Critical factors on autonomy reconstruction after self-care dependency

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Study of the reconstruction of autonomy after self-care dependency
Study purpose

- Develop an explanatory theory about the phenomenon of reconstruction of autonomy after self-care dependency.
Material and Method

Identify the conditions that influence the reconstruction of autonomy; retrospective 10 participants domicile 1 week

- Being hospitalized for an event that causes self-care dependency for the first time
- Clients ULSM
- Keep dependence 6 months after discharge
- Return home after hospitalization
- Perception of some level of recovery
- Ability to interact
- Keep dependence 6 months after discharge
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• Clients ULSM

Hospital 10 participants domicile 1 week 1 month 3 months

• Perception of some level of recovery
• Ability to interact
• Keep dependence 6 months after discharge
• Return home after hospitalization
• Perception of some level of recovery
• Ability to interact
Matherial and Method

Grounded Theory

Interview

Observation

Interview

Observation

Grounded Theory

(Strauss & Corbin, 2008)
Results

Critical Factors

Intrinsic
- Motivation to change
  - Conformism
  - Expectation
- Meanings
  - Confidence
  - Hope
  - Initiative
  - Dependency
  - Equipments
  - Fall
- Health condition
  - comorbidity

Extrinsic
- Self-care style
  - responsible
  - formally guided
  - Independent
  - abandoned
- Make decisions

Awareness

Motivation to change
- Difficult
- Promotes
- Willpower
- Locus control

engagement
Self-care dependency

**Situation**
- Responsible Self-care
- Willpower
- Self-control
- Confidence
- Internal Locus control

**Condition**
- Low willpower
- Low self-control
- Low confidence
- External Locus control
- Abandoned Self Care
Critical Factors

Intrinsic
- Support
  - Economic
  - Spiritual
  - Family
  - Community
  - Difficult

Extrinsic
- Society
  - Social stigma
  - Socialization

Provide caregiver
- Potencial of autonomy
- Paternalism

Economic
- Promotes

Provide caregiver
- Substitution
- Protection

Promotes
- Engagement

Difficult
Conclusion

Identify different levels of vulnerability, allows us to anticipate difficulties, potentiate some protective factors and plan monitoring.

The potential for personal autonomy is determined by their own understanding of the dependence in self-care: situation versus condition.
Thank you

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