Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Aimed to investigate the effect of Postpartum care at home on postpartum outcome.

Protocol summary

Summary

The present study was a semi-experimental two-group four-stage clinical trial which was conducted on 64 mothers at the postpartum ward of Shahid Beheshti Hospital of Isfahan in 2015. Women were randomly divided into two intervention and control groups. (Inclusion criteria: accessibility to the residents of the participants; providing written consent form; having a natural delivery with no complications; having a healthy norm neonate; does not require any special care; mother's, families and house's appropriate condition; the presence of one of the family members during home visits and exclusion criteria: The lack of care on two occasions completely). To evaluate and compare data a researcher-made questionnaire was used. Questions were answered through multiple choices and spectrally (Perfectly suitable to very poor). The validity of the questionnaire was approved using face and content validation. The questionnaire was completed at the 1st to 3rd, 10st to 15th and 42nd to 60th days for both of groups. Each visit lasted about an hour and conducted by at least 2 or 3 midwives with a master's degree. The training package included "physical examination of mother and infant, evaluating mother's getting back to normal during the postpartum period and Training in the mother, infant and family members and etc".

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016121431416N1**
Registration date: **2017-05-11, 1396/02/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-05-11, 1396/02/21

Registrant information

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Name of organization / entity
Isfahan University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source
Isfahan University of Medical Sciences

Expected recruitment start date
2015-08-06, 1394/05/15

Expected recruitment end date
2016-02-19, 1394/11/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Aimed to investigate the effect of Postpartum care at home on postpartum outcome.

Public title

Effect Postpartum care at home on postpartum outcome

Purpose

Health service research

Inclusion/Exclusion criteria

(Inclusion criteria: accessibility to the residents of the participants; providing written consent form; having a natural delivery with no complications; having a healthy

norm neonate; does not require any special care; mother's, families and house's appropriate condition; the presence of one of the family members during home visits and exclusion criteria: The lack of care on two occasions completely).

Age

From **18 years** old to **48 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **62**

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

Isfahan University of Medical Sciences

Street address

Department of Reproductive Health, women's health Research Center, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

City

isfahan

Postal code

8419716695

Approval date

2015-02-18, 1393/11/29

Ethics committee reference number

293194

Health conditions studied

1

Description of health condition studied

The relationship of postpartum care at home with postpartum outcomes

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Postpartum care at home

Timepoint

In three-stage visits (1st to 3rd day, 10th to 15th day, and 42 to 60 day)

Method of measurement

Using researcher-made questionnaires that include breastfeeding pattern (1 questions), awareness of maternal health (16 questions), awareness of child health (5 questions), husband's behavior (13 items), and mother's satisfied.

Secondary outcomes

1

Description

Breastfeeding pattern, awareness of maternal health, awareness of child health, husband's behavior, and mother's satisfied.

Timepoint

In three-stage visits (1st to 3rd day, 10th to 15th day, and 42 to 60 day)

Method of measurement

Using researcher-made questionnaires that include breastfeeding pattern (1 questions), awareness of maternal health (16 questions), awareness of child health (5 questions), husband's behavior (13 items), and mother's satisfied.

Intervention groups

1

Description

The postpartum cares will present at intervention group: Folder forming; folder investigation and familiarity with mother's situation; history taking of mother and her newborn due to the aims of the study; physical examination of mothers and newborn and postpartum involution situation; prescription of nutritious complements; training and consulting in the fields of postpartum cares of mother and her newborn and safe reproductive consulting; investigating of mother's awareness level and their environment; necessary education about mother and newborn due to their need to mother and family; exercise after birth; breastfeeding method will run to do simulation. The care of the intervention group was conducted at three stages by two expert midwives for 45 to 90 minutes. The educational package contained physical examination of the mother and the infant; evaluating the condition of getting back to normal after delivery and necessary educations about the mother; the infant and the family members. The correct method of performing postpartum exercises and breastfeeding were educated through simulation to the mother and her companion.

Category

Prevention

2

Description

The postpartum cares will do at control group according to hospitals prior process and phone number will be placed them to will respond. According to routine care, the first care hospital care in the second and third care were performed by midwives in health centers in accordance with the national standards. Then data by using the health folder and getting the history of the mothers were completed.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Martyr Beheshti Hospital

Full name of responsible person

Dr. Behnaz Khani

Street address

Shahid Motahari street, Martyr Beheshti Hospital, Motahari, Isfahan

City

isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Nursing and Midwifery Care Research Center, Isfahan University of Medical Sciences.

Full name of responsible person

Doctor Mohsen Shahriari

Street address

Nursing and Midwifery Care Research Center, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Nursing and Midwifery Care Research Center, Isfahan 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

Nursing and Midwifery Care Research Center, Faculty of Nursing and Midwifery, Isfahan University of

Full name of responsible person

Parvin Bahadoran

Position

Master of Midwifery

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