

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of foot and toenail cares protocol on quality of life and the rate of foot and toenail problems prevalence at non diabetic older adults

Protocol summary

Summary

Foot and toenail problem are so common in older adults. that only by performing simple care can improve many of these problems and prevent recurrence and improve the quality of life. This study aimed to determine The effect of foot and toenail care's protocol on quality of life and the rate of foot and toenail problems' prevalence at non diabetic elderly people. This quasi-experimental study included 2 groups before and after. sample size calculation 54 people per group. Demographic Data Questionnaire, M M SE Questionnaire, Foot and Toenail Problems Questionnaire and Protocol Satisfaction Questionnaire were used to collect data.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015092324165N1**

Registration date: **2016-01-17, 1394/10/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-17, 1394/10/27

Registrant information

Name

Mahtab Sharif Mohseni

Name of organization / entity

University of Social Welfare and Rehabilitation

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2015-04-28, 1394/02/08

Expected recruitment end date

2015-06-13, 1394/03/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot and toenail cares protocol on quality of life and the rate of foot and toenail problems prevalence at non diabetic older adults

Public title

The effect of Foot and Toenail Care Protocol on foot and toenail problems and Quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age over 60 years; Having the ability to read and speak the native language (Farsi); Earn a minimum score of 25 in the case of diabetes MMSE
Exclusion criteria: frequent absences from meetings or give up client to participate in study; unwillingness to provide cooperation after the start of the study for any reason

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **108**

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

University Of Social Welfare And Rehabilitation Sciences

Street address

Kodakyar avenue, Daneshjoo blvd, Evin street

City

Tehran

Postal code

Approval date

2014-05-02, 1393/02/12

Ethics committee reference number

USWR.REC.1393.212

Health conditions studied

1

Description of health condition studied

foot and toenail problems

ICD-10 code

Z75.3,Z47.

ICD-10 code description

Unavailability and inaccessibility of health-care facilities,Orthopaedic follow-up care, unspecified

Primary outcomes

1

Description

foot and toenail problems

Timepoint

befor intervention,at the end of intervention

Method of measurement

foot and toenail problems checklist

2

Description

quality of life

Timepoint

befor intervention,at the end of intervention

Method of measurement

SF12 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

at the first meeting of all check lists completed. In all the cases booklet, film and bags needed to do was take care during the study. after completing the questionnaire and determine the level of care care and foot and toenail care was care provided

Category

Treatment - Other

2

Description

Control group: The control group was asked to do what they did in the past to take care of your feet and nail to run.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Seniors Association 4th region tehran

Full name of responsible person

Nazila Salman zade

Street address

Golha alley, Kazem Musavi street, heravi square, Panahi nia street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Univercity of Social Walfare and Rehabilitation Science

Full name of responsible person

Mohammad Ali Hosseini

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Kodakyar avenue, Daneshjoo blvd, Evin street

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Tehran

Grant name

Grant code / Reference number

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

Title of funding source
University of Social Welfare and Rehabilitation 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
University of Social Welfare and Rehabilitation

Full name of responsible person
Mahtab Shart

Position
Master student of geriatric nursing

Other areas of specialty/work

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Contact

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Full name of responsible person
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Head of Rehabilitation Management Department,

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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