

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of Family-centered and patient-centered teaching on adherence to therapeutic regimen and hemodialysis complications

Protocol summary

Summary

The aim of this randomized clinical trial with pre-test-post-test design is to investigate effect of two educational methods (Family-centered and patient-centered) on adherence to therapeutic regimen and some of complications during hemodialysis. Sixty hemodialysis patients 18 - 65 years old randomly will be assigned in two groups: patient -centered (N=30 on even days) and family-centered (N=30 on odd days). Some of inclusion criteria would be the patients with positive history of muscle cramps or hypotension two weeks before the intervention. The patient had neither history of cardiovascular problems nor consuming any anti-hypertensive drugs or history of musculoskeletal problems. The patients should not be in uremic phase. Patient's primary care taker will have the highest participation in the treatment and should be able to read and write at least. Hypotension and muscle cramp will be assessed by use of check list in three stages (pre-test, 2 weeks and 4 weeks after intervention).peri-dialysis Hypotension would be checked (pre dialysis, first, second, third, four and final hour) and muscle cramps (mid and final half hour) as well. The adherence to therapeutic regimen will be evaluated by using researcher-made questionnaires once in before intervention and once in the fourth week after intervention. The results would be compared in two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204161599N17**

Registration date: **2014-04-16, 1393/01/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-04-16, 1393/01/27

Registrant information

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Name of organization / entity

Tehran University of Medical Sciences and Health Services

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Recruitment status

Recruitment complete

Funding source

The Nursing & Midwifery Care Research Center

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2012-07-19, 1391/04/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Family-centered and patient-centered teaching on adherence to therapeutic regimen and hemodialysis complications

Public title

Family-centered teaching vs patient-centered teaching on hemodialysis patient adherence of therapeutic regimen

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 18 to 65 years old patients on hemodialysis three times a week and each time 3 to 4 hours of dialysis. The patients with positive history of muscle cramps or hypotension two weeks before the intervention. The patient had neither history of cardiovascular problems nor consuming any anti-hypertensive drugs or history of musculoskeletal problems. The patients should not be in uremic phase. Patient's primary care taker will have the highest participation in the treatment and should be able to read and write at least. Exclusion criteria: 1- patients who are candidates for transplantation during the study. 2- patients who change nutrition or drug programs by physicians

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences, Ghods St.
Tehran , Tehran, IR,Iran

City

Tehran

Postal code

1416614741

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

2454/130/90/3

Health conditions studied

1

Description of health condition studied

End stage renal disease

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

Hypotension

Timepoint

before dialysis, first, second, third, fourth and final hour of dialysis

Method of measurement

checklist

2

Description

muscle cramps

Timepoint

in middle and final half-an-hour of dialysis

Method of measurement

checklist

3

Description

adherence to therapeutic regimen

Timepoint

once before intervention and once in the fourth week after intervention

Method of measurement

researcher-made questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

Intervention patient-centered education: The researcher trains the patient's four meetings, 30-45 minutes of training as face to face training. The end of each meeting will be relevant educational pamphlet.

Category

Prevention

2

Description

Intervention family-centered education: The researcher

trains the patient along with patient's primary care taker four meetings, 30-45 minutes of training as face to face training. The end of each meeting will be relevant educational pamphlet

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Parvaneh Asgari

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Nosrat St., Tohid Sq., Imam Khomeini Hospital,
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Tehran University of
Medical Sciences

Full name of responsible person

Masud Yunesian

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Medical Sciences, Ghods St., Keshavarz BLVD,
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor for Research, Tehran University of
Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Ms Degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty