

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

Comparison of designed nursing protocol and common treatment on the frequency of chest pain, readmission and anxiety in myocardial infarction patients

Protocol summary

Summary

The aim of this study was to evaluate the impact of a designed intervention protocol on myocardial infarction's outcome in Miyandoab Abbassi hospital. The frequency of chest pain; readmission and anxiety were examined as three important outcomes. The study included 120 patients with myocardial infarction who were divided into two groups (each n = 60). At first, samples of the control group were chosen and after that, the intervention group were selected. Inclusion criteria : Age between 30-70 years; diagnosis of heart attack for the first time by a cardiologist; not known psychiatric disorders and psychiatric treatment based on previous records; absence of any cognitive, speech or hearing impairment; absence of pain during training; access to telephone; absence of untreated heart failure, uncontrolled arrhythmias or severe and persistent chest pain. Exclusion criteria: The emergence of critical situations for patients during the study; unwillingness to continue the study. The control group received the usual care and intervention group received designed nursing protocol. This protocol includes training and rehabilitation. For education, training manual, face to face training, and educational videos were used. The rehabilitation activities emphasis on activities and aerobic exercise. Eventually, data was collected using Spiel Berger anxiety inventory and demographic check list at the beginning of admission and three months after discharge.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062625366N17**

Registration date: **2016-08-18, 1395/05/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-18, 1395/05/28

Registrant information

Name

Rahim Baghaei

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Urmia University of Medical Sciences

Expected recruitment start date

2015-11-21, 1394/08/30

Expected recruitment end date

2016-05-17, 1395/02/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of designed nursing protocol and common treatment on the frequency of chest pain, readmission and anxiety in myocardial infarction patients

Public title

Impact of education and rehabilitation on anxiety and readmission of myocardial infarction patients

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria : Age between 30-70 years; diagnosis of heart attack for the first time by a cardiologist; not known psychiatric disorders and psychiatric treatment based on previous records; absence of any cognitive, speech or hearing impairment; absence of pain during training; access to telephone; absence of untreated heart failure, uncontrolled arrhythmias or severe and persistent chest pain. Exclusion criteria: The emergence of critical situations for patients during the study; unwillingness to continue the study.

Age
From **30 years** old to **70 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

1

Registry name
-

Secondary trial Id
-

Registration date
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Urmia University of Medical Sciences

Street address
Ethics Committee of Urmia University of Medical Sciences, Resalat St., Urmia, Iran

City
Urmia

Postal code
5714783734

Approval date
2015-11-21, 1394/08/30

Ethics committee reference number
IR.UMSU.IRC.1394

Health conditions studied

1

Description of health condition studied
myocardial infarction

ICD-10 code
121

ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
chest pain

Timepoint
three months after intervention

Method of measurement
check list

2

Description
Readmission

Timepoint
three months after intervention

Method of measurement
check list

3

Description
Anxiety

Timepoint
At the time of admission and three months after discharge

Method of measurement
Spielberger anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description
In this study, the control group received usual care.

Category
Rehabilitation

2

Description

Intervention group: for the intervention group designed nursing protocol was implemented. Designed nursing protocol consisted of two parts. In training part, after stabilization the patient's condition, training was conducted in two sessions of 2 hours through face to face education and training manual. The training included information about risk factors of heart disease and myocardial infarction; clinical manifestations, treatment and complications of myocardial infarction; warning signs of recurrent heart attack; intensity of the activities after myocardial infarction and lifestyle changes including weight loss, smoking cessation and diet modification. The second part of designed nursing protocol was cardiac rehabilitation; started since the beginning of patients' admission in cardiac care unit. Rehabilitation starts from the time of admission up to three months after discharge. Rehabilitation program focused on aerobic exercise consisted of three sessions per week for 8 weeks. Each session took 50 minutes consisting of 10 minutes for warm up, 30 minutes for isometric exercises or walking and 10 minutes for cooling down.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Miyandoab Abbassi Hospital

Full name of responsible person

Abolhassan Sharifi

Street address

Abbassi hospital, Shohadayeh Karaveran street,
Miyandoab, West Azarbijan, Iran

City

Miyandoab

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Urmia University of
Medical Sciences

Full name of responsible person

Vice chancellor for research

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Vice chancellor for research, Urmia University of
Medical Sciences, Resalat St., Urmia, Iran

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Urmia

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 of Urmia 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

Urmia University of Medical Sciences

Full name of responsible person

Abolhassan Sharifi

Position

MS student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Nursing and Midwifery University

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Position

Associate professor

Other areas of specialty/work

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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