SR. CALLISTA ROY PhD, RN, FAAN

“When push comes to a shove, we will seldom disappoint ourselves. We all harbour greater stores of strength than we think. Adversity brings the opportunity to test our mettle and discover for ourselves the stuff of which we are made.”

~ Sr. Callista Roy PhD, RN, FAAN

Sister Callista Roy, Sister Callista Roy received a BSN in 1963, an MSN in 1966 and then a master’s degree in sociology on 1973. She then went on to receive a doctorate in sociology in 1977 from the University of California.

It was during her time at the University of California that Roy developed the basic concepts of the Adaptation Model when challenged to create a nursing model as a class assignment. (Alligood, 2010).

SCOPE

Human systems include everything from society as a whole down to people as individuals with everything in between. (Alligood, 2010).

“Health is a state and a process of being and becoming integrated and a whole person. It is a reflection of adaptation, that is, the interaction of the person and the environment” (Alligood, 2010).

THE ROY’S ADAPTATION MODEL (RAM)

“The content of the Roy adaptation model purposefully seeks knowledge that describes the coming together that is the opposite of adversity. It seeks the good of the individual and the social good” (Roy, 2008, p. 138).

Roy defines person as humans that are holistic, adaptive system. “As an adaptive system, the human system is described as a whole with parts that function as unity for some purpose” (Alligood, 2010).

CONCEPTS

The “Roy Adaptation Model” of nursing regards a human being as an adaptation system. The clients’ adaptive behavior is regarded as the products of four kinds of "Adaptive Modes" (Alligood, 2010):

- Physiological Mode - considers the activities and how living organisms function and their needs to maintain physiologic integrity by adapting to change
- Self-concept Mode - centered on spiritual and psychological wholeness of being, sense of meaning and purpose and place in the universe
- Role Function Mode - focuses on the function in society and relative place in a social group
- Interdependence Mode - defined by relationships and an individual connection to others and their adaptation as a group

The environment is composed of stimuli that is absorbed to produce client responses. The nurses prepare the environment and modify the stimuli to help promote client adaptability in RAM.

The goal of nursing is Adaptation, the adaptive system is the Person, the stimuli is the Environment, the expected outcome of adaptation is Health and Nursing promotes adaptation and health (Roy, 2008, p. 138).
The RAM model is primarily utopian in nature. Although testable, it nevertheless gives the impression that it can be an unreachable concept for general nursing. This model would be far more appropriate for settings that include obstetrics, oncology, cardiology, geriatrics and hematology.

This model is considered fluid and more malleable compared to other frameworks. “Adaptation is a process and as such, it guides nurses, in whichever roles they assume when they use the model, to think in terms of that process” (Clark, Barone, Hanna, & Senesac, 2011, p. 343). Nurses have to consider both the patient and family in terms of their need to adapt as well as how to measure the adaptation modes and outcomes in the population that they serve.
References


