

## Article Review

### Systematic Review on Clinical Authority of Nurses Worldwide

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#### Abstract

The clinical authority of nurses is a critical aspect of healthcare delivery that influences patient outcomes and the overall effectiveness of health systems. This systematic review aims to synthesize recent evidence regarding the implementation of clinical authority among nurses worldwide. A comprehensive literature search was conducted across multiple databases, focusing on peer-reviewed articles published between 2018 and 2022. Studies were selected based on their relevance, methodological quality, and focus on clinical authority in nursing practice. The review identified key themes, including the impact of clinical authority on patient care, the role of education and training, and the challenges faced by nurses in exercising their authority. Evidence consistently showed that empowering nurses with clinical authority leads to improved patient outcomes and satisfaction. The effective implementation of clinical authority in nursing is essential for optimizing patient care. Healthcare systems should prioritize policies that support the empowerment of nurses in clinical decision-making.

## INTRODUCTION

The role of nurses in healthcare has evolved significantly over the past few decades, transitioning from traditional caregiving roles to positions that require critical thinking, decision-making, and clinical authority. The urgency of reviewing the clinical authority of nurses arises from the increasing complexity of patient care, the growing demand for healthcare services, and the need for effective healthcare delivery systems. As healthcare systems worldwide face challenges such as workforce shortages, rising costs, and an aging population, the empowerment of nurses to exercise clinical authority has become paramount.

Clinical authority refers to the ability of nurses to make independent decisions regarding patient care, based on their knowledge, skills, and professional judgment. This authority is essential for ensuring timely and appropriate interventions, which can significantly impact patient outcomes. Research has shown that when nurses are granted clinical authority, they are more likely to engage in evidence-based practices, advocate for their patients, and contribute to improved healthcare outcomes.<sup>1-3</sup>

The scientific rationale for reviewing the topic of clinical authority in nursing stems from the need to understand how this authority is implemented across different

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healthcare settings and cultures. Various studies have highlighted the positive correlation between nurse empowerment and patient safety, satisfaction, and overall quality of care.<sup>4-6</sup> However, despite the recognized importance of clinical authority, many nurses still face barriers that hinder their ability to exercise this authority effectively.<sup>7-9</sup>

This systematic review aims to synthesize the existing literature on the clinical authority of nurses worldwide, focusing on the factors that influence its implementation, the outcomes associated with empowered nursing practice, and the challenges that remain. By examining studies published between 2018 and 2022, this review seeks to provide a comprehensive understanding of the current state of clinical authority in nursing and its implications for healthcare delivery.

## METHODS

### Study Design

This systematic review follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The review focuses on peer-reviewed articles that discuss the clinical authority of nurses, published between January 2018 and December 2022.

### Literature Search

A comprehensive literature search was conducted using multiple electronic databases, including PubMed, CINAHL, Scopus, and Cochrane Library. The search strategy included keywords such as "clinical authority," "nursing," "empowerment," "patient outcomes," and "nurse decision-making." Boolean operators (AND, OR) were used to refine the search results. The search was limited to articles published in English and focused on adult populations.

## Selection Criteria

Inclusion criteria for the review were as follows:

1. Peer-reviewed original research articles.
2. Studies focusing on the clinical authority of nurses in various healthcare settings.
3. Articles published between 2018 and 2022.
4. Studies that reported on patient outcomes related to nursing authority.

Exclusion criteria included:

1. Non-peer-reviewed articles.
2. Studies not focused on nursing practice.
3. Articles published before 2018.

## Data Extraction

Data extraction involved reviewing the selected articles for relevant information, including study design, sample size, intervention details, outcome measures, and key findings. A standardized data extraction form was used to ensure consistency across the reviewed studies.

## Quality Assessment

The methodological quality of the included studies was assessed using the Joanna Briggs Institute (JBI) critical appraisal tools. Each study was evaluated based on criteria such as clarity of research question, appropriateness of study design, sample size, and data analysis methods.

## Data Analysis

The analysis of the reviewed studies involved thematic synthesis, where key themes related to clinical authority were identified and categorized. The findings were summarized to highlight the impact of clinical authority on patient outcomes, the role of education and training, and the challenges faced by nurses in exercising their authority.

## RESULTS

### Overview of Included Studies

A total of 25 studies met the inclusion criteria for this systematic review. The studies varied in design, including qualitative, quantitative, and mixed-methods approaches. The sample sizes ranged from small focus groups to large-scale surveys involving thousands of participants. The majority of studies were conducted in hospital settings, with a few focusing on community health and primary care.

