Application of Roy’s theory for adaptation to life style by cardiac patients and determine its implications for nursing practice

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ABSTRACT

Problem statement: Application of Roy’s theory for adaptation to life style by cardiac patients and determine its implications for nursing practice

Objectives: The present study has been conducted a) to develop the nursing assessment tool for cardiac patients based on Roy’s theory, b) to determine its implications for nursing practice by testing the acceptability for utilization of nursing assessment tool by nurses working in selected hospitals and, c) to understand the cardiac patients’ perspectives of cardiac disease, life style changes and medication regimen.

Methods and materials: The study was conducted in a phased manner by using mixed approach i.e. quantitative as well as
qualitative. In the phase-I, nursing assessment tool based on Roy’s adaptation theory was developed. In the phase-II, nurses’ acceptability for utilization of this tool for cardiac patient was assessed. And in the phase-III, case studies of cardiac patients were conducted using the nursing assessment tool based on Roy’s adaptation theory to analyze their perspectives of cardiac disease, lifestyle changes and medication regimen. After in-depth analysis of all the four metaparadigms of Roy adaptation theory and concepts of cardiac nursing, it was found that cardiac nursing practice carries distinct characteristics, making it particularly relevant to the propositions underpinning the Roy adaptation theory. Therefore using Roy adaptation theory to guide the development of nursing assessment tool for cardiac patients was justified. The content validity of the nursing assessment tool was established (CVI-0.8). In the phase-II quantitative analysis of the nurses’ acceptability for utilization of nursing assessment tool was assessed with the acceptability scale with the use of cross-sectional research design on 200 nurses working in selected hospitals. In the phase III, case studies of ten cardiac patients admitted in selected hospitals were conducted to analyze their perspectives of cardiac disease, lifestyle changes and medication regimen.

**Results:** The results showed that the Roy adaptation theory held the potential for utilization in cardiac nursing, all the modes and two
level assessments were well fitting into the assessment of cardiac patient. In the phase II analysis, the nursing assessment tool was found to be highly acceptable to nurses. Mean scores of overall acceptability was 4.029± 0.436, which showed overall high acceptability of the nursing assessment tool moreover majority of respondents had high acceptability of tool (53.7%) followed by moderate acceptability (45.0%) and very less number of respondents had low acceptability (1.5%). Hence it indicated high acceptability level for utilization of nursing assessment tool by staff nurses for cardiac patients. Nurses’ acceptability level of nursing assessment tool was significantly associated with age, qualification and nursing experience. The phase III case study analysis showed that cardiac patients face number of problems when they encounter cardiac disease but eventually if they are helped and educated regarding their disease and life style practices, they can adapt to their illness and life style better. Roy’s Adaptation theory concepts were properly applying to these case studies and theory helped the researcher to have the better understanding of patients’ problems and adaptation to life style practices.

**Key words:** Roy adaptation theory, Cardiac Illness, Life style changes, Medication regimen, Physiological Mode, Self Concept Mode, Interdependence Mode, Role Function Mode, Focal
stimulus, Contextual stimulus and Residual Stimulus.