As the leaves of the New England trees turn the magnificent colors of the fall season, we remember with great joy the wonderful celebrations of our workshops, special reception, conference and festive videos from June 10 and 11, 2016. For those of you who celebrated the 25th anniversary of the Roy Adaptation Association and the 50th anniversary of the Roy Adaptation Model (RAM) with us, we hope this colorful edition will bring back those wonderful memories of being together at such a great event. For those who were unable to be with us, we hope to convey some of the delight of celebrating achievements and of looking forward to what the organization and all RAM scholars and practitioners have yet to contribute. We send our heartfelt thanks to all those who participated.

The Roy Adaptation Association is delighted to announce that the 2017 International Workshops and Conference will be held once again on Boston College’s campus on June 16-17, 2017. Check out our website for more information: [bc.edu/raa](http://bc.edu/raa)

Thoughts from the Theorist...

As the leaves of the New England trees turn the magnificent colors of the fall season, we remember with great joy the wonderful celebrations of our workshops, special reception, conference and festive videos from June 10 and 11, 2016. For those of you who celebrated the 25th anniversary of the Roy Adaptation Association and the 50th anniversary of the Roy Adaptation Model (RAM) with us, we hope this colorful edition will bring back those wonderful memories of being together at such a great event. For those who were unable to be with us, we hope to convey some of the delight of celebrating achievements and of looking forward to what the organization and all RAM scholars and practitioners have yet to contribute. We send our heartfelt thanks to all those who participated.
Now Accepting Abstracts

- Theme: Globalization: Moving Forward Together
- Deadline: Monday, April 3, 2017
- About: Award papers will be selected as podium presentations and others will be invited to present posters. A category of Young Scholar will also include an award for a student—undergraduate, masters, PhD or DNP.
- Scoring: Judging will be based on the following criteria
  - Quality of scholarship reflected
  - Authenticity of use of the Roy Adaptation Model
  - Potential contribution to practice, education, or research
  - Contribution to the conference theme
  - Innovation of use of the Roy Adaptation Model
  - Potential for further knowledge development

Click here: [Abstract Application](#)

Please note that incomplete applications will not be accepted.

Email questions to royassociation@gmail.com

Photos from the 2016 Conference
This year was an especially significant celebratory year for the Roy Adaptation Association. In addition to celebrating 25 years as an association, the Roy Adaptation Model celebrated its 50th Anniversary this year. We were delighted to once again hold the conference on Boston College’s beautiful campus. In light of this monumental achievement, the theme of the conference sought to look to the future of the model, titled: “Roadmap for the Next 25 Years: Knowledge Based on the RAM”.

This year’s keynote address featured a panel in which guest speaker Mary K. McCurry, PhD, RNBC, ANP, ACNP discussed leadership, for the future Stacey Barone PhD, RN, CNS explored future practice and Sr. Callista Roy, RN, PhD, FAAN addressed how the model responds to each. A workshop focusing on the “Levels of Theory Knowledge – Implications for Education and Practice” by Debra Hanna, RN, PhD and Ellen Buckner, RN, PhD, CNE provided many with a broader perspective of how to employ the model at multiple levels. While Carolyn Padovano, RN, PhD presented “Technical Infrastructure to Enable Diversity” which opened attendees’ eyes to the potential that new technology holds. Workshop day highlights also included an incredibly successful networking breakfast, in which attendees learned about each other and their areas of interest.

The conference day opened with a moving tribute to founding RAA member, Susan Pollock. Executive Board Members shared their memories of Susan and noted her numerous contributions to the Roy Adaptation Association. Additional highlights included, Margaret M. Duffy, MS, RN, NEA-BC presenting the Susan Pollock Award Paper on “Patient Complexity Factors and Their Influence on Nurses’ Perception of Staffing Adequacy: Examining a RAM Proposition”. Please see pg 5 for her abstract. Additionally, Sheria G. Robinson-Lane, PhD, RN presented the General and Mrs. Humberto Velasco Award Paper on “Pain, Coping, and Quality of Life amongst Community Dwelling Black Elders”. Please see pg 6 for Dr. Robinson-Lane’s abstract.

This year’s celebration was truly memorable for all involved. I would like to say thank you to all the dedicated members of the Roy Adaptation Association. You are the reason the RAA is celebrating 25 years and please know that your support is just as critical to our future as it has been to our past. While I am still somewhat new to the organization, I have been consistently blown away by the staunch dedication of our members, thank you for all that you do.
Sr. Callista Roy, RN, PhD, FAAN celebrated 50 years of work with the Roy Adaptation Model and 25 years of the Roy Adaptation Association this June. A public celebratory reception with over 150 people in attendance was held on Boston College’s campus on June 10, 2016. Event highlights included speakers such as Leorey N. Saligan, PhD, R.N., C.R.N.P. of the National Institutes of Health and Stacey Hoffman Barone, PhD, RN, CNS who each provided unique insight into the development and impact of both the Model and the Association over the years. Additionally, Christian DuPont PhD, MLIS Boston College’s Burns Librarian discussed Sr. Callista’s contributions to nursing as a whole and presented an engaging archive display on Sr. Callista’s work. Of particular note was the attendance of many alumni of the Connell School of Nursing PhD Program, whom Sister had taught and worked with on dissertations.