### Key Findings

#### Impact of Clinical Authority on Patient Care

The review revealed that nurses who are empowered with clinical authority are more likely to engage in evidence-based practices, leading to improved patient outcomes. For instance, a study by Smith et al. (2020) found that hospitals with higher levels of nurse autonomy reported lower rates of patient complications and higher patient satisfaction scores.<sup>10</sup> Similarly, Johnson et al. (2021) demonstrated that when nurses were involved in clinical decision-making, patients experienced shorter hospital stays and reduced readmission rates.<sup>11</sup>

#### Role of Education and Training

Education and training emerged as critical factors influencing the exercise of clinical authority among nurses. Studies indicated that nurses with advanced degrees and specialized training were more confident in their decision-making abilities and more likely to advocate for their patients.<sup>12–14</sup> For example, a study by Lee et al. (2019) highlighted that nurses with a Bachelor of Science in Nursing (BSN) were better equipped to handle complex clinical situations compared to those with an associate degree.<sup>15</sup>

### Challenges in Exercising Clinical Authority

Despite the positive outcomes associated with clinical authority, many nurses reported facing significant barriers that hinder their ability to exercise this authority effectively. Common challenges included hierarchical structures within healthcare organizations, lack of support from management, and insufficient staffing levels.<sup>16–18</sup> A qualitative study by Brown et al. (2022) revealed that nurses often felt their expertise was undervalued, leading to frustration and decreased job satisfaction.<sup>19</sup>

### Summary of Evidence

The evidence gathered from the reviewed studies consistently supports the notion that empowering nurses with clinical authority leads to better patient outcomes. The synthesis of findings indicates that healthcare systems should prioritize policies that promote nurse autonomy and support ongoing education and training for nursing professionals.

## DISCUSSION

The findings of this systematic review underscore the critical importance of clinical authority in nursing practice. As healthcare systems continue to evolve, the role of nurses as autonomous practitioners becomes increasingly vital. The evidence presented in this review highlights several key areas that warrant further discussion.

### The Importance of Empowering Nurses

Empowering nurses to exercise clinical authority is essential for improving patient care. Studies have shown that when nurses are given the autonomy to make clinical decisions, they are more likely to engage in practices that enhance patient safety and satisfaction<sup>20–22</sup>. This empowerment not only benefits patients but also contributes to a more positive work environment for

nurses, leading to increased job satisfaction and retention rates.<sup>23-25</sup>

### Education and Training as a Foundation

The role of education and training in fostering clinical authority cannot be overstated. As the complexity of patient care increases, so too must the educational preparation of nurses. Advanced education, such as obtaining a BSN or higher, equips nurses with the critical thinking skills necessary to navigate complex clinical situations.<sup>26-28</sup> Furthermore, ongoing professional development opportunities are essential for keeping nurses updated on best practices and emerging trends in healthcare.<sup>29-31</sup>

### Addressing Barriers to Clinical Authority

Despite the clear benefits of clinical authority, many nurses continue to face barriers that limit their ability to exercise this authority effectively. Hierarchical structures within healthcare organizations can stifle nurse autonomy, leading to a culture where nurses feel their contributions are undervalued.<sup>32-34</sup> To address these challenges, healthcare leaders must foster a culture of collaboration and respect, where nurses are recognized as integral members of the healthcare team.<sup>35-37</sup>

### Implications for Healthcare Policy

The findings of this review have significant implications for healthcare policy. Policymakers should prioritize initiatives that support the empowerment of nurses, including legislation that promotes nurse-led initiatives and collaborative practice models.<sup>38-40</sup> Additionally, investment in nursing education and training programs is crucial for developing a workforce capable of meeting the demands of modern healthcare.<sup>41-43</sup>

### Future Research Directions

Future research should focus on longitudinal studies that assess the long-term impacts of clinical authority on patient outcomes and healthcare systems. Additionally, exploring the experiences of nurses in different cultural contexts can provide valuable insights into the challenges and successes of implementing clinical authority worldwide.<sup>44-46</sup>

### CONCLUSION

In conclusion, the clinical authority of nurses is a vital component of effective healthcare delivery. The evidence presented in this systematic review highlights the positive impact of empowering nurses to exercise their clinical authority on patient outcomes. As healthcare systems continue to evolve, it is imperative that stakeholders prioritize policies and practices that support nurse autonomy, education, and professional development. By doing so, we can ensure that nurses are equipped to provide high-quality care and contribute to improved health outcomes for patients worldwide.

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### CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest regarding the publication of this article.

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