
Relationship of Clinical Nursing Practice in the Delivery of Patient Care in the Selected Government Hospital: Basis For Policy Enhancement

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ABSTRACT

This study examined the relationship between clinical nursing practice and the delivery of patient care in a selected government hospital, providing a basis for policy enhancement. Specifically, it investigated nurses' demographic profile, level of clinical nursing competencies in terms of skills, knowledge, and values, and the challenges encountered in the nursing profession, including staff availability, nurse–patient ratio, availability of resources, and professional growth and development. The study employed a quantitative descriptive–correlational research design and involved 161 registered nurses selected from a total population of 276 through simple random sampling. Data were gathered using a researcher-made structured questionnaire administered through an online survey platform. Statistical tools such as frequency, percentage, weighted mean, and Chi-square test were utilized to analyze the data. Findings revealed that nurses demonstrated a generally high level of clinical competence, with values ranking highest, followed by skills and knowledge. However, challenges related to staffing, nurse–patient ratio, and resource availability were commonly experienced by respondents and were perceived to influence patient care delivery. Despite these challenges, nurses maintained strong professional attitudes and commitment to quality care. The study concludes that both competencies and workplace conditions play significant roles in patient care outcomes.

Keywords: *Clinical competence, Nursing practice, Patient care delivery, Policy enhancement, Professional challenges, Work environment*

INTRODUCTION

The study address examining the relationship between clinical nursing practice and the delivery of patient care in selected government hospital. The delivery of quality patient care remains a central concern in healthcare systems worldwide, with clinical nursing practice playing a critical role in achieving positive patient outcomes. In recent years, global healthcare organizations have emphasized strengthening nursing competencies to ensure safe, effective, and patient-centered care. Nurses, as frontline healthcare providers, directly influence patient safety, recovery, and overall healthcare quality through their skills, knowledge, and professional values.

Statement of the Problem

The study sought to answer the following questions:

1. What is the demographic profile in terms of Age, Sex, Educational Background, Current position?
2. Assess nurses' level of competencies.
3. What is the most common challenges in nursing profession affecting patient care?
4. Determine the significant relationship between the level of competencies and common challenges encountered by nurses.
5. Propose policy guidelines that can be recommended.

Scope and Limitations

This study focuses on the relationship between clinical nursing practice and the delivery of patient care in a selected government hospital. It specifically examines the demographic profile of the respondents, the level of clinical nursing competencies in terms of skills, knowledge, and values, and the common challenges encountered in nursing practice such as staff availability, nurse–patient ratio, availability of resources, and professional growth and development. The total population consists of 276 nurses at Ospital ng Muntinlupa, and a computed sample size of 161 respondents was selected. Findings are limited to the hospital setting.

Review of Related Literatures

Nursing competence is widely recognized as a critical factor in ensuring effective and safe patient care. Competent nurses are able to apply their knowledge, skills, and professional judgment to manage complex healthcare situations. Aiken et al. (2024) emphasized that nursing competencies play a vital role in ensuring safe and effective patient care within hospital settings. Their research highlighted that nurses with higher levels of clinical knowledge and professional skills are more capable of managing complex patient conditions and delivering evidence-based interventions. Through ongoing education and training, nurses can enhance their knowledge and skills to adapt to the evolving demands of healthcare systems. Alshammari et al. (2025) explored how professional development influences nurses' clinical competence and performance in healthcare organizations. Their study revealed that continuous education, specialized training, and mentorship programs significantly enhance nurses' knowledge and clinical decision-making skills. These improvements contribute to more efficient patient care and better clinical outcomes.

Theoretical Framework

The present study is anchored on two established nursing and healthcare frameworks, namely *Patricia Benner's Novice to Expert Theory (1984)* and *Avedis Donabedian's Quality of Care Framework (1966)*. These theories provide a strong foundation for understanding how clinical nursing practice influences the delivery of patient care. By integrating both frameworks, the study is able to explain not only how nurses develop competencies but also how healthcare systems and environmental factors affect patient outcomes. Together, they offer a comprehensive lens in analyzing both individual and organizational dimensions of nursing practice.

INPUT	PROCESS	OUTPUT
Profile of Nurses: • Age, sex, years of • Experience, educational attainment • Area of assignment.	• Distribution of research questionnaires • Data gathering through survey method • Assessment of clinical nursing practice • Evaluation of delivery of care • Statistical analysis of data	• Determined relationship between clinical nursing practice and delivery of care • Identification of strengths and weaknesses in nursing practice • Evidence-based findings • Proposed policy enhancement program

Conceptual Framework

METHODOLOGY

This study used a quantitative descriptive design to examine the relationship between the level of clinical nursing competencies and challenges encountered by nurses. It applied structured survey questionnaires to gather measurable data from nurse and patient respondents.

Research Design

Quantitative descriptive designs were appropriate because they allowed the systematic collection and statistical analysis of numerical data to describe relationships among variables without manipulation (Creswell & Creswell, 2018). This design was widely used in nursing research to examine relationships between practice variables in natural settings (Polit & Beck, 2021).

