomy | 2 |
| Diabetes Mellitus | 1 | Type 2 Diabetes Mellitus | 1 | Validation study | 1 |
| Personality | 1 | Elderly | 1 | Psychometry | 1 |
| Family health | 1 | Chronic Conditions | 1 | Hypertension | 1 |
| Family caregiver | 1 | Workload | 1 | Semi-intensive care | 1 |
| Tuberculosis | 1 | Leprosy | 1 | Person with leprosy | 1 |
| Nursing informatics | 1 | Personnel sizing | 1 | Home care | 1 |
| Ileostomy | 1 | Surgical Stoma | 1 | Urinary incontinence | 1 |
| Robin's Sequel | 1 | Terminology | 1 | Translation (process) | 1 |
| Post-stroke | 1 | HIV | 1 | Total = 38 | |

f: frequency

Source: The authors, 2022.

Table 2: Profile of publications identified in the corpus of theses, descriptive with code, title, year, study scenario and approach to the theory used.

| Code | Title | Objective | Methodological approach Type of study | Approach to the theory used |
|------|--|---|--|---|
| 1 | Assessment of the ability of caregivers of infants with Robin Sequence. <small>(Avaliação da capacidade de cuidadores de lactentes com Sequência de Robin.)</small> | To evaluate the self-care agent's self-care capacity, regarding the handling of the three most used procedures for the treatment of NB with isolated Robin Sequence, hospitalized in the Special Care Unit. | Methodological approach, model: Prospective study. | Theoretical Framework for Self-Care by Dorothea Orem. |
| 2 | Nursing consultation based on Orem's theory for patients with HIV/tuberculosis co-infection: effectiveness in adherence and quality of life. <small>(Consulta de enfermagem baseada na teoria de Orem para pacientes com coinfeção HIV/tuberculose: efetividade na adesão e qualidade de vida.)</small> | To develop and validate the content of a nursing consultation instrument aimed at patients with HIV/TB co-infection based on Orem's Theory. | Quasi-experimental and prospective study. | General Nursing Theory of Orem's Self-Care Deficit. |
| 3 | Scale adaptation and validation to assess self-care capacity Appraisal of Self Care Agency Scale- Revised for Brazil. <small>(Adaptação e validação da escala para avaliar a capacidade de autocuidado Appraisal of Self Care Agency Scale- Revised Para o Brasil.)</small> | Perform the translation, adaptation and validation of the "Appraisal of Self Care Agency - Revised" (ASAS-R) scale into Portuguese - Brazil, in a sample of people with DM 2 who use insulin. | Adaptation and validation of a quantitative measurement scale. | General Nursing Theory of Orem's Self-Care Deficit. |

cal-scientific foundation in the theses.

The other theses analyzed (code 1, 2, 3, 6, 7, 8 and 9) specified the conceptual aspects of Orem's theory, with emphasis on the use of the General Theory of Self-Care Deficit as a theoretical framework (seven theses). Some theses (codes 4, 5 and 10) use specific parts of the theory to justify the application in the study. However, of those that specified the theoretical framework, the most cited was Orem's general nursing theory of self-care deficit.

The main results of the use of Orem's theory in the theses are shown in Table 3 below.

The studies presented different forms of theory applicability, such as protocol and scale validation, adaptation, development of the nursing consultation and elaboration of a guiding instrument for the nursing consultation. The different applicability is verified in the objectives, abstracts, methodologies and theoretical foundation of the theses.

Despite the theses mentioning the use of the Self-Care Theory, some have a theoretical basis strengthened in other aspects or in other theories, not clearly explaining how Orem's theory was used in the development of the thesis.

To deepen the bibliometric analysis, content was coded and categorized, according to the use of self-care theory, as shown in table 4.

When performing content analysis, the semantic structures presented in the theses were related to the main categorizations of use of the self-care theory: action (self-care, prevention and rehabilitation), instrument (nursing assistance,

nursing consultation, nursing care, nursing diagnoses, nursing process), basic and supplementary conditions of the human being (quality of life, universal requirements) and locus of care (primary care, polyclinic, hospital).

