



Sharat's Proposed Model of Standard Nursing Care: Anchored in Knowledge and Practice

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Abstract:

Sharat's Proposed Model of Standard Nursing Care elucidates the dynamic interplay between knowledge and skills as the foundation for delivering exemplary patient care. The model emphasizes that the synergy between these attributes, embodied by the nurse, delineates the threshold between standard and substandard care. The three conjunctions, AND, OR, NOR, serve as critical junctions, manifesting the intricate balance required for optimal healthcare provision. This comprehensive framework underscores the pivotal role of knowledge in guiding clinical decisions, the practical finesse of skills in executing interventions, and the profound impact of their symbiotic union on patient outcomes and safety. The model stands as a guiding beacon, illuminating the path toward nursing excellence and fostering a deeper understanding of the multifaceted dimensions that underpin the art and science of nursing care.

Keywords: Standard Nursing Care, AND-OR-NOR, Knowledge, Skill, Health Care Paradigm, EBP, PBL, CNE.

Introduction:

In the ever-evolving landscape of healthcare, nursing has traversed a transformative journey, emerging as a dynamic and indispensable vocation within the intricate tapestry of patient care. This odyssey through time has witnessed nursing's evolution from a traditional care-giving role to a multifaceted discipline that seamlessly fuses cutting-edge erudition, advanced technological prowess, and compassionate care-giving. The contemporary era finds nursing at the forefront of healthcare, embodying a paradigm shift fueled by scientific breakthroughs, transformative shifts in healthcare paradigms, and a resounding acknowledgment of nurses as integral constituents of the healthcare ensemble. Nursing, once confined to the peripheries of the healthcare narrative, has emerged as a fulcrum around which the entire healthcare machinery revolves. The modern visage of nursing is marked by an intricate lattice of evidence-based practice, a testament to the monumental strides taken in understanding medical science and patient care. The present-day nurse is equipped with a wealth of scientific sagacity distilled from rigorous research endeavors, elevating their clinical judgments and interventions to unprecedented heights of precision and efficacy. This empirically grounded approach

transcends conventional boundaries, harnessing the latest, most efficacious modalities sanctioned by meticulous scrutiny of research studies. As the guardians of patient well-being, nurses are armed with an arsenal of knowledge that empowers them to transcend the limitations of tradition, embracing the vanguard of healthcare practices and ensuring that patient care is optimized for the best possible outcomes. Standard nursing care constitutes an intricate and meticulously calibrated approach to healthcare delivery, epitomizing a mélange of constituents that coalesce to offer care that is secure, adept, and underpinned by empathy. By conscientiously assimilating evidence-based practice, by hewing steadfastly to codified precepts, and by honoring the bedrock of ethical mores, nurses incarnate the apogee of care standards. The pertinacity of standard nursing care's pertinence is burnished by its indelible imprint on patient outcomes, safety, and the wider tapestry of healthcare quality. As the vista of healthcare unfurls, an unswerving allegiance to the precepts of standard nursing care remains the lodestar guiding the trajectory toward the acme of excellence in patient care. The harmonious fusion of knowledge and practice constitutes the heartbeat of the nursing profession. This dynamic interplay between theoretical insights and practical implementation empowers nurses to deliver care that is not only well-informed but adeptly executed. The seamless amalgamation of theoretical foundations with clinical acumen stands as a formidable pillar that amplifies the quality and safety of patient care, concurrently nurturing the professional evolution and autonomy of nursing practitioners. As the panorama of healthcare continues to evolve, the symbiotic relationship between knowledge and practice remains an unwavering force propelling the nursing profession towards the apogee of excellence in patient-centered care.

