

Original Article

The Effect of the Care Given Using Orem's Self-Care Model on the Postpartum Self- Evaluation

Serap Ejder Apay, PhD

Assistant professor, Ataturk University Faculty of Health Science, Department of Midwifery, Erzurum, Turkey.

Ayla Çapik, PhD

Assistant Professor, Ataturk University Faculty of Health Science, Department of Midwifery, Erzurum, Turkey

Evşen Nazik, PhD

Associate Professor, Cukurova University Department of Nursing, Adana, Turkey

Funda Özdemir, PhD

Assistant Professor, Ankara University Department of Nursing, Ankara, Turkey.

Correspondence: Serap Ejder Apay, Ataturk University Faculty of Health Science, Department of Midwifery, Erzurum, MA 25100, Turkey. e-mail: sejder@hotmail.com

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.