In the action category, the understanding of Orem's self-care emerged

| | | | | |
|----|---|--|---|--|
| 4 | Impact of promoting self-care on nursing workload. <small>(Impacto da promoção do autocuidado na carga de trabalho de enfermagem.)</small> | To verify the impact of promoting self-care on the nursing workload (NW), in relation to children with Isolated Robin Sequence and their self-care agents. | Descriptive, prospective, exploratory study with a quantitative design. | Theoretical References for Self-Care and Basic Human Needs. |
| 5 | Supported self-care for hypertensive patients: construction of a protocol. <small>(Autocuidado apoiado aos hipertensos: construção de um protocolo.)</small> | Propose a protocol that guides the actions of primary health care professionals in self-care supported by hypertensive patients. | Methodological, descriptive study with a quantitative approach. | Orem's General Nursing Theory. |
| 6 | ICNP Terminological Subset, structured in Ontology, for the self-care of the person with intestinal elimination ostomy. <small>(Subconjunto Terminológico da CIPE, estruturado em Ontologia, para o autocuidado da pessoa com Estomia de eliminação intestinal.)</small> | To develop a terminological subset of ICNP® for the self-care of people with intestinal elimination stoma, based on the General Theory of Self-care and structured in ontology. | Methodological, qualitative exploratory research. | Orem's theory and ontology. |
| 7 | ICNP® terminology subset for the care of people with leprosy. <small>(Subconjunto terminológico da CIPE® para atendimento de pessoas com hanseníase.)</small> | To build a terminological subset of diagnoses, results and nursing interventions for the care of people with leprosy, using ICNP® in clinical practice based on the Orem model. | Methodological, exploratory research with a qualitative approach. | Theoretical nursing models and basis on Dorothea Orem's theory of self-care. |
| 8 | Self-care practices performed by people with type 2 diabetes in an outpatient segment of João Pessoa. <small>(Práticas de autocuidado realizadas por pessoas com diabetes tipo 2 em um segmento ambulatorial de João Pessoa.)</small> | To analyze the self-care practices performed by people with DM2 treated in an outpatient follow-up in João Pessoa. | Exploratory research with a qualitative approach. | Self-Care Theories, Self-Care Deficit and Orem's Systems Theory. |
| 9 | Elderly people with intestinal ostomy who experience symptoms of urinary incontinence: a process for self-care. <small>(Idosos com estomia intestinal que vivenciam sintomas de incontinência urinária: um processo para o autocuidado.)</small> | To investigate the occurrence of urinary incontinence in elderly people with intestinal ostomy assisted by the Unified Health System in the Metropolitan Region of Florianópolis and to find out which self-care strategies are used in both situations. | Quantitative-qualitative, observational and cross-sectional study. | Requirements for self-care; Self-Care Deficit Theory. |
| 10 | Analysis of the epidemiological profile and understanding of the experience of informal caregivers of post-stroke patients: a multi-method study. <small>(Análise do perfil epidemiológico e compreensão da experiência de cuidadores informais de pacientes em pós AVC: Estudo multimétodos.)</small> | Knowing the intervening factors in post-stroke care from the perspective of the informal caregiver. | Multimethods, consisting of two integrative literature reviews and a prospective and qualitative study. | Orem's Self-Care Theory. |

Source: The authors, 2022.

according to prevention and rehabilitation strategies for the implementation of self-care. Self-care action for Orem is directly related to the person's ability to act in favor of their health, through learned and demonstrated behaviors and involves conscious realization and presupposes the individual's decision to do so.⁽⁶⁾ The main categorization of action of theses (self-care, prevention and rehabilitation) related to self-care in Orem's theory can be verified as described below:

Categorization of Self-Care

Thesis 1 - Orem's theoretical framework allowed the assessment of the self-care capabilities of self-care agents (SCA) for infants isolated Robin Sequence (IRS) through teaching-learning.

Thesis 2 - The Nursing consultation based on Orem's Theory contributed to the improvement of adherence and quality of life of patients with HIV/TB coinfection.

Thesis 3 - Based on Orem's theory, it is considered that the adapted version ASAS-R can support actions that contribute to strategies for better monitoring of people with DM in the FHS.

Thesis 5 - Orem's theory made it possible to carry out actions on the supported self-care of PHC hypertensive patients.

Thesis 6 - The self-care theory enabled specific actions to promote self-care for people with intestinal elimination stoma.

Thesis 7 - Orem's self-care was applied systematically in clinical nursing practice in the care of people with leprosy.

