Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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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
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Isfahan
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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 questionnare

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
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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
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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

Person responsible for general inquiries

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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