Abstract

Aim: The purpose of this study was to investigate the effect of care provided to confined women using Orem’s Self Care Model on postpartum self-evaluation.

Method: The study was conducted using pretest-posttest experimental model with control group. “Personal Information Form”, “Data Collection Form” and “Post-partum Self-Evaluation Questionnaire” were used to collect data. The data of experimental group was collected by making 6 home visits.

Results: In the experimental group, a total of 6 interviews were held and 35 nursing diagnoses were established in total for the 6 weeks of postpartum. In the control group, 1 interview was held with confined women at the end of the 6th week and 24 diagnoses were established in total.

Conclusions: It was determined that, the care provided using Orem’s self-care model during the postpartum period recovered or prevented the postpartum problems and increased the postpartum adaptation of the confined women.

Key Words: Postpartum Period, Orem's Self Care Model, Nursing Care, Postpartum Adaptation.