Thesis 8 - Orem's theory made it possible to value nursing consultations, seeking to develop skills and safety for patients with type 2 diabetes.

Thesis 9 - Care strategies in the light of the Self-Care Theory proved to be relevant for the development of self-care actions used for the elderly with intes-

Table 3: Main results of the use of Orem's theory in theses

| Code | Main results of using Orem's theory | Final considerations of the theses |
|------|---|--|
| 1 | Orem's Self-Care Theoretical Framework, applied to assess the self-care capacity of self-care agents (SCA) of infants with isolated Robin Sequence (IRS), regarding the manipulation and the time that the SCA to acquire the capacity of care with the nasopharyngeal intubation (NPI); nasogastric tube (NGT) and feeding facilitating techniques (FFT). | "Dorothea Orem's Theoretical Framework for Self-Care allowed the assessment of self-care skills of self-care agents through teaching and learning, preparing them for hospital discharge, contributing to better care assistance, favoring the improvement of the lives of these infants with IRS." (14) (p. 119). |
| 2 | The theoretical framework used the Requirements for self-care and Theory of Self-care by Dorothea Orem (15), for the construction and application of a nursing consultation tool for patients with HIV/ Tuberculosis co-infection, based on Orem's Theory, aiming to justify the intervention to clinical nursing practice, which the author refers to as a model of nursing consultation. | "The nursing consultation model, developed and validated for application in this study, proved to be feasible to be reproduced and used in daily life as an important tool to encourage self-care of co-infected patients" (16) (p. 116). |
| 3 | Orem's Self-Care Deficit Theory was structured as a conceptual basis for adapting and validating an instrument to assess the person's ability to engage in self-care actions. | "The process of adaptation and validation of the ASAS-R scale for Brazil met the criteria proposed by the literature, thus resulting in a valid, reliable, understandable, brief and easy to apply scale" (17) (p. 146). |
| 4 | There was a correlation between Theoretical References for Self-Care (18) and Basic Human Needs (19), using in the study part of the theory of self-care as requirements for self-care and assessment of the impact of promoting self-care on the nursing workload (NW). | "CTE was greater in promoting self-care and influenced the number of nursing professionals, demonstrating the need to reconsider the staff dimensioning related to this care profile" (20) (p. 105). |
| 5 | Orem's General Nursing Theory (5) was used to support the construction of a model to guide the actions of professionals of the (PHC) in self-care supported by hypertensive patients. No single theoretical or conceptual model was identified for organizing the statements in the Thesis. Orem's theory is used as part of the theoretical framework of the study that supports the theoretical and scientific bases in two other theoretical constructs. | Nursing, through Orem's Theory, strengthens the idea of having self-care as the focus of care, as it considers the individual's ability to look at himself and solve his problems.(21) (p. 103). |
| 6 | Theoretical framework of the General Theory of Self-care and structured in ontology was adopted to permeate the study at all times, structuring the proposal of the thesis in ontology, for the self-care of the person with intestinal elimination ostomy. | "It is believed that the statements validated and based on Orem's theory represent the phenomena and self-care needs of the person with intestinal elimination ostomy, and the specific actions to promote self-care for this clientele" (22) (p. 153). |
| 7 | Theoretical models of Orem self-care were structured to instrumentalize the clinical practice of nurses in the care of people with leprosy. Orem's Theory is present from the introduction to the conclusion of the study, permeating all moments of the research. | "The methodology used in this research enabled the construction of a terminological subset based on the self-care theory of Dorothea Orem and the ICNP®, which can be used in clinical nursing practice in the care of people with leprosy". (23) (p. 230) |

tinal ostomy and urinary incontinence.

Categorization of Prevention

Thesis 2 - The application of the Orem model to carry out the nursing consultation proved to be effective in terms of adherence to treatment and a lower dropout rate in the group of patients coinfecting with HIV/TB.

Thesis 3 - The adaptation and validation of the ASAS-R scale adds to efforts to consolidate proposals for primary care and health promotion, favoring better monitoring of people with DM.

Thesis 4 - The CTE was higher when promoting self-care and demonstrating the need to reconsider the dimensioning of personnel related to this care profile.

Thesis 5 - The protocol developed in the study was considered suitable for application to hypertensive patients in the PHC, with a view to supporting the development of the self-care capacity of this population.

