Abstract

Background: In this study the conceptual model of nursing proposed by Roy and Andrews will be approached, known as Adaptation Model, in the attempt to discover new ways to treat these people, and helping them to be adapted and integrated, since arterial hypertension disorders occur in consequence of lack of the patient’s adaptation to the disease and treatment. Aim: This paper aimed at describing coherent nursing interventions about hypertensive crisis situation, with the Nursing Interventions Classification (NIC), searching for an interface with Roy Adaptation Model. Method: It is a case study research carried through client on hypertension crisis which have been taken care of in a hypertension and diabetes specialized service in Fortaleza, in the period of September to October of 2003, with data collected at the work and home of the client. Results: As the results indicate, there are adaptive difficulties in all means. Because of this, nursing interventions selected from NIC were implemented with the support of family. Conclusion: It is concluded to be viable to approach the client having as base the concepts of Roy Adaptation Model and the nursing interventions of the concerned classification.

Keywords

Hypertension, Nursing theory, Models, nursing, Stress.