

#1944 - Explaining Self-care in Kidney Transplant Recipients based on Orem's model

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Body

Introduction: Kidney transplant recipients suffer from a chronic condition which needs special care. In this condition, a complete treatment of patient requires long-term management and its consequent melancholies, the treatments, and preventing further disabilities, i.e. self-care for promoting health, quality of life and disease control. Therefore, these patients face different challenges during the process of caring the transplanted kidney. Thus, this study was done to elaborate self-care in kidney transplant recipients.

Method: This is a qualitative study which was done through guided content analysis in the kidney transplant recipients in 2016. Data was collected via open individual semi-structured interviews with 24 recipients of kidney transplant who were selected using purposive sampling. The duration of each interview was 45 minutes in average. Data analysis was done via guided content analysis based on Orem Model. MAXQDA10 was used for data management.

Findings: Data analysis led to the extraction of three

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themes of self-care factor in two categories (Self-care ability and self-care obstacles), care needs in three categories (basic needs, evolutionary needs and needs of health deviations) and self-care deficiencies in three categories (Lack of knowledge, lack of motivation and lack of skill).

Conclusion: The results of this study show that recipients of kidney transplantation face many challenges in self-care despite the numerous care needs. Therefore, recognizing these care needs and obstacles can help researchers and healthcare providers to develop strategies to increase self-care and promote patients health.

Keywords: kidney transplantation, self-care, qualitative content analysis, Orem Model

and quality of life.

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