

Four concepts of metaparadigm according to Roy.

① Environment

◦ env stimulates person toward making a response

3 type of stimuli

a) focal - main stimulus that you are focusing on.

b) contextual - stimulus that makes focal stimulus better or worse.

c) residual - stimuli that are not explicitly apparent to the individual but it may be impacting focal stimulus (ie: PTSD for soldier having pain)

② Health

◦ a state + a process of being + becoming an integrated + whole person

◦ lack of integration represents lack of health.

◦ health is reflection of adaptive system consistently growing + developing in changing env.

③ Nursing

◦ act to enhance interaction b/w pt + env

◦ promote adaption in 4 modes (role fxn, physiological, interdependence, self concept)

◦ nurse can ^{work to} modify, reduce or eliminate stimulus

④ Person

◦ an adaptive system in constant interaction w/ env.

◦ goals of person according to Roy

- survival - growth - reproduction - mastery - human + env transformation.

◦ person influenced by cognator (person choice) vs regulator (physiological ^{automatic} response)

2 types of response

1) adaptive: promote integrity of person in terms of goals of survival, growth, reproduction + mastery.

2) ineffective: don't contribute to adaptive goals

Adaption - 3 modes

1) integrated - everything is working harmoniously

2) compensatory - a Δ detected + response are being made by body in order to bring pt back to ^{integrated} mode

3) compromised - body succumbed to Δ - not able to compensate back to integrated mode.

→ thru understanding Roy's theory - can dev ability to approach probs in mechanistic way

and look for root of prob - esp when considering focal, contextual + residual stimuli.

↑ esp residual stimuli be pt may not be aware of it - nurse will have to investigate.

cognator + regulator stimulus