

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of deep breathing exercise on sleep quality in patient after coronary artery bypass graft in BouAli Sina Hospital Qazvin 1393

Protocol summary

Summary

Objective: The effect of deep breathing exercises on sleep quality in patients undergoing coronary artery bypass graft, Study Design: A clinical trial is a research study population: patients admitted to intensive care cardiac hospital in the heart of BouAli sina who are candidates for CABG. samples studied: 60 patients eligible for randomly divided into two groups of 30 patients randomly assigned to the inclusion criteria: patients in the hospital, BouAli Sina open heart candidates Qazvin, informed consent of the patient to cooperate in the study, stable vital signs, age above 18 years and below 65 years, no history of mental nerve in the six months leading to hospitalization or medication nerves, the lack of use of complementary therapies sleep disturbances during the past two weeks, over a week before being grabbed not use drugs, Exclusion criteria: unstable vital signs, leading to changes in vital signs associated with medication orders are changed or added dose of Tranquilizers by the physician., leaving the hospital with the patient's responsibility, unwillingness to cooperate during the study, history of sleep disorders, intervention or interference in the study: intervention group patients do deep breathing exercises days after surgery under circumstances where the situation is stable it is a day for 3 days and every 3-4 hours, 4 to 5 times, conduct and control respiratory care routine in performing the variable study quality was sleeping on the steps before surgery and on the first, second and third do breathing exercises was measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014070518353N1**

Registration date: **2015-03-16, 1393/12/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-03-16, 1393/12/25

Registrant information

Name

Azam Ghorbani

Name of organization / entity

Qazvin University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Qazvin University of Medical Sciences

Expected recruitment start date

2015-02-09, 1393/11/20

Expected recruitment end date

2015-05-10, 1394/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of deep breathing exercise on sleep quality in patient after coronary artery bypass graft in BouAli Sina Hospital Qazvin 1393

Public title

The effect of deep breathing exercise on sleep quality in patient after coronary artery bypass graft in BouAli Sina

Hospital Qazvin 1393

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients candidates open heart hospital in Qazvin, informed consent of the patient to cooperate in the study, stable vital signs, age above 18 years and below 65 years, no history of mental nerve in the six months leading to hospitalization. or neurological drugs, the lack of use of complementary methods to treat sleep disorders during the past two weeks, over a week before being grabbed not use drugs, Exclusion criteria: unstable vital signs, leading to a change in medication orders related vital signs are to be changed or added dose of sedative drugs by a physician., leaving the hospital with the patient's responsibility .,unwillingness to cooperate during the study, history of sleep disorders

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: **60**

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 Qazvin University of Medical

Street address

Qazvin University of Medical Sciences, Shahid Bahonar Boulevard, Qazvin

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Qazvin

Postal code

3419759811

Approval date

2015-02-09, 1393/11/20

Ethics committee reference number

28/20/9841

Health conditions studied

1

Description of health condition studied

sleep quality after CABG

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

Primary outcomes

1

Description

Sleep quality

Timepoint

before and 3 day after intervention

Method of measurement

Questioner

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group :apply breathing exercise 4 or 5 time day for 3 day

Category

Behavior

2

Description

Control group : without intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

BouAli Sina Hospital

Full name of responsible person

Fatemeh Hajizadeh master student of intensive care nursing

Street address

BouAli Sina Hospital, BouAli Sina avenue, Qazvin

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Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for research - Qazvin University of Medical Sciences

Full name of responsible person

Dr.Fatemeh Mohammadi

Street address

Vice-chancellor for research, Qazvin University of Medical Sciences, Shahid Bahonar Boulevard, Qazvin

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Qazvin

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 - Qazvin 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

Fatemeh Hajizadeh

Position

Master student of intensive care nursing

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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