The essence of this model hinges on the profound influence of theoretical knowledge on Nursing Care, seamlessly intertwined with the adept execution of practical skills by the Nurse. At the core of this framework stands the NURSE, assuming a pivotal role. Three fundamental conjunctions—AND, OR, NOR—act as the foundational links binding the nouns: KNOWLEDGE and SKILLS. The possession and harmonization of these attributes intricately shape the fabric of nursing care's quality, referred to here as "Standard Care." Any deviation from the meticulously defined benchmarks, stemming from either a deficiency in knowledge or a lapse in skill proficiency, results in what is termed "Sub-Standard Care."

Nursing in the Modern Arena: Embracing Evolution and Excellence

Nursing has embarked upon a remarkable odyssey through time, undergoing a transformative evolution into an indispensable and dynamic vocation within the intricate tapestry of healthcare. In the contemporary arena, nursing has blossomed into a multifaceted discipline that seamlessly amalgamates cutting-edge erudition, advanced technological prowess, and compassionate care-giving, all harmonized to safeguard the well-being of individuals and communities. This paradigm shift is a product of a convergence of catalytic factors, encompassing scientific breakthroughs, paradigmatic shifts in healthcare, and the definitive acknowledgment of nurses as integral constituents of the healthcare ensemble. The modern visage of nursing is epitomized by a robust edifice of evidence-based practice. Present-day nurses are endowed with an opulent repository of scientific sagacity distilled from rigorous research, which serves as the compass guiding their clinical judgments and interventions. This empirically grounded approach ensures that nursing interventions transcend the confines of convention, anchoring themselves in the latest and most efficacious modalities sanctioned by scrupulously scrutinized research studies. Such a sagacious strategy not only amplifies patient outcomes but also contributes palpably to the overarching progression of healthcare in toto. Moreover, the infusion of technology has engendered a revolutionary metamorphosis in nursing practice. Ranging from electronic health archives that streamline documentation to sophisticated diagnostic instruments that facilitate precision assessments, technology has seamlessly woven itself into the fabric of modern nursing. The advent of telehealth and telemedicine has stretched the frontiers of nursing care beyond conventional boundaries, affording avenues for

remote monitoring, consultations, and patient enlightenment. These transformative innovations not only augment the efficiency of care dissemination but also usher in heightened patient accessibility, particularly within marginalized spheres. The purview of the modern nurse extends far beyond the precincts of the bedside. Nurses have ascended to the echelons of leadership within healthcare institutions, contributing their acumen to policy sculpting, quality enhancement endeavors, and inter-professional concordance. This augmented role bestows nurses with empowerment whilst concurrently elevating the aggregate standard of care. The clarion call of the Institute of Medicine's seminal opus, "The Future of Nursing: Leading Change, Advancing Health," resonates emphatically, underscoring the imperative of nurses' dynamic participation in molding healthcare dispensation and policy formulation.

Within the contemporary healthcare milieu, nurses assume an indispensable mantle in the realms of health advocacy and ailment prophylaxis. Nurses, through health education and counseling, confer the gift of informed agency upon individuals, enabling them to navigate judiciously the labyrinth of their well-being. By means of community outreach initiatives, immunization crusades, and consciousness-raising campaigns, nurses wield considerable influence in ameliorating the yoke of preventable maladies and nurturing a more salubrious society. Acknowledging the current milieu, it is imperative to concede that nursing in the modern arena is not devoid of its tribulations. The nursing workforce contends with quandaries such as paucities in staffing, burnout, and the requisite for unceasing professional enrichment. Resolving these exigent challenges stands as an imperative, enshrining the enduring vitality and longevity of the noble nursing vocation.

Standard Nursing Care: An In-depth Examination

The foundational pillar of effective healthcare delivery lies in standard nursing care, a structured framework ensuring uniform and high-caliber treatment for patients across diverse medical contexts. This intricate concept encompasses a systematic amalgamation of practices, guidelines, and protocols, meticulously adhered to by nurses, to furnish care that is not only safe and proficient but also suffused with empathy. In this comprehensive exposition, we delve profoundly into the intrinsic constituents of standard nursing care, its profound significance, and the empirical bedrock that substantiates its judicious application.

