Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

Effect of Discharge to Home –Based Program for Promoting Self-Care Behavior and its Relation Readmission with Heart Failure in Selective Centers Affiliated to Jondishapour Ahvaz University of Medical Sciences

Protocol summary

Summary

Major health and social problem is chronic heart failure. Due to the chronic nature of the disease, self-care education is important roles in disease control and readmission. Training of self-care behaviors in these patients to reduce readmissions and increase longevity is essential. This study aimed to investigate the effect of his conduct advance its program for discharge to home care The readmission of patients with heart failure clinics in Ahvaz University will be elected.How do: a randomized clinical trial will be conducted. The population included 40 patients with a diagnosis of heart failure therapy & educational center in Ahvaz University of Medical Sciences have formed And is divided into two intervention and control groups. Inclusion criteria for the study, which includes patients, sober, has a low or moderate levels of literacy education, the availability of after discharge And, acute conditions, length of stay less than 24 hours Exclusion criteria are. Interventions in sectors including education during hospitalization and discharge By placing the booklet and follow through phone calls during 7 days, patients taken to strengthen training and guidance Intervention and then 30 days later, the readmission will be evaluated in the centers. A demographic questionnaire survey tool And disease, means of self-care in patients with heart failure (EHFSCBS 9) and heart failure is the area questionnaire. Data analysis using SPSS statistical software will be made.

General information

Acronym

Self-Care in Heart Failure

IRCT registration information

IRCT registration number: **IRCT2016082129448N1**

Registration date: **2016-10-11, 1395/07/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-11, 1395/07/20

Registrant information

Name

Zeinab Sharifi

Name of organization / entity

Ahvaz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2016-04-30, 1395/02/11

Expected recruitment end date

2016-09-05, 1395/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Discharge to Home –Based Program for Promoting Self-Care Behavior and its Relation Readmission with Heart Failure in Selective Centers

Affiliated to Jondishapour Ahvaz University of Medical Sciences

Public title
Impact of per-discharge self-care behavior and readmission in heart failure patients
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: patients hospitalized age older than 40 years old; being conscious at the time of admission; low or moderate levels of literacy education; availability after repeated phone calls; agree with training and follow-up care; no company in another study during trial. Exclusion criteria: stay less than 24 hours in hospital; acute conditions; lack of accountability and agreed to continue pursuing the gap between hospital discharge and 30 days later.
Age
From **40 years** old to **80 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
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
Ahvaz University of Medical Sciences
Street address
Ahvaz University of Medical Sciences, Golestan St.
City
Ahvaz
Postal code
Approval date
2016-03-09, 1394/12/19
Ethics committee reference number
IR.AJUMAS.REC.1394.60

Health conditions studied

1

Description of health condition studied
Heart failure
ICD-10 code
I50.0
ICD-10 code description
Heart failure

Primary outcomes

1

Description
Self-Care behavior
Timepoint
Within 30 days after the intervention
Method of measurement
Based on its flagship tool for re-admission for heart failure care

Secondary outcomes

1

Description
Readmission
Timepoint
Within 30 days after the intervention
Method of measurement
Record number of hospitalizations due to heart failure

Intervention groups

1

Description
Methods The study group consisted of eight stage: first stage Of all persons eligible participants, while complete a demographic questionnaire and other parameters underlying underlying And readmission of patients during the period 30 days before the study is completed. As well as a pre-test to measure self-care behaviors using European instruments to measure self-care In patients with heart failure interviews conducted by trained researcher team .Part II: Cardiology nurse researcher and units employing techniques to "teach back" Using resources and books available as well as medical education experts, by the researcher will be trained. Nurse researcher and cardiology units all the information needed for patients who need education the forms to "sample" will be completed. third part : After entering units in the study by using the tool "Identification Zone in heart failure patients," patients are examined. Then fit the area (red, yellow, green) clearance training home for the patients will. Part IV: Educational interventions discharge plan the patient's home (just manual) for the patient and family understanding of all the requirements for follow-up after discharge the patients will be given. In

the intervention group education, individual education include patients with heart failure: Information on the activities of fluid intake and limit salt intake, the importance of the drug regimen, daily weight ratio, smoking،(Priority) and signs and symptoms of precautions that should be notified to the health care provider is included In this technique, a topic of discussion will be training every day. Since the education level and patients' perception is different, the number of training sessions for each patient according to the patient's level of understanding and shows the need Each patient is different to training. Finally, to assess and ensure the training sessions given patient will be asked four questions. Patients who give correct answers to questions to fully understand the contents of several other sessions will deal with face-to-face training Partv: After the educational program before discharge, self-care behavior questionnaire by the researcher will interview was completed for all patients. Part VI: To follow up the learning every single study of "telephone follow" 7 days after discharge from the hospital to home, will be used. Part VII: In order to determine the effectiveness of the training program prior to discharge one month after the training intervention group Using European instruments to measure self-care through telephone follow-up in patients with heart failure will be re-evaluated. Part VIII: After coordination with the authorities conducted Using monthly hospital admissions list or phone call to the relevant departmentsReadmission of patients in the intervention group over a period of 30 days after the educational intervention and clearance will be evaluated And will be recorded in the form information.

Category

Treatment - Other

2

Description

Methods in the control group: a pre-test to measure self-care behaviors using European instruments to measure self-care In patients with heart failure interview will be trained by the research team.Control group participants also 8-step training program once fully before registering will receive . A month after rechecking the preliminary test in self-care behaviors Each of the patients using European instruments to measure self-care in patients with heart failure Through telephone follow-up will be re-evaluated. Then, using a list of monthly hospital admissions or phone call to the relevant departments Readmission control group patients have been discharged over a period of 30 days will be assessed.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Golestan hospital

Full name of responsible person

Zeinab Sharifi

Street address

Golestan hospital, Golestan St.

City

Ahvaz

2

Recruitment center

Name of recruitment center

Imam Khominie Hospital

Full name of responsible person

Zeinab Sharifi

Street address

Imam Khominie Hospital, Imam St.

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Univesity of Medical Sciences

Full name of responsible person

zeinab sharifi

Street address

Ahvaz Univesity of Medical Sciences, Golestan St.

City

Ahvaz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz Univesity 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

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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