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The Use of Orem's Self Care Theory in Postgraduate Theses on Nursing: Türkiye Sample

Hemşirelik Lisansüstü Tezlerinde Orem Öz Bakım Teorisinin Kullanımı: Türkiye Örnekleme

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ABSTRACT

Objective: This study aimed to examine the postgraduate nursing theses in Türkiye that utilized the Orem Self-Care Theory.

Methods: This systematic review, the theses found in the field of Nursing in the National Thesis Database were queried, and 28 theses that utilized the Orem Self-Care Theory between 2005 and 2024 were accessed. The data were examined under a total of nine headings and analyzed using descriptive, statistical methods.

Results: It was determined that 25% of the postgraduate theses employing Orem's Self-Care Theory in Türkiye were conducted in the Department of Internal Medicine Nursing, and 32.1% were carried out with individuals suffering from chronic illnesses. In 32.1% of the theses, it was reported that interventions made in line with Orem's Self-Care Theory increased self-care capacity, while in 21.4% of the theses, it was reported that they improved quality of life. Additionally, 42.9% of the theses were published between 2020 and 2024, 89.3% were at the doctoral level, and 50% were experimentally designed.

Conclusion: The study concluded that Orem's Self-Care Theory is frequently used in the Department of Internal Medicine Nursing and in chronic disease management. It was found that interventions carried out by nurses in line with Orem's Self-Care Theory are often effective in increasing self-care capacity and quality of life. Although its use in postgraduate theses has been increasing over time, it remains limited in such studies.

ÖZ

Amaç: Bu çalışma ile Türkiye'de hemşirelik alanında Orem Öz Bakım Teorisi kullanılarak yapılan lisansüstü tez çalışmalarının incelenmesi amaçlanmıştır.

Yöntem: Bu sistematik derleme için hemşirelik alanında yer alan tezler Ulusal Tez Merkezi veri tabanında taranmış ve 2005-2024 yılları arasında Orem Öz Bakım Teorisi kullanılan 28 teze ulaşılmıştır. Veriler toplam dokuz başlık altında incelenerek, tanımlayıcı istatistiksel yöntemler ile analiz edilmiştir.

Bulgular: Ülkemizde Orem Öz Bakım Teorisi kullanılarak yapılan lisansüstü tezlerin %25'i İç Hastalıkları Hemşireliği Anabilim Dalı'nda gerçekleştirilmiş ve bu tezlerin %32.1'i kronik hastalıkları olan bireylerle yürütülmüştür. Tezlerin %32.1'inde, Orem Öz Bakım Teorisi doğrultusunda yapılan müdahalelerin öz bakım gücünü artırdığı; %21.4'ünde ise yaşam kalitesini artırdığı bildirilmiştir. Ayrıca tezlerin %42.9'unun 2020-2024 yılları arasında yayımlandığı, %89.3'ünün doktora düzeyinde olduğu ve %50'sinin deneysel olarak tasarlandığı saptanmıştır.

Sonuç: Çalışma sonucunda Orem Öz Bakım Teorisi'nin en yüksek oranda İç Hastalıkları Hemşireliği Anabilim Dalı'nda ve kronik hastalık yönetiminde kullanıldığı belirlenmiştir. Orem Öz Bakım Teorisi doğrultusunda hemşireler tarafından yapılan müdahalelerin sıklıkla öz bakım gücünü ve yaşam kalitesini arttırmada etkili olduğu bildirilmiştir. Ayrıca teorisinin lisansüstü tezlerde kullanımının gün geçtikçe artmasına rağmen, halen kullanımının sınırlı olduğu belirlenmiştir.

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INTRODUCTION

Nursing is a professional discipline that encompasses the autonomous and collaborative care of individuals of all ages, families, groups, and communities, whether they are healthy or ill (ICN, 2024). Numerous models and theories have been developed to ensure the scientific validity, sustainability, and standardization of the methods and services used in the professionalization process of the nursing profession (Turgut, 2024). These theories and models guide nurses in clarifying their values and beliefs about human health processes and in developing awareness regarding patient care approaches (Younas and Quennell, 2019; Kaya and Boz, 2019). Additionally, future research forms the foundation for new models and theories through evidence-based practices (Chien, 2019; Turgut, 2024).

