

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effectiveness of discharge planning by nurse on the ability of parents of premature infants admitted to the neonatal intensive care unit of selected hospital of medical sciences of Isfahan in 2015

Protocol summary

Summary

This study will be done to investigate the effectiveness of discharge planning by nurse on the ability of parents of premature infants admitted to the neonatal intensive care unit of selected hospital of medical sciences of Isfahan in 2015. This is non-blinded clinical trial. The study population will be parents (father or mother) of preterm infants admitted to the neonatal intensive care unit of Beheshti hospital in Isfahan. That 64 persons are selected and randomly will be assigned to two experimental and control groups. Training will be conducted in three stages. In the first stage, training will be started by nurse for 15 minutes individually based on the parent need and infant problem from the third day of hospitalization. In the second stage, group training, according to the ministry of health protocol during 14 sessions (30 minutes each session) will be performed and in the third stage training will be performed before discharge for 15 minutes. The control group will not receive any training, then checklists will be completed during admission for premature infants (one week after the start of training), at the time of discharge from the hospital and the third to seventh day after discharge in both the experimental and control groups and variables of routine care, specialty care, optimum ability, relatively desirable ability, and undesirable abilities will be examined. Inclusion criteria: informed consent of the parents; no history of psychotropic and anti-anxiety drugs; do not having a diagnosis of mental retardation, blindness, deafness; mothers pregnancy age less than 37 weeks. Exclusion criteria were: discharge or death of the baby before completion of the training program; transfer the baby to the other ward or hospital.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051722297N1**

Registration date: **2016-02-07, 1394/11/18**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-02-07, 1394/11/18

Registrant information

Name

Leila Amirani

Name of organization / entity

Esfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 913 163 5424

Email address

leila.amirani92@gmail.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Affairs, Esfahan University of Medical Sciences

Expected recruitment start date

2016-01-30, 1394/11/10

Expected recruitment end date

2016-05-30, 1395/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of discharge planning by nurse on the ability of parents of premature infants admitted to the neonatal intensive care unit of selected hospital of medical sciences of Isfahan in 2015

Public title

Investigation the effectiveness of discharge planning by nurse on the ability of parents of premature infants.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: informed consent of the parents; no history of psychotropic and anti-anxiety drugs; do not having a diagnosis of mental retardation, blindness, deafness; mothers pregnancy age less than 37 weeks. Exclusion criteria were: discharge or death of the baby before completion of the training program; transfer the baby to the other ward or hospital.

Age

From **18 years** old to **40 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

Randomly by tossing coins

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Esfahan University of Medical Sciences

Street address

Vice Chancellor for Research Affairs, Esfahan University of Medical Sciences, hezarjarib street

City

Esfahan

Postal code

Approval date

2015-08-30, 1394/06/08

Ethics committee reference number

lr.mui.rec.1394.3.411

Health conditions studied

1

Description of health condition studied

Parents training of neonantal

ICD-10 code

z76.3

ICD-10 code description

Healthy person accompanying sick person

Primary outcomes

1

Description

Ordinary ability

Timepoint

Baseline, 1 week after starting intervention, during the discharge, and three days after discharge

Method of measurement

checklist

2

Description

Specific abilities

Timepoint

Baseline, 1 week after starting intervention, during the discharge, and three days after discharge

Method of measurement

checklist

Secondary outcomes

empty

Intervention groups

1

Description

In the experimental group from the beginning of admission until the third day of hospitalization, checklists will be completed then training according to the Ministry of Health protocol from third day of hospitalization in three stages will start .In the first stage from the third day of hospitalization training will start by nurse for 15 minutes individually based on the parent need and child problem. In the second stage, group training, in14 sessions (30 minutes each session) will be performed and in the third stage training will be performed before discharge for 15 minutes. after each training session pamphlets and booklets for parents is also provided. then checklists according to items trained on the during admission of infants will be completed during admission (one week after the start of training), at the time of discharge from the hospital and the third to seventh day after discharge and variables of routine care, specialty

care, optimum ability, relatively desirable ability, and undesirable abilities will be examined

Category

Behavior

2

Description

In the control group from the beginning of admission until the third day of hospitalization, checklists will be completed, but will not receive any training. then checklists according to items trained on the during admission of infants will be completed during admission (one week after the start of training), at the time of discharge from the hospital and the third to seventh day after discharge and variables of routine care, specialty care, optimum ability, relatively desirable ability, and undesirable abilities will be examined

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid beheshti hospital

Full name of responsible person

Leila Amirani

Street address

Shahid beheshti hospital, Steel bridge

City

Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Esfahan University of Medical Sciences

Full name of responsible person

Dr. Mahdi Nematbakhsh

Street address

Vice Chancellor for Research Affairs, Esfahan University of Medical Sciences, hezarjarib street

City

Esfahan

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, Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Leila Amirani

Position

Student of Ms. Nursing of Emergency care

Other areas of specialty/work

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Person responsible for scientific inquiries

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Position

PhD in Nursing

Other areas of specialty/work

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Person responsible for updating data

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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