

# Nursing model

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Nursing Model: Roy Adaptation Model Roy Adaptation Model The Roy Adaptation Model has come in handy over the past few years, as it has aided practicing nurses find ideal mechanisms of attending to individual patients and at the same time handling health related cases within an extensive clinical setting.

According to (Papathanasiou et al, 2013), the technological progress that has been made in the field of biology and health sciences has played a significant role in treating critical communicable and non-communicable diseases. That notwithstanding, the long-term recuperation of the patients is not assured, for the health of an individual is broad and focuses on the well-being of the patient rather than the absence of an ailment. In the article titled Holistic Nursing Care: Theories and Perspectives, published on the American Journal of Nursing Science, the authors reaffirm that the signs and symptoms of any given condition mirror a deeper disturbance within the patients biopsychosocial balance. Consequently, practicing nurses should embrace an all-inclusive approach that tackles the symptoms and at the same time focuses on the social and psychological needs of the patient. In addition, the authors re-iterate that nurses should employ the Roy Adaptation model, as it focuses on positive interaction between individuals and the relentlessly changing environment, an aspect that defines the long-standing condition of the entities involved.

The Roy Adaptation Model is the best fit for nursing practice due to its extensive scope, which takes into consideration all the aspects involved in a clinical setting and ensuring that they regain a sense of balance (Vivien et al, 2014). Similarly, the model ensures that the patients remain cognizant and

play a far-reaching role in achieving self-actualization and preserving their health.

#### References

Papathanasiou, I. Sklavou, M. & Kourkouta, L. (2013 February). Holistic Nursing Care: Theories and Perspectives. *American Journal of Nursing Science*. Vol. 2, No. 1, 2013, pp. 1-5. Doi: 10. 11648/j. ajns. 20130201. 11

Vivien, D. & Muder, A. (2014). The Validation of the Coping and Adaptation Processing Scale Based on the Roy Adaptation Model. *Journal of Nursing Measurement*. Volume 22, Number 3, 2014, pp. 368-380(13). Doi: <http://dx.doi.org/10.1891/1061-3749.22.3.368>