

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Designing and evaluating the effectiveness of the training package on nasal bleeding recurrence rate and intensity in adults with recurrent epistaxis .

Protocol summary

Summary

The aim of this study is to design and determine the effectiveness of training on the recurrence and severity of nosebleeds in adults with recurrent epistaxis. In this randomized clinical trial, 60 patients with nasal bleeding were referred For treatment to the Matini Hospital of Kashan in the fourth quarter of 1394 Were included. Due to the gradual refer patients to assign participants to treatment groups (n = 30) and control (n = 30) The block method of randomization was used. Demographic and clinical data were recorded. This study was conducted under the supervision of the Ethics Committee of Kashan University of Medical Sciences. Inclusion criteria over 18 years of age, able to read and write, lack of coagulation disorders and Exclusion criteria was unwillingness to cooperate and critically ill patient. Intervention group patients after treatment for 20 minutes were face to face training and was Training package including pamphlets, booklets and CD. The control group was only treated and There was no educational intervention. Recurrent rate and severity of bleeding was assessed in three months after the intervention. Zhang criteria were used to determine the recurrent rate, The lack of blood flow (1), once a month (2), one or more times per week (3) and one or more times per day (4) was considered. And Hugh tools were used to measure the severity of bleeding, The score of less than 1 indicates no bleeding, 1-4 mild bleeding, 4.1 to 7 moderate bleeding and severe bleeding is 7.1 to 10. Keywords: Recurrent epistaxis, Educational package, recurrent, bleeding severity

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017031332242N1**
Registration date: **2017-03-13, 1395/12/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-13, 1395/12/23

Registrant information

Name

Ensieh Sabbaghi

Name of organization / entity

Kashan University Of Medical Sciences And Health Services Matini Hospital

Country

Iran (Islamic Republic of)

Phone

+98 31 5534 2020

Email address

sabbaghi-e@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mr. Mohammad Afshar, Nursing PhD, School of Nursing and Midwifery, Kashan University Of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and evaluating the effectiveness of the

training package on nasal bleeding recurrence rate and intensity in adults with recurrent epistaxis .

Public title

Designing and evaluating the effectiveness of the training package on nasal bleeding recurrence rate and intensity in adults with recurrent epistaxis .

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Age over 18 years : Developing the second episode of epistaxis during the past three weeks : Read and write- Lack of coagulation disorders, malignant and anatomic abnormalities: No drugs warfarin and heparin Exclusion criteria: Not wanting to continue the study: Patients need hospitalization, surgical interventions or blood transfusion

Age

From **18 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Kashan University of Medical Sciences

Street address

Ghotb ravandi boulevard , Doctor boulevard

City

kashan

Postal code

8715988141

Approval date

2016-03-09, 1394/12/19

Ethics committee reference number

با کد 158 . REC .1394 . IR . KAUMS . (شماره طرح 94157)

Health conditions studied

1

Description of health condition studied

Epistaxis

ICD-10 code

R04.0

ICD-10 code description

Epistaxis

Primary outcomes

1

Description

bleeding severity

Timepoint

Monthly for up to three months after intervention

Method of measurement

huag questionnaire

2

Description

The frequency of recurrent bleeding

Timepoint

Monthly for up to three months after intervention

Method of measurement

Zhang rate scale

3

Description

The severity of recurrent bleeding

Timepoint

During the three months after the intervention.

Method of measurement

Zhang rate scale

Secondary outcomes

1

Description

NO

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Intervention group patients after treatment for 20 minutes face to face by a trained professional nurses were trained .As well as pamphlets, booklets containing essential content related to the definition, causes, treatment options, early treatment and care needed at home epistaxis home after a design by Ear, nose and

throat and nursing professors reviewed and approved the patients were taken.

Category

Prevention

2**Description**

The usual treatment for patients in the control group taken by a doctor and nurse. but did not provide them with education and training package they were face to face.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Matini Hospital

Full name of responsible person

Sabbaghi Ensieh

Street address

Imam hosein squer , Amir kabir street

City

kashan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kashan University of Medical Sciences

Full name of responsible person

Afshar Mohamad

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Ghotb ravandi bouelvared , D octor bouelvared

City

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kashan 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**

Matini Hospital

Full name of responsible person

Sabbaghi Ensieh

Position

Emergency Nurse

Other areas of specialty/work**Street address**

Imam hossein squer , Amir kabir street

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Matini Hospital

Full name of responsible person

S abbaghi Ensieh

Position

Master of Nursing

Other areas of specialty/work**Street address**

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Matini Hospital

Full name of responsible person

Sabbaghi Ensieh

Position

MS /Emergency nurse

Other areas of specialty/work**Street address**

I mam hosein squer, Amir kabir street

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Web page address

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