The theoretical framework of this study is based and designed on concepts of self care model by Dorthea Orem. Orem labels her self care deficit theory of nursing as a general theory. This general theory is composed of 3 related theories. (1) the theory of self care (2) the theory of self care deficit and (3) the theory of nursing system, which describes and explains relationships that must be brought about and maintained for nursing to be produced.

Orem's theory of self care is a nursing model providing guidelines for nursing practice. Orem's theory is based on the premise that people are self reliant and responsible individuals. The core of Orem's theory is the belief that one has an innate ability to care for oneself, called self care agency (Dawn and Judith, 1983).

Of the three basic nursing systems namely, wholly compensatory, partly compensatory and supportive educative, supportive educative system is applied in this study.
Supportive educative systems: Supportive educative systems are for situations where the patient is able to perform or can and should learn to perform required measures of externally or internally oriented therapeutic self care but cannot do so without assistance. Methods of assistance include (1) acting or doing for (2) guiding (3) teaching (4) supporting and (5) providing a developmental environment.

Orem defines self care as “the practice of activities that individuals initiate and perform on their own behalf in maintaining life, health and well being” (Marrioner, 1986). Orem and Levin et al (1978) viewed deficits in self care as resulting from

a. Lack of knowledge about the situation and/or available resources.

b. Incompetent in performing a specific activity or

c. Malfunction of the person due to physical and emotional consequences related to illness.

Three systems in which the nurse can help the patient are wholly compensatory, partly compensatory and supportive education.
In the wholly compensatory system, the nurse herself manages and meets self care requisites, because the client is incapable to do so. In the partly compensatory system, the responsibility is shared by the clients as well as the nurse to satisfy and meet self care requisites.

In the supportive educative system, the client is made responsible to achieve and meet self care requisites as per the advice of the nurse. Orem's supportive educative system provided the foundation and guidance for this study.

Valvular diseases and treatment make the patient dependent on others for care, teaching and guidance, even though they have self-care capabilities.

The investigator has felt that the therapeutic self care is hampered in these patients owing to knowledge deficit regarding valvular disease and treatment.

At present what they are lacking is knowledge and awareness practice and attitude regarding self care activities.

It is presumed that if they had been informed about disease condition and how to prevent specific post operative complications by deep breathing,
coughing exercises, steam inhalation, I.C.U. orientation, early ambulation, prevention of bacterial inversion, diet and drug prior to surgery they would have able to perform these self care activities and face the situation effectively and satisfactorily. This will effect prevention of specific complications post operatively by developing good attitude in practicing those learned. Hence the investigator had prepared an educational intervention module and taught them. Their knowledge, skill and attitude about valvular diseases, surgery and how to prevent specific complications were assessed before and after this educational intervention.
Fig. 13 DIAGRAMMATIC REPRESENTATION OF NURSING THEORY APPLIED

SELF CARE

Self care capabilities in prevention of infection, Diet, Drug, Ambulation, Exercises, Deep breathing & coughing exercises, steam inhalation, I.C.U. orientation

Therapeutic self care demand, knowledge regarding valvular disease, surgery, prevention of specific post operative complications like lower respiratory tract infection, pleural cavity infection, psychological maladjustment, deep vein thrombosis, wound infection and sub acute bacterial endocarditis

NURSE

Nursing capabilities Prevention of specific post operative complications by educational intervention

R - Relationship

< - Deficit relationship current or projected