

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Effect of Telephone Consultation and Follow-up on Treatment Adherence and Dialysis Adequacy in Patients Suffering from Chronic Hemodialysis in Valiasr Hospital of Zanjan City

Protocol summary

Summary

Background: lack of or poor adherence to a rehabilitation regimen is a major problem in patients undergoing hemodialysis. This study assessed the effect of consultation and telephone follow-up on therapeutic adherence and dialysis adequacy in patients suffering from chronic hemodialysis. Procedure: this is a quasi-experimental study involving patients suffering from chronic hemodialysis who were selected using a convenience sampling method. The patients were randomly divided into test and control groups with 43 members each. The test group underwent two to three face-to-face consultation sessions. Moreover, the nutrition diet of each month was discussed in 12 telephone follow-up sessions (first month thrice a week and subsequent two months twice a week). In contrast, the control group was investigated using routine interventions. Therapeutic adherence was subsequently measured for both the groups on a monthly basis via a treatment adherence questionnaire, laboratory marker levels, and dialysis adequacy. The obtained results were analyzed using SPSS software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012723520N2**
Registration date: **2016-03-16, 1394/12/26**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-03-16, 1394/12/26

Registrant information

Name

Nasrin Hanifi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Zanjan University of Medical Sciences

Expected recruitment start date

2015-03-06, 1393/12/15

Expected recruitment end date

2015-07-22, 1394/04/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Telephone Consultation and Follow-up on Treatment Adherence and Dialysis Adequacy in Patients Suffering from Chronic Hemodialysis in Valiasr Hospital of Zanjan City

Public title

Effect of Telephone Consultation and Follow-up on Treatment Adherence and Dialysis Adequacy in Patients Suffering from Chronic Hemodialysis in Valiasr Hospital of Zanjan City

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age range between 18 to 65 years old; hemodialysis treatment experience at least for three consecutive months; hemodialysis treatment twice a week or more with each session lasting for 3 to 4 hours; having a landline or mobile phone; being able to understand the questions or at least being literate; and informed consent to participate in the study. Exclusion criteria: unwillingness to cooperate in study at any stage of it and disrupting dialysis process due to different causes such as patient's death.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **86**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zanjan University of Medical Sciences

Street address

Valiasr hospital, Zanjan University of Medical Sciences, Azadi seuqre

City

Zanjan

Postal code

13191-45154

Approval date

2015-02-10, 1393/11/21

Ethics committee reference number

IR.ZUMS.REC.1393.214

Health conditions studied

1

Description of health condition studied

Hemodialysis

ICD-10 code

Z49.1

ICD-10 code description

Extracorporeal dialysis

Primary outcomes

1

Description

Adherance

Timepoint

At the beginning of the study and first, second and third month

Method of measurement

Questioare

2

Description

Laboratory index

Timepoint

At the beginning of the study and first, second and third month

Method of measurement

Blood sample

Secondary outcomes

1

Description

Dialysis adequacy

Timepoint

At the beginning of the study and first, second and third month

Method of measurement

Dialysis adequacy formole

Intervention groups

1

Description

The intervention group was provided with 2-3 face-to-face consultation sessions and 12 telephone follow-up sessions (first month 3 times a week and second and third months 2 times a week).

Category

Behavior

2

Description

Control group: routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Valiasr hospital

Full name of responsible person

Leila Salimi Ezzat

Street address

Valiasr hospital, Zanjan University of Medical Sciences

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Soghrat Faghihzadeh

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Faculty of Nursing and Midwifery, Zanjan University of Medical Sciences

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

Leila Salimi Ezzat

Position

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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