Components of Standard Nursing Care

1. *Assessment and Formulation:* The nursing voyage embarks with a rigorous assessment of the patient's multifaceted dimensions, encompassing physical, psychological, and socio-cultural facets. This inaugural stride furnishes nurses with an in-depth comprehension of the patient's requisites, a bedrock for crafting an individualized care plan. This fastidious evaluation equips nurses with the requisite insights to institute clinical decisions and interventions that are informed, astute, and well-aligned.

2. *Evidence-Based Practice (EBP):* A cardinal cornerstone of standard nursing care resides in the paradigm of evidence-based practice, wherein nursing interventions are grounded in a trinity of the most pertinent research evidence, the finesse of clinical acumen, and the predilections of the patient. The seamless fusion of these constituents ensures that nursing care is entrenched not solely in tradition but, more importantly, in vanguard, scientifically ratified modalities that engender superior patient outcomes and an environment of enhanced safety.

3. *Medication Proficiency:* The precise administration of medications emerges as a cardinal axis of nursing care. Nurses shoulder the responsibility of assimilating the pharmacological tenets, optimal dosages, and potential interactions of medications. Adherence to established norms and protocols functions as a safeguard against potential medication errors and untoward reactions.

4. *Aegis of Infection Control*: The astringent ethos of infection control assumes a preeminent stance in preserving patients from healthcare-linked infections. A scrupulous commitment to impeccable hand hygiene, judicious utilization of personal protective accouterments, and unwavering fidelity to aseptic techniques during procedures serve as the bulwarks against the ingress of pathogenic agents.

5. *Pedagogy of Patient Empowerment*: Nurses assume the vanguard in fortifying patients and their kin with a comprehensive comprehension of their ailments, treatment regimens, and strategies for autonomous self-care. This dissemination of knowledge empowers individuals to be active stakeholders in their healthcare trajectory, thereby fostering heightened adherence to therapeutic regimens and an overarching amelioration in holistic well-being.

6. *Art of Communication and Collaboration*: Effective communication is the linchpin that undergirds seamless interaction between healthcare practitioners and patients. Within standard nursing care, eloquent and unambiguous communication serves as the conduit for accurate information exchange, fluid transitions of care, and the engendering of synergistic cooperation among inter-professional cohorts.

7. *Conscience of Ethics and Jurisprudence*: Nursing care is animated by the bedrock of ethical principles and juridical imperatives. Upholding the tenets of patient autonomy, confidentiality, and the sacrosanctity of informed consent become sine qua non facets of standard nursing care, precipitating an environment of trust and mutual respect between nurses and their charges.

Importance of Standard Nursing Care

The ascendancy of standard nursing care assumes a momentous stature in the pursuit of optimal patient outcomes and the enhancement of healthcare's overarching quality. A panoply of empirical studies has consistently underscored the salutary effects of standardized practices on patient safety, contentment, and general health. Research substantiates that an adherence to evidenced-based protocols curtails the incidence of medical foibles, nosocomial infections, and unforeseen complications, thus fostering a milieu of enhanced patient welfare. For instance, the seminal study by Hughes et al. (2018) accentuates the pivotal role of standard nursing care in mitigating the risk of pressure ulcers and potentiating expeditious wound healing.

Moreover, the standardization of nursing care bequeaths a surge in the efficiency of healthcare delivery by inculcating uniformity and curbing the caprices of practice variation. This uniform modus operandi guarantees that all patients are endowed with commensurate and superlative care, irrespective of the healthcare milieu or the individual nurse spearheading the care continuum. The research endeavors of Li et al. (2020) cast an illuminating spotlight on the affirmative influence of standardized nursing care on patient outcomes within critical care precincts.

