

Letter to the Editor

Implementation of Orem's self-care model in early stages of breast cancer

Breast cancer is the most prevalent cancer among women, and it can affect different aspects of the patients' life.^[1] Hence, patients will need care plans; and these plans can improve the patients' quality of life.^[2] Also, cancer can affect the patients' mental health, which decrease the patients' self-care ability.^[3] One of the most comprehensive self-care theories is Orem's self-care model, which provides a framework for nursing care plans^[4] and believes that people have the ability to care for themselves, and in case of any problem, nurses can return this ability with training.^[5] The results of a meta-analysis in Iran showed a positive effects of the Orem self-care model that has been identified in many chronic diseases, but this model is often used in the chronic rather than acute stages of the disease,^[6] and in breast cancer, the focus is often on the quality and quantity of self-care rather than on the patient's self-care ability.^[7] Also, Barandeh *et al.*^[8] believe that the breast cancer patients' concerns in the first session of chemotherapy can reduce the impact of self-care training in them, so they suggest that training in these patients should begin before starting chemotherapy. Thus, according to the Orem self-care model, needs, abilities, and constraints of self-care in a 49-year-old woman 2 days after mastectomy were determined. Then nursing diagnoses were identified and training (oral, face-to-face, and booklet) were provided. The follow-up indicated that the patient has followed the training programs for several weeks after receiving the training, especially on anxiety and related problems such as sleep disorders and phobia. Also, she even wanted to receive further training for subsequent stages of the treatment.

Various studies have suggested the positive effect of this model in increased self-care ability, self-efficacy, quality of life, and mental health in people affected by different chronic diseases.^[6] In the present study, a patient received training programs based on the Orem model in the acute phase of the disease, which increased the patient's self-care ability and satisfaction. In fact, according to the findings, after a decrease in mental problems, she could better plan for herself. Thus, unlike popular belief, this model is a useful and effective method for training breast

cancer patients in the early stages of disease and treatment (and not only in the chemotherapy and radiology stages).

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Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given her consent for her images and other clinical information to be reported in the journal. The patient understands that her name and initial will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

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Conflicts of interest

There are no conflicts of interest.

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