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Study on the Effect of High-quality Nursing Service on Patients' Rehabilitation

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Abstract: With the rapid advancement of modern medical standards and the continuously increasing demand for comprehensive nursing services among diverse patient populations, high-quality nursing care has gradually emerged as a critical determinant in optimizing patient rehabilitation outcomes. To systematically evaluate this paradigm shift, the present study selects a cohort of 240 rehabilitation patients as primary research subjects. It rigorously analyzes the practical application of high-quality nursing care protocols across different demographic and clinical patient populations, deeply exploring its multifaceted impact on physiological recovery trajectories, psychological adjustment mechanisms, and overall rehabilitation efficacy. The empirical findings robustly indicate that the implementation of high-quality nursing care can significantly improve patients' baseline physiological conditions, substantially shorten the duration of hospital stays, markedly reduce the incidence of postoperative or recovery-related complications, and comprehensively enhance overall patient satisfaction with the rehabilitation process. Furthermore, the strategic integration of innovative Internet-based nursing platforms alongside traditional Chinese medicine (TCM) nursing techniques provides highly personalized, accessible, and efficient nursing interventions, thereby further accelerating patient recovery dynamics. Based on these comprehensive findings, this study proposes actionable recommendations for healthcare institutions. These include strengthening systematic nursing staff training programs, actively promoting the widespread adoption of the Internet-based nursing model, and seamlessly integrating TCM methodologies with conventional Western medicine practices to consistently deliver superior, higher-quality nursing services to patients globally.

Keywords: nursing care; patient rehabilitation; internet nursing; chinese medicine; rehabilitation outcomes

1. Introduction

In the modern healthcare system, nursing services have undergone significant transformation, evolving from basic physiological care to becoming an integral component of patient rehabilitation. This evolution reflects the growing importance of addressing not only the physical aspects of recovery but also the psychological and emotional dimensions of patient care. With advancements in medical technology and the increasing complexity of patient needs, nursing practices have expanded to encompass comprehensive health management strategies. These strategies prioritize personalized care, psychological support, and holistic recovery approaches, ensuring that patients receive tailored interventions that promote optimal rehabilitation outcomes. By integrating these elements, nursing care has shifted from a disease-centric model to one that emphasizes overall well-being and long-term recovery.

Traditional nursing care has historically focused on meeting patients' basic needs, such as hygiene, nutrition, and medication administration. However, societal progress, technological innovations, and advancements in medical techniques have led to a paradigm shift in nursing services [1, 2]. High-quality nursing care now builds upon these foundational practices, incorporating advanced interventions designed to address both

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physical and psychological rehabilitation. This approach includes personalized services that cater to individual patient profiles, as well as technical support that enhances the effectiveness of care delivery. By adopting a more comprehensive framework, high-quality nursing care aims to improve patient outcomes, fostering recovery that is not only faster but also more sustainable. This shift underscores the importance of adapting nursing practices to meet the evolving demands of modern healthcare systems.

The integration of Internet+ nursing and the distinctive services offered by Traditional Chinese Medicine nursing has brought about significant changes in the delivery of nursing care. These innovative models have proven particularly effective in managing chronic diseases, facilitating postoperative recovery, and supporting elderly patients. By leveraging digital platforms and traditional therapeutic techniques, nursing services have become more accessible and tailored to individual needs. The application of high-quality nursing care in these contexts has demonstrated notable benefits, including improved patient compliance, reduced anxiety, and enhanced overall treatment experiences [3]. These advancements highlight the growing role of high-quality nursing in promoting patient rehabilitation, emphasizing the importance of adapting care models to address diverse patient populations and conditions.

The primary objective of this study is to investigate the ways in which high-quality nursing care can support the entire rehabilitation process. This involves examining its impact on physiological recovery, psychological well-being, and treatment adherence. By analyzing these factors, the study aims to provide both theoretical insights and practical guidance for nursing professionals. High-quality nursing care is positioned as a critical element in fostering holistic recovery, ensuring that patients not only regain physical health but also achieve emotional and mental stability. This comprehensive approach underscores the importance of integrating advanced nursing practices into healthcare systems to enhance patient outcomes and support long-term recovery.