Knowledge and Practice in the Nursing Profession: A Symbiotic Confluence for Elevated Patient Care

The nursing domain encapsulates a harmonious confluence of two vital pillars: knowledge and practice. This intricate interplay is the very essence of nursing, where theoretical comprehension and pragmatic execution synergize to create a comprehensive approach to patient care. The fusion of these facets epitomizes nursing as a multidimensional discipline, with each element reinforcing and enhancing the other. This comprehensive exposition embarks on an exhaustive exploration of the intricate nexus between knowledge and practice within the nursing profession. By delving into its profound significance, probing its resounding impact on patient

outcomes, and substantiating its essence with empirical underpinnings, this narrative seeks to shed light on the quintessence of this symbiotic relationship.

The Marriage of Erudition and Practical Application

At the nucleus of the nursing profession resides the seamless integration of knowledge and practice. Theoretical knowledge acquired through rigorous academic pursuits and enriched by ongoing professional development, serves as the cornerstone upon which nurses build their comprehension of the intricate nuances underpinning health and illness. This intellectual scaffold empowers nurses not merely as passive recipients of information, but as individuals equipped with a cognitive framework that empowers them to decipher the intricate interplay of physiological, psychological, and socio-cultural variables that intricately shape a patient's health trajectory.

The significance of knowledge in nursing transcends superficial cognition; it acts as a guiding beacon that illuminates the path for nurses navigating the complex terrain of patient care. Nurses armed with theoretical acumen are better equipped to conduct holistic patient assessments, decode underlying health dynamics, and craft individualized care plans with precision. This reservoir of knowledge empowers nurses to make sound decisions that resonate with the evolving landscapes of healthcare, enabling them to adeptly navigate the ethical and clinical complexities inherent in patient care. However, knowledge alone remains dormant without the bridge of practical application. The realm where theoretical insights metamorphose into tangible actions is where nursing truly unfurls its wings. This metamorphosis is far from passive; it demands nurses to master clinical proficiencies, cultivate astute critical thinking, and acquire an intuitive understanding of the intricate fabric that constitutes patient care. This symbiotic relationship between knowledge and practice imparts a dynamic and responsive character to nursing, enabling nurses to holistically address the multifaceted dimensions of patient needs across the diverse tapestry of healthcare scenarios.

The Profound Significance of Knowledge and Practice Integration

The harmonious integration of knowledge and practice in nursing resonates with profound significance across various dimensions. Foremost, it substantially elevates the quality of patient care. Nurses fortified with an expansive theoretical foundation emerge not merely as caretakers, but as skilled professionals capable of orchestrating comprehensive patient assessments and orchestrating astute clinical decisions. This depth of understanding empowers nurses to design care plans that are tailored to the unique mosaic of medical, psychological, and social factors shaping each patient's health narrative. The pivotal role of informed nursing practice in shaping positive patient outcomes is evidenced in the study by Berman et al. (2018), where the nexus between nurses' clinical knowledge and favorable patient outcomes is underscored. Beyond its impact on care quality, the fusion of knowledge and practice operates as a vigilant sentinel guarding patient safety. In the crucible of clinical practice, decisions guided by evidence-based theoretical insights stand as an impregnable bulwark against errors and adverse events. Nurses adept at seamlessly interweaving theoretical acumen with practical judgment possess an innate foresight that equips them to anticipate potential complications, initiate timely interventions, and preemptively avert avoidable harm to patients. This principle resonates with Tourangeau et al.'s research (2017), which accentuates the role of nursing knowledge in curbing medication errors and amplifying patient safety.

Furthermore, the harmony between knowledge and practice nurtures the professional growth and autonomy of nursing practitioners. The capacity to not only comprehend but critically analyze and adroitly apply evidence-based practices nurtures a sense of empowerment. This empowerment extends beyond an abstract notion; it translates into nurses who champion optimal patient care, who exude the acumen to lead and inspire, and who contribute substantively to the ongoing evolution of nursing as a revered and autonomous profession. This

