

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The Effect of a Cardiac Rehabilitation Program on Quality of Life in Acute Coronary Syndrome Patients

Protocol summary

Summary

Acute coronary syndrome is one of the major cardiovascular diseases that lead to a significant amount of morbidity and hospitalization. The purpose of the present study was to investigate the effect of cardiac rehabilitation on quality of life in patients with acute coronary syndrome. This was a clinical trial study on 50 patients with acute coronary syndrome admitted to the coronary care unit in 2013-2014 without chronic heart failure and uncontrolled hypertension. The participants were randomly assigned to two groups of control and experimental. The experimental group received cardiac rehabilitation program, however, the control group received routine care. The data was collected via a demographic questionnaire and sf-36 quality of life questioner before and after the intervention. The results of this study may show that Cardiac rehabilitation program can lead to improving the quality of life in patients with acute coronary syndrome

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014061418075N2**

Registration date: **2014-07-15, 1393/04/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-15, 1393/04/24

Registrant information

Name

Safura Dorri

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 913 236 1752

Email address

s_dorri@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-10-11, 1392/07/19

Expected recruitment end date

2014-03-19, 1392/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of a Cardiac Rehabilitation Program on Quality of Life in Acute Coronary Syndrome Patients

Public title

The Effect of cardiac rehabilitation on quality of life in patients with acute coronary syndrome

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The desire of patients; No history of chronic heart failure, Dementia, disability or contraindications for exercise (such as joint disease); No uncontrolled hypertension, Complete Heart Block, uncontrolled dysrhythmia and thrombophlebitis; No Any type of heart surgery; Allow physicians to participate in rehabilitation programs. Exclusion criteria: Irregular participation in the rehabilitation program

Age

From **30 years** old
Gender
Both
Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
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
Isfahan University of Medical Sciences
Street address
Hezargarib street-Isfahan
City
Isfahan
Postal code
Approval date
2013-06-16, 1392/03/26
Ethics committee reference number
392403

Health conditions studied

1

Description of health condition studied
acute coronary syndrome
ICD-10 code
120.0-121-
ICD-10 code description
Unstable angina-Acute myocardial infarction-Subsequent myocardial infarction

Primary outcomes

1

Description
Quality of life
Timepoint

Before intervention- one month after intervention
Method of measurement
Sf-36 questioner

Secondary outcomes

empty

Intervention groups

1

Description

For intervention group: cardiac rehabilitation in phase 1 and 2 (hospitalization and one month after discharge). Interventions in phase 1 include: education about safe activity for patient based on metabolic equivalent rate and delivering the patient to very light activity level (maximum 3 MET). Interventions in phase 2 (to delivering the patient to moderate activity level or maximum 7 MET) include: refer to hospital in the first and fourth weeks after discharge to do electrocardiography, cardiologist visit, monitoring of blood pressure, heart rate, safe walking, and heart monitoring after walking. In the second and third weeks after discharge, telephone follow-up was done and education about safe activity, were given to the patients.

Category

Rehabilitation

2

Description

For control group: routine care in CCU ward in hospitalization time

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Shohadaye Lenjan hospital
Full name of responsible person
Safura Dorri
Street address
shohadaye Lenjan hospital, Zarrin Shahr
City
Zarrin Shahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Research unit of Isfahan University of Medical Sciences

Street address
Isfahan

City
Isfahan

Grant name

Grant code / Reference number

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

Title of funding source
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

Contact

Name of organization / entity
Isfahan University of Medical Sciences

Full name of responsible person
Asghar khalife zadeh

Position
Department of Critical Care Nursing, School of Nursing and Midwifery

Other areas of specialty/work

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Position
MSc in Nursing Education, Department of Medical Surgical Nursing

Other areas of specialty/work

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s_dorri86@yahoo.com

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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