The RAA joins me in sending congratulations to Mount St. Mary’s College (MSMC) on its 85th Anniversary. It is notable that the college had the first baccalaureate program in the state of California for nurses and 6 nurses graduated in 1945. We are pleased to accept the invitation of Dean Rosemarie Curtis to begin planning for the RAA Conference at Mount St. Mary’s for 2012. Our special ties with Mount St. Mary’s relate both to our history and the continued partnership in our work with the Roy Adaptation model as it grows to meet contemporary need in education and health care supported by research.

This issue of the RAA Review provides a wonderful sample of the extraordinary papers the participants enjoyed at the 2010 Conference at Boston College. One highlight or our time together was a special awards ceremony that included honoring long-time mentors of graduate students, Keville Frederickson, and of undergraduate students, Ellen Buckner. For years our conferences have been enriched by the scholarly work they guided.

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The 11th Annual Roy Adaptation Association International Conference was held at Boston College on June 19, 2010. The International Conference included a full day of workshops on June 18, 2010. RAA Members traveled from across the United States and 3 international countries to meet and share ideas about the Roy Adaptation Model with fellow scholars, researchers and nurse professionals.

This year featured invited and award papers focusing on research relating to persons and/or groups as adaptive systems, especially considering the philosophical, scientific or cultural assumptions of the Roy Adaptation Model. The keynote was given by Sr. Callista Roy. Three of the award papers are featured in this issue of the RAA Review, please note that many of the authors have granted permission for their presentations to be added to the RAA website, [http://www.bc.edu/schools/son/faculty/featured/theorist/Roy_Adaptation_Association.html](http://www.bc.edu/schools/son/faculty/featured/theorist/Roy_Adaptation_Association.html) where you will also be able to review all of the award and invited papers at the 2010 conference.

In addition to the papers, a vibrant poster session was held on Friday evening, which brought forth lively discussion and set the stage for the next day’s presentations. A very memorable award ceremony took place that evening as well; a plaque in memory of founding RAA member, Susan Pollock PhD, RN, FAAN, was presented to Sr. Callista Roy and the entire Association from the Dean of the School of Nursing at the Autonomous University of Tamaulipas in Nuevo Laredo, Mexico. The plaque commemorated Dr. Pollock’s work in Mexico and the bridges she created for collaborative research between Mexico and the United States. An Award paper was also given in Susan Pollock’s name. The award ceremony also recognized two long time members, Keville Frederickson, EdD, RN, FAAN and Ellen Buckner, DNS, RN for their contributions to research mentoring (pictured right).
**Award Papers**

**Roy Adaptation Association International Award**
Verifying the Nature of Relationships between Each of the Concepts of the Hardy Personality and the Psychological Distress of the Nurses in the Province of Quebec
Nicole Jacob, MS, RN      University of Quebec in Outaouais

**Susan Pollock Award**
The Relationship between the Levels of Anxiety and Hardiness in Patients with Chronic Diseases
Mary Zavala, PhD, RN      School of Nursing at Autonomous University of Tamaulipas Tampico, Mexico

**General & Mrs. Humberto Velasco Award**
Women’s Perceptions of and Responses to Cesarean Birth: A Roy Adaptation Model-Based Multisite International Study
Jacquelyn Fawcett, PhD, RN, FAAN lead author
College of Nursing and Health Sciences University of Massachusetts

**Lissie Velasco Whetsell**
A Middle Range Theory of Psychological Adaptation in Death and Dying
Marjorie C. Dobratz, DNSc, RN      University of Washington, Tacoma School of Nursing

**Carol Baer Award**
The Lived Experience of Dominican Women Diagnosed with Stage IV Breast Cancer
Alsacia Pacsi, DNSc, RN      Graduate Center, City University New York