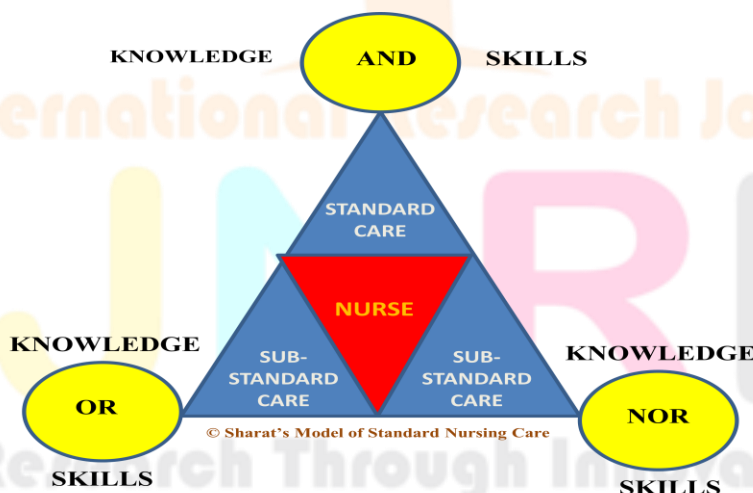
sentiment aligns seamlessly with the precepts of the American Nurses Association (ANA, 2015), which underscore the pivotal role of knowledge acquisition in fostering nursing expertise and catalyzing leadership within the profession.

Empirical Substantiation

The symbiotic relationship between knowledge and practice is buttressed by an extensive body of empirical research. A compendium of studies collectively underscores the positive correlation between nursing knowledge and patient outcomes. Lake's comprehensive study (2018) presents a compelling argument for the influence of nurses' higher levels of education on patient mortality rates, offering an empirical bedrock to substantiate the intrinsic connection between knowledge and patient well-being. Similarly, Heslop et al.'s research (2016) illumines the tangible impact of knowledge in augmenting nursing performance and the quality of patient care, providing a tangible framework to unravel the intricate tapestry woven between theoretical understanding and its pragmatic application.

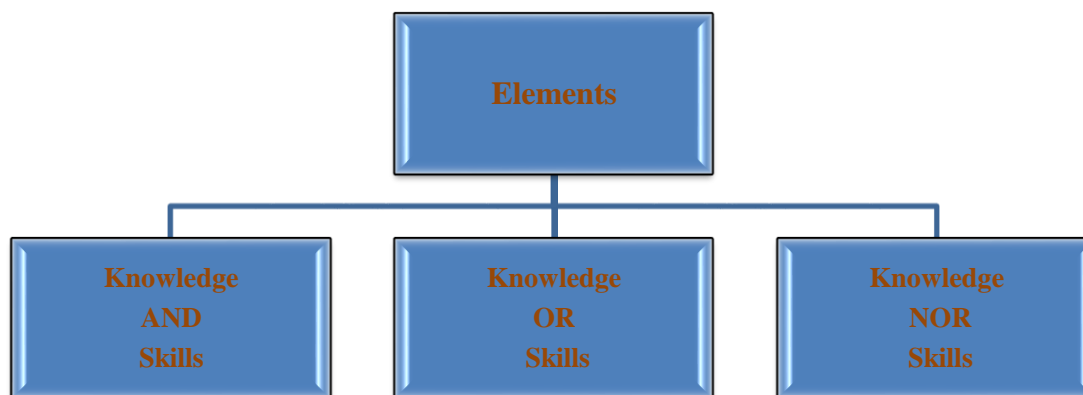
Sharat's Model of Standard Nursing Care:

The crux of this model lies in the profound impact of theoretical knowledge upon Nursing Care, harmoniously coupled with the adept execution of practiced skills by the Nurse. At the heart of this paradigm stands the **NURSE**, embodying a pivotal role. Three key conjunctions, namely **AND**, **OR**, **NOR**, serve as the linchpins binding the nouns – **KNOWLEDGE** and **SKILLS**. The possession and integration of these attributes intricately sculpt the tapestry of nursing care's quality, herein termed as "**Standard Care**." Any departure from the meticulously defined benchmarks, stemming from either a deficiency in knowledge or a lapse in skill proficiency, begets what is denoted as "**Sub-Standard Care**." Thus, the seamless interplay between theoretical knowledge and practical skills, orchestrated by the nurse, not only delineates the measure of care but also demarcates the boundary between excellence and inadequacy in healthcare provision.



