

Reflective paper



**ASSIGN
BUSTER**

I have a BS in Nursing from Philippines and have been in the profession for past few years. Most of my experiences have been during my stay at Clinical Nursing School where I learned not only the theoretical foundations of the Nursing but also grasped the practical aspects of the professional too. I am currently working as a hotel nurse as well as operate a walk-in nurse at my place. While living in a very small town, most of my walk- in clients are poor and come from different areas scattered throughout my vicinity.

As a part of my assignment to write a reflective paper on my experiences and how they relate to the theory, I am choosing Roy's adaptation model to explore and relate to my experiences.

This theory is based on the assumption that a person is a combination of different systems and a system has the capability to interact with its environment. Based on this assumption, health is considered as a managed system and the role of nursing is to support the adaptation of their patients to that environment. The adoptive modes under this theoretical model comprise of physiologic, self concept, role function and interdependence. (Benner). This approach is considered as holistic in nature as it attempts to be unifying and purposeful and as such since health is considered as a positive response towards environment. Therefore, the role of the nurse is to promote such an adaptation.

As described above that I live in a very small town and most of the patients are poor with lesser access to better health opportunities. Therefore, as a nurse, I always remain focused on facilitating them to cope with their environment. As a part of this process, my experiences are really related to facilitating my patients to understand and learn as to how to deal with four different adoptive modes.

As a part of this reflection. However, I feel that real life experiences do not fully match or augment this theory because there are some other factors which restrict the ability of my patients to successfully interact with the environment. Poverty and social isolation have made people ignorant of essential elements required for maintaining a healthy interaction with their environment. As a part of my duty, I also consider that though my patients need nursing care, and they are the focus of my nursing care. However, I fail to clearly establish as to really when that nursing care is indicated. At the individual level and being a part of a society which lacks adequate economic resources, my ability to manipulate different stimuli in order to promote adoptive responses is limited. I still remember one of my patients who could not cope with her mental disorder situation only because of the lack of resources either social or economic which can support her to respond positively to such a situation. The assumption of considering person as a system with the ability to interact fully with the environment is therefore flawed in the sense that it lacks the humanistic touch which we nurses provide to our patients.

As such learning about this theory has instilled in me a systematic approach to adapt the profession on more professional manner by realizing the bigger role, I, as a nurse, have to perform.

Works Cited

1. Benner, Patricia. From: Novice to Expert, Excellence and Power in Clinical Practice. . New York: Prentice Hall, 2000.