

Theoretical Foundations of Self-Care Capabilities

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- The idea of foundational theories is based on the assumption that all knowledge is connected
- Connections are not always known
- Hence the need for research, science, philosophy and other knowledge development - theoretical and practical.

- The foundations of SC capabilities can be found in the SCDNT and the theoretical foundations of that body of knowledge
- The significant reference for that development is Concept Formalization in Nursing which describes the process and product of the development of SCDNT.

- Major theoretical foundations:
 - Human beings, persons, self
 - Human action

Definitions

Capacity:

volume: a measure of the amount that can be held or contained by something

- mental or physical ability: mental or physical ability for something or to do something

- Capability: 1. natural ability: the power or practical ability necessary for doing something
- 2. range of ability: the potential ability of somebody or something to do something

- ac·tion 1. doing something toward goal: the process of doing something in order to achieve a purpose . The process of a person doing something, usually involving more than one step and occupying some time.
- Act- that which is done by a person; the deed

- Capability - a power which can be acquired (or lost) without there being a change in the fundamental nature of the thing or material in question” Harre
- disposition :
 - 1. personality: somebody's usual mood or temperament
 - 2. behavioral tendency: an inclination or tendency to act in a particular way

- Self-care capabilities - constituent developed abilities that together form the sca of persons for effectively performing, within appropriate time frames, the investigative, judgement and decision making, and regulatory or treatment operations necessary to keep their own functioning and development within norms compatible with life, health and well being. The performance of the three self-care operations rests on developed and exercised knowledge, skills, and motivations specific to self-care, and sets of foundational human capabilities and dispositions.
- Ability: CORE MEANING: the necessary skill, knowledge, or experience to do something

Self-care Capability

- What enables individuals to provide the amount and kind of self-care that they need

Self-Care Agency

The complex acquired capability to meet one's continuing requirement for **care of self** that regulates life processes, maintains or promotes integrity of human structure and functioning and human development, and promotes well-being (Orem, 1995, p.212)

Self

- Irreducible "I",
- The unity and holism,
- The oneness of the person
- Defines who I am from my own view -

Dimensions of self

- Rational
- Biological
- Psychological
- Spiritual

Deliberate action

- Those acts that relate to what the person **INTENDS** about:
 - 1. The end to be sought and
 - 2. The means to be used in seeking it

Characteristics of Deliberate Action

- Investigating -> reflective understanding -
> judgments and decisions
 - Ends and means
- Producing action
 - Design and planning
 - Doing
 - Evaluating

Human capabilities and dispositions

- Basic capabilities: (NDCG, p. 212)
 - Sensation
 - Learning
 - Exercise or Work
 - Regulation of position
 - & movement of body
 - And its parts
 -
- Attention
- Perception
- Memory
- Central regulation
of motivational-
emotional
processes

Knowing and Doing Capabilities

- Rational agency
- Operational knowing
- Learned skills
- Self-consistency in knowing and doing

Dispositions affecting goals sought

- Self-understanding
- Self-awareness
- Self-image self-acceptance
- Acceptance of bodily functions
- Willingness to meet needs of self
- Future directedness

Orientative capabilities and dispositions

- Orientations to time, health, persons...
- Priority system or value hierarchy
- Interests and concerns
- Habits
- Ability to work with body & its parts
- Ability to manage self & personal affairs

Capabilities/Limitations

- Self-care Capabilities expressions of what persons have learned to do and can do in the investigative, decision-making phases, and production under presenting conditions
- S-C Limitations (5th ed, p 236-42) expressions of that which restricts individuals from providing needed self-care

- Production of self-care is a function of both capabilities and limitations

- In summary, the theoretical foundations of self-capabilities includes the entire range of knowledge about the human and human action from a realist perspective