Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effects of Telenursing on HbA1c in elderly patients with type II diabetes

Protocol summary

Summary

This clinical trial study aimed to determine the effects of telenursing on HbA1C in elderly with diabetes type 2. All of elderly with diabetes at least 60 years old are the research population. Include criteria are the participants with past history of diabetes at least 6 months and without any cognitive disorders. If a change in type or dose of him/her drugs, hospitalization during the study and have an HbA1C less than 7 they will exclude from the study. Eighty people with abnormal HbA1C trough randomized classified sampling method using random numbers table, design in two groups 1&2 So that the participants do not already know which control or intervention group will take place. In this study participants and researcher are blind. For group 1, telenursing with using telephone follow-up will conduct at least 3 months and group 2 will receive only usual cares. HbA1C will check in two times, before and after the intervention. Average changes of HbA1C in before and after intervention in two groups will discuss at a significant level.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016060628289N1**
Registration date: **2017-11-07, 1396/08/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-07, 1396/08/16

Registrant information

Name

Mohammad Esmaeilpour-Bandboni

Name of organization / entity

Guilan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Guilan University of Medical Sciences

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2017-10-23, 1396/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Telenursing on HbA1c in elderly patients with type II diabetes

Public title

TIhe effects of telenursing on diabetes control

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age>60y; past history of diabetes at least 6 months; willingness to participate in study; have a good literacy with a call number; and without any cognitive disorders; speech and hearing problems
Exclusion criteria: Change in type or dose of him/her drugs; hospitalization during study; have a HbA1C less than7

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Ethical commitee of Guilan University of Medical Sciences

Street address

Building of Vice chancellor for research, Facing Sepah Bank, West Shahid Beheshti Blvd, Rasht, Guilan, Iran

City

Rasht

Postal code

Approval date

2017-05-27, 1396/03/06

Ethics committee reference number

IR.GUMS.REC.1396.72

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

A1C

Timepoint

Before intervention and 3 month later

Method of measurement

Blood sampling

Secondary outcomes

empty

Intervention groups

1

Description

Intervention 1: They will receive 12 weeks telephone follow up, which will include eight times. Each time, for last 15 minutes, and we will talk regarding eight educational items according to the Iranian health ministry diabetes educational package. This educational package includes: types of diabetes, a diet that increases and decreases blood glucose, diabetic diet planning, blood glucose measurements, complications of diabetes, preventing complications of diabetes, self-care in diabetes, and the last one is the exercise in diabetes. Through every call, we should talk regarding one educational topic and so answer to him/her questions.

Category

Other

2

Description

Control group: During the twelve weeks, the control group received only the usual care for their treatment and intervention was not taken.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi-Internal Medicine Hospital of Guilan University

Full name of responsible person

Anosh Dehnadi

Street address

Razi-Internal Medicine Hospitalof Guilan University, Sardar AVE, Rasht, Guilan, Iran

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Dr shadman Nemati

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Building of Vice chancellor for research, Facing Sepah Bank, West Shahid Beheshti Blvd, Rasht, Guilan, Iran
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Rasht
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Guilan 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

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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