Thesis 6 - The study allowed the construction of statements of diagnoses/results and specific nursing interventions for the person with intestinal elimination ostomy.

Thesis 7 - The construction of the ICNP terminology subset resulted in a set of interventions capable of meeting the needs of people with leprosy.

Thesis 8 - Promoting education for self-care, nurses help people with diabetes become the protagonists of their treatment.

Thesis 9 - Care strategies in the light of Orem's Theory for people with intestinal ostomy and urinary incontinence symptoms proved to be relevant for assessment, planning and decision-making in nursing.

Categorization of Rehabilitation

Thesis 1 - A set of measures to guide SCA based on Orem's theory for the application of care to IRS infants treated at the ECU in relation to oral stimu-

| | | |
|----|---|---|
| 8 | Orem's universal self-care requirements to guide the study related to people with type 2 diabetes mellitus. Orem's General Theory of Self-care (15) It deals with the applied study for scientific theoretical basis contemplating the objectives, results and conclusions of this thesis. | "Self-care should be valued in the consultations of health and nursing professionals, in particular, seeking to develop skills and security in the patient so that self-care happens effectively... for adherence and success in the treatment of the person with type 2 diabetes" (24) (p. 87). |
| 9 | Orem's Theory of Self-Care was used as a subsidy for the scientific theoretical foundation and analysis of the study, covering all moments of the research and evaluation of self-care strategies in relation to urinary symptoms in elderly patients with intestinal ostomy. | "The relevance of this research for the evaluation, planning and decision making regarding care strategies in the light of Orem's Theory of Self-Care in individuals who experience intestinal ostomy and the symptoms of urinary incontinence in the elderly population was evidenced". (25) (p. 155). |
| 10 | The theoretical foundation of the study was based on Orem's Theory of Self-Care. The author prepared two integrative literature reviews and a qualitative study that addressed the understanding of the experience of informal caregivers of post-Cerebrovascular Accident (CVA) patients. The use of Self-Care Theory in the research corpus to which the Author (Orem) was not directly referenced was not clear. | The need to promote self-care for these patients is highlighted, minimizing the burden on family caregivers, in addition to proposing effective interventions in infection control, thus preventing hospital readmissions. (26) (p. 62) |

Source: The authors, 2022.

Tabela 4: Domínios possíveis da aplicação da análise de conteúdo

| Coding and reference code of theses | Main category of theory use |
|--|---|
| Self-care (1), (2), (3), (5), (6), (7), (8), (9), (10) | |
| Prevention (2), (3), (4), (5), (6), (7), (8), (9) | Action |
| Rehabilitation (1), (6), (7) | |
| Nursing Assistance (1), (2) | |
| Nursing Consultation (2),(7) | |
| Nursing Care (1), (6), (7) | Instrument |
| Nursing Diagnosis (6), (7) | |
| Nursing process (1), (2), (7) | |
| Quality of life (2), (8), (9) | |
| Universal requirements (1), (6), (8), (9) | Condições básicas e suplementares do ser humano |
| Primary Care (3), (5), (7) | |
| Polyclinic (9) | Lócus do cuidado |
| Hospital (1), (2), (4), (6), (8), (10) | |

Source: The authors, 2022.

lation, Feeding Facilitation Techniques (FFT), nasogastric tube (NGT) feeding and nasopharyngeal tube (NPT) manipulation.

Thesis 6 - The study guided the development of a terminological subset of

ICNP®, structured in ontology, for the self-care of the person with intestinal elimination ostomy, aiming at rehabilitation through self-care.

Thesis 7 - Measures of interventions capable of improving the rehabilita-

tion and self-care capacity of patients with leprosy were evidenced in clinical practice using the ICNP® and Orem's theory of Self-care.

In the Instrument category, encodings related to care, practices, care, diagnoses and nursing processes were identified, related to the role of nurses in providing nursing care. This categorization is based on Orem's theoretical assumptions relating the interaction needs of nurses. It aims to detect problems and possible interventions when necessary, in relation to the patient's health when he is not able to do his own self-care, requiring nursing to achieve the best possible results in relation to his health.⁽⁵⁾ Content analysis of theses related to the main instrument categorization in care, nursing consultation, nursing care, nursing diagnoses and nursing process follows below:

Categorization of Nursing Care

Thesis 1 - Orem's theoretical framework contributed to the realization of nursing care and implementation of self-care actions for infants with IRS.

