Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of self-care education on quality of life for patients with hip joint replacement

Protocol summary

Summary

The purpose of this study is to determine the effect of self-care education on quality of life for patients with hip replacements is this study is non-randomized clinical trial with a control group. The members of this research are 60 people to detailed replacement surgery in Hazrat Rasoul Akram and Shafa Yahyaian Educational Treatment Center for the first time that this surgery , and in the absence of training sessions in one will be excluded. Study participants randomly based on hospital visit will be in interventional and control groups. First, the demographic questionnaire by the participants before the study is completed. Then, the patients in the intervention group under self-care education using the form of lecture, role playing and question and answer using pre-prepared manual training manual for 5 sessions of 45-30 minutes.The quality of life questionnaire SF - 36 was completed by the patients at the day of clearance from hospital and eight weeks after clearance. After the intervention, to respect ethical training manual will be placed at the disposal of the control group and the test questionnaire by descriptive and inferential statistical analysis will.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042727629N1**
Registration date: **2016-06-18, 1395/03/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-06-18, 1395/03/29

Registrant information

Name

Seyedkazem Moosavi

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

School of Nursing and Midwifery, Iran University of Medical Sciences

Expected recruitment start date

2016-05-30, 1395/03/10

Expected recruitment end date

2016-06-30, 1395/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care education on quality of life for patients with hip joint replacement

Public title

The effect of self-care education on quality of life in patients with hip joint replacement

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the ability to understand and speak Persian؛ have at least read and write؛ age less than 75 years؛ the absence of visual and auditory sensory disorders, especially؛not cancer or other organic

disorders (dementia, stroke) or disorders severe psychological؛ clients that are operated for the first time؛ no restrictions on the movements of the upper extremities؛ the accompaniment of the primary caregiver in the educational process Exclusion criteria: Opt out of the study؛ The absence in more than one training session؛ Create an undesirable complication after surgery or the patient died during the study

Age
From **18 years** old to **75 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

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

Street address
Iran University of Medical Sciences, Between The Highway Martyr Chamran and Martyr Sheikh Fazlullah Nuri, Martyr Hemmat Highway ,Tehran, Iran.

City
Tehran

Postal code

Approval date
2015-09-23, 1394/07/01

Ethics committee reference number
IR.IUMS.REC.1394 .9211196237

Health conditions studied

1

Description of health condition studied
Total hip replacement

ICD-10 code
Z96.6

ICD-10 code description
Presence of orthopaedic joint implants

Primary outcomes

1

Description
Quality of life

Timepoint
2 months after intervention

Method of measurement
SF-36 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
In this study, the intervention program consisted of 5 in the form of lecture, role playing and question and answer using pre-prepared manual.Training manual, based on training the patient, using library study, and enjoyment of nursing teachers, one of the orthopedic surgeons, physiotherapists, a nutritionist and expert ulcer produced the first session of the training program the client will take place and to study the topics of each session, before the start of the training session will be emphasized. During the training sessions, research, patient and answer questions and discuss questions and ambiguities will encourage and at the end of each session, the patient will be asked to repeat and practice skills and in subsequent meetings, for role in the training class. In the first session, the investigator after their introduction, description of the training program and the purpose of the intervention and the importance of collaboration will represent the client as well as the anatomy of the hip joint, the need for joint replacement, joint replacement benefits and limitations, types of joint replacement and self-importance and necessity will be described. In the second session, about the possible complications after hip replacement surgery will be discussed. Each of the possible complications of surgery, including infection, implant dislocation, deep venous thrombosis and embolism, nerve damage and limb explained inequalities and ways to prevent and minimize them fully described. The third session will be dedicated to mobility and activities after surgery.will be discussed. In the fourth session, on wound care will be discussed. Time of dressing change, the sterile wound dressing change, signs of possible infection, drugs, the drugs and possible side effects will be explained fully. Finally, the fifth session of the Diet, prevent constipation, prevention of bedsores and admission to the clinic, as well as warning signs for an immediate visit to the doctor, will be discussed. It should be noted that all training sessions will be planned and implemented after the surgery.

Category
Other

2

Description
The control group was not given education and training routine by researchers that included educational pamphlets will receive
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasool-e-Akram Hospital
Full name of responsible person
Mehri Bozorgnejad
Street address
Iran School of Nursing and Midwifery,Yasami St., Vali Asr Avenue.
City
Tehran

2

Recruitment center
Name of recruitment center
Shafa Hospital
Full name of responsible person
Mehri Bozorgnejad
Street address
Iran School of Nursing and Midwifery,Yasami St., Vali Asr Avenue.
City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Assistance of Iran University of Medical Sciences
Full name of responsible person
Syed Ali Javad Mousavi
Street address
Iran University of Medical Sciences, Between The Highway Martyr Chamran and Martyr Sheikh Fazlullah Nuri, Martyr Hemmat Highway ,Tehran, Iran.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Assistance of Iran 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
Iran School of Nursing and Midwifery, Iran Universityof Medical Science
Full name of responsible person
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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