**Evidence that Reducing Patient-to-Nurse Staffing Ratios Can Save Lives and Money**

The research project that interested me most is the patient to nurse staffing ratios. The project stressed how lower ratios could save the lives of patients and money for the facilities (Lasater et al., 2021). The study was done in New York hospitals. The patient to staff ratio was listed from “4.3 to 10.5 patients” to one nurse (Lasater et al., 2021). Most healthcare staff are vocal about unsafe ratios. The case of RaDonda Vaught, the Vanderbilt nurse charged with the death of a patient from a medication error, made many voices louder. Nurses need to remember that we are advocates for patients, ourselves, and our profession. We cannot be advocates when we accept unsafe practices as “the norm.”

The United States is not the only country with complaints of unsafe staffing ratios. A research group in London did a survey with 3,100 nurses and it was determined that 61% felt that their jobs were unsafely staffed (Jones-Berry, 2018). There is also a paper done on Korean nurses and how the ratios there are more “relaxed” than those in the United States (Shin et al., 2020). It seems as though the healthcare industry, in its entirety, has the same faulty system in motion all over the world.

During clinical for my PMHNP program, there were many clients in the outpatient mental healthcare setting that did not reveal sexual abuse history until asked point blank. My research suggestion would be to add a question concerning sexual abuse on patient information forms and see if this may identify reasons for sleep disorders or anxiety. Sexual abuse happens often while a person is in bed, and this would stand to reason that people do not feel safe in their beds. Sleep can be difficult due to triggers at bedtime. Sexual abuse is still taboo and too many people are not talking about it.

**Reference**

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