

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Sep 2026

### The Effect of Intradialytic Exercise on Blood Pressure, Inflammatory Factors and Dialysis Efficacy in Hemodialysis Patients

#### Protocol summary

##### Summary

Objective : The Effect of Intradialytic Aerobic Exercise on Dialysis Efficacy,inflammatory factors , in hemodialysis patients; Study design: Randomized controlled trial, phase II trial; Inclusion criteria: patients who have been on dialysis for at least three months; Exclusion criteria: lack of exercise capabilities for any reason, reluctance to exercise, uncontrolled heart disease; Sample size: 50; 25 case, 25 control Intervention: The patients in exercise(case) group exercise during dialysis for six months;and patient in control group performed dialysis without exercise. duration of intervention: 6 months; Primary outcome: Blood pressure and inflammatory markers in people who exercise during dialysis, be lower than the control group and dialysis efficacy is better in exercise group.

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##### Email address

tajfar@arakmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Private

##### Expected recruitment start date

2014-12-22, 1393/10/01

##### Expected recruitment end date

2016-12-21, 1395/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015092324152N1**

Registration date: **2016-12-01, 1395/09/11**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-12-01, 1395/09/11

##### Registrant information

##### Name

Maryam Tajfar

##### Name of organization / entity

Arak University of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

##### Scientific title

The Effect of Intradialytic Exercise on Blood Pressure, Inflammatory Factors and Dialysis Efficacy in Hemodialysis Patients

##### Public title

Effect of Exercise on Hemodialysis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

inclusion criteria:underwent hemodialysis for at least 3months; hemodialysis session for 3 times a week;25-65 years;no musculoskeletal impairment;no myocardial infarction in recent 30days;hemodynamically stable;ability to read & write ;no drug consumption that interference with sleep;no vision or hearing loss  
exclusion criteria:limb amputation;unable to use stationary bike;unable to perform more than 70% of exercise program;cardiac problem during exercise program;uncontrolled diabetes mellitus;pregnancy;cerebrovascular accident;metabolic disorder such as: hypothyroidism , anemia;neurologic

disorder such as: parkinsonism, amyolatralsclerosis, myopathy sever neuropathy

**Age**  
From **25 years** old to **65 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **50**

**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**  
Arak University of Medical Science Ethics committee

**Street address**  
Faculty of Medicine, Arak University of Medical Science, Basij Square, Arak, Markazi Province, Iran

**City**  
Arak

**Postal code**  
3848176941

**Approval date**  
2014-09-23, 1393/07/01

**Ethics committee reference number**  
9316924

## Health conditions studied

### 1

**Description of health condition studied**  
chronic dialysis

**ICD-10 code**  
Y84.1

**ICD-10 code description**  
Kidney dialysis

## Primary outcomes

### 1

**Description**  
Decrease Blood Pressure

**Timepoint**  
During Trial

**Method of measurement**  
Digital Manometer

### 2

**Description**  
Decrease CRP

**Timepoint**  
During Trial

**Method of measurement**  
ELIZA

### 3

**Description**  
Improve Dialysis Efficacy

**Timepoint**  
During Trial

**Method of measurement**  
Special Formula

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**  
Intradialytic Exercise

**Category**  
Rehabilitation

### 2

**Description**  
control: No Exercise

**Category**  
Behavior

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**  
Valiasr Hospital

**Full name of responsible person**

**Street address**  
Valiasr Hospital, Valiasr Square, Arak, Markazi Province, Iran

**City**  
Arak

## Sponsors / Funding sources

**1**

### Sponsor

**Name of organization / entity**

Vice Chancellor of Research, Arak University of Medical Science

**Full name of responsible person**

Mohammad Rafie

**Street address**

Vice Chancellor of Research, Arak University of Medical Science, Basij Square, Arak, Markazi Province, Iran

**City**

Markazi

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Vice Chancellor of Research, Arak University of Medical Science

**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**

Arak University of Medical Science

**Full name of responsible person**

Soltani Parvin

**Position**

Nephrologist

**Other areas of specialty/work**

**Street address**

Faculty of Medicine, Arak University of Medical Science, Basij Square, Arak, Markazi Province, Iran

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## Person responsible for scientific

## inquiries

### Contact

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## Person responsible for updating data

### Contact

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Arak University of Medical Science

**Full name of responsible person**

Maryam Tajfar

**Position**

Resident of Internal Medicine

**Other areas of specialty/work**

**Street address**

Faculty of Medicine, Arak University of Medical Science, Basij Square, Arak, Markazi Province, Iran

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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*