Model and theory based care is crucial for enhancing the quality of nursing care, strengthening communication among professionals, establishing standardization in care, and making the care provided more visible (Özalp and Avşar, 2024). In this context, the emphasis on using models in nursing research and practice in Türkiye has increased in recent years (Kaya and Boz, 2019; Şahin et al., 2020). However, the number of studies on the use of model and theory in nursing research remains limited (Kaya and Boz, 2019; Şahin et al., 2020). A study reported that between 2018 and 2023, a total of 67 postgraduate theses in the field of nursing in Türkiye were based on theories and models. Among these, 86.5% were doctoral theses, and one of the frequently used theory was Orem's Self-Care Theory/Self-Care Deficit Theory (Özalp and Avşar, 2024).

The Orem Self-Care Theory, developed by Dorothea Orem in 1956, explains why self-care is essential for the continuity of life and describes the activities individuals initiate and perform to sustain their lives, health, and well-being. The theory consists of three main components: the Self-Care Model, the Self-Care Deficit Model, and the Nursing Systems Model (Menekli, 2017; Alissa, 2024). The Self-Care Theory addresses the necessity of self-care for life continuity and defines self-care itself. Orem categorized self-care needs into three groups: universal, developmental, and health deviation needs. Universal self-care needs are related to maintaining the integrity of human structure and function and are associated with the life process. Developmental self-care needs arise at various stages of the life cycle, while health deviation self-care needs emerge during situations such as discomfort, illness, or disability. The Self-Care Deficit Theory forms the basis of the general nursing theory, explaining why and when nursing care becomes necessary. Finally, the Nursing Systems Theory describes the actions undertaken by nurses to address an individual's therapeutic self-care needs or to compensate for self-care deficits. This theory clarifies how nursing services can assist individuals in meeting their specific care needs (Menekli, 2017; Alissa, 2024).

A study examining the use of Orem's Self-Care Theory in nursing theses in Brazil reported that the theory was applied in different contexts, contributed to the development of nursing knowledge, and encouraged its practical application (Souza et al., 2022). In Türkiye, postgraduate studies in the field of nursing have evaluated the use of models; however, no study has specifically examined the use and characteristics of Orem's Self-Care Theory. Therefore, this study aims to analyze postgraduate theses conducted in the field of nursing in Türkiye using Orem's Self-Care Theory. It is believed that the study can serve as a foundational resource in determining the current status of Orem's Self-Care Theory usage, identifying subject areas, defining its application features, and encouraging new research on the topic. Additionally, it is expected to contribute to the advancement of nursing science.

Within this scope, the study seeks to answer the following questions:

- In which academic subfields of nursing is Orem's Self-Care Theory most frequently utilized in postgraduate theses conducted in Türkiye?
- Which patient populations or sample groups are most commonly studied in postgraduate nursing theses that incorporate Orem's Self-Care Theory in Türkiye?
- How have postgraduate nursing theses employing Orem's Self-Care Theory in Türkiye been distributed over time, and what trends are observed across publication years?
- What research designs and methodological approaches are most frequently adopted in postgraduate theses grounded in Orem's Self-Care Theory in Türkiye?
- What outcomes or benefits are reported from nursing interventions developed and implemented based on Orem's Self-Care Theory in postgraduate theses in Türkiye?

METHOD

Study Design

The study is a retrospective systematic literature review.

Population and Sample

The population of the study consists of 406 theses published in the field of "Nursing" within the Higher Education Council National Thesis Center database. The study sample comprises a total of 28 postgraduate nursing theses produced between 2005, when Orem's Self-Care Theory was first utilized in nursing theses in Türkiye, and 2024. The study includes master's and doctoral theses in the field of nursing that utilized Orem's Self-Care Theory and whose full texts were accessible.

Data Collection

All theses related to Orem's Self-Care in the field of nursing were searched online in the Higher Education Council National Thesis Center database. The search was conducted without any year limitation, using the keywords: "Self Care Model, Self Care Deficit Theory, Self Care Theory, Self Care, Self Care Deficit, Self-Care Deficiency, Nursing." The data collection process was completed in September 2024. The study was methodologically structured based on the PRISMA checklist (Figure 1).

