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2019 Roy Adaptation Association International Workshops & Conference

Adapting RAA for Our Preferred Future: First Call for Elected Officers

The year 2019 is when the Roy Adaptation Association elects officers for the first time. We will be electing a President for two years; President Elect for 2 years; Treasurer for 2 years; Secretary for 3 years. In addition, the members of RAA will elect Executive Board members at large for 2 or 3 years. Please consider your capabilities for one of these positions or that of a colleague. To submit your name or that of a colleague as a candidate in this election nominations are accepted from November 1 to December 15. The new Elections Section of the RAA Website has descriptions and terms for each office. Nominations include professional background and RAA background and plans, that is, the number of years an RAA member, major contributions, and a short statement of what you want to contribute to the organization in the future. The current Executive Board will finalize the ballot and publish the ballot in the March 27, 2019 Newsletter. Online voting by members will take place for 3 weeks, from March 27 to April 17, 2019. New officers will accept their positions at the 2019 Conference.
NOW ACCEPTING

ABSTRACTS

DEADLINE: JANUARY 19, 2019
NOTIFICATION BY: FEBRUARY 5, 2019

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
- Contributions to the conference theme
- Innovation of use of the Roy Adaptation Model
- Potential for further knowledge development
Home Heritage was closely tied into this year’s Annual Roy Adaptation Association Workshops and Conference that was held on June 8th and 9th at Mount Saint Mary’s University, Chalon campus where it all began. This year’s conference was filled with workshops by our board members, updates from international chapters, and great presentations from our award winners. The conference started off with it’s first presentation by Shannon Green which appropriately tied into our theme and gave an overview on the history of the Sisters of St. Joseph of Carondelet who are the founders of Mount Saint Mary’s University. It was a great introduction that tied the whole conference together and properly began the conference with the conversation around the topic of Home Heritage.

### Highlights from the Workshops

We had some great workshops this year beginning with A Focus on Adaptive Spirituality, lead by Marjorie Dobratz with contributions from Martha Whetsell. The workshop focused on the topics of spiritual health and the integration of spirituality within the Roy Adaptation Model. It looked at spiritual research, discussing the theoretical Implications, and posing a question for future research: How do the domains of spirituality alter psychosocial adaptation and health? The second workshop was Adapting for and through Service: Our Heritage and Hope lead by Ellen Buckner and Sister Clare Butt. The presenters looked at the Heritage of the Founders and service based on the Roy Adaptation Model. Identifying the meaning of service, looking at nursing as service, and service based on the Roy Adaptation Model worldwide. By viewing the family as an adaptive system based on RAM the presenter applied middle range theory, Roy model research derived, to groups and communities.

### Connection to Technology

Carolyn Padovano shared some insight on how to navigate through the website when it comes to the RAA Membership Page, Member Resource Portal, and ways to access Roy Adaptation Model articles. There is a new home for the RAA on the Mount Saint Mary’s University website at www.msmu.edu. There is a landing page for RAA member interests to sign up to be members and for current members to renew their membership along with accessing the Member Resource Portal. Through the Member Resource Portal members can access the directory of Roy Articles that are conveniently arranged in folders by date. There is also a landing page that allows access to RAM teaching tools in Spanish and a page that holds CAPS Instrument forms, manuals, and material in English and in Spanish. There was also helpful information shared during the workshop in regards to using additional databases and search engines for education needs, research and practice. It was revealed that additional searching for RAM articles can be found on google scholar. Dr. Padovano also shared some effective search strategies when it comes to nursing research such as: identifying key words, using boolean operators, and using asterisks to truncate words. The RAA will be working to offer more access to its members for the improvement of nursing through our website and will continue to provide updates on what’s to come for members.
Special Awards: Joan Cho and Japan

