## **Roy Adaptation Model**

## **Assumptions**

- The person is a bio-psycho-social being. The person is in constant interaction with a changing environment.
- To cope with a changing world, person uses both innate and acquired mechanisms which are biological, psychological and social in origin.
- To respond positively to environmental changes, the person must adapt.
- The person has 4 modes of adaptation: physiologic needs, self- concept, role function and inter-dependence.

## **Major Concepts**

- Adaptation -- goal of nursing
- Person -- adaptive system
- Environment -- stimuli
- Health -- outcome of adaptation
- Nursing- promoting adaptation and health

## Adaptation

- Responding positively to environmental changes.
- The process and outcome of individuals and groups who use conscious awareness, self reflection and choice to create human and environmental integration

#### Person

- Bio-psycho-social being in constant interaction with a changing environment
- Uses innate and acquired mechanisms to adapt
- Includes people as individuals or in groups-families, organizations, communities, and society as a whole.

#### **Environment**

- Focal internal or external and immediately confronting the person
- Contextual- all stimuli present in the situation that contribute to effect of focal stimulus
- Residual-a factor whose effects in the current situation are unclear
- All conditions, circumstances, and influences surrounding and affecting the development and behavior of persons
  and groups with particular consideration of mutuality of person and earth resources, including focal, contextual
  and residual stimuli

#### Health

- Represented by a health-illness continuum
- A state and a process of being and becoming integrated and whole

#### Nursina

 To promote adaptation for individuals and groups in the four adaptive modes, thus contributing to health, quality of life, and dying with dignity by assessing behaviors and factors that influence adaptive abilities and by intervening to enhance environmental interactions

### **Four Adaptive Modes**

Physiological, Self-Concept, Role Function, Interdependence

**Physiological mode**: Behavior in this mode is a manifestation of the physiological activity of all the cells, tissues, organs, & systems of the body.

- 5 needs serve to promote physiological integrity, (oxygenation, nutrition, elimination, activity and rest, and protection).
- 4 processes which help maintain physiological integrity (senses, fluid and electrolytes, neuro, and endocrine function)

<u>Self-concept mode</u>: deals with the person's beliefs & feelings about himself/herself. Basic underlying need: psychic integrity (physical perceptions, ideals, goals, moral/ethical beliefs)

Physical self: how one sees his own physical being

- (1) body sensation: ability to express sensations/feel symptoms
- (2) body image: how one sees himself as a physical being

Personal self: how one views his qualities, values, worth

- (1) self-consistency: one's self-description of qualities; also includes self-organization behavior
- (2) self-ideal/self-expectancy: what one would like to do or be
- (3) moral-ethical-spiritual self: values, beliefs, religion self-esteem: the value one places on himself/herself

**Role function mode**: involves the position one occupies in society; behaviors associated with one's position (role) in society. Basic underlying need: social integrity

Primary role: role based on age, sex, developmental state

Secondary role: role(s) a person assumes to complete tasks associated with a primary role or developmental stage

Tertiary role: a role freely chosen; temporary; associated with accomplishments of tasks or goals

**Interdependence mode**: associated with one's relationships and interactions with others and the giving and receiving of love, respect, and value. Basic underlying need: nurturance and affection

Significant others: intimate relationships (spouse, parent, God)

Support systems: less intimate relationships (coworkers, friends)

Giving behaviors: giving love, nurturance, affection

Receiving behaviors: receiving/taking in love, nurturance, affection

# Roy Model and the Nursing Process: Utilizes a bi-level assessment to problem solve

Assessment of behaviors:

- Behavior is an action or reaction under specified circumstances; behavior may be observable, or not.
- Normally, a person adapts to stimuli positively, maintaining a "steady state" but in times of stress when coping mechanisms are overwhelmed (i.e., illness), the person's ability to adapt to a new situation is impaired.
- The nurse observes behaviors (signs/symptoms) or responses of the patient and makes a judgment as to whether the behavior is adaptive or ineffective.
- How does the nurse do this? Assessment phase of nursing process

## Assessment of stimuli:

- Stimuli are the underlying causes or factors contributing to the behaviors observed in first level assessment; those things which provoke a response.
- · Nurse identifies stimuli in all 4 adaptive modes; stimuli are manipulated via interventions to achieve patient goals

#### Summary

- 5 elements person, goal of nursing, nursing activities, health and environment
- Persons are viewed as living adaptive systems whose behaviors may be classified as adaptive or ineffective.
- These mechanisms work within 4 adaptive modes.
- The goal of nursing is to promote adaptive responses in relation to 4 adaptive modes, using information about person's adaptation level, and various stimuli.
- Nursing activities involve manipulation of these stimuli to promote adaptive responses.