Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Compare the effect of early ambulation and gradually ambulation with exercise in bed on hemodynamic factors and complication of sleeve gasterectomy operation

Protocol summary

Summary

Objective: Compare the effect of early ambulation and gradually ambulation with exercise in bed on hemodynamic factors and complication of sleeve gasterectomy operation. Study population: patients undergoing sleeve gastrectomy, has a medical record in the Shiraz Ghadir Mother and child sub_specialized hospital. Inclusion and exclusion criteria: body mass index over 30 main criteria inclusion and main exclusion criteria complication during surgery. Sample size: 44 people early ambulation group (Group 1); 44 gradually ambulation with exercise in bed (Group 2); 44 patients in the control group (Group 3) were allocated.primary outcome variables: Pain, Vomiting, Arterial oxygen saturation ,Blood pressure

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016051527904N1**
Registration date: **2016-06-22, 1395/04/02**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-06-22, 1395/04/02

Registrant information

Name

Mohammad Reza Koohpeyma

Name of organization / entity

Yasuj

Country

Iran (Islamic Republic of)

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Email address

mohamadreza.koohpaima@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research,Yasuj University of Medical Sciences

Expected recruitment start date

2016-05-15, 1395/02/26

Expected recruitment end date

2016-08-16, 1395/05/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare the effect of early ambulation and gradually ambulation with exercise in bed on hemodynamic factors and complication of sleeve gasterectomy operation

Public title

Compare the effect of early ambulation and gradually ambulation with exercise in bed, on complication of operation

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Interested in participating in the study; Age between 18 and 55 years; Don't have history of respiratory disease; Don't have history of mental disorders; Don't use to addict to opioid and cigarettes; Have literacy; Body mass index was between BMI≥30, BMI≤55. Exclusion criteria: Discontinue to participate in the study; Muscloskeletal pain due to positioning during

surgery; Intolerance intervention protocol; Abnormal complication during surgery: including damage to blood vessels, removing excess stomach and ...; In the event that leaks occur after stomach surgery incision.

Age
From **18 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **132**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Random allocation block

Secondary Ids

1

Registry name
–

Secondary trial Id
–

Registration date
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Yasuj University of Medical Sciences

Street address
Iran, Yasuj, motahari martyr BLVD, Yasuj University of Medical Science, office of research and technology

City
Yasuj

Postal code

Approval date
2016-05-14, 1395/02/25

Ethics committee reference number
IR.YUMS.REC.1395.30

Health conditions studied

1

Description of health condition studied
sleeve gasterectomy

ICD-10 code
–

ICD-10 code description
–

Primary outcomes

1

Description
pain

Timepoint
Before the operation, after enterance to the ward , after the first intervention, 6 hours after the intervention , 12 hours after the intervention , 24 hours after intervention

Method of measurement
base on V.A.S scale

2

Description
vomiting

Timepoint
Before the operation, after enterance to the ward , after the first intervention, 6 hours after the intervention , 12 hours after the intervention , 24 hours after intervention

Method of measurement
Based on the frequency and patient interview

3

Description
oxygen saturation

Timepoint
Before the operation, after enterance to the ward , after the first intervention, 6 hours after the intervention , 12 hours after the intervention , 24 hours after intervention

Method of measurement
pulse oxymeter

4

Description
blood pressure

Timepoint
Before the operation, after enterance to the ward , after the first intervention, 6 hours after the intervention , 12 hours after the intervention , 24 hours after intervention

Method of measurement
blood pressure monitor

Secondary outcomes

empty

Intervention groups

1

Description
early ambulation
Category
Rehabilitation

2

Description
intervention group 2: gradually ambulation with exercise in bed
Category
Rehabilitation

3

Description
control group: Out of bed based on routine in ward
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Department of Shiraz University of Medical Sciences
Full name of responsible person
Mohammad Reza Koohpeyma
Street address
Shiraz-ghadir Mother and child subspecialized hospital
City
shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Office of research of Yasuj University of Medical Science
Full name of responsible person
Dr. Akbartabar mehdi
Street address
Iran, Yasuj, motahari martyr BLVD, Yasuj University of Medcal Science, office of research of Yasuj University of Medical Science
City
Yasuj
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Office of research of Yasuj 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
Yasuj University of Medical Science
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Sayed Javad sadat
Position
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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