Research Steps

The respondents of the study were registered nurses employed in the selected government hospital. A simple random sampling technique was utilized in selecting the respondents to ensure that every eligible nurse had an equal chance of being chosen to participate in the study. This sampling method was considered appropriate as it reduces selection bias and enhances the generalizability of the findings by giving all members of the population an equal opportunity to be included in the sample.

Data Collection and Sample Selection

The study involved 161 nurses from Ospital ng Muntinlupa through sampling method. Participants were aged 18 years and above, currently employed, had at least one year of work experience, and were willing to participate. Data were collected through online questionnaires

Ethical approval was obtained prior to data collection, and confidentiality and voluntary participation were strictly observed.

The study used a structured self-administered questionnaire that was developed by the researcher based on relevant literature and related studies.

Data Analysis Methods

Appropriate statistical tool were used. Frequency, percentage and weighted mean. Chi square test at 0.05 Significance level.

Research Hypotheses and Validation

This study is guided by a hypothesis to determine the relationship between clinical nursing competencies and the common challenges encountered in the delivery of patient care.

1. There is no significant relationship between clinical nursing competencies and the challenges encountered in patient care delivery.
2. There is no significant difference in clinical nursing competencies when respondents are grouped according to demographic profile.

Study Limitations and Ethical Considerations

The study is limited to one selected government hospital therefore, the findings may not be generalized to private hospitals or other healthcare institutions due to differences in staffing, policies, and working conditions. It specifically examines the demographic profile of the respondents, the level of clinical nursing competencies in terms of skills, knowledge, and values, and the common challenges encountered in nursing practice such as staff availability, nurse–patient ratio, availability of resources, and professional growth and development. Ethics Review Board, informed consent was secured from all participants, participation was voluntary, and confidentiality and anonymity were ensured. Data were stored securely and used solely for academic and research purposes.

RESULTS AND DISCUSSION

1. Demographic profile of nurse-respondents

The nurse-respondents were mostly aged 31–40 years old. For years of clinical experience half of respondents have 1-5 years of experience, most of them is female and area of assignment, the majority is medical ward.

2. How do nurses show nursing level of competencies in terms of skills, knowledge and values
In terms of skills, the overall mean is 4.20 interpreted as Agree, indicating that nurses demonstrate strong clinical skills, prioritizing patient needs during busy situations obtained the highest mean while performing procedures had the lowest. This suggest that nurses are confident in decision making and prioritization but procedural performance may still be influenced by workload and staffing conditions. In terms of knowledge, the overall mean is 4.12 interpreted as Agree indicating nurses possess adequate knowledge. This implies that while nurses have strong theoretical knowledge, familiarity with institutional guidelines may need improvement. In terms of values, the overall mean is 4.32 interpreted as Agree indicating high level of competency. Among the three values ranked the highest, followed by skills while knowledge ranked lowest.

3. What is the degree of challenges in terms of staff availability, nurse patient ratio, resources and professional growth?

In terms of staff availability. The overall mean is 3.96, interpreted as Agree. Nurses strongly agree that adequate staffing improves patient outcomes, but they also report that there are not enough nurses available. In terms of nurse–patient ratio. The overall mean is 3.92, interpreted as Agree. The highest rating emphasizes that balanced ratios improve patient safety, while the lowest indicates that patient loads are not always manageable. In terms of resource availability. The overall mean is 3.94, interpreted as Agree, indicating that resource limitations are commonly experienced. In terms of professional growth and development is 4.31, interpreted as Agree. Nurses strongly value training and development, but opportunities provided by the hospital are relatively lower.

SUMMARY

Among the three domains, values ranked highest, followed by skills, while knowledge ranked lowest. Third, the degree of challenges in the nursing profession is also commonly experienced. Professional growth and development ranked as the top challenge, followed by resource availability, staffing, and nurse–patient ratio. Lastly, the study found a significant relationship between competencies and challenges, meaning that more competent nurses tend to recognize more challenges.

CONCLUSIONS

Clinical nursing competencies are generally high, particularly in terms of professional values such as ethics, accountability, and compassion. However, knowledge-based competencies may still need further enhancement. At the same time, nurses commonly experience workplace challenges, especially in terms of professional growth, staffing, and workload. Overall, the study highlights the need for continuous development and institutional support to improve patient care delivery.

RECOMMENDATIONS

First, for community health improvement, stronger collaboration between hospitals and local health units is encouraged to enhance access to quality care and promote health education. Second, for patients, healthcare institutions should continue strengthening patient-centered care and safety protocols to improve overall patient experience. Third, for hospital administrators and policymakers, it is recommended to improve staffing, nurse–patient ratios, and resource allocation, as well as expand training and professional development programs.

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AI DECLARATION STATEMENT

AI-supported tools helped with grammar and structure in creating this article. No AI tools were used to collect, analyze, or interpret data; all authors are credited for their academic contributions.

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