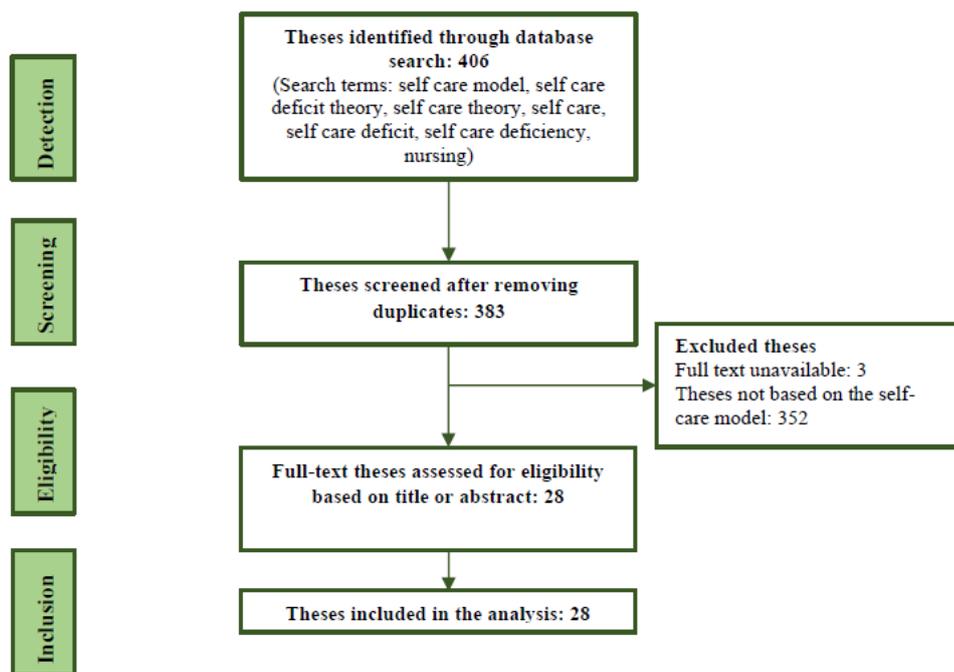


Figure 1. PRISMA flow diagram

Data Analysis

In the theses included in the study, data were collected based on nine criteria: the academic department where the research was conducted, the type and publication year of the thesis, the author, the purpose of the research, its design, the sample group, the intervention performed, the follow-up period, and the results of the research. The data were analyzed using descriptive statistical methods such as frequency and percentage.

Ethical Considerations

Ethical approval was not required, as the study utilized only publicly accessible, online open-access thesis data.

Study Limitations

The limited number of theses included in the study was one of the limitations of the research, due to reasons such as the exclusion of theses whose full text was not published, the same theses being accessed with different keywords, and the search being limited to theses on nursing.

RESULTS

The theses based on Orem's Self-Care Theory, 10.7% were master's theses, while 89.3% were doctoral theses. A significant portion (42.9%) of the theses were published between 2020 and 2024, with 50% designed as experimental studies and 46.4% as quasi-experimental studies (Table 1).

It was determined that Orem's Self-Care Theory was most frequently used in the Department of Internal Medicine Nursing (25%), followed by the Departments of Pediatric Health and Diseases Nursing and Surgical Diseases Nursing, each at 17.9% (Table 1).

Table 1. Characteristics of postgraduate theses based on Orem's Self-Care Model

Department	n	%
Internal medicine nursing	7	25.0
Surgical diseases nursing	5	17.9
Pediatric health and diseases nursing	5	17.9
Obstetrics and women's health nursing	4	14.3
Fundamentals of nursing	4	14.3
Public health nursing	3	10.7
Thesis type		
Doctoral thesis	25	89.3
Master's thesis	3	10.7
Study design		
Experimental	14	50.0
Quasi-experimental	13	46.4
Scale development	1	3.6
Distribution by publication year		
2020-2024	12	42.9
2015-2019	8	28.6
2010-2014	5	17.9
2005-2009	3	10.7

The sample groups in the theses comprised 32.1% individuals with chronic illnesses, 25% adolescents/children or individuals in the prenatal or postpartum period, and 21.4% individuals diagnosed with cancer or those in the surgical and postoperative period. In 32.1% of the theses, it was reported that interventions made in line with Orem's Self-Care Theory increased self-care capacity, while in 21.4% of the theses, it was reported that they improved quality of life (Table 2).

