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### Promoting psychosocial wellbeing following stroke: The Roy's adaptation model approach

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Cerebrovascular accident (CVA) is a chronic disease which influences different aspects of human's life such as the psychological and social dimensions. The patients' recovery of balance in these dimensions needs proper and pre-planned care. Therefore, the objective of present study is to examine the effects of a care plan upon the extent of patients' compatibility with psychosocial dimensions in reference to Roy's adaptation model and from biological aspect. The present study is based on a clinical trial of 50 CVA patients in selected hospitals of Isfahan during 2014-2015. The studied units are selected through accessibility sampling and randomly assigned to two groups of similar size. The necessary data is collected through researchers' developed form of recognition and review of Roy's model. The care plan is developed based on the incompatible

behaviors and their stimuli which is implemented for the test group and follow-up study was also done. The control group receives routine cares. The collected data is analyzed through SPSS Software (version.18) and the statistical tests are analyzed. The mean score of compatibility before intervention in the two groups shows no significant difference in regard to psychological adjustment (i.e. self-perception, independence-dependence) and social dimension (role-playing) but a significant difference is found after intervention in the two groups ( $P < 0.001$ ). The application of designed care plan based on Roy's adaptation model with holistic approach and the cares based on cooperation among the units leads to enhancement of psychosocial dimensions among CVA patients.

#### Biography

Bibi Maleki has completed her Master Science in Nursing at the age of 35 years nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran. She is the instructor and research employee of Research center of Nursing and Midwifery Care, Department of Nursing and Midwifery, Isfahan University. She has published some papers in Iranian reputed journals.

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