

Using one of the articles provided in this week's course announcement, identify the nursing theory used to frame the nursing research.

The effects of education and telephone follow-up intervention based on the Roy Adaptation Model after myocardial infarction: random controlled trial.

The Roy Adaptation Model (RAM) the theoretical framework used in the article helps guide the interventions aimed at helping individuals adapt to their health challenges. The Roy Adaptation Model suggest that individual's inherent coping mechanisms. The model also suggest that the individuals can adapt to stressors by modifying their behaviors, cognition and emotions. Nurses play a vital to assessing and stimulating the patient to change and modify behaviors. As nurse we have to ensure we consider the assumptions and principles of the patient population we are caring for. It is essential to build and maintain a therapeutic relationship to foster the adaption and change.

According to Jennings (2017) "As RAM elements evolve within a cultural perspective, implications for education and research may differ from experience in the original culture." As nurses we have to remember to meet our patients where they are for optimal outcomes. When we meet people where they are it enhances better outcomes.

The true indicator of how well patients adjust is when they return home in their environment. So having the follow up calls with patient allows the nurse to do deeper dives. Build off of the education given while in the hospital. It also helps to reach the family members that were not able to participate in the hospital setting. In the hospital we have access to a limited number of family members. When we talk to them via telephone we have more member of their family to help push the narrative of let's be better and do better. The follow up calls show the patients that you are invested in them and their well-being. This makes the patient want to do better.

The Roy Adaption Model is frequently used in my organization. It is about meeting the patient where they are and building that relationship. We are right here on the court with you be it from your hospital bed or at your front door.

References

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Younas, A., & Quennell, S. (2019). Usefulness of nursing theory-guided practice: an integrative review. *Scandinavian journal of caring sciences*, 33(3), 540–555. <https://doi.org/10.1111/scs.12670>