Dorothea Orem's Self-Care Deficit Theory (SCDT) provides a valuable framework for enhancing chronic illness management in primary care. Emphasizing patient empowerment and self-care, it aligns well with the long-term needs of individuals managing conditions like diabetes and hypertension. The proposed nurse-led self-care management program, grounded in this theory, offers a structured approach to patient education, continuous follow-up, and improved health outcomes.

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