



## **Integrative review of the five actions understood as self-care**

### **Revisão integrativa das cinco ações entendidas como autocuidado**

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#### **INTRODUCTION**

There are numerous concepts of health, although the one standardized by the World Health Organization since 1946 is the "State of complete physical, mental and social well-being, and not merely absence of disease". That said, it is understandable that the maintenance of health is also the responsibility of the same, since the health professional cannot intervene in personal aspects of the patient's life. From this analysis, it is possible to correlate the concept of health with that of self-care, which consists of giving the individual the responsibility and possibility of promoting and maintaining their own health and well-being. This concept was first published by nurse Dr. Dorothea E. Orem in 1959 and later supplemented by several authors. Currently, this term is linked to the autonomy and empowerment of the patient, giving him greater responsibility for maintaining and promoting his own health. Moreover, due to the numerous contributions and correlations linked to the initial concept of self-care, today there is no absolute definition of the term, as well as no specific actions are presented that contemplate all the areas to which self-care is related. Thus, guidance on self-care actions becomes the responsibility of the health professional and, in most cases, includes actions previously correlated to the user's underlying pathology, without addressing other actions that would also contribute to the overall well-being of the patient.

#### **OBJECTIVES**

The aim of the present study is to conduct an integrative review to identify the main components associated with self-care in articles published on the subject.

#### **MATERIAL AND METHODS**

This study consists of an Integrative Review, using two databases: VHL (Virtual Health Library) and SciELO (*Scientific Electronic Library Online*) in publications between 2018 and 2022, involving articles from all over the world, with the descriptors: self-care, application of self-care and theories of self-care. Adding the word AND or OR between the search of the descriptors. The selected articles were organized according to the title, year of publication, number and title of the authors, country of research, methodology used, main results and conclusion. For this, a table was built in Excel with all the data



collected. After the completion of the reviews, the number of times each component appeared in the analyzed studies was counted and these were ordered to in order of highest to lowest frequency of citations.

## RESULTS

A total of 6802 articles were found when the descriptor self-care was used in the VHL and Scielo platforms. Of these, 160 articles were selected from those obtained after applying selection and exclusion criteria. The selected articles were published in 28 countries, of which 104 were published in Latin America; 27 in Europe; 17 in Asia; 3 in Africa and 8 in North America.

Among the themes related to self-care in the literature, the five actions that appeared most frequently related to self-care were, respectively: 1. Knowledge about the disease and care with health professionals (137); 2. Food (87); 3. Physical activity (83); 4. Social and family life (83); 4. State of mood (71); and 5. Sleep and rest (37).

## CONCLUSIONS

Self-care consists of giving patients the possibility of promoting and maintaining their own care, aiming at the maintenance and promotion of their health. There are several actions that can be related to self-care, because there is no fixed concept with delimited components that relate to self-care. The topics found in the literature are directly associated with the pathophysiology of the respective pathologies discussed in the analyzed articles. Thus, when addressing the main themes related to self-care in the underlying pathology, the other components were forgotten or placed as secondary, not giving the patient an overview of all the processes involved in self-care. In view of the above, it is suggested that further studies be developed on the subject for a better understanding of the dynamics exposed.

**Keywords:** Self-care; Health-Disease Process; Revision; Primary Health Care

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