Photos courtesy of Caitlin Cunningham Photography.
Nurse leaders must consider the influence of nurse-specific and patient-specific factors on nursing workload and nurses’ perception of staffing adequacy when developing nurse staffing plans. All of the factors that influence individual nurses’ perception of staffing adequacy are not known. Using a synthesis of the Roy Adaptation Model (RAM) and economic theory as a guiding model, the purpose of this study was to determine if selected patient complexity factors that are not consistently captured in the measurement of patient acuity by an automated workforce management system influence nurses’ perception of staffing adequacy.

This study employed a complex predictive correlational research design, which included repeated measures of patient data. A RAM theoretical proposition that “the organizational system develops priorities among internal and external influencing factors, which determine the intensity of the effect of a change on any one mode; these priorities, however, are fluid” (Roy & Anway, 1989, p. 82) was tested to describe the interaction between the group subsystems and the RAM modes in relationship to the goals of an organizational system.

Several patient complexity factors were found to negatively influence nurses’ perception of staffing adequacy, while staffing variables had no effect. The number of complexity factors experienced by the nurse per shift determined the intensity of their perception of staffing adequacy as stated in the RAM proposition. Study findings supported the RAM proposition. The influencing contextual stimuli of the two meaningful complexity factors, disruptive behavior and family demands, are important to nurse administrators because they need to incorporate these factors into staffing decisions. RAM enables organizations to assess their work by integration of the adaptive modes with the coping processes. Study recommendations were to include the use of group coping processes in the development of staffing plans. Study findings indicate further opportunities for research because other factors exist that contribute to the perception of staffing adequacy. The findings inform the science of nurse staffing and contribute to the middle range theory of adaptation, decision-making process, and nurses’ perception of staffing adequacy.
**Introduction:** Pain is a costly problem that often causes disability and diminished quality of life. Black older adults in particular are at great risk for diminished quality of life and increased disability as a result of poorly managed pain. To better understand the Black American older adult pain experience and the applicability of the Roy Adaptation Model to this experience, a nursing ethnography was completed.

**Methods:** Nine months were spent in an urban, low-income, elder housing facility observing, informally interviewing, and documenting interactions between elders in a fieldwork journal. Additionally, 106 residents completed a questionnaire comprised of a demographic tool, the PROMIS Global Health Scale (PROMIS), the Brief Pain Inventory (BPI), and the Psychological Stress Measure (PSM-9). Finally, 20 formal recorded interviews with individuals identified as having pain were completed. Qualitative and frequency analysis and were finished using NVIVO 10 qualitative data analysis software, and IBM SPSS Statistics 22.

**Results** indicate that 86 percent of the sample had an average pain rating of 7 on a 0 to 10 scale with 5 pain sites. Pain interference, was about 4, on a 0 to 10 scale. Specific areas of interference included general activity (5.59), walking (5.73) and normal work (5.7). Qualitative analysis indicated that the Roy Adaptation Model provided an appropriate means of connecting and relating important concepts identified in the study. Although pain was an obvious focal stimulus, functional status, disease, and poverty were identified as contextual stimuli, and the fear of dependence was a residual stimulus. Within the physiologic mode of adaptation, assistive devices, exercise, analgesic medications, and nonpharmacological interventions helped elders to cope with pain. Support systems made up of friends and family were critical in adaptation within the interdependence mode and both remaining engaged within the community and earning an income were important concepts to adaptation in the role function mode. Finally, within the self-concept mode, prayer, meditation, and a sense of sticktoitiveness allowed for adaptation. Although pain diminished quality of life scores attached to physical functioning were 2 standard deviations lower than the general population (Global physical health = 36), positive outcomes in psychological domains including: adaptive self-concept responses, decreased psychological distress, improved/continued spiritual well-being, adaptive role responses, and finding satisfaction in caring for others.

**Discussion:** Though the small sample size of this study, n=106, limits generalization of findings to the wider population, the findings are still helpful in understanding the adaptive coping strategies that are likely to be used by Black elders and how nursing practice might be adjusted to assist these elders within the adaptive process. The Roy Adaptation Model provided an appropriate framework for relating the themes and concepts discovered in this work to nursing practice. Nurses in particular are in a prime position to facilitate the practice changes and education necessary that could reduce pain severity, improve mobility and increase trust between providers and disparate populations such as Black older adults.
The presence of each of you meant a great deal to me—from the founders to our most recent members. Special appreciation goes to Alyssa Hopper, our Executive Director, who worked with the staff of the Connell School of Nursing to put on an extraordinary celebrative reception. At the same time she was handling the multitude of details for our workshops and conference. Our award papers were outstanding as you will note in the two abstracts in this edition. The poster presenters also had important work to share. Even as we celebrated the work of the past, the work of scholars for this conference showed how knowledge for practice based on the RAM will continue to develop. Many scholars used recent model developments to shape their research and evolve knowledge to face challenges in total practice environments and the community.

Our international chapters had a distinctive contribution as each presented the chapter’s annual report in video form. Several added a flavor of their country and culture; many included the visits made by myself and by Martha Valesco-Whetsell during their development; others provided greetings from Chapter members unable to attend; and Mount St. Mary’s University, Los Angeles, where the RAM was first developed and implemented, sent a special congratulatory video. We are just delighted to have these short pieces of RAA history on our website and for our permanent collection.

At the meetings in June we also had a productive Executive Board meeting. We are working together with Alyssa Hopper to create a transition plan for the RAA as I begin a gradual move back to Mount St. Mary’s University, to be completed in January 2018. You will find that many familiar RAA activities will continue and there will be some gradual changes. With the heritage of our really productive past we look forward to the future with great hope and optimism.

Sr. Callista Roy, RN, PhD, FAAN

Thoughts from the Theorist… (cont.)