Elements of Sharat's Model of Standard Nursing Care

There are three main elements in the model based on the attributes possessed by the Nurse.



1. Knowledge AND Skills

The Integral Nexus of Knowledge and Skills in Providing Standard Nursing Care: In the intricate tapestry of healthcare, Nurses stand as the linchpins, weaving together the threads of knowledge and skills to create a fabric of standard nursing care. The amalgamation of these two pillars, knowledge and skills, forms the cornerstone of their practice, shaping the quality and effectiveness of patient care. This element delves into the profound interplay between a nurse's possession of knowledge and skills, exploring their symbiotic relationship and the impact they collectively have on delivering standard nursing care. Drawing on a range of scholarly references, we elucidate how this synergy determines the success and excellence of nursing practice.

Knowledge as the Pillar of Nursing Excellence: The acquisition of knowledge forms the bedrock upon which nursing practice is built. Nurses, armed with a comprehensive understanding of medical principles, disease pathologies, and evidence-based practices, possess the capacity to make informed decisions and judiciously assess patient needs. As Benner (1984) expounds in her "Novice to Expert" theory, knowledge accumulation progresses from theoretical understanding to intuitive grasp, thereby empowering nurses to discern the intricacies of patient conditions swiftly. Evidence-based practice (EBP), Problem-based learning (PBL) are integral aspects of nursing knowledge, epitomizes the amalgamation of clinical expertise, patient values, and the best available evidence. This approach, advocated by institutions such as the World Health Organization (WHO, 2020), underpins the delivery of high-quality, standardized care. Nurses proficient in EBP, PBL harness the latest research findings to tailor interventions, aligning treatments with patient-specific contexts and optimizing outcomes.

Skills as the Sculptor of Care Delivery: While knowledge lays the foundation, skills chisel and shape the actual provision of care. Nursing skills encompass a broad spectrum, ranging from technical proficiencies such as medication administration and wound care to soft skills like communication and empathy. As Duchscher (2008) underscores in the "Transition Shock" theory, the transition from novice to competent nurse hinges on the honing of these skills, as the application of theoretical concepts to real-world scenarios crystallizes into expertise. Clinical skills, endorsed by authoritative bodies like the American Nurses Association (ANA, 2015), represent the practical manifestation of knowledge, culminating in precise, efficient care delivery. For instance, a nurse proficient in venipuncture not only minimizes patient discomfort but also facilitates accurate diagnostic testing and therapeutic interventions. Moreover, the nuanced finesse of communication skills enables nurses to forge therapeutic relationships, fostering trust and active patient participation in their care journey (Egan, 2021).

Symbiosis of Knowledge and Skills in Standard Nursing Care: The efficacy of nursing care emerges from the harmonious confluence of knowledge and skills, transcending individual attributes to create a synergistic effect.

Impact on Standard Nursing Care: The embodiment of knowledge and skills in nursing practice reverberates in the realm of patient outcomes and safety. Standard nursing care, characterized by adherence to established protocols, consistent practices, and patient-centered approaches, is the culmination of this symbiosis. Research by Aiken et al. (2014) underscores the direct correlation between nurse education levels, skill proficiency, and patient mortality rates. Nurses with advanced knowledge and refined skills contribute to lower mortality rates and fewer adverse events, underscoring the significance of this interplay.

