

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Zink supplement effect in Community Acquired Pneumonia Outcome in hospitalized Patients

#### Protocol summary

##### Summary

This randomized Placebo controlled clinical trial to evaluate the effect of supplementation "zinc" in the outcome of elderly patients hospitalized with community-acquired pneumonia will be done. 90 elderly patients hospitalized with community-acquired pneumonia at 92 and 93 years Boali and Velayat Qazvin Hospitals, will randomly assigned to two groups of capsules 110mg two times a 4-day zinc sulfate, and the group of placebo. All patients will receive standard antibiotic treatment for pneumonia. Groups will be compared the initial characteristics. Outcomes will be compared in two groups, the number of days of hospitalization, days with tachypnea, hours of fever, duration of hypoxia, and on the third-fifth day of systolic and diastolic blood pressure, improve the level of consciousness, resolution of leukocytosis, ESR, platelet count.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015013120882N1**

Registration date: **2015-04-04, 1394/01/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-04-04, 1394/01/15

##### Registrant information

###### Name

Abbas Allami

###### Name of organization / entity

Qazvin University of Medical Science

###### Country

Iran (Islamic Republic of)

##### Phone

+98 28 3337 9630

##### Email address

allami@qums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Qazvin University of Medical sciences

##### Expected recruitment start date

2013-07-23, 1392/05/01

##### Expected recruitment end date

2014-07-23, 1393/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Zink supplement effect in Community Acquired Pneumonia Outcome in hospitalized Patients

##### Public title

Effect of Zink Sulphate in Pneumonia

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion Criteria: Community Acquired Pneumonia; admitted patient; older than 50 years; Exclusion Criteria: Severe neurologic disease; Admission more than 25 days; Death due to Other Causes;

##### Age

From **50 years** old to **100 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)**

Single blinded

**Blinding description**

**Placebo**

Used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

Qazvin University of Medical Sciences

**Street address**

Research and technology Center, Qazvin University of Medical Sciences, Shahid Bahonar Blvd

**City**

Qazvin

**Postal code**

**Approval date**

2013-10-14, 1392/07/22

**Ethics committee reference number**

28/20/7921

**Health conditions studied**

**1**

**Description of health condition studied**

Pneumonia

**ICD-10 code**

J18.9

**ICD-10 code description**

Pneumonia, unspecified

**Primary outcomes**

**1**

**Description**

Duration Of Admission

**Timepoint**

Day1, Day2, Day3, ... Day of discharge

**Method of measurement**

records

**2**

**Description**

Duration Of Tachypnea

**Timepoint**

Day1, Day2, Day3, ... Day of discharge

**Method of measurement**

Examination

**3**

**Description**

Duration Of Tachycardia

**Timepoint**

Day1, Day2, Day3, ... Day of discharge

**Method of measurement**

Examination

**4**

**Description**

Blood Pressure day 4

**Timepoint**

Time of Admission, 4th Day

**Method of measurement**

Barometer

**5**

**Description**

Duration Of Fever

**Timepoint**

Time of Admission, 6hours Later, 12hours Later, 18hours Later, Time of Discharge

**Method of measurement**

Thermometer

**6**

**Description**

Duration Of Hypoxia

**Timepoint**

Day1, Day2, Day3, ... Day of discharge

**Method of measurement**

Electronic Pulseoxymeter

**7**

**Description**

GCS Day 4

**Timepoint**

Time of Admission, 4th Day

**Method of measurement**

Examination

**8**

**Description**

WBC Day 4

**Timepoint**

Time of Admission, 4th Day

**Method of measurement**

Laboratory

**9**

**Description**

ESR Day 4

**Timepoint**

Time of Admission, 4th Day

**Method of measurement**

Laboratory

**10**

**Description**

Platelet Day 4

**Timepoint**

Time of Admission, 4th Day

**Method of measurement**

Laboratory

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention Group: Zinc Sulphate 110 mg Capsules q12h for 4 days

**Category**

Treatment - Drugs

**2**

**Description**

Control Group: Placebo Capsules Same as Zinc Sulphate 110 mg Capsules q12h for 4 days

**Category**

Placebo

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Bouali Hospital

**Full name of responsible person**

Dr Saeed Sharafi

**Street address**

Infectious Disease Ward, Bouali Hospital

**City**

Qazvin

**2**

**Recruitment center**

**Name of recruitment center**

Velayat Hospital

**Full name of responsible person**

Dr. Saeed Sharafi

**Street address**

Velayat Hospitalsl, Taavon Sq. ,22 Bahaman Blvd,

Elahieh

**City**

Qazvin

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Qazvin University of Medical Sciences

**Full name of responsible person**

Dr. Mahnaz Abbasi

**Street address**

Research and technology Center, Qazvin University of Medical Sciences, Shahid Bahonar Blvd

**City**

Qazvin

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

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**

Qazvin University of Medical Sciences

**Full name of responsible person**

Dr. Saeed Sharafi

**Position**

Infectious Disease Resident

**Other areas of specialty/work**

**Street address**

Infectious Disease Ward, Bouali Hospital

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## Person responsible for scientific inquiries

### Contact

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**Full name of responsible person**

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**Position**

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## Person responsible for updating data

### Contact

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**Other areas of specialty/work****Street address**

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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*