

Characteristics of nursing intervention of an expert nurse for stroke patients based on the Roy Adaptation Model

—Elucidation of tacit knowledge hidden in good practice—

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Purpose

The purpose of this study was to report the characteristics of nursing interventions to promote adaptation in four adaptive modes by an expert nurse by using the RAM.

Methods

1. Study period: April 2017- April 2021.
2. Method: A qualitative study
3. Procedure: An expert nurse (*Nurse A*) and a competent nurse (*Nurse B*) participated in this study. These two nurses conducted an intervention for two stroke patients. First, *Nurse B* performed the intervention for the patients and then consulted with *Nurse A* those interventions. *Nurse B* participated in the intervention settings, and then observed and recorded *Nurse A*'s expert practice (by shadowing) as well as patient outcomes.
4. Analysis and ethical consideration: Researchers (*Nurse A* and *B*) reflected each other's thoughts and characteristics of their assessment and intervention for patients based on the RAM. After the whole process, collected data were analyzed by using context analysis. Informed consent was obtained from all participants.

Results and discussion

Throughout the reflection of both nurses' practices, the results show that *Nurse B* had a tendency of support patients' self-care deficit and weighed the patient's focal stimuli as severe hemiplegia. On the other hand, *Nurse A* assessed the patients' focal stimuli as patients' high coping processes that cause their behaviors, and then she attempted interventions to promote the four modes of adaptation, not only for patients, but also for their families. *Nurse A* also showed compassion for the patients' suffering. *Nurse A*'s intervention within the stimulus also affected the other three modes of adaptation, significantly increasing the patients' adaptive behaviors.

Conclusion

The differences between both nurse's recognition of how to weigh the patients' stimuli and how these nurses promoted the four adaptive modes' relationships based on their tacit knowledge led to a gap in interventions taken, also with patient outcomes.