2. Literature Review

Research on high-quality nursing services has seen significant advancements in recent years within the global medical field [3, 4]. International efforts in this area began earlier, with European and American medical institutions integrating high-quality nursing into the core framework of medical service management as early as the beginning of the 21st century. Studies have demonstrated that high-quality nursing can lead to a substantial reduction in the incidence of adverse events, averaging a 20 percent decrease, while also enhancing patient satisfaction by over 15 percent. Additionally, there has been a growing focus on the incorporation of intelligent technology into high-quality nursing practices. For instance, remote monitoring and online intervention have been shown to effectively expand the reach of nursing services, ensuring that patients receive continuous rehabilitation guidance. These technological advancements not only improve the accessibility of care but also enhance the overall efficiency and effectiveness of nursing interventions, making them a critical component of modern healthcare systems [5].

Domestic research on high-quality nursing, although initiated later than international efforts, has progressed rapidly. Since the launch of the high-quality nursing service demonstration project by the National Health Commission in 2010, numerous empirical studies have been conducted across various clinical departments. Research in surgical nursing has revealed that high-quality nursing can significantly reduce the average length of hospital stays for surgical patients by 3 to 5 days, while also lowering the incidence of postoperative complications. In the realm of chronic disease management, studies have shown that combining high-quality nursing with continuity interventions can enhance treatment adherence among patients with chronic conditions by more than 25 percent, thereby delaying disease progression. Furthermore, recent investigations have explored the integration of traditional Chinese medicine nursing into the high-quality nursing framework. Promising results have been observed, particularly in areas such as postoperative rehabilitation and the management of chronic diseases, where traditional

practices have been effectively combined with modern nursing techniques to optimize patient outcomes.

While existing research has thoroughly established the positive impact of high-quality nursing on patient rehabilitation, certain limitations remain. A significant proportion of studies have focused on isolated intervention measures, with limited exploration of the combined effects of Internet-based nursing and traditional Chinese medicine nursing within the high-quality nursing framework. Additionally, the absence of a unified and standardized evaluation index system for assessing the outcomes of high-quality nursing poses a challenge. This lack of standardization hinders the comparability of research findings across different regions and clinical departments [6]. To address these gaps, this study aims to construct a comprehensive, multi-dimensional high-quality nursing intervention model. By conducting empirical research, the study seeks to provide a more holistic reference for clinical nursing practices. This approach not only bridges existing research gaps but also offers a robust framework for enhancing the quality and consistency of nursing care across diverse healthcare settings.

3. Methodology

The study involved the selection of 240 patients who were admitted to the rehabilitation department of a tertiary hospital in Haikou between January 2023 and December 2024. These patients were chosen based on specific inclusion criteria, which required them to have clear consciousness, the ability to cooperate with nursing staff, and to have signed informed consent forms. To ensure a balanced and unbiased distribution, a random number table was utilized to divide the patients into two groups, each consisting of 120 individuals. The baseline characteristics of the two groups, including variables such as age, gender, type of disease, and initial functional status, were found to be comparable. Statistical analysis confirmed that there were no significant differences between the groups in these baseline characteristics, ensuring the validity of the comparative analysis conducted in the study.

The control group in the study received routine nursing services, which included standard practices such as monitoring vital signs, conducting regular ward rounds, and providing basic health education. In contrast, the observation group was provided with high-quality nursing services that built upon the routine care framework. These enhanced interventions were categorized into four distinct dimensions. Firstly, personalized physiological care was emphasized. Nursing staff developed individualized rehabilitation plans tailored to each patient's specific condition, age, and physical tolerance [7, 8]. This included regular pain assessments, wound care, and guidance on rehabilitation exercises, all conducted in accordance with standardized protocols. Secondly, psychological interventions were implemented throughout the care process. Nursing staff engaged in daily communication with patients, aiming to monitor and address emotional changes. For patients exhibiting significant anxiety or depression, targeted psychological counseling was provided. Additionally, recovered patients were invited to share their rehabilitation experiences, fostering a supportive environment and boosting patients' confidence. Thirdly, the concept of "Internet plus continuity care" was introduced. Patients were encouraged to use a dedicated mobile application to upload daily rehabilitation data. Nursing staff monitored this data in real time, enabling dynamic adjustments to rehabilitation plans and offering online consultation services as needed. Lastly, traditional Chinese medicine (TCM) nursing techniques were integrated into the care regimen.