Tablo 2. Content characteristics of included postgraduate theses

Departments	Thesis type	Study design	Sample	Intervention	Follow-Up Period	Conclusion
Nursing Department (Surgical Diseases Nursing)	Doctoral thesis (Akarsu, 2024)	Randomized controlled experimental study	52 patients undergoing fracture surgery (intervention group: 26, control group: 26)	Patients in the intervention group received follow-up, education, and counseling through tele-nursing practices based on Orem's Self-Care Theory for six weeks post-discharge. No additional interventions were applied to the comparison group.	Post-discharge and at the 6th week	The study concluded that tele-nursing practices based on Orem's Self-Care Theory had a positive effect on self-care capacity and daily living activities.
Internal Medicine Nursing	Doctoral thesis (Urtekin, 2024)	Randomized controlled, pre-test/post-test experimental study	62 breast cancer patients (intervention group: 31, control group: 31)	The intervention group received education based on Orem's Self-Care Deficit Theory regarding the management of chemotherapy side effects. The control group received standard care and treatment, and after the study (following the 4th chemotherapy cycle), they were also provided with education on managing chemotherapy side effects	Duration of four chemotherapy cycles	Education based on Orem's Self-Care Deficit Theory positively impacted the management of chemotherapy side effects and self-care behaviors in breast cancer patients.
Nursing Department (Pediatric Health and Diseases Nursing)	Doctoral thesis (Er, 2023)	Randomized controlled experimental study	31 adolescents diagnosed with cancer (intervention group: 15, control group: 16)	The intervention group received education based on Orem's Self-Care Model with the support of a booklet. The control group received routine care and education provided in the clinic.	3 months	The education had a positive effect on adolescents' symptom management, quality of life, and caregivers' caregiving burden and anxiety levels
Internal Medicine Nursing Department	Doctoral thesis (Yaşar, 2023)	Quasi-experimental study with pre-test/post-test and intervention-control groups	56 patients diagnosed with gastrointestinal cancer (intervention group: 27, control group: 29)	Care for the intervention group was provided in accordance with Orem's Self-Care Deficit Theory. This care was delivered both in the clinic and at home, supported by a mobile application, over a 6-week period. The control group received standard nursing care with no additional interventions.	6 weeks	The care model based on Orem's Self-Care Deficit Theory, supported by a mobile application, reduced symptoms experienced by gastrointestinal cancer patients and improved their self-care capacity and disease-related quality of life
Nursing Department (Surgical Diseases Nursing)	Master's Thesis (Şahbaz, 2023)	Quasi-experimental study with pre-test/post-test and control groups	120 patients with chronic venous insufficiency (intervention group: 60, control group: 60)	The intervention group received one-on-one education based on Orem's Self-Care Deficit Theory. The education was provided by the researcher in the patient's room at any convenient time during the period from admission to the clinic until transfer to the operating room. The control group received routine ward care with no additional education.	1 month	Preoperative discharge education and post-discharge follow-up reduced symptom severity and improved quality of life in patients.
Nursing Department (Fundamentals of Nursing)	Doctoral Thesis (Bal, 2022)	Longitudinal, randomized controlled	70 patients diagnosed with stroke (intervention	The intervention group received tele-nursing education based on Orem's Self-Care Theory for 12 weeks. The control	12 weeks	Tele-nursing education based on Orem's Self-Care Theory was found to be an effective care practice for improving

