

The ethical issue I chose for this assignment is nurse staffing issues and how that relates to patient outcomes and increased mortality rate. In the United States, it is assumed that medical errors were among the top 5 leading causes of death. Patient to nurse ratios vary greatly between states and countries. There is a significant correlation to better staffing of nurses and lower mortality rates in hospitals. Nurses are viewed as an expense to some organizations and lowering the number of nurses is hurting the organization more than paying a reasonable amount of nurses to ensure patient safety. Having a proper and safe level of nursing staff in a hospital is one of the most important things to ensure patient safety and quality of care. This is an ethical issue because increased nurse to patient ratios is going to stress the nursing staff and limit the care they can provide to their patients leading to room for error. If the nurse is overworked and overwhelmed the room for nursing error skyrockets leaving patients helpless and in danger. The ANA code of ethics statement I chose to correlate with this topic is "The nurse promotes, advocates for, and protects the rights, health, and safety of the patient." We as the nurses need to be the ones to say something about staffing because our license is on the line, and we are the ones there to protect our patients. Bringing more light to the staffing issues in our hospitals is something we as nurses should be more aware of and try to improve.

#### Sources

*Hospital nurse staffing and patient outcomes.* Revista Médica Clínica Las Condes.(2018, June 7.) <https://www.sciencedirect.com/science/article/pii/S0716864018300609>