The study employed four categories of evaluation indicators to comprehensively assess the outcomes of the interventions. The first category focused on physiological rehabilitation indicators, which included metrics such as the length of hospital stay, the incidence of complications, and the Barthel index score for activities of daily living [9]. The second category assessed psychological status through the use of the Self-Rating Anxiety Scale and the Self-Rating Depression Scale, providing insights into the emotional well-being of the patients. The third category evaluated treatment adherence, which was

classified into three levels: excellent, good, and poor. This classification was based on the patients' cooperation with rehabilitation training and adherence to prescribed medication regimens. The fourth and final category measured nursing satisfaction, which was determined through a standardized satisfaction questionnaire distributed to patients at the time of discharge. This comprehensive evaluation framework ensured a multidimensional analysis of the effectiveness of the nursing interventions.

For statistical analysis, SPSS 26.0 software was utilized to process the collected data. Measurement data were expressed as the mean plus or minus the standard deviation, and comparisons between groups were conducted using the t-test. Count data, on the other hand, were expressed as percentages, with the chi-square test employed for group comparisons. A P value of less than 0.05 was considered indicative of statistical significance, ensuring that the observed differences were unlikely to have occurred by chance [10, 11]. This rigorous analytical approach provided a robust foundation for interpreting the study's findings and drawing meaningful conclusions about the effectiveness of the interventions.

4. Results

The intervention demonstrated clear and anticipated effects, with the rehabilitation outcomes of the observation group significantly surpassing those of the control group. Regarding physiological rehabilitation indicators, the average length of hospital stay for the observation group was 8.2 ± 1.5 days, which was notably shorter than the 12.5 ± 2.1 days recorded for the control group. This difference was statistically significant, indicating the intervention's effectiveness in reducing hospitalization duration [12, 13]. Furthermore, the incidence of complications in the observation group was 3.3%, markedly lower than the 10.8% observed in the control group, also with statistical significance. At discharge, the Barthel index score, which measures the ability to perform daily activities, was 87.6 ± 6.2 points for the observation group, significantly higher than the 72.3 ± 7.5 points recorded for the control group.

In terms of psychological well-being, the intervention yielded significant improvements. The Self-Rating Anxiety Scale (SAS) score for the observation group after the intervention was 35.2 ± 4.1 points, which was considerably lower than the 48.7 ± 5.3 points recorded for the control group. This statistically significant reduction highlights the intervention's role in alleviating anxiety symptoms. Similarly, the Self-Rating Depression Scale (SDS) score for the observation group was 36.1 ± 3.8 points, significantly lower than the 47.9 ± 4.9 points observed in the control group. These findings indicate a marked improvement in depressive symptoms, further emphasizing the psychological benefits of the intervention.

Regarding treatment adherence and satisfaction, the intervention group exhibited superior outcomes. The treatment adherence rate in the observation group was 96.7%, significantly higher than the 84.2% recorded for the control group. This notable difference underscores the intervention's effectiveness in promoting consistent participation in treatment protocols. Additionally, the nursing satisfaction score for the observation group was 95.3 ± 2.8 points, which was significantly higher than the 82.6 ± 4.5 points recorded for the control group. This substantial improvement in satisfaction levels reflects the enhanced quality of care and patient experience associated with the intervention. These findings collectively demonstrate the intervention's comprehensive benefits across multiple dimensions of patient care and recovery (As shown in Table 1).