		experimental study with pre-test/post-test	group: 35, control group: 35)	group received routine nursing care provided by the neurology clinic.		quality of life and enhancing self-care capacity in patients diagnosed with stroke.
Pediatric Health and Diseases Nursing	Doctoral Thesis (Torun, 2022)	Randomized controlled experimental study	30 adolescents with cystic fibrosis (intervention group: 15, control group: 15)	The intervention group received seven home visits, while those in the control group received two home visits. During the first visit, an educational booklet was provided to the intervention group. Subsequent visits included the implementation of an individualized nursing care plan based on Orem's Self-Care knowledge and skill requirements. The control group received standard care from their outpatient clinic and completed data collection forms during the two home visits conducted 4–5 months apart.	4.5 months	The number of adolescents in the intervention group who independently performed self-care tasks (e.g., nebulizer use and cleaning, airway clearance device use and cleaning) increased after the home visits. Additionally, their overall need for nursing interventions significantly decreased over time.
Internal Medicine Nursing Department	Doctoral Thesis (Eraslan, 2022)	Randomized controlled experimental study	60 cancer patients (intervention group: 30, control group: 30)	The intervention group received an oral self-care protocol based on Orem's Self-Care Deficit Theory, including education and oral care practices, over 21 days from the start of chemotherapy. The control group received no oral care intervention from the researcher and continued to receive standard nursing care at the clinic.	21 gün	The oral self-care protocol based on Orem's Self-Care Deficit Theory effectively reduced the incidence, severity, and duration of oral mucositis in patients receiving high-dose chemotherapy for hematological malignancies and improved their self-care capacity.
Nursing Department (Surgical Diseases Nursing)	Doctoral Thesis (Kalkan, 2021)	Quasi-experimental study with a pre-test/post-test design	30 patients with peripheral artery disease	Patients received education accompanied by a booklet prepared based on the Orem Self-Care Model algorithm.	3 months	Post-education, patients demonstrated statistically significant improvements, including reduced pain scores, and increased scores for daily living activities, self-care capacity, walking distance, and quality of life.
Women's Health and Diseases Nursing	Master's Thesis (Çalışkan, 2020)	Quasi-experimental study with control groups	67 pregnant women (intervention group: 33, control group: 34)	The intervention group participated in a program based on Orem's Self-Care Model, while the control group received standard care. After the study, a booklet was provided to the control group.	2 weeks	Pregnant women included in the self-care program for urinary tract infection prevention exhibited better self-care practices and health behaviors compared to the control group.
Nursing Department (Internal Medicine Nursing)	Doctoral Thesis (Tuna, 2020)	Randomized controlled experimental study	22 patients with rheumatoid arthritis (intervention group: 11, control group: 11)	The intervention group received nursing care based on Orem's Self-Care Model. After eight weeks, patients in the intervention group were provided with a brochure on nursing care addressing self-care deficits. The control group received routine care and was provided with the same brochure at the end of the study.	8 weeks	Nursing care based on Orem's Self-Care Model, tailored to the needs of rheumatoid arthritis patients over the age of 65, was found effective in reducing pain, improving hand function, and enabling the performance of daily living activities.

The Use of Orem Self Care Theory in Postgraduate Theses on Nursing: Türkiye Sample