RAA Gives Two Special Awards in 2018
The year 2018 was special for the Roy Adaptation Association because we chose to feature two very special awards for significant contributions to the organization. The major purpose of RAA-I is the advancement of knowledge development based on the Roy Adaptation Model. Sr. Callista Roy recognized Joann Seo-Cho, RN, MN for her work in developing and publishing the Nursing Process Manual: Assessment Tool for the Roy Adaptation Model. A faculty member at Mount Saint Mary’s University from 1974 to 2003, Ms. Cho’s assessment tool that has been useful for thousands of students, faculty and practicing nurses over the past 20 years. St. Mary’s University of Kurume, Japan established the Roy Academia Nursology Research Center to explore Mercy, Caring and Love through practice and education. Sr. Callista Roy noted that this is likely the first of its kind center in the world. Chancellor Dr. Nobu Ide and Professor Tsuyako Hidaka received the award for the school. These leaders of nursing reciprocated by presenting Sr. Callista Roy with a letter of appointment with the academic title of Roy Model Expert Advisor for the new Center.

Susan Pollock Award
Exploration of the Sisters of St. Joseph of Carondelet Mission and History in Providing Holistic Care for Women Affected by Sexual Violence - Abigail Rea
Violence against women is a major health crisis that continues to affect women around the world, and can lead to multiple physical as well as mental health issues. It has been estimated that approximately 1 in 3 women from around the world have experienced sexual violence sometime in their lifetime (World Health Organizaton, 2017). This research project examines the Sisters of Saint Joseph of Carondelet (CSJs) history pertaining to providing holistic care to women affected by the trauma of sexual violence and the importance of recognizing how sexual trauma as a stimulus can negatively affect the way an individual responds to their environment. It also addresses the work of the original Sisters of St. Joseph that were founded by John Peter Medaille in 1644, and discusses some of the ministries that were started by the Sisters of St. Joseph of Carondelet (CSJs) following the changes from Vatican II. The researcher will also discuss current ministries that work with the homeless and how they are organized to provide holistic care to persons that may have experienced sexual violence including victims of sex trafficking.

Lastly, the importance of interdependence will be discussed and how the CSJs ministries for the homeless provide elaborate support systems to create safe and secure environment for those they serve (Roy, 2009).
Efficacy of expressive writing in coping of mothers of premature newborns - Beatriz Villamizar-Carvajal

Premature birth can lead the mother to lose control of herself, and be a contributor to the psychological stress experienced due to the sudden breakdown of the interaction with her infant because of hospitalization in a neonatal care unit. The intervention expressive writing therapy could contribute to improving coping and the mother's interaction with her infant. The aim is to establish the efficacy of expressive writing in coping-adaptation and know the experience of mothers of hospitalized preterm infants. Methods/Design: This is a mixed method study, using sequential quantitative and qualitative methods. Participants were 60 premature infant's mothers, who were randomly allocated into the intervention (expressive writing, n=30) or control group (writings without feelings, n=30). The intervention group received four days of 20 minutes a day of expressive writing, whereas the control group received four days of writing without involving feelings for at least 20 minutes each day.

The interpretive phenomenological study in the qualitative design had used and sampling had taken into account from the writings made by the mothers of the intervention group. Measurements were taken preintervention and one week later (post intervention). The primary outcome was Coping and adaptation level measured by the coping and adaptation processing scale (CAPS). For the quantitative data will be used descriptive statistics, and analysis of variance ANOVA to establish the equivalence of the two groups in each dependent measure. The coefficient d of Cohen had calculated to establish the index of the standardized difference of means between two groups in the post-test. For the qualitative data, a process of reading, writing and rewriting each of the writings delivered by the mothers of the premature infants were carried out, following the Colaizzi method. Results: No significant differences between both groups on baseline demographic and clinical characteristics were found. Results showed an improved coping and adaptation level (d = 0.42), in the intervention group. The followings concepts were obtained within the analysis of intersubjective of writings of the intervention group: “pain in the distance”, “between weakness and strength”, “health as a reward”, “alliance with God”, “involved to being a mother”.