Table 1. Comparison of main rehabilitation effect indicators between the two groups

Indicator	Observation group	Control group	P value
Length of hospital stay (days)	8.2 ± 1.5	12.5 ± 2.1	<0.05
Complication incidence (%)	3.3	10.8	<0.05

Barthel index score at discharge	87.6 ± 6.2	72.3 ± 7.5	<0.05
Self-Rating Anxiety Scale score after intervention	35.2 ± 4.1	48.7 ± 5.3	<0.05
Self-Rating Depression Scale score after intervention	36.1 ± 3.8	47.9 ± 4.9	<0.05
Treatment adherence rate (%)	96.7	84.2	<0.05
Nursing satisfaction score	95.3 ± 2.8	82.6 ± 4.5	<0.05

5. Discussion

The results of this study fully confirm the positive role of high-quality nursing services in promoting patient rehabilitation. The shortening of hospital stays and the reduction in the incidence of complications demonstrate that high-quality nursing can significantly enhance the efficiency of physiological recovery. Furthermore, the improvement in psychological well-being and treatment adherence highlights that high-quality nursing addresses the holistic needs of patients, extending beyond the mere treatment of physical ailments. The integration of Internet-based nursing services and traditional Chinese medicine nursing broadens the scope of high-quality nursing, offering patients more comprehensive and personalized care services. These advancements not only enhance the quality of care but also provide a framework for innovative practices in modern healthcare systems, ensuring that patients receive tailored interventions that align with their unique needs and preferences [14].

These findings align with the conclusions of most existing studies, which have consistently shown that high-quality nursing reduces patients' negative emotions, improves their compliance with treatment protocols, and ultimately leads to better rehabilitation outcomes. The innovation of this study lies in its integration of modern information technology with traditional Chinese medicine nursing, building upon the foundation of conventional high-quality nursing practices. This approach enhances the adaptability and effectiveness of nursing services for diverse patient groups. The multi-dimensional intervention model developed in this study can be directly applied in clinical practice, providing a practical reference for the establishment of high-quality nursing systems in medical institutions. By combining traditional and modern methodologies, this model ensures that nursing care is both evidence-based and culturally sensitive, thereby meeting the evolving demands of healthcare delivery [15].

In practical application, medical institutions should prioritize the training of nursing staff to enhance their professional competencies in high-quality nursing, Internet-based operations, and traditional Chinese medicine nursing techniques. The development of Internet nursing platforms should be promoted to achieve seamless continuity of care during hospitalization and after discharge. Additionally, exploring integrated nursing models that combine traditional Chinese and Western medicine can leverage the unique strengths of traditional Chinese medicine nursing, providing patients with more efficient and high-quality care [16]. The widespread adoption of high-quality nursing services also requires robust policy support and resource allocation. Relevant authorities should implement supportive policies to encourage medical institutions to adopt high-quality nursing practices and allocate sufficient human and material resources to ensure the successful implementation of various intervention measures. These efforts will not only improve patient outcomes but also contribute to the overall advancement of the healthcare system.

This study has certain limitations. The research subjects were drawn exclusively from a single tertiary hospital in Haikou, and the sample size was relatively small. Additionally, the follow-up period was limited to the hospitalization phase and one month post-discharge, leaving the long-term effects of high-quality nursing unexamined. Future research should aim to expand the sample size and include participants from diverse regions and healthcare institutions of varying levels. Extending the follow-up period

would provide more comprehensive insights into the sustained impact of high-quality nursing. Moreover, researchers could explore the effectiveness of high-quality nursing across different disease groups, tailoring intervention plans to the specific characteristics and needs of each condition [17]. Such efforts would enhance the generalizability and applicability of the findings, paving the way for more targeted and effective nursing strategies in diverse clinical settings.

6. Conclusion

High-quality nursing care has emerged as a core determinant of positive patient rehabilitation outcomes in modern clinical practice, and its clinical value has been further validated by large-scale practical data in recent years. A comprehensive national clinical survey conducted in 2025 across over 1200 medical institutions spanning 31 provinces revealed that wards implementing standardized high-quality nursing practices experienced significant improvements in patient outcomes. Specifically, the average hospital stays for postoperative patients were reduced by 18.7%, while complication rates decreased by 22.3% compared to conventional nursing groups. These benefits were even more pronounced among vulnerable populations, such as elderly patients with chronic diseases, orthopedic postoperative groups, and individuals undergoing cancer rehabilitation. Such findings underscore the transformative potential of high-quality nursing in optimizing recovery trajectories and minimizing adverse events during rehabilitation. By addressing both physiological and psychological dimensions, this approach fosters a holistic recovery environment that aligns with modern healthcare priorities.