Nursing Department (Internal Medicine Nursing)	Doctoral Thesis (Ceylan, 2020)	Randomized controlled single-blind experimental study	66 patients undergoing peritoneal dialysis (intervention group: 33, control group: 33)	The intervention group received web-based education through a website designed according to Orem's Self-Care Deficit Theory for three months. The control group received no additional interventions.	3 months	The web-based education program based on Orem's Self-Care Deficit Theory improved self-care capacity, self-efficacy, and perceived social support among patients undergoing peritoneal dialysis. Additionally, increased self-care capacity positively influenced self-efficacy and perceived social support.
Nursing Department (Surgical Diseases Nursing)	Doctoral Thesis (Ay, 2019)	Quasi-experimental study with control groups	45 patients with stomas (intervention group: 24, control group: 21)	The intervention group received education and counseling based on Orem's Self-Care Theory, while the control group received care and education following hospital standards. Additionally, all patients were provided with an educational booklet on living with a colostomy/ileostomy.	3 months	Education and counseling services based on Orem's Self-Care Theory effectively reduced peristomal skin complications, shortened healing times for skin complications, and enhanced patients' participation in self-care.
Fundamentals of Nursing	Doctoral Thesis (Yıldız, 2018)	Randomized controlled pre-test/post-test experimental study	102 coronary artery disease patients (intervention group: 51, control group: 51)	The intervention group received education and an educational booklet structured according to Orem's Self-Care Deficit Theory. The control group received standard care. Both groups had three meetings in the hospital and five follow-ups at home.	6 months	Education structured according to Orem's Self-Care Deficit Theory significantly improved self-care capacity, disease-related quality of life, and overall quality of life in individuals with coronary artery disease.
Nursing Department (Internal Medicine Nursing)	Doctoral Thesis (Ökten, 2017)	Randomized controlled experimental study	47 colorectal cancer patients undergoing chemotherapy (intervention group: 24, control group: 23)	The intervention group received individual education based on Orem's Self-Care Deficit Theory before chemotherapy, focusing on self-care behaviors to manage potential symptoms. They were also provided with an educational booklet. The control group continued to receive routine treatment and follow-up care.	2-5 days	Education and telephone follow-ups based on Orem's Self-Care Deficit Theory increased self-care capacity and well-being while reducing anxiety and loneliness in colorectal cancer patients undergoing chemotherapy.
Public Health Nursing	Master's Thesis (Kaplan, 2017)	Randomized controlled experimental study	65 diabetic patients (intervention group: 35, control group: 30)	The intervention group received care structured according to Orem's Self-Care Deficit Nursing Theory, while the control group received routine care.	1 month	Care based on Orem's Self-Care Deficit Nursing Theory was found to reduce blood values, enhance self-care capacity, and effectively address identified issues in diabetic patients.
Nursing Department (Fundamentals of Nursing)	Doctoral Thesis (Karadağlı, 2017)	Scale development study	600 cancer patients undergoing chemotherapy	-	-	The developed scale was found to be a valid and reliable tool for assessing individuals' self-care behaviors.
Pediatric Health and Diseases Nursing	Doctoral Thesis (Suluhan, 2016)	Experimental study	78 mothers in Türkiye and 52 children in the United States Intervention:	Both groups received education accompanied by an educational booklet.	3 months	Post-education, all subscale scores of the Quality of Life Scale showed an increase compared to pre-education scores, except for the physical functionality and pain subscales. In the Turkish sample,

							"tube displacement" was the most common complication at the end of the first month, and "hypergranulation tissue" was most frequent at the end of the third month among children with gastrostomies. In the U.S. sample, "tube displacement" was also the most frequent complication.
Public Health Nursing	Doctoral Thesis (Aksüt, 2016)	Experimental study with pre-test/post-test and control groups	60 patients who underwent open-heart surgery (intervention group: 30, control group: 30)	The intervention group received seven home visits and telephone guidance during the first six weeks following discharge. During the visits, education and care were provided based on Orem's Self-Care Model. The control group received no interventions.	8 weeks		Education and care based on Orem's Self-Care Model delivered at home effectively reduced symptoms and enhanced self-efficacy in patients who underwent open-heart surgery.
Fundamentals of Nursing	Doctoral Thesis (Alkan, 2016)	Quasi-experimental study with pre-test/post-test and control groups	60 patients with multiple sclerosis (intervention group: 30, control group: 30)	The intervention group received structured education based on Orem's Self-Care Deficit Theory alongside routine outpatient follow-up for 8 weeks, followed by monitoring via phone or in-person meetings over the next 4 weeks. The control group continued with routine outpatient follow-up for 6 months, receiving monthly phone calls or face-to-face meetings if requested by the patient.	12 weeks		Education structured according to Orem's Self-Care Deficit Theory significantly improved self-care capacity in the intervention group. However, no statistically significant difference was observed between the intervention and control groups.
Surgical Diseases Nursing	Doctoral Thesis (Karacabay, 2014)	Quasi-experimental study with control groups	21 patients with left ventricular assist devices (intervention group: 11, control group: 10)	The intervention group received nursing interventions based on Orem's Self-Care Model, while the control group received standard nursing care during the postoperative period.	6 months		Care based on Orem's Self-Care Model led to improvements in self-care capacity and quality of life.
Internal Medicine Nursing	Doctoral Thesis (Özkaptan, 2013)	Quasi-experimental study	106 individuals with COPD (intervention group: 53, control group: 53)	The intervention group received nursing care over four visits (two in the first month, followed by one visit per month for the next two months). During the first visit, patients were given an educational guide, and in all visits, education, care, and counseling were provided based on a prepared care plan. The control group did not receive any intervention; they had two home visits at the beginning and end of the study, and an educational guide was provided during the final visit.	3 months		Home-based nursing care significantly contributed to increased self-efficacy levels in individuals with COPD.

