Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of mixed educational program on pain intensity and range of motion in patients undergoing hip and knee joint replacement

Protocol summary

Summary

The purpose of study is to evaluate the effect of mixed educational program on pain intensity and range of motion in patients undergoing hip and knee joint replacement. This study is a randomized controlled trial. Key inclusion and exclusion criteria: ability to understand Persian language; being over 18 years old ; lack of sensitivity to non steroidal anti-inflammatory drugs and analgesics; postoperative complications that affect the patients motor function. The study population is included all patients referred to hospital for hip and knee replacement surgery and the sample size is 64 people. The study intervention is consisted of a mixed education program on a group of 32 patients . 32 patients in control group will not receive any intervention. Intervention time is one month and after that study outcomes will be measure. pain intensity and range of motion and its differences will be evaluate.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014111619980N1**
Registration date: **2015-01-09, 1393/10/19**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-01-09, 1393/10/19

Registrant information

Name

Leila Amir Mohseni

Name of organization / entity

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Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology of Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2015-01-13, 1393/10/23

Expected recruitment end date

2015-02-09, 1393/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of mixed educational program on pain intensity and range of motion in patients undergoing hip and knee joint replacement

Public title

Effect of educational program on pain intensity and range of motion in patients undergoing joint replacement

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criteria : ability to understand Persian language; 18 years and older; elective surgery; no history of mental illness and addiction to opioids; lack of sensitivity to non steroidal anti-inflammatory drugs and analgesics. The exclusion criteria : the patient do not want to continue cooperating on the project; postoperative complications that affect the patients motor function.

Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
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
Ahvaz Jundishapor University of Medical Sciences Ethics Committee
Street address
Ahvaz Jundishapur University of Medical Science, Golestan Autobahn, Ahvaz
City
Ahvaz
Postal code
Approval date
2014-11-15, 1393/08/24
Ethics committee reference number
ajums.rec.1393.259

Health conditions studied

1

Description of health condition studied
Knee and hip joint replacement
ICD-10 code
z96
ICD-10 code description
Presence of orthopaedic joint implants

Primary outcomes

1

Description
Pain intensity
Timepoint
second day, third day, fourth day, fifth day and one month after intervention
Method of measurement
Numerical scale vas

2

Description
Range of motion
Timepoint
Discharge time, two weeks and one month later
Method of measurement
Goniometer

Secondary outcomes

1

Description
Hip motor function
Timepoint
Before surgery, one month and three months after surgery.
Method of measurement
Womac score(hip) questionnaire

2

Description
knee motor function
Timepoint
Before surgery, one month and three months after surgery.
Method of measurement
Womac score(knee) questionnaire

3

Description
Quality of life
Timepoint
Preoperatively and 3 months postoperatively
Method of measurement
Short 12-question questionnaire quality of life

4

Description
Anxiety
Timepoint
Before the intervention, and preoperative
Method of measurement
Spielberger scale

Intervention groups

1

Description
Intervention group: The patient in addition to the usual

treatments will receive the training sessions for 30 minutes which includes 20 minutes face to face training and 10 minutes questions and answers and then training booklet and CD will be provided to them.

Category

Rehabilitation

2

Description

Control group: just received their usual treatment

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital of Ahvaz City

Full name of responsible person

Leila Amirmohseni

Street address

Ahvaz Jundishapor University of Medical Sciences

City

Ahvaz

2

Recruitment center

Name of recruitment center

Ahvaz Oil Hospital

Full name of responsible person

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3

Recruitment center

Name of recruitment center

Razi Hospital of Ahvaz City

Full name of responsible person

Leila Amirmohseni

Street address

Ahvaz Jundishapor University of Medical Sciences

City

Ahvas

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Ahvaz Jundishapor University of Medical Sciences

Full name of responsible person

Dr Seied Ahmad Hoseini

Street address

Ahvaz Jundishapur University of Medical Sciences, vice-chancellor for research and technology, Golestan street, 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

Vice Chancellor for Research of Ahvaz Jundishapor 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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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