

Nursing care of a patient with lumbar disc herniation and spondylolysis according to the Orem's self-care nursing theory: A case report

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According to Orem, the purpose of nursing is to help the individuals acquire the ability to perform their self-care, and to ensure that they perform their self-care. Lumbar disc herniation causes lower back pain, radiating pain in one leg, paresthesia and weakness as well as difficulty in walking. Surgical treatment is administered in advanced lumbar disc herniation. Fractures that are caused by overloading in the lower vertebrae of the highly mobile lumbar region are called spinal stress fractures (spondylolysis).

In this case report, self-care requisites were determined for a patient, who had undergone discectomy and had been performed direct repair of spondylolysis due to lumbar disc herniation, according to Orem's Self-Care Nursing Theory. The types of nursing diagnoses included in the NANDA classification system were used for meeting these requisites, and presented as a nursing care plan. Verbal consent was obtained from the patient and the clinic where the patient was hospitalized, regarding the use of the data for scientific purposes.

Spondylolysis was detected during surgery in a patient, who underwent lumbar discectomy; and surgical repair was performed. It was determined that the self-care requisites of the patient were affected by advanced age, surgical intervention, activity intolerance and lack of knowledge. Accordingly, nursing care was performed considering the universal, developmental and health deviation self-care requisites that were identified. Nursing interventions were administered in order to meet the self-care requisites in the light of the wholly compensatory, partial compensatory and supportive-educative nursing systems. The requisites of the patient regarding the lack of information were met using the supportive-educative nursing system.

It can be argued that Orem's Self-Care Nursing Theory increases the quality of patient care and guides in the prevention of complications in patients, who have undergone discectomy due to lumbar disc herniation and were performed repair of the spondylolysis, through its wide range of patient evaluation.

Biography

Hatice Öner Cengiz has a doctorate in surgical diseases nursing. She is interested in surgical oncology, intensive care nursing, spirituality, breast surgery, concepts and theories in nursing. During the COVID-19 pandemic process, she continues her studies to increase the quality of care for Covid-19 patients.