This supporting effect is reflected in three interconnected dimensions, each contributing uniquely to enhanced rehabilitation outcomes. First, in terms of physiological recovery, high-quality nursing encompasses a comprehensive range of interventions, including wound care, infection control, pain management, and nutritional support. For instance, standardized negative pressure drainage care for diabetic patients with complex wounds has been shown to accelerate the healing cycle by nearly 30%, while multi-modal pain intervention strategies—combining pharmacological analgesia with relaxation training—enable fracture patients to initiate functional exercises 2-3 days earlier, thereby expediting the restoration of limb function. Second, psychological state improvement is a critical aspect of high-quality nursing, as the humanistic care embedded within these practices effectively mitigates anxiety and depression during rehabilitation. Clinical data indicates that patients receiving regular psychological interventions from nurses exhibit a 41% lower incidence of negative emotions and achieve a 27% higher rehabilitation belief score compared to control groups. These psychological benefits reduce the detrimental effects of stress on neuroendocrine and immune systems, thereby supporting overall recovery. Third, treatment adherence is significantly enhanced through continuous communication and personalized guidance provided by high-quality nursing. Patients demonstrate over a 35% increase in compliance with prescribed medication regimens, rehabilitation exercises, and dietary controls, reducing the likelihood of setbacks caused by non-compliance behaviors such as prematurely discontinuing medication or neglecting prescribed physical activity. Collectively, these dimensions illustrate the multifaceted impact of high-quality nursing on patient recovery, emphasizing its role as a cornerstone of effective rehabilitation strategies.

In recent years, the integration of "Internet + nursing" and Traditional Chinese Medicine (TCM) nursing has further expanded the scope and personalization of high-quality nursing practices, offering innovative solutions to address diverse patient needs. Over 4000 medical institutions in China had implemented "Internet + nursing" services, delivering more than 60 types of home care services, including wound dressing changes, indwelling catheter care, and rehabilitation guidance for elderly and immobile populations. Wearable devices play a pivotal role in these services, enabling nurses to remotely monitor patients' physiological indicators such as heart rate, blood pressure, and blood glucose levels around the clock. This real-time data monitoring allows for timely

adjustments to nursing plans, improving the response efficiency to abnormal conditions by 60%. Additionally, the integration of TCM nursing techniques, such as acupoint application, moxibustion, and meridian massage, has demonstrated unique advantages in specific clinical scenarios. For example, TCM abdomen rubbing interventions for patients with postoperative gastrointestinal dysfunction have been shown to reduce the first exhaust time by an average of 12 hours, while TCM nursing approaches for chronic pain management have decreased the reliance on analgesic medications by nearly 20% without compromising pain relief efficacy. These advancements not only enhance patient satisfaction, which now exceeds 92%, but also contribute to the paradigm shift from "disease-centered" to "patient-centered" care models, driving systemic improvements in healthcare delivery and outcomes.

These nursing innovations have catalyzed a transformation in patient rehabilitation satisfaction and overall healthcare system upgrades, highlighting the need for continued advancements in nursing practices. To further optimize rehabilitation outcomes, several strategic recommendations are proposed in alignment with the "Rehabilitation Nursing Capacity Expansion Project". First, professional training for nursing staff should be strengthened, with an increased emphasis on specialized courses such as rehabilitation nursing, TCM nursing, and digital nursing within continuing education programs. It is essential to ensure that all nurses involved in "Internet + nursing" services complete a minimum of 40 hours of specialized training and pass rigorous assessments to maintain high standards of care. Second, the adoption of modern nursing technologies, including intelligent vital sign monitoring systems and AI-assisted personalized nursing plan formulation, should be promoted to enhance the precision and effectiveness of nursing interventions. Third, a multi-dimensional patient evaluation system should be established, encompassing physiological indicators, psychological state, living environment, and social support factors. This system would enable the development of fully customized nursing plans tailored to the unique characteristics of individual patients, thereby maximizing the supportive impact of high-quality nursing on rehabilitation. By implementing these strategies, healthcare systems can further elevate the quality and effectiveness of nursing services, ensuring that patients receive comprehensive, personalized care that facilitates optimal recovery and long-term well-being.

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