2. Knowledge OR Skills

In the realm of healthcare, the role of a nurse is paramount, encompassing a delicate balance between knowledge and skills. The seamless integration of these two facets is pivotal in ensuring the delivery of high-quality care. However, the absence of either element, whether it be knowledge without skills or skills without knowledge, can precipitate a cascade of challenges that ultimately culminate in substandard care. Knowledge, often garnered through rigorous academic pursuits and continuous learning, forms the intellectual scaffolding upon which nursing practice is constructed. A nurse possessing extensive knowledge is equipped with a comprehensive understanding of medical concepts, disease processes, pharmacology, and evidence-based practices. This knowledge serves as the compass guiding clinical decisions, enabling the nurse to critically assess patient conditions and devise appropriate interventions.

However, knowledge alone, without the complementary infusion of practical skills, can render a nurse incapacitated when it comes to executing the intricate procedures and interventions required in patient care. For instance, a nurse who possesses encyclopedic knowledge of wound healing processes and the impact of infection might be unable to skillfully clean and dress a wound, potentially leading to delayed healing or increased risk of complications. This discord between theoretical understanding and practical application can result in the suboptimal management of patients' physical needs.

Conversely, a nurse endowed with exceptional skills but lacking the foundational knowledge to comprehend the rationale behind those skills can also precipitate substandard care. Proficiency in technical procedures like venipuncture, intravenous catheter insertion, or administering medication necessitates an intimate understanding of not just how, but also why and when these interventions are appropriate. Skillful execution devoid of cognitive comprehension may lead to misguided choices or inadequate adaptation to patients' unique circumstances. Moreover, an exclusive focus on technical skills might overshadow the holistic aspect of nursing care, where knowledge-based decision-making takes into account the broader context of a patient's emotional, social, and psychological well-being. A nurse adept at conducting complex medical procedures might overlook the importance of effective communication or empathetic interaction, resulting in a detached and impersonal patient experience.

The synthesis of knowledge and skills is vital in steering patient care away from the precipice of substandard quality. The synergistic harmony between these two dimensions enables nurses to provide comprehensive, patient-centered care that optimizes outcomes and fosters patient well-being. Nurses who possess both knowledge and skills seamlessly weave evidence-based practice into clinical routines, delivering interventions with precision, rationale, and compassion.

3. Knowledge NOR Skills

Sub-standard care emerges when a nurse devoid of knowledge and skills attempts to fulfill their professional obligations. Patients entrust their well-being to healthcare providers, expecting safe, effective, and compassionate care. When this trust is betrayed due to a nurse's inability to translate knowledge into practice, the consequences can be dire. Patient outcomes may deteriorate, hospital stays might be prolonged, and preventable complications may arise, all of which exact a toll on both the patient's health and the healthcare system as a whole.

Conclusion:

In the realm of nursing, the confluence of knowledge and skills stands as an unassailable pillar upon which exceptional patient care is erected. Sharat's Model of Standard Nursing Care reinforces the inseparable relationship between these attributes, affirming that their synergy is indispensable in providing care that is not only evidence-based but also executed with precision and empathy. As the healthcare landscape continues to evolve, nurses who possess both knowledge and skills are poised to lead the charge in shaping the trajectory of patient-centered care. This model serves as an enduring testament to the profound significance of knowledge and skills in nursing practice, heralding a future where excellence is not a pursuit, but a standard upheld by every dedicated nurse committed to the art and science of healing. Learning never stops, staff development activities like Continuing Nursing Education, In-service Education and Training Workshops helps Nurses to keep themselves updated as per the new trends.

Recommendations:

The realm of nursing is expansive, necessitating periodic adaptations and supplements to its framework in response to evolving circumstances and emerging trends. This imperative for ongoing refinement ensures the Sharat's Model of Standard Nursing Care remains congruent with the dynamic healthcare landscape, allowing it to effectively address contemporary demands and maintain its efficacy in fostering optimal patient care and professional development. Thus, the process of incorporating timely modifications and addendums is intrinsic to upholding the relevancy and proficiency of nursing practices, enabling practitioners to adeptly navigate the intricacies of their field while adhering to the highest standards of competence and compassion.

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