

# Case study example

[Health & Medicine](#), [Nursing](#)



Case study In a Callista Roy's model in the provision of nursing care, Roy sees an individual as a set of interrelated social, psychological and biological system. The model explains how an individual strives to maintain an equilibrium between these systems and the external environment, the model explains that there is no absolute balance however individuals strive to cope in this environment. This model is widely used in nursing practice and in our case study, we shall use Roys model in the following ways in the planning of Eddies care:-

According to Callister Roys model of adaptation, the nursing process is a problem solving approach for data gathering, identifying needs of a person to adapt to the system, and selecting the best methods and implementing them with the individuals care plan and evaluating the care later on.

This model will assist a nurse in the assessment of Eddie. A nurse would first be involved in assessment of Eddies behavior. This model would guide a nurse in the collection of data on Eddie, and see how likely he is to adapt to the system in each adaptive mode.

The model would guide a nurse to identify both internal and external factors that or stimuli that influence Eddies adaptive behavior. A nurse would be able to identify the immediate stimuli that a person faces and guide them in planning their care. The nurse would be able to identify other stimuli that affect the existing ones and finally they would identify those factors that influence Eddie but are unclear.

A nurse familiar with this model would be able to come up with appropriate nursing diagnosis, the nurse would be able to come up with statements that best describe the patients situation and that interpret the already gathered

data about the Eddies adaptation status, including relevant stimuli and behavior.

The model would guide a nurse in appropriate goal setting: in this the nurse would set clear goal statements of the Expected behavioral outcomes for the nursing care.

The nurse would be able to come up with good intervention steps that determine how best they will assist Eddie in coping.

The model would guide the nurse in making effective judgements or evaluations of the interventions made in relation to Eddies care.

Roy's model of adaptation has a great influence in guiding a nurse actions towards the care of an individual. This model would influence how a nurse would approach Eddie in promoting self concept. AS nurse will be able to understand what is needed in dealing with self concept.

In the self concept mode a nurse would be able to assess how Eddie views himself in terms of his ability to meet his daily needs or goals and if he can assist his members. Eddie saw viewed himself as a liability as he had no work and could not get back to his old job and the pins in his legs prevented him from looking for a job. Eddie though he wished to visit his friend Joe he was not able to because his friend was hospitalized far away. Eddie had moved back to his mum's house because he was not able to meet his needs. Eddie's values were that he should be the one providing for his family and not the other way round, though he understood that it was could not because of his current condition. Eddies mother is of great support to his rectory, he lives with her and she helps him cater for his needs. Eddie has a great support system.

When assessing an individual self concept mode, it is essential to hear words from their own mouth as the self concept mode is all about how individuals view themselves. One can get abundant information about how the individual reacts and expresses themselves when telling their experiences. As nurses it is of importance that we get these subjective data from an individuals own mouth rather than just reading the files: this will also enable a nurse get a clear view of the person and thus will be able to make the right care plan for the individual to help him achieve his balance with the environment

#### Reference

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