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International Journal of Health Sciences (IJHS)Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 4 | Number 1 | March 2026 |

**Clinical Nutrition Care In Supporting The Patient Healing Process**Masdarwati^{1*}, Dwi Ardyna Octa Sari², Vivi Adriana Suardi³¹Public Health Study Program, Pejuang Republic of Indonesia University, Indonesia²Faculty of Military Medicine, Republic of Indonesia Defense University, Indonesia³Nursing Study Program, Gunung Sari Health College, Indonesia*Correspondent Author: Masdarwati, Email: masdarwati@fkmupri.ac.id**ABSTRACT**

Clinical nutrition care is an integral part of healthcare services that plays a crucial role in supporting the patient's healing process. Disease conditions, metabolic stress, and inadequate nutritional intake can slow recovery and increase the risk of complications. This study aims to examine the role of clinical nutrition care in supporting the healing process of patients in healthcare facilities. The study used a descriptive-analytical study design with an observational approach. The study sample consisted of 80 inpatients receiving clinical nutrition care. Data were collected through medical record reviews, nutritional status observations, and monitoring of patient clinical outcomes. Data analysis was conducted using descriptive and simple analytical methods. The results showed that patients receiving standardized clinical nutrition care experienced improved nutritional status, increased endurance, and accelerated healing. It was concluded that clinical nutrition care plays a significant role in supporting the success of medical therapy and patient recovery.

Keywords: Clinical Nutrition Care, Nutritional Status, Patient Recovery, Health Services



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**1. Introduction**

Nutritional issues remain a major challenge in healthcare, particularly for hospitalized patients. Various disease conditions, both acute and chronic, are often accompanied by nutritional deficiencies that can worsen a patient's clinical condition. Malnutrition in hospitalized patients is known to be associated with an increased risk of infection, delayed wound healing, increased length of stay, and higher morbidity and mortality rates.

Infants, children, the elderly, and patients with chronic illnesses or critical conditions are particularly vulnerable to nutritional disorders. Metabolic stress from illness, decreased appetite, impaired nutrient absorption, and certain dietary restrictions often result in patients' nutritional needs not being optimally met. This situation demonstrates that medical management alone is insufficient to support the patient's healing process without the support of appropriate nutritional interventions.

Clinical nutrition care is an integral part of healthcare services aimed at optimizing patient nutritional status through a systematic and structured approach. Clinical nutrition care encompasses nutritional assessment, establishing a nutritional diagnosis, planning and implementing nutritional interventions, and ongoing monitoring and evaluation. Implementing standardized clinical nutrition care is expected to meet patients' nutritional needs according to their clinical condition and disease stage.

Various studies have shown that adequate clinical nutrition care can accelerate wound healing, enhance immune responses, reduce complication rates, and shorten hospital stays. Proper nutrition plays a crucial role in cell regeneration, tissue repair, and maintaining metabolic balance. Therefore, clinical nutrition care serves not only as a supportive therapy but also as an integral part of the primary therapy in the patient's healing process.

In healthcare practice, clinical nutrition care is often not implemented optimally. Limited resources, lack of interprofessional collaboration, and low awareness of the importance of nutrition in the healing process hinder the comprehensive implementation of clinical nutrition care. Consequently, patients continue to experience poor nutritional status or a decline in nutritional status during hospitalization.

Based on this background, a scientific study is needed to assess the role and contribution of clinical nutrition care in supporting patient healing. This research is expected to provide insight into the importance of clinical nutrition care as part of holistic health care and serve as a basis for improving the quality of nutrition services in healthcare facilities.

2. Research Methods

This study is an analytical descriptive observational study with a cross-sectional approach. The study was conducted in the inpatient ward of Hospital X in January–March 2025.

a. Population and Sample



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The study population was all inpatients receiving clinical nutrition services. The study sample consisted of 80 patients, selected using purposive sampling techniques according to inclusion and exclusion criteria.

b. Inclusion Criteria

- 1) Inpatients aged ≥ 18 years
- 2) Get clinical nutrition care
- 3) Minimum hospitalization period is 3 days

c. Exclusion Criteria

- 1) Patients in terminal condition
- 2) Patients with severe impaired consciousness

d. Research Variables

- Independent variable: Clinical nutrition care
- Dependent variable: Patient healing process

e. Research Instruments

The instruments used include:

- 1) Nutritional status assessment sheet (BMI, weight loss, energy intake)
- 2) Patient medical records (medical diagnosis, length of hospital stay, clinical outcomes)
- 3) Clinical nutrition care monitoring sheet

f. Data analysis

Data was analyzed by:

- Descriptive (mean, percentage)
- Simple analytics to see the relationship between nutritional care and the healing process

g. Research Ethics

The research was conducted with institutional permission and maintaining the confidentiality of patient identities.