Pediatric Health and Diseases Nursing	Doctoral Thesis (Durmaz, 2013)	Quasi-experimental study with pre-test and post-test	66 pregnant adolescents	Adolescent pregnant women received self-care education using a Self-Care Booklet.	Until the third trimester of pregnancy	The study found that self-care education improved self-care capacity, self-esteem levels, and body image perceptions among pregnant adolescents.
Public Health Nursing	Doctoral Thesis (Yıldız, 2012)	Quasi-experimental study with pre-test, post-test, and control groups	104 patients with hypertension (intervention group: 53, control group: 51)	The intervention group were implemented based on nursing diagnoses determined according to Orem's self-care requirements, and an educational booklet was provided. The control group received standard care and was given the hypertension education booklet after the post-test.	4 weeks	Care provided according to the Self-Care Model effectively reduced blood pressure and improved self-care capacity in patients with hypertension.
Obstetrics and Women's Health Nursing	Doctoral Thesis (Kılıç, 2011)	Quasi-experimental study with pre-test, post-test, and control groups	80 pregnant women (intervention group: 40, control group: 40)	The intervention group received care based on Orem's Self-Care Agency Model, while the control group received only the routine care provided at the hospital.	Assessments were conducted at three points: during the women's initial hospitalization, at discharge, and one month post-discharge via a home visit.	Care provided using Orem's Self-Care Model during the antenatal period significantly increased the self-care agency of pregnant women.
Obstetrics and Women's Health Nursing	Doctoral Thesis (Evşen, 2009)	Quasi-experimental study with pre-test and post-test	63 postpartum women	Care was provided to postpartum women using Orem's Self-Care Model.	7 weeks	Care provided using Orem's Self-Care Model during the postpartum period effectively prevented postpartum complications and increased the self-care agency of women in the postpartum phase.
Pediatric Health and Diseases Nursing	Doctoral Thesis (Cihangir, 2007)	Experimental study	80 adolescents with asthma (intervention group: 40, control group: 40)	The intervention group received eight home visits, during which nursing approaches were implemented to enhance compliance and self-care. The control group received two home visits focused on identifying problems related to compliance and self-care, but no additional interventions were provided.	5 months	Adolescents in the intervention group showed improved compliance with medication and disease management. Additionally, they demonstrated better school attendance, increased participation in peer activities, and greater openness in discussing their condition with friends and teachers. The intervention group also exhibited enhanced self-care skills, including avoiding asthma triggers, performing peak flow monitoring, conducting daily asthma monitoring, implementing an asthma action plan, and properly using medications. No improvements in compliance or self-care were observed in the control group.

Women's Health and Obstetrics Nursing	Doctoral Thesis (Kılıç, 2005)	Quasi-experimental study with control groups	80 women who underwent cesarean delivery (intervention group: 40, control group: 40)	The intervention group was provided with education and a self-care guide based on the Self-Care Model, while the control group received routine nursing care.	3 days	There was no difference between the groups regarding incision site pain, back and shoulder pain, or pain while coughing. However, the intervention group reported fewer complaints related to breastfeeding, abdominal pain due to distension, and nipple pain. Additionally, self-care capacity significantly increased in the intervention group after education.
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DISCUSSION

This study analyzed postgraduate theses conducted in Türkiye using Orem's Self-Care Theory in the field of nursing, presenting detailed findings. The study findings indicate that the model has been predominantly used in doctoral dissertations (Table 1). Doctoral nursing education aims to enhance theoretical knowledge and address problems scientifically through problem-solving approaches. Şahin et al. (2020) reported that the course Theoretical Elements of Nursing was offered in doctoral education in our country. In this context, the "Theoretical Elements of Nursing" course is included in doctoral programs in Türkiye, which likely contributes to the theory/model's greater use in dissertations (Şahin et al., 2020). However, contrary to these findings, Dinmez et al. reported that Orem's Self-Care Theory was more commonly employed in master's theses, particularly in the field of women's health nursing (Dinmez, Eroğlu and Akyüz, 2019). This situation is thought to be due to differences in the department in which the study is conducted, the nature of the topic studied, and the student's performance.