Thesis 2 - Nursing care provided to patients with HIV/TB co-infection was based on protocol models inherent to Orem's theory.

Categorization of Nursing Consultation

Thesis 2 - The nursing consultation based on Orem's theory proved to be effective in improving adherence to treatment for patients with HIV/TB co-infection.

Thesis 7 - Application of Nursing Consultation to people with leprosy based on Orem's theory and instrument of Systematization of Nursing Care.

Categorization of Nursing Care

Thesis 1 - Orem's theory contributed as a guide to the implementation of nursing care and teaching of self-care actions to infants with IRS.

Thesis 6 - This study allowed the

construction of statements of specific nursing interventions for the care of people with intestinal elimination stoma.

Thesis 7 - The construction of the terminological subset using ICNP® contributes to the safety and quality of nursing care related to people with leprosy.

Categorization of Nursing Diagnosis

Thesis 6 - As a result, this research guided the elaboration of nursing diagnoses, results and interventions, based on ICNP®.

Thesis 7 - Instrumentalization in clinical practice based on Orem's model using ICNP® and a terminological subset of diagnoses, resulting in nursing interventions for the care of people with leprosy.

Categorization of Nursing Process

Thesis 1 - An articulation between Horta's nursing process and Orem's Theory was carried out and applied to the self-care agent (SCA) with their infants with IRS.

Thesis 2 - The nursing consultation instrument covers the nursing process cited by Orem in his theory based on self-care.

Thesis 7 - The Nursing Process based on Orem's theoretical framework and the International Classification for Nursing Practice ICNP® are used in the study.

The category of basic and supplementary conditions of the human being showed results referring to universal requirements common to all individuals, during the life cycle. Self-care requirements are described by Orem as actions aimed at providing and controlling factors that affect human functioning and development. There are three self-care requirements: universal, developmental, and health deviation requirements.⁽¹⁵⁾

The content analysis of the theses related to the main categorization of

basic and supplementary conditions of the human being (quality of life and universal requirements), the analysis of the constructs of the theses related to this main categorization was presented as follows:

Categorization of Quality of life

Thesis 2 - The proposed nursing interventions corroborated to increase the quality of life of HIV/TB co-infection patients.

Thesis 8 - Self-care should be valued in nursing consultations, contributing to the quality of life of DM2 patients.

Thesis 9 - Self-care strategies guided by health professionals to the elderly with intestinal ostomy and urinary incontinence can improve their quality of life.

Categorization of Universal Requirements

Thesis 1 - To develop the theoretical basis of the study, the universal care requirements of Orem's theory were used.

Thesis 6 - Universal self-care requirements based on Orem's precepts adapted for the care of people with intestinal elimination ostomy were classified in the research.

Thesis 8 - The study made it possible to verify universal self-care practices, determined as essential according to Orem's theory.

Thesis 9 - Orem's universal self-care requirements were related to the assessment of self-care strategies of the elderly with intestinal ostomy and urinary incontinence.

In the locus of care category, the areas of development of the theses corresponding to the field of study of the research, developed in the services of Primary, Secondary and Tertiary Care, were identified.

Categorization of the Locus of Care Primary Care

Thesis 3 - Study developed in the Family Health Strategy (FHS) with patients undergoing DM treatment.

Thesis 5 - Research carried out in a Family Health Unit with hypertensive patients and health professionals

Thesis 7 - Study developed in a basic health unit where patients undergo treatment for leprosy.

Categorization of the Locus of Polyclinical Care

Thesis 9 - Study developed in a health unit to provide outpatient care to the elderly with intestinal ostomy.

Categorization of the Hospital Care Locus

Thesis 1 - Study developed at the UCE of the Hospital for Rehabilitation of Craniofacial Anomalies of the University of São Paulo (HRAC-USP).

Thesis 2 - Research developed with HIV/TB co-infection patients treated at the Hospital for Infectious Diseases.

Thesis 4 - Study developed at the Semi-Intensive Care Unit of the Hospital for Rehabilitation of Craniofacial Anomalies.

Thesis 6 - Data collection was performed at the ostomy care service of a University Hospital.

Thesis 8 - Research carried out with adults with type 2 DM at the endocrinology outpatient clinic of a university hospital.

Thesis 10 - Study carried out in an outpatient unit of a public hospital.

