

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluating the effect of the Continuous Care Model on the self-management of a sample of Iranian post-myocardial infarction patients: A randomized controlled trial

Protocol summary

Summary

This study aims to investigate the effects of applying the Continuous Care Model on self-management of a sample of Iranian post-myocardial infarction patients. After selecting 70 patients using convenience sampling, they will be allocated into control (n=35) and intervention (n=35) groups using block randomization method. Before the intervention and the end of it, self-management of both groups will be evaluated using Chronic Disease Self-management Questionnaire. The Continuous Care Model will be performed for the intervention group for three months. Inclusion criteria: age between 18 and 75 years; a minimum literacy level of primary school; access to telephone; MI for the first time with no previous history of cardiovascular surgery or percutaneous coronary intervention; lack of mobility-limiting conditions, sustained arrhythmias, or a disease inhibiting self-care. Exclusion criteria: occurrence of any condition contradictory with inclusion criteria (for example, undergoing a cardiovascular surgery during the period of the study); employment of close relatives of the patient or the patient him/herself in healthcare organizations

General information

Acronym

Continuous Care Model (CCM) myocardial infarction (MI)

IRCT registration information

IRCT registration number: **IRCT2016051021549N2**

Registration date: **2016-06-28, 1395/04/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-28, 1395/04/08

Registrant information

Name

Omolbanin Akbari

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 3244 3041

Email address

omolbaninakbari@bums.ac.ir

Recruitment status

Recruitment complete

Funding source

Birjand University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-06-03, 1395/03/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of the Continuous Care Model on the self-management of a sample of Iranian post-myocardial infarction patients: A randomized controlled trial

Public title

Effect of the Continuous Care Model on self-management of post-myocardial infarction patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18 and 75 years; a minimum literacy level of primary school; access to telephone; MI for the first time with no previous history of cardiovascular surgery or percutaneous coronary intervention; lack of mobility-limiting conditions, sustained arrhythmias, or a disease inhibiting self-care. Exclusion criteria: occurrence of any condition contradictory with inclusion criteria (for example, undergoing a cardiovascular surgery during the period of the study); employment of close relatives of the patient or the patient him/herself in healthcare organizations

Age

From **18 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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 Birjand University of Medical Sciences

Street address

Birjand University of Medical Sciences, Ghaffari Street

City

Birjand

Postal code

Approval date

2014-07-05, 1393/04/14

Ethics committee reference number

Ir.bums.1393.06

Health conditions studied

1

Description of health condition studied

Acute Myocardial Infarction

ICD-10 code

I21

ICD-10 code description

Acute Myocardial Infarction

Primary outcomes

1

Description

Self-management

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, the intervention will be as follows: Upon introduction of the study and statement of the purposes, the patients will provide informed consents and complete the demographics form and Chronic Disease Self-management Scale. Then, the Continuous Care Model will be presented to the participants in the intervention group for three months. The Continuous Care Model consists of four stages: (1) orientation, (2) sensitization, (3) control, and (4) evaluation. At the end of three months, Chronic Disease Self-management Scale will be completed.

Category

Other

2

Description

The control group will be treated as follows: Upon introduction of the study and statement of the purposes, the patients will provide informed consents and complete the demographics form and Chronic Disease Self-management Scale. Then, they will receive the routine care for three months. At the end of three months and under similar circumstances with the intervention group, Chronic Disease Self-management Scale will be completed by them.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Vali-asr Hospital

Full name of responsible person

Omolbanin Akbari

Street address

Birjand University of Medical Sciences, Ghaffari St.

City

Birjand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr Asghar Zarban

Street address

Deputy of Reserach, Birjand University of Medical Sciences, Ghaffari St.

City

Birjand

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Birjand 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

Birjand University of Medical Sciences

Full name of responsible person

Omolbanin Akbari

Position

Master Student of Nursing

Other areas of specialty/work

Street address

Birjand University of Medical Sciences; Ghaffari St.

City

Birjand

Postal code

Phone

+98 56 3239 2001

Fax

Email

mbroozgar@bums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Omolbanin Akbari

Position

Master Student of Nursing

Other areas of specialty/work

Street address

Birjand University of Medical Sciences, Ghaffari St.

City

Birjand

Postal code

Phone

+98 56 3239 2001

Fax

Email

omolbaninakbari@bums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Omolbanin Akbari

Position

Master Student of Nursing

Other areas of specialty/work

Street address

Ghaffari St.

City

Birjand

Postal code

Phone

+98 56 3239 5680

Fax

Email

mbroozgar@bums.ac.ir

Web page address

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