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**A Study of Cost-Effective and Quality Health Care Practices Among
Staff Nurses in Private Hospitals**

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ABSTRACT

Cost-effective and quality health care practices play an important role in improving patient outcomes and ensuring efficient use of available medical resources in private hospitals. Staff nurses are key members of the healthcare team and are directly involved in patient care, treatment procedures, and monitoring of health conditions. Their knowledge, skills, and experiences significantly influence the quality of healthcare services provided to patients. In private hospitals, maintaining a balance between cost management and quality care is a major challenge. Therefore, nurses must adopt effective practices such as proper use of medical supplies, accurate documentation, infection control measures, patient education, and efficient time management. These practices help reduce unnecessary expenses while maintaining high standards of patient care. In addition, continuous training and awareness programs can improve nurses' understanding of cost-effective healthcare strategies and quality improvement methods. Understanding the experiences and challenges faced by staff nurses can also help hospital management develop appropriate guidelines and educational materials, such as pamphlets, to support their work. By promoting cost-effective practices and focusing on quality care, staff nurses can contribute to better patient satisfaction, improved healthcare outcomes, and efficient hospital management.