**Student Award**
Adaptation in Pregnancy: Using Concept Mapping to Teach Application of the Roy Adaptation Model to Nursing Students
Ann Marie Paraszczuk, MS, RN      Molloy College School of Nursing

pictured clockwise from top left: Nicole Jacob, Marjorie Dobratz, Alsacia Pacsi, Ann Marie Paraszczuk with Sr. Callista Roy, Jacqueline Fawcett, Mary Zavala with Moises Padron
This presentation describes a middle-range theory of psychological adaptation in death and dying that is derived from three quantitative and two qualitative studies that were framed within the Roy Adaptation model. The findings of a causal model study identified that social support, pain, and age impacted an outcome of psychological adaptation, while a later quantitative study supported a relationship between pain and spirituality. The third quantitative study utilized statistical triangulation to merge the numerical and textual data of selected qualitative patterns and found that social support, religion, and physical function influenced end-of-life outcomes. This triangulated approach supported an emerged qualitative pattern in which individuals described a connectedness to others and a Supreme Being. The second qualitative study also lent support to the finding that dying persons who referenced spirituality expressed themes of believing, comforting, connecting, and reframing the meaning of their illness through conscious efforts.

With adaptation defined as “the process and outcome whereby thinking and feeling people, as individuals or in groups use conscious awareness and choice to create human and environment integration” (Roy, 2009, p. 26), the above findings indicate that dying persons use spiritual and social resources to maintain self-integration and attain an outcome of psychological adaptation. Furthermore, with pain and physical function and other variables that influence psychological adaptation, the need for symptom management in end-of-life situations is paramount. Given the influences found in the above five studies, a conceptual definition of psychological adaptation in death and dying is using spiritual and social resources to manage physical symptoms to maintain self-integration in life closure. Theoretical assumptions for psychological adaptation at the end-of-life are derived from the following: 1) psychological adaptation in death and dying is influenced by managing physical symptoms; 2) psychological adaptation in death and dying is promoted by connecting to supportive others and; 3) psychological adaptation in death and dying is impacted by connecting to a Higher Being and expressing spirituality. With age considered one of the residual stimuli in death and dying, no assumption is made regarding this influence.

Other middle-range theories are derived from the Roy Adaptation Model (RAM) that support caregiver distress and its impact on psychological adaptation, adaptation to chronic pain, and caregiver stress. The concepts of age, pain, physical function, spirituality, and social support frame a RAM conceptual-theoretical structure that builds a middle-range theory of psychological adaptation in death and dying. The hypotheses that can be tested from this middle-range theory will further support an outcome of psychological adaptation in end-of-life situations. Although not framed within the RAM, other empirical research supports these same variables as indicators of psychological well-being in terminal illness. •
The Roy Adaptation Model, as the main frame of this research, will enable this study to produce significant results for Nursing Discipline as this model conceptualizes the person as a system interacting with a constantly changing environment (Roy, 2009). As we all know, the work environment has become a source of stress for many, including nurses. Repeated occupational stressful situations will likely generate psychological distress and sickness for the worker (Selye, 1956/1974; Ilfeld, 1976; Lazarus & Folkman, 1984; White, 1995), a reason why we require sufficient data to create nursing promotion/prevention interventions. In order to do so, many scholars relate to external factors in identifying the origin of occupational stress (Berland, Natvig & Gundersen, 2007; Lavoie-Tremblay & al., 2004; Grosjean, 2002). This purely schematic conception of the stress phenomenon within the nursing workforce mitigates the comprehension of their experience by putting aside the capacity of certain nurses to make a lethal work environment work for them while the same work environment would endanger the sanity of her coworker. These words suggest a notion of subjectivity (Delmas, Duquette & Pronost, 2007) and open the door to the exploration of stress as a phenomenon intimately intrinsic to the personal dynamic of each individual as well as to their capacity for adaptation. Starting from the idea that the human being is doing his best to maintain his integrity in a constantly changing environment, with innate or learned adaptive mechanisms (Roy, 2009), it becomes appropriate to base this study on the Roy Adaptation Model following the Function of the Self-Concept Mode (Roy, 2009), and adding to it the theory of Hardiness of Maddi and Kobasa (1984). By concentrating on the intimate relation between the human being and his environment, the Roy Adaptation Model gives this research an open approach it needs to generate quality results for Nursing rather than being just another study based on a stress/sickness tandem.

Because of Sr Calista Roy’s vision, the results emerging from this study could influence the four domains of Nursing; 1) Contribute to the bank of nursing knowledge; 2) Allow creation of sustainable nursing intervention in promotion/prevention; 3) Enrich the University curriculum with a specific formation for future bachelor nurses; 4) Develop a hardiness culture within the CSSS, resulting in better nursing mobilization.

