

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 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

Name

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 Esmaeelpour

Street address

Falsafi Educational Campus, Shastkola Road

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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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Full name of responsible person

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Other areas of specialty/work

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Other areas of specialty/work

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00

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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