

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The effect of continuing care on patient quality of life after Lumbar disc surgery

Protocol summary

Summary

Aims: This study aimed to investigate the effect of continuing care on patient quality of life after disc surgery in Neurosurgery and VIP ward in Alzahra hospital in Isfahan, Iran, in 2013. Materials and methods: This study is a clinical trial conducted on 64 patients hospitalized for herniation disk surgery. The patients were selected by simple sampling method and were randomly assigned to two groups (study and control), 32 person in each group. The continuing care programs carry out for 3 month. Including criteria were age 18-65 year, full consciousness, and candidate for disk surgery in first time, and excluding criteria were, psychological disorders and participant in a complementary program. Patients response to Short Form(SF-36)questionnaire before, and 6 weeks and 3 month after continuing care in study group ,and simultaneously, in control group. Primary outcome was dimensions of quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015071213039N3**
Registration date: **2015-08-06, 1394/05/15**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-06, 1394/05/15

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2013-08-24, 1392/06/02

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of continuing care on patient quality of life after Lumbar disc surgery

Public title

The effect of continuing care on patient after disc surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Including criteria: age 18-65 year; full consciousness; candidate for disk surgery in first time; excluding criteria: psychological disorders; participant in a complementary program.

Age

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

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 64

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 Isfahan University of Medical Sciences

Street address

Azadi Square, Hezar-Jerib Street, Isfahan University of Medical Sciences, Isfahan. Postal cod: 81746-73461

City

Isfahan

Postal code

Approval date

2013-11-20, 1392/08/29

Ethics committee reference number

392473

Health conditions studied

1

Description of health condition studied

lumbar herniation disk

ICD-10 code

G55.1

ICD-10 code description

Nerve root and plexus compressions in intervertebral disc disorders

Primary outcomes

1

Description

Quality of life

Timepoint

before, and 6 weeks and 3 month after intervention

Method of measurement

SF36 Quality of Life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: continuous care after surgery to 3 months, and exercise therapy for 2 weeks from 4th to 6th weeks after surgery

Category

Treatment - Surgery

2

Description

Control Group: 2 educational sessions about caring after surgery

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Neurosurgery Units, Al-Zahra Hospital,

Full name of responsible person

Manijeh Eslami

Street address

Sofe Blv.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Isfahan University of Medical Sciences

Full name of responsible person

Dr Neamatbakhsh

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City

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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, Isfahan 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*

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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*