

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

The effect of educational-support intervention based on continuous care model on self-monitoring of blood glucose in type 2 diabetic patients

Protocol summary

Summary

In present study, for determining the effect of intervention based on continuous care model on self-monitoring of blood glucose in type 2 diabetic patients, 72 participants of type 2 diabetic patients referring to Arian clinic in Torbat heydariyeh will be selected by convenience sampling and will be allocated by simple random method in two intervention and control groups. Inclusion Criteria: type 2 diabetes, treated with insulin and willingness to participate in the Study and exclusion criteria: absence of more than two intervention sessions and unwillingness to continue contribution. The intervention group will be divided to three groups include 12 persons. Then the interventions will be done by lecture and providing pamphlet, during three months in 6 ninety-minute session with two week interval, by teamwork of nurse, physician and patient in intervention group. The aim of these sessions is providing care based on continuous care model stages (Orientation, Sensitization, Control and evaluation) and finally improving the self-monitoring of blood glucose of diabetic patients. The control group will not receive intervention based on continuous care model during three months. The self-monitoring of blood glucose questionnaire will be offered before and two weeks after last educational session for patients and will be completed by them.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102724735N1**

Registration date: **2015-12-12, 1394/09/21**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-12-12, 1394/09/21

Registrant information

Name

Javad Esmaeilzade

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology of Gonabad University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational-support intervention based on continuous care model on self-monitoring of blood glucose in type 2 diabetic patients

Public title

The effect of educational-support program on self-monitoring of blood glucose in type 2 diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the Study,
Treated with insulin and age limit from 20 to 65 years;
Exclusion criteria: Unwillingness to continue contribution,
Absence of more than two intervention sessions

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

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 Gonabad University of Medical
Sciences

Street address

Gonabad University of Medical Sciences, Next to the
Asian Road, Gonabad, Khorasan Razavi

City

Gonabad

Postal code

9691793718

Approval date

2015-03-11, 1393/12/20

Ethics committee reference number

GMU.REC.1393.136

Health conditions studied

1

Description of health condition studied

Diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

The frequency of self-monitoring of blood glucose

Timepoint

Before intervention and two weeks after intervention

Method of measurement

Self-monitoring of Blood glucose questionnaire

2

Description

The times of self-monitoring of blood glucose

Timepoint

Before intervention and two weeks after intervention

Method of measurement

Self-monitoring of Blood glucose questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The interventions will happen by lecture and providing
pamphlet, during three months in 6 ninety-minute
sessions with two week interval, by teamwork of nurse,
physician and patient in intervention group.

Category

Lifestyle

2

Description

Control group will not receive intervention based on
continuous care model

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Aryan Diabetes Clinic

Full name of responsible person

Javad Esmaeilzade

Street address

Aryan Diabetes Clinic, North Ferdowsi Street, Torbat
Heydariyeh, Khorasan Razavi

City

Torbat Heydariyeh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology of
Gonabad University of Medical Sciences

Full name of responsible person

Dr. Ali Mohammad Pour-Vice Chancellor for Research
of Gonabad University of Medical Sciences

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Grant name

اعتبارات پژوهشی

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice Chancellor for Research and Technology of Gonabad
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**

Gonabad University of Medical Sciences

Full name of responsible person

Javad Esmaeilzade

Position

Master Student of Surgical Nursing

Other areas of specialty/work**Street address**

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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