This book explores the high-level theory of the application of Orem's Self-Care Theory, and how it can improve patient outcomes as well as cost-effectiveness of nursing care delivery. Written for nursing theorists, researchers, administrators, and graduate students, the text addresses the relationship of self-care theory and evidence-based care in nursing, and provides a solution to improving contemporary healthcare outcomes.

The book is divided into three sections. Section one discusses the reason for the existence of the nursing profession, and identifies the performance of self-care. Section two covers three nursing practice sciences—wholly compensatory nursing, partly compensatory nursing, and supportive educative nursing. Section three offer suggestions on how health care organizations can incorporate this broadened perspective of what constitutes evidence based practice and on-going research methodology into every-day delivery of nursing services.