

# Roy's adaptation model of nursing

Roy's conceptual model or adaptation model is a model based on a person's ability to adapt to changed living conditions.

## Callista Roy

(\*14.10. 1939', Los Angeles, USA)

Callista Roy is an American nun, nurse, professor and author of the adaptation model of nursing. She is a member of the American Academy of Sciences, a person of America, a member of NANDA and the world organization of women.

## The Adaptation Model of Nursing

In order to preserve one's own integrity and homeostasis, a person must constantly respond to changes in the organism or environment through innate and acquired mechanisms.

According to Roy, the goal of nursing is to help a person strengthen his health by supporting adaptation to both *external* and *internal stimuli*.

## Types of stimuli influencing the adaptation response

- **Incentives main**
  - local, focal
  - the individual here reacts immediately
  - e.g. birth, fracture
- **Situational, contextual stimuli**
  - result from the present time and environment
- **Personality, residual incentives**
  - include opinions, character traits or attitudes

When the stimuli are combined, a positive *or negative adaptive reaction* is induced, which leads to a certain behavior and then to adaptation or maladaptation.

## The role of the nurse in the adaptation model

When applying the adaptation model, the nurse focuses on a total of 4 areas:

1. **Physiological needs** - e.g. activity, nutrition, rest, etc.
2. **Self-concept** - a set of characteristics that a person attributes to himself.
3. **Social role** - primary (age, gender) and secondary (related to life period - parent, doctor, patient, etc.)
4. **Interdependence** - balance between agreement or disagreement, can be positive or negative

## Adaptation Syndrome

Adaptation takes place according to a certain algorithm - i.e. adaptation syndrome. It takes place in different phases and results in either "active adaptation" or "maladaptation".

Phase:

1. **Alarm reaction** - i.e. helplessness or the search for certainty and safety
2. **Active adaptation phase** - i.e. stabilization, balance and calming down
3. **Exhaustion phase** - i.e. exhaustion of the body's reserves and subsequent deterioration of health

## Use in practice

Roy uses a total of 6 stages nursing process, instead of the original 5.

Phase:

1. **Assessment of patient behavior**
2. **Assessment of acting stimuli**
3. **Establishing a nursing diagnosis**
4. **Goal Setting**
5. **Nursing Interventions**
6. **Evaluation**

The starting point of the model according to Roy is stress. The **result of adaptation is effective' and ineffective behavior**. Nursing intervenes only in ineffective behavior.

## Links

### Related Articles

Nursing process

### References

- ENDLICHEROVÁ, Jana. *Ošetřovatelské modely* [lecture for subject Dovednosti v porodní asistenci 1, specialization Porodní asistence, 1. lékařská fakulta Univerzita Karlova]. Praha. 2019.

### Resources

- DOLANOVÁ, Dana. *Ošetřovatelský model dle Royové a jeho využití v praxi (Adaptační model)* [online]. Masarykova univerzita, ©2010. The last revision 2010, [cit. 2019-01-03]. <[https://is.muni.cz/el/1411/jaro2010/BDOS0222/um/Osetrovatelsky\\_model\\_dle\\_Royove\\_a\\_jeho\\_vyuziti\\_v.pdf](https://is.muni.cz/el/1411/jaro2010/BDOS0222/um/Osetrovatelsky_model_dle_Royove_a_jeho_vyuziti_v.pdf)>.