

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effect of implementation of discharge plan on the report of self care behavior in patient undergoing coronary artery bypass graft

#### Protocol summary

##### Summary

Today Coronary artery bypass surgery to repair a coronary artery is used frequently. This is an important event in the lives of patients and they experience many subsequent psychological and physical problems. The purpose of the discharge program is to facilitate the clearance of the problems faced by patients after discharge are included in the systematic process of preparing the patient for discharge from health care agency and continuity of care in home with the partnership of the patient's family . It is the process of investigating the group, discharge planning materials as possible in the presence of family members interested and knowledgeable in 5 sessions(1-2 session each day) ( lasting 30 to 60 minutes) considering the position of the patient, the patient's bedside is provided on an individual basis. The training manual is designed to discharge most patients. Discharge planning and home follow-up interval of two weeks between discharge and the first visit to the clinic for cardiovascular telephone counseling 2 sessions in the week will be done. The first visit was to meet with patients in both groups re-completed and self-care. The time interval between patient visits to the clinic, as well as telephone follow up takes place once a week.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013052613156N4**  
Registration date: **2013-06-19, 1392/03/29**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-06-19, 1392/03/29

#### Registrant information

##### Name

Mohammad Ali Heydari Gorji

##### Name of organization / entity

Mazandaran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 15 1226 7342

##### Email address

mheydarigorji@mazums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Mazandaran University of Medical Sciences

#### Expected recruitment start date

2013-05-09, 1392/02/19

#### Expected recruitment end date

2013-06-15, 1392/03/25

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of implementation of discharge plan on the report of self care behavior in patient undergoing coronary artery bypass graft

#### Public title

The effect of implementation of discharge plan on the report of self care behavior

#### Purpose

Other

#### Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in research; lack of speech and hearing problems; lack of dire emergency conditions (history of CPR after returning

from surgery; intra aortic balloon pump may not be); consciousness at the time of the study; an in-home caregiver; having a phone number to call; no known mental disorders and heart surgery for the first time.

#### **Age**

No age limit

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

No information

#### **Sample size**

Target sample size: 80

#### **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**

Mazandaran University of Medical Sciences

###### **Street address**

moalem squar-bulding 2 number

###### **City**

sari

###### **Postal code**

##### **Approval date**

2013-05-08, 1392/02/18

##### **Ethics committee reference number**

92-16

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

Atherosclerotic heart disease

##### **ICD-10 code**

I25/1

##### **ICD-10 code description**

Atherosclerotic heart disease

### **Primary outcomes**

#### **1**

##### **Description**

Self care behavior

##### **Timepoint**

Before, two weeks after the intervention, one month after the intervention and two months after the intervention.

##### **Method of measurement**

Questionnaire

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

After the operation the patient returned to the intensive care ward discharge planning will be done in the intervention group. Subjects taught through the latest research and resources have been designed by the researcher in consultation with cardiology specialists. Groups for each of the 5 sessions (2-1 sessions per day), each session lasting 30 to 60 minutes considering the position of the patient, the patient's bedside will be done on an individual basis. The training manual is designed to discharge most patients

##### **Category**

Prevention

#### **2**

##### **Description**

Routine care control group (which received an educational pamphlet prepared by the department and also to answer some of the questions that patients ask random) will receive. .

##### **Category**

N/A

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Fateme Zahra hospital

###### **Full name of responsible person**

Mohammad Ali Heydari Gorji

###### **Street address**

Fateme Zahra hospital, Sari

###### **City**

Sari

### **Sponsors / Funding sources**

#### **1**

##### **Sponsor**

**Name of organization / entity**

Mazandaran University of Medical Sciences

**Full name of responsible person**

Ahmad Ali Enayatii

**Street address**

Mazandaran University of Medical Sciences, Moalem squar

**City**

Sari

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Mazandaran 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**

Mazandaran University of Medical Sciences

**Full name of responsible person**

Mohammad Ali Heydari Gorji

**Position**

PhD

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**Full name of responsible person**

Behnaz Abbasi

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MSc candidate

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**Web page address****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*