Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison the effects of group training with teach back method with and without telephone follow-up on quality of life and hospital readmission of patients with heart failure with heart failure

Protocol summary

Summary

The purpose of this randomized clinical trial is to assess the effects of group training with teach back method with and without telephone follow-up on quality of life and hospital readmission of patients with heart failure. After obtaining informed consent from patients, 100 patients with heart failure will select and randomly will divide into two experimental (n=50) and control (n=50) groups, without patients awareness from group assignment. Control group will receive only routine of clinical training, but intervention group will receive education with teach back method besides routine training. After that, for assessing the effect of telephone follow-up, both the control and experimental groups will randomly divide into two subgroups: The first intervention and control groups will follow up by telephone in second and fourth week after training, but the second intervention and control groups will not follow up by telephone. Then, one month after the training, quality of life and hospital readmission will be evaluated in each 4 groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014091319146N1**
Registration date: **2014-10-11, 1393/07/19**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-10-11, 1393/07/19

Registrant information

Name

madineh dastoom

Name of organization / entity

oloompezeshki jondishapoor ahwaz

Country

Iran (Islamic Republic of)

Phone

+98 67 2322 4916

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Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences.

Expected recruitment start date

2014-08-11, 1393/05/20

Expected recruitment end date

2014-11-11, 1393/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effects of group training with teach back method with and without telephone follow-up on quality of life and hospital readmission of patients with heart failure with heart failure

Public title

The effects of group training with teach back method with and without telephone follow-up on quality of life and hospital readmission of patients with heart failure

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: being older than 40 years old; diagnosis of heart failure by the attending physician;

presence of heart failure at least 6 months from diagnosis; having fully consciousness and being familiar with Persian language, lack of any psychiatric diseases such as schizophrenia; lack of drug addiction; lack of acute physical illness such as dialysis or any other diseases that prevent the learning process. Exclusion criteria: patient refusal to continue follow-up; any physical problems other than those related to heart failure or mental problems that occur during intervention and prevent training process; being absence in two training sessions continually.

Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ahvaz Jundishapor University of Medical Sciences Ethics Committee
Street address
Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Khozestan.
City
Ahvaz
Postal code
Approval date
2014-09-06, 1393/06/15
Ethics committee reference number
ajums.REC.1393.165

Health conditions studied

1

Description of health condition studied
Heart failure
ICD-10 code
I50.9
ICD-10 code description
Heart failure, unspecified

Primary outcomes

1

Description
Readmission rate
Timepoint
Baseline and one month after the intervention
Method of measurement
Ask the patient, their family and reading medical records

2

Description
Quality of Life
Timepoint
Baseline and one month after the intervention
Method of measurement
Minnesota Heart Failure Quality of Life Questionnaire

Secondary outcomes

1

Description
Physical dimensionl of quality of life
Timepoint
Before and one month after intervention
Method of measurement
Quality of life questionnaire

2

Description
Spiritual dimension of quality of life
Timepoint
Before and one month after intervention
Method of measurement
Quality of life questionnaire

3

Description
Socio-economic dimension of quality of life
Timepoint
Before and one month after intervention
Method of measurement
Quality of life questionnaire

Intervention groups

1

Description
In intervention group, patients will train with group teach back method. At first, details will describe with simple

language for patients; then patients will ask to recount the educational training with their own language until access to patients' comprehension thoroughly. To investigate the effect of telephone follow-up, patients will divide into two groups. The first intervention group will follow up by telephone in second and fourth week after training, but the second intervention group will not follow up by telephone. Then, one month after the training, quality of life and hospital readmission will be evaluated in both groups.

Category

Prevention

2

Description

In control group, routine hospital training will present and for assessing the effectiveness of telephone follow-up, patients will divide into two groups. The first control group will follow up by telephone in second and fourth week after training, but the second control group will not follow up by telephone. Then, one month after the training, quality of life and hospital readmission will be evaluated in both groups.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz Imam Khomeini hospital

Full name of responsible person

Madineh Dastoom

Street address

Imam Khomeini hospital, end of 24 meters, Ahvaz, Khozestan

City

Ahvaz

2

Recruitment center

Name of recruitment center

Golestan hospital

Full name of responsible person

Madineh Dastoom

Street address

Golestan hospital, Golestan road, Ahvaz, Khozestan.

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Dr. Ahmad Hosseini

Street address

Ahvaz Jundishapur University of Medical Sciences, Golestan road, Ahvaz, Khozestan.

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mdineh Dastoom

Position

MSc student of nursing education

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