Discussion: Expressive writing therapy improving the level of coping and adaptation; in addition reflection in the experience of mothers the importance of spirituality and the link with a supreme being, for the strengthening of the maternal role and the welfare of the newborn. The great number of participants reported finding the intervention useful and felt satisfied with it.
ANNOUNCEMENTS

Professional and Cultural Trip to Peru
Co-leaders, Sr. Callista Roy and Dr. Trudi McFarland

Cross a visit to Machu Picchu off your bucket list as you step back in time and visit this iconic site. Enjoy the unique culture, beauty, and traditions of Peru while you spend time with the locals and healthcare professionals to learn about Peru’s unique healthcare system. This adventure includes a very special experience to see a rural clinic in the Sacred Valley and interact with an Andean shaman!
On the NANDAJourney--McFarland-Roy Journey to Peru--you will: (a) explore Peruvian art, dance, music, literature, cuisine, architecture, beliefs and religion, as well as language and communication; (b) learn about the Peruvian health care delivery system including complementary and alternative medicine and ancient healing techniques and visit a rural clinic in the Sacred Valley; c) experience the natural beauty of Peru and discover its ancient civilizations; c) visit a natural medicine center in Cusco; d) discuss models of practice—e.g., the Roy Adaptation Model—grantsmanship, and publishing with your journey leaders. 8 CEUs are being sought for this Journey. The day to day itinerary can be found on the following bit.ly link: http://bit.ly/McFarlandRoyPeru

For additional information contact: Dr. Callista Roy: 617-733-0103 (cell)  310-954-4457 (office); 310-954-4116 (office)  E-mail: croy1@msmu.edu  Address: 12001 Chalon Road, Los Angeles, CA 90049.


An inspiring forum for all nurses (clinicians, researchers, educators, administrators, nurse practitioners, theorists, and undergraduate and graduate students) to celebrate nursing knowledge development through clinical, theoretical, and research presentations related to nursing theory. There will be twenty-four peer-reviewed presentations following a keynote panel with time for responses to the panel. A silent auction will raise scholarship funds.

Call for Abstracts: 300 words due May 1, 2019. For more information and to submit: http://www.kingnursing.org
As we experience the change of seasons in different ways across the Globe, the RAA Executive Board begins planning for the RAA Workshops and Conference for 2019. You will note in the announcement on page 1 that the sessions will be held on June 7 and 8 on the lovely Doheny campus of Mount Saint Mary’s University in Los Angeles. The Board selected the theme of Adaptation towards Transformation for the Future. Note that in the Call for Abstracts we have set a due date of January 11, 2019 and a notification date of February 15, 2019. This means that you will have to start early to prepare abstracts for reviewed as award winning papers. We hope it will help scholars to make plans with their schools and other commitments and facilitate travel arrangements.

In this edition of the RAA Review, we remember with joy the success of the 2018 RAA Workshops and Conference by focusing on some of great papers and pictures to share with all our members. Once again, we congratulate our award winners and highlight two of these papers. We thank all of the participants who traveled from near and far to share the work of RAA scholars and to interact with each other. We give special thanks to Alyssa Hopper Westerfield who put on the Conference from a distance and to the Interns who helped locally. Annabelle Salgado will remain with us for a few years and is currently working on updating RAA records. Cassandra Perez has kindly agreed to volunteer her services to design this issue of the newsletter and I think you will agree she did a great job giving it a new look and handling all that we need to include.

Transformation is on the mind of the Executive Board as for the first time we elect officers. Besides the information on page 1, you will soon find a section on Elections on the RAA website. The first step will be nominations for each office. Voting will be on line by all RAA members from March 27 to April 17. Check to see that your membership is up to date. The new officers will take their positions at the 2019 Conference. The second way the organization will approach transformation is by the Executive Board holding a special day and a half session to develop a new strategic plan for RAA for years 2019 to 2024. We are pleased to say that our last 5-year Strategic Plan served us well in many developments for the organization.

We value your continued participation in RAA and look forward to receiving abstracts and seeing you in Los Angeles in June 2019.