This study found that Orem's Self-Care Theory was most frequently used in theses conducted within the Department of Internal Medicine Nursing, followed by the Departments of Pediatric Health and Diseases Nursing and Surgical Diseases Nursing (Table 1). Similarly, a study by Türen et al. determined that nursing postgraduate theses most commonly utilized theory in the Departments of Public Health Nursing, Internal Medicine Nursing, and Obstetrics and Gynecology Nursing (Türen, Atakoğlu, Kıvanç and Gül, 2019). Another study by Ede and Uysal reported that theories were predominantly used in theses categorized under the Department of Nursing, followed by the Departments of Public Health Nursing, Women's Health and Diseases Nursing, and Internal Medicine Nursing (Ede and Uysal, 2021). The differences between these findings are thought to stem from the varying needs and research topics of each academic department. However, since the Department of Internal Medicine Nursing provides the foundation for acquiring the necessary knowledge and skills in the management of chronic diseases, it is expected that the Orem Self-Care Model will be preferred more frequently in this field. Thus, the Orem Self-Care Model can be effectively used to guide the care practices of individuals in the management of chronic diseases (de Carvalho et al., 2022). In this study, it was also found that theses were frequently conducted with individuals diagnosed with chronic illnesses (Table 2). Similarly, the study by Zuhur and Özpancar reported that Orem's Self-Care Theory was the most commonly used nursing theory in managing chronic diseases (Zuhur and Özpancar, 2017).

A study examining the state of nursing education in Türkiye between 2015 and 2023 found that the number of newly enrolled master's students in nursing postgraduate programs increased 2.3-fold, while the number of doctoral students rose 2.7-fold over a decade (Yürümezoğlu and Kocaman, 2024). This study, it was determined that the number of postgraduate theses using Orem's Self-Care Theory in the field of nursing has increased over the years, with the majority published in the last five years (Table 1). This suggests that the rising number of theses using Orem's Self-Care Theory may be associated with the increasing number of students in postgraduate programs and the subsequent growth in the number of theses produced.

In this study, it was determined that interventions performed by nurses in line with Orem's Self-Care Theory were often effective in increasing self-care capacity and quality of life (Table 2). In a systematic review and meta-analysis study by Nasiri and colleagues (2023) evaluating 46 studies, it was reported that nursing programs based on Orem's self-care theory for patients with chronic illnesses increased quality of life and self-care. In a systematic review by Ghanbari-Afra and Moradi (2023) evaluating 12 studies, it was noted that Orem's self-care theory is effective in improving quality of life in patients with heart failure. In a systematic review by Tümkaya and colleagues (2024) evaluating nine studies, it was reported that care based on Orem's theory increases self-care capacity during pregnancy and the postpartum period. These results suggest that Orem's Self-Care Theory, with its holistic and patient-centered structure that encourages individuals to take responsibility for their own care, has similar effects in different patient groups.

CONCLUSION

The study concluded that in Türkiye, postgraduate theses in the field of nursing frequently used Orem's Self-Care Theory in the Department of Internal Medicine Nursing and for chronic disease management. It was found that interventions carried out by nurses in line with Orem's Self-Care Theory are often effective in increasing self-care capacity and quality of life. The use of the theory has increased over time, with the majority of related theses being at the doctoral level and primarily designed as experimental studies. Nevertheless, the number of postgraduate theses utilizing Orem's Self-Care Theory in Türkiye remains limited. In order to increase the number of postgraduate theses using the Orem Self-Care Model in Türkiye, it is recommended that the Orem Self-Care Model be taught comprehensively by academics in nursing education programs starting from the undergraduate level and that students be encouraged to conduct more research using this model.

Author Contributions

Concept and design: H.A.T., C.S.G Data collection: H.A.T., C.S.G Data analysis and interpretation: H.A.T Writing manuscript : H.A.T., C.S.G., N.D Critical review: H.A.T., N.D

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