

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

comparison the effect of telenursing and not follow-up in caregiver of heart failure patients on self-care behaviors and clinical status of patients

Protocol summary

Summary

Objectives: this study has been performed with the aim of investigating the effect of telenursing in caregivers of heart failure patients on patient's self-care behaviors and clinical parameters. Design: this not blinded randomized clinical trial was performed among 66 heart failure patients that referred to clinic of Abadan Taleghani hospital. Sitting and conduct: Heart failure patients with inclusion criteria that referred to clinic were randomly assigned to control, intervention- group 1 and intervention- group 2 by table of random numbers. Participants: class II and III of heart failure patients with 40 years old or greater Interventions: caregivers did not receive any intervention in control group, caregivers were received verbal education in intervention- group 1, and continuum phone follow-up plus verbal education in intervention- group 2. Main outcomes: self-care behavior, fatigue severity, exercise tolerance and dyspnea severity of patients were assessed by self-care behavior questionnaire, fatigue severe scale, six minutes walking test and dyspnea Borg scale at baseline and end of 3 months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016080829184N2**
Registration date: **2016-08-27, 1395/06/06**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-27, 1395/06/06

Registrant information

Name

Maryam Heidari

Name of organization / entity

Abadan School of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Abadan School of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-04-15, 1395/01/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison the effect of telenursing and not follow-up in caregiver of heart failure patients on self-care behaviors and clinical status of patients

Public title

comparison the effect of telenursing and not follow-up on clinical status of heart failure patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: class II and class III of heart failure that

confirmed by physician based on New York Heart Association criteria; age 40 years or greater; absence of major psychiatric disorder; absence of series diseases such as musculoskeletal disorders, cancer, unstable angina, heart attack in last month; be available the caregiver in home; caregiver be able to speak and read Persian; caregiver be available for calling. Exclusion criteria: caregiver not be available for calling in determination times.

Age

From **40 years** old to **75 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **66**

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 Abadan School of Medical Sciences

Street address

Abadan School of Medical Sciences, near of Abadan airport, Abadan, Iran

City

Abadan

Postal code

6153365494

Approval date

2015-01-14, 1393/10/24

Ethics committee reference number

IR.ABADANUMS.REC.1394.7

Health conditions studied**1****Description of health condition studied**

Heart Failure

ICD-10 code

150.9

ICD-10 code description

Cardiac, heart or myocardial failure NOS

Primary outcomes**1****Description**

Self-care behavior

Timepoint

Before intervention- 3 months after intervention

Method of measurement

Self-care behavior in heart failure questionnaire

Secondary outcomes**1****Description**

Exercise tolerance

Timepoint

Before intervention-3 months after intervention

Method of measurement

Six minutes walking test

2**Description**

Dyspnea

Timepoint

Before intervention-3 months after intervention

Method of measurement

Dyspnea Borg scale

3**Description**

Fatigue

Timepoint

Before intervention-3 months after intervention

Method of measurement

Fatigue severe scale

Intervention groups**1****Description**

Intervention- group 2: Receive educational plan and continuum phone follow-up

Category

Rehabilitation

2**Description**

Intervention- group 1: Receive educational plan

Category

Rehabilitation

3

Description

Control group: Do not receive intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Abadan Ayatollah-Taleghani hospital

Full name of responsible person

Maryam Heidari

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Abadan School of Medical Sciences, near of Abadan airport, Abadan, Iran

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Abadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Abadan School of Medical Sciences

Full name of responsible person

Mohammad Mahboubi

Street address

Abadan School of Medical Sciences, near of Abadan airport, Abadan, Iran

City

Abadan

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 Abadan School 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

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Full name of responsible person

Meryam Heidari

Position

Master of Sciences

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