These findings show the breadth of possibilities for using Orem's theory in theses, permeating various fields of nursing practice, according to the categorizations analyzed in this study.

DISCUSSION

Research in the area of Brazilian nursing has increased in the last thirty years, strengthening the area.⁽²⁷⁾ This progress can be confirmed in the

growing publications of journals in the field of nursing and the increase of theses in the CAPES database, especially those developed in postgraduate nursing programs in Brazil.

A similar reality was found in research that analyzed the panorama of scientific productions on Self-care in the light of Dorothea Orem's Theory, with research that points to a greater growth in numbers of productions from the 2000s onwards.⁽²⁸⁾

It was found that the main institutions of origin of theses are from the Northeast and Southeast regions. This information converges with the research findings, developed from 2013 to 2016, highlighting the Northeast as a highlight in the growth in the number of doctors (increase of 61%, in this period), but still with a prevalence of the Southeast region in the number of doctors of Brazil.⁽³⁾

As a result of the expansion of the area of nursing, there was a predominance of theses from the Graduate Nursing Programs that, in recent years, have been expanding in Brazil. This growth generated an increase in the number of doctors, from 64% in 2012 to 1,309 in 2016.⁽²⁹⁾

The expansion of nursing research can be justified by the increase in improvement, master's, doctoral and postdoctoral courses, consequently quantitative and qualitative growth of manuscripts published in the area of nursing in the country.^(29,3) With this growth, students and health professionals can base and improve their practices through teaching and research, especially with scientific articles that are based on Orem's Theory.⁽²⁸⁾

In nursing, the use and application of theoretical frameworks for the performance of nurses is recommended, enabling care to improve the health of the individual and the community, through scientifically based practices and solidified theoretical frameworks.⁽³⁰⁾

In addition to the relevance of the theoretical framework in the theses, scientific rigor is highlighted, with the need for detailing the population, aiming at decision making based on the results obtained in the analysis of the sample. The population is considered the set of animate or inanimate beings that exhibit some characteristic in common, the sample is a subset of individuals from which inferences are made.⁽³¹⁾

The keywords or descriptors found in the studies indicate the thematic representation of the study. Keywords are important to be inserted by authors when submitting scientific work for publication and must comply with the nomenclature of the databases (Health Science Descriptors - DeCS) and be indexed to delimit the field of science to be studied and provide information on the subject and state of the art of the study.⁽³²⁾

When analyzing the profile of theses under the investigative axes in Orem's Theory, the relevance and potential of this theoretical framework to support the theoretical, practical and scientific dimensions of nursing care became evident. This framework makes it possible to transcend technicality by assuming knowledge capable of qualifying praxis.

Most of the theses analyzed in this bibliometric study mentioned self-care or Orem's Theory in the title. The title is considered a prominent element in the composition of the study and must be presented in a specific, clear, well-defined and precise way, pointing to the inclinations, aptitudes, possibilities and trends of the study, aiming at a thematic approach that is easily captured by the researcher.⁽³¹⁾

When conceptual aspects of the theory were correlated with the general objectives described, it was verified in some theses a dichotomy in relation to the description of the theoretical framework, use of parts of the theory to justify its application in research,

as well as the studies that use one or more theoretical references to climb the research. This does not mean the impossibility of convergence between two references, but care must be taken to avoid superficiality if theoretical duplicity is used in the thesis. For greater reliability of the results of the theses, it is necessary to articulate the knowledge of the researched area with the proposed theoretical framework, being concerned with the standardization of this framework in the study to consolidate the results.⁽³¹⁾

Orem's theory, called the general theory of self-care in nursing, had its own publication in the 1971 book. With an initial description of the nursing self-care deficit theory, articulating and outlining three underlying theoretical assumptions, namely: the theory of self-care, self-care deficit and nursing systems.⁽⁴⁾ In this study, most of the theses used Orem's references as a theoretical assumption, highlighting the importance of Orem's General Theory of Self-Care Deficit as theoretical conceptual aspects.

