Name of Theorist: Sister Callista Roy, (1939-)
Name of Theory: Roy’s Adaptation Model (RAM)

“The model provides a way of thinking about people and their environment that is useful in any setting. It helps one prioritize care and challenges the nurse to move the patient from survival to transformation.” - Sr. Callista Roy

Educational Background
- 1963, B.A. in nursing from Mount Saint Mary’s College (Los Angeles, CA)
- 1966, M.S. in pediatric nursing from the University of California (Los Angeles, CA)
- 1973, M.A. in sociology from the University of California
- 1977, Ph.D. in sociology from the University of California

Practice Background
- Associate professor and chairperson of the Department of Nursing at Mount Saint Mary’s College until 1982
- 1983-1985 – Robert Wood Johnson Post Doctoral Fellow at the University of California, San Francisco, as a clinical nurse scholar in neuroscience
- 1988 (to present) – Graduate faculty nurse theorist at Boston College School of Nursing

Example of Clinical Application
The Roy Adaptation Model in Practice: Case Study
http://www.bc.edu/content/bc/schools/son/faculty/featured/theorist/Roy_Adaptation_Model/Practice.html

Roy’s Adaptation Model (RAM) is well suited for use with the traditional nursing process. Following is a version of the nursing process as it might viewed with the application of RAM.

- Care was based on the individual – through observation, communication, designing and reporting.
- She categorized “basic nursing care” into 14 components: it helped focus on the individual patient, instead of on the tasks to be done.

For a complete list of appointments, awards and publications: http://www.bc.edu/schools/son/faculty/featured/theorist.html

References


