

Special Issue

Healthy and Harmful Habits: Impact on Nursing Practice and Patient Health

Message from the Guest Editors

This Special Issue aims to investigate the multifaceted impacts of healthy and harmful habits on patient health and the role of nursing practice in managing these behaviors. This Special Issue will explore evidence-based strategies that nurses can employ to promote healthy lifestyles and mitigate the effects of harmful habits. This Special Issue aligns with the journal's focus on advancing healthcare through research that supports clinical practice, patient care, and health education. In this Special Issue, we welcome original research articles and comprehensive reviews. Potential topics include, but are not limited to, the following:

- Nutrition and Diet: the role of nurses in promoting healthy eating habits and addressing malnutrition and obesity.
- Physical Activity: nursing interventions to encourage regular physical activity across diverse populations.
- Alcohol Consumption: strategies for reducing alcohol use and supporting patients with alcohol dependence.
- Tobacco Use: effective nursing approaches to smoking cessation and prevention.
- Behavioral Addictions: addressing addictions such as gambling and their impact on health and the role of nursing in treatment and support.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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