**Featured from the 2010 Conference**

Women’s Perceptions of and Responses to Cesarean Birth: A Roy Adaptation Model-Based Multisite International Study
Jacquelyn Fawcett, PhD, RN, FAAN lead author
University of Massachusetts College of Nursing and Health Sciences

The purpose of this Roy adaptation model-based multi-site international mixed method study was to examine the relations of type of cesarean birth (unplanned/planned), number of cesarean births (primary/repeat), and preparation for cesarean birth to women’s perceptions of and responses to cesarean birth. The sample included 488 women from the United States (n = 253), Finland (n = 213), and Australia (n = 22). Path analysis revealed direct effects of type of and preparation for cesarean birth on responses to cesarean birth, and an indirect effect of preparation on responses to cesarean birth through perception of birth experience.

The study findings support the Roy adaptation model propositions that stimuli are directly related to the cognator coping process and to adaptation mode responses, and indirectly related to adaptation mode responses through the cognator coping process.
2011 RAA International Conference and Workshops

Call for Abstracts on the Conference Theme:

Roy Adaptation Model Response to “The Future of Nursing, Leading Change, Advancing Health”

Instructions for abstract submission:
1. Submit two abstracts
   a. one with name(s) and address
   b. one for blind review, i.e. NO personal identifying information
2. No more than one page typed

Abstracts of work using the Roy Model may address any aspect of the theme. Submissions from new scholars and students-graduate and under-graduate- are encouraged as well as those from experienced participants.

Four outstanding abstracts will be selected for podium presentations at the conference, including one student abstract. Other abstracts will be considered for poster presentations at the evening poster session and awards ceremony on June 10, 2011.

NOTICES
Executive Board Member, Martha Whetsell, represented the Association at the University of Atioquia in Medellin, Colombia during a conference commemorating their graduate school of nursing in September 2010. Sr. Callista Roy delivered a televised greeting on the first day of the conference.

International Visitor
Dr. Mansooreh Forozy, Faculty of Razi School of Nursing and Midwifery, Iran will spend part of her sabbatical at Boston College this spring. Her focus will be on Roy Adaptation Model Research. We have worked by email with Dr. Forozy on writing projects on language for knowledge development and model-based curriculum. We welcome her to Boston College.

Thoughts from the Theorist....
(Continued from page 1)

The theme for the conference at Boston College in 2011 (see call for abstracts at left) is chosen because of its timeliness and central focus of the discipline of nursing. As you may know in the USA a Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing at the National Institute of Medicine this past week released the report “The Future of Nursing: Leading Change, Advancing Health.” As a specialty organization with a particular perspective on nursing, we have the obligation to review the report and describe and analyze the contributions we can make to the future of nursing. The RAA response to the report will be addressed in two particular papers, the keynote by Dr. Roy and an Endnote paper by Dr. Debra Hanna. Abstracts may relate to any aspect of the report. We also welcome papers from your own work without conforming them to fit the theme.

Our conference and workshops will strengthen our work to impact knowledge-based practice by linking research, education and practice. We look forward to receiving your abstracts and to planning the program of papers and posters that we will enjoy at Boston College, June 11 and 12, 2011. We look forward to seeing you there.

Callista Roy
Sr. Callista Roy will present the keynote at the International Conference marking the 20th Anniversary of the School of Nursing and Rehabilitation at the University of Sabana in Bogota, Colombia on March 7, 2011.

**Presentations**


Sr. Callista Roy, PhD, RN, FAAN presented “The Roy Adaptation Model and Knowledge for Practice” to the Sigma Theta Tau International Upsilon Beta Chapter at California State University of Fullerton in Orange County, California on July 28, 2010.

**Publications**

Roy, C. Extending the Roy Adaptation Model to meet changing global needs. Nursing Science Quarterly. (in press)
Call for Abstracts on the Conference Theme

June 10-11, 2011
Boston College Chestnut Hill, MA

12th Annual Roy Adaptation Association Workshop and Conference

Roy Adaptation Model Response to “The Future of Nursing: Leading Change, Advancing Health”

Abstract Submission Guidelines on page 6

Questions? Contact Emily at 617-552-8862 or emily.caskey@bc.edu

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