Special Issue

Nutrition in Patient Care

Message from the Guest Editors

Nutrition plays a crucial role in patient care, influencing overall health and recovery. A well-balanced and individualized diet is integral for supporting the body's immune system, promoting tissue repair and maintaining optimal energy levels. In hospitalized patients, adequate nutrition is vital as it aids in the prevention of malnutrition and enhances the effectiveness of medical treatments. Nutritional support becomes paramount in managing chronic conditions, post-surgery recovery and the duration of an illness. Proper nutrition contributes to faster healing, reducing the risk of complications and improving the patient's quality of life. Additionally, it plays a key role in managing chronic diseases such as diabetes, cardiovascular disease and gastrointestinal disorders. The aim of this Special Issue is to provide updated information on the integration of nutrition into patient care, and optimizing health outcomes, enhancing recovery and preventing complications. We hope to provide healthcare professionals with up-to-date data on the holistic approach to healthcare, recognizing the interconnectedness of diet, wellness and the body's ability to heal.

Guest Editors

Dr. Kalliopi Anna Poulia

Department of Food Science and Human Nutrition, Laboratory of Dietetics and Quality of Life, Agricultural University of Athens, 11855 Athens, Greece.

Dr. Odysseas Androutsos

Lab of Clinical Nutrition and Dietetics (CND-lab), Department of Nutrition and Dietetics, School of Physical Education, Sport Science and Dietetics, University of Thessaly, 42132 Trikala, Greece

Deadline for manuscript submissions

closed (30 June 2025)



Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/197418

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

mdpi.com/journal/ healthcare





Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA 92697. USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

