Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of education after discharge and follow-up based on the educational package on self-care behavior in patients with ischemic heart disease in the Cardiac care units of Gorgan Medical and Educational Centers

Protocol summary

Summary

The aim of this clinical trial is determine the effect of education after discharge and follow-up based on the educational package on self-care behavior in patients with ischemic heart disease in the Cardiac care units of Gorgan Medical and Educational Centers, 2015. Population and sample: The study population include of patients with ischemic heart disease, who refer to the cardiac care units of Gorgan hospitals at the time of the study, in 2015. 90 patients will be selected and after obtaining informed consent, they will be randomly assigned into two experimental and control groups (n = 30 per group). In the control group will be implemented routine discharge plane. The intervention consisted of two groups. In the first intervention group, patients will be educated about discharge plane routinely and will be telephone follow-up for one month. The second intervention group, patients will be receive educational package includes discharge education and educational booklet and will be follow up by telephone during one month. At the beginning (day discharge) self-care behavior questionnaire will be completed and then at 15 and 30 days after discharge, this questionnaire will be completed for all three groups. In the end, after analyzing data, self-care behaviors among the three groups will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100618649N3**
Registration date: **2015-11-05, 1394/08/14**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2015-11-05, 1394/08/14

Registrant information

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Khadijeh Yazdi
Name of organization / entity
Golestan University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Golestan University of Medical Sciences, Deputy of Research and Technology

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-06-20, 1395/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education after discharge and follow-up based on the educational package on self-care behavior in patients with ischemic heart disease in the Cardiac care units of Gorgan Medical and Educational Centers

Public title
The effect of education and follow-up after discharge on self-care behavior in patients with ischemic heart disease
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Age 30-70; Patient with Acute coronary syndrome; Having Literacy; Access to Telephone at home. Exclusion criteria: Patients who do not Refer to during the specified times; Patients who undergo open heart surgery; Patients who have be a member of medical group
Age
From **30 years** old to **69 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **90**
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 Golestan University of Medical Sciences
Street address
Falsafi Educational Campus, Shastkola Road
City
Gorgan
Postal code
Approval date
2015-10-04, 1394/07/12
Ethics committee reference number
IR.goums.rec.1394.138

Health conditions studied

1

Description of health condition studied
Ischemic heart disease
ICD-10 code
I20, I21,
ICD-10 code description
Ischaemic heart diseases

Primary outcomes

1

Description
Self- care behavior
Timepoint
0,15,30 after discharge
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Rehospitalization
Timepoint
one month after discharge
Method of measurement
Check list

Intervention groups

1

Description
First intervention group: Routine discharge education with telephone follow-up for one month
Category
Other

2

Description
Second intervention group: Discharge education with an educational package and telephone follow-up for one month
Category
Other

3

Description
Control group: routine discharge plan
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
5 Azar medical and educational center,Sayyad

medical and educational center

Full name of responsible person
Hosien Esmaeelpoor

Street address
Falsafi Educational Campus, Shastkola Road

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Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Golestan University of Medical Sciences, Deputy of research and technology

Full name of responsible person
Masoud Khosh Nia

Street address
Falsafi Educational Campus, Shastkola Road

City
Gorgan

Grant name

Grant code / Reference number

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

Title of funding source
Golestan University of Medical Sciences, Deputy of research and technology

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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Other areas of specialty/work

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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