Regarding the methodological approach, the choice of the method adopted must be based on the question, objectives and expected results, so that the research is operationally feasible.^(33,27) Qualitative and quantitative research are necessary, as there is no valuation of one over the other, the need for the research, problem and reality of the study must be considered. All approaches are fundamental for the construction of scientific knowledge.⁽²⁷⁾ Qualitative and quantitative research are necessary, as there is no valuation of one over the other, the need for the research, problem and reality of the study must be considered. All approaches are fundamental for the construction of scientific knowledge.⁽³⁴⁾

Exploratory research aims to improve hypotheses, provide familiarity with the field of study and validate instruments. They can also be used in the first

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stage of broader studies. This type of methodological approach is often used in research in which the themes have been little explored and can be applied in initial studies to obtain an overview of certain facts.⁽³³⁾

Regarding the semantics of coding and categorization of theses in relation to the theory of self-care, the first category that emerged from the studies was the action identified as the person's ability to act in favor of himself, which may be affected by basic conditioning factors: age, health condition or illness, sex, family system, environmental factors, living standards, resource availability and adequacy.⁽¹⁵⁾

In order to understand the meaning of action, self-care is a practice that should be encouraged and addressed for its effectiveness in improving health status, being considered essential in prevention, making the subject the protagonist of their health promotion.⁽³⁰⁾ In the practice of self-care, there is interaction between the health professional and the patient, aiming at the detection of problems and possible nursing interventions when necessary for the achievement and effectiveness of self-care.^(2,5,6,8,28)

The instrument categorization involves the practice of nurses based on theoretical assumptions, used in the provision of care in different contexts of nursing services and stages of the health-disease process, with identification being a relevant factor for care planning.^(3,5-6,8)

A promoção ao autocuidado do paciente, é fortalecida com o processo de manutenção e recuperação da saúde, além da redução e amenização dos efeitos da doença, baseada nas necessidades do indivíduo, família, na melhor informação científica disponível e na excelência clínica.^(2,5-6,15,28)

The category of basic and supplementary conditions of the human being evidenced the universal requirements proposed by Orem used in the analyzed

theses are associated with the processes of life, maintenance of the integrity of the structure and functioning and has the purpose, actions that contribute in a specific way to integrity, functions and human development. ^(6,15,18)

These purposes, through actions, are called self-care requirements, called by Orem universal, developmental and deviant health requirements. ⁽²⁾ Universal requirements are associated with life processes, maintenance of structure integrity and human functioning. Development requirements occur when adaptations, changes are necessary: adaptation to physical changes, new work, among other needs. The health deviation requirement occurs in conditions of illness, human imbalance, when adaptation to situations is required through the search and guarantee of adequate care for the conditions presented by the patient. ^(18,2)

Regarding the categorization of the locus of care, attention, prevention and promotion are developed in different health services. In this sense, in Brazil they stand out as spaces for self-care in hospitals, primary care and polyclinics. ⁽³⁵⁾ These services are constituted as service providers within the scope of the Unified Health System (SUS) such as Basic Health Units (UBS), consid-

ered of low complexity, secondary care is composed of specialized services at an outpatient and hospital level of medium complexity and also tertiary care or high complexity that corresponds to services of highly specialized procedures and therapies. ⁽³⁵⁾

The theoretical foundation, with the use of theories in nursing practice, guarantees appreciation of the body of knowledge in the area, providing scientificity in the nurse's work. The production of relevant knowledge for professional development promotes care that enables improvement of the health of the individual and the community, based on scientific practices and theoretical frameworks that solidify the application of knowledge, recognized in Orem's theory as essential for nursing care.

As a limitation of this study, we highlight the unavailability of some theses in the online format, making it impossible to socialize the knowledge developed and evaluate the present study.

CONCLUSION

The appropriation of the self-care theory is related to the application of its theoretical concepts, as well as a way

of using it to permeate self-care in different populations and environments, significantly contributing to the role of nurses in care aimed at recovery and prevention.

In the analyzed theses, there was the use of Orem's Theory in different contexts, collaborating to support the practice of nurses, promoting a panoramic view of self-care, opening paths for reflections on the construction and application of knowledge specific to the professional area.

The theoretical semantic categorization highlighted the inference and interpretation of the coding used in the theses, referencing the categorizations: action, instrument, basic and supplementary conditions and locus of care. These are potentiators of information for analysis, which culminate in inferential interpretations, enabling reflection and criticism on the use of Orem's theory of Self-care in theses.

The use of Orem's Theory enables qualification of the care developed, contributing to the strengthening of Nursing as a science, of the profession, enhancing practices of improvement for nursing care directed by self-care actions.

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