3. Research Results And Discussion

a. Research Result

1) Respondent Characteristics

The study results showed that the majority of respondents were adults and elderly, with varying nutritional status and clinical conditions. The elderly dominated the study sample, who are physiologically more vulnerable to nutritional disorders due to organ function decline and comorbidities.

Characteristics	n	%
Age ≥ 60 years	34	42.5
Age < 60 years	46	57.5





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Characteristics	n	%
Malnutrition status	38	47.5
Normal nutritional status	42	52.5

These data show that nearly half of the respondents experienced malnutrition at the start of treatment, which could potentially affect the healing process if not handled appropriately.

2) Implementation of Clinical Nutrition Care

The implementation of clinical nutrition care is assessed based on its compliance with hospital nutrition service standards, including initial nutrition assessment, determination of nutrition diagnosis, dietary intervention, and monitoring and evaluation.

Clinical Nutrition Care	n	%
According to standards	56	70.0
Not up to standard	24	30.0

Most patients have received clinical nutrition care according to standards, but there are still patients who have not received optimal nutrition services, especially in the aspect of monitoring and further evaluation.

3) Overview of the Patient Healing Process

The patient's healing process is measured based on improvement in clinical condition, improvement in nutritional status, and stability of general condition during the treatment period.

Healing Process	n	%
Good	52	65.0
Not enough	28	35.0

These results show that most patients experienced a good healing process, but there were still a third of patients with less than optimal healing.

4) The Relationship between Clinical Nutrition Care and the Healing Process

Clinical Nutrition Care Good Healing Less Healing Total

According to standards	44	12	56
Not up to standard	8	16	24

Analysis showed that patients who received standardized clinical nutrition care experienced better healing than those who did not receive optimal nutrition





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care. Statistical tests showed a significant relationship between clinical nutrition care and patient healing ($p < 0.05$).

b. Discussion

The results of this study indicate that clinical nutrition care plays a crucial role in supporting patient recovery. Patients who received standardized clinical nutrition care showed greater improvement in their clinical condition compared to those who did not receive optimal nutrition services. These findings confirm that meeting nutritional needs is an essential component of patient recovery.

The high proportion of patients with malnutrition at the start of treatment indicates that nutritional disorders remain a significant problem in hospitals. Malnutrition can reduce immunity, inhibit tissue regeneration, and increase the risk of nosocomial infections. Therefore, a comprehensive nutritional assessment from the start of treatment is a crucial step in patient therapy planning.

Standardized clinical nutrition care has been shown to contribute to improved nutritional status and stable physiological conditions in patients. Adequate energy and protein intake plays a role in accelerating wound healing, improving organ function, and enhancing immune response. This aligns with the concept of Nutrition Care Process (NCP) which emphasizes the importance of a systematic and sustainable approach in clinical nutrition services.

Patients who do not receive optimal clinical nutrition care tend to experience slower recovery. This can be caused by delayed nutritional intervention, inadequate monitoring of dietary intake, or the failure to adjust their diet according to the patient's evolving clinical condition. This situation demonstrates that clinical nutrition care should not be static but rather should be evaluated and adjusted periodically.

The findings of this study also emphasize the importance of multidisciplinary collaboration between medical personnel, nurses, and nutritionists in patient care. Clinical nutrition care integrated with medical therapy can enhance treatment effectiveness and accelerate the healing process. A holistic healthcare approach is key to improving the quality of care and patient clinical outcomes.

➤ Clinical Implications

The results of this study provide implications that optimizing clinical nutrition care can be an effective strategy for:

- Reduce length of hospital stay
- Reduce the risk of complications
- Improving the quality of life of patients

4. Conclusion And Suggestions**a. Conclusion**



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Clinical nutrition care plays a significant role in supporting a patient's healing process. Implementing standardized clinical nutrition care increases the chances of improving nutritional status and achieving successful medical therapy.

b. Suggestion

- 1) Hospitals need to optimize the implementation of clinical nutrition care for all inpatients.
- 2) Health workers are expected to increase multidisciplinary collaboration in patient care planning.
- 3) Further research is recommended to use an experimental design to assess the effectiveness of clinical nutrition care in more depth.

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