

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Effectiveness of Cardiac Rehabilitation training program based on Continuous Care Model, on Enhance Capabilities and Cardiovascular Indicators in Patients with Ischemic Heart Disorder.

Protocol summary

Summary

(1) Objectives: The present study aimed to evaluate the effect of cardiac rehabilitation training program based on Continuous Care Model, on enhance capabilities of patients with Ischemic Heart Disease(IHD). (2) Design: This is a clinical trial study with intervention and control groups. Our research population are the patients with IHD admitted in the Heart Ward and Coronary Care Unit(CCU) of Vasee hospital of Sabzevar that after the required period of treatment have been cleared. The research sample comprised about 70 patients with IHD hospitalized in two mentioned sections. (3) Setting and conduct: Patients with IHD admitted in the Heart Ward and Coronary Care Unit(CCU) of Vasee hospital of Sabzevar. (4) Participants: Inclusion criteria include: suffering from IHD, the absence of history of previous cardiac surgery, literacy reading and writing. Exclusion criteria include: previous cardiac surgery, and unwillingness to continue participating in the study. (5) Intervention: The data collecting tool is a three-part questionnaire. The first part contains demographic characteristics. The second part relates to hemodynamic variables record, included measuring and recording of blood pressure and pulse rate per minute. (6) Main outcome measures: The results show that this Care Model has an enhancing effect on empowerment and cardiovascular indices in patients with IHD. Key words: Cardiac rehabilitation program, follow-up care model, empowerment, ischemic heart disease.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017022632779N1**

Registration date: **2017-09-26, 1396/07/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-26, 1396/07/04

Registrant information

Name

Maryam khosrojerdi

Name of organization / entity

Gonabad University of Medical Sciences

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Phone

+98 51 5722 3028

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m.khosrojerdi@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Cardiac Rehabilitation training program based on Continuous Care Model, on Enhance Capabilities and Cardiovascular Indicators in Patients with Ischemic Heart Disorder.

Public title

The effect of cardiac rehabilitation training, on enhance capabilities of cardiovascular patients.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria include: Suffering from Ischemic Heart Disease(IHD), being in the age group of 30 to 60 years, the absence of history of previous cardiac surgery, literacy reading and writing, history of Myocardial Infarction (MI). Exclusion criteria include: unwillingness to participating, previous cardiac surgery.

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Eligible patients are selected by available sampling method, according to the study criteria, from patients with coronary artery disease (Myocardial infarction, Unstable angina) admitted to the Heart Ward and CCU of Mohammad Vasee Hospital of Sabzevar during 3 months. After completing the correspondence with the relevant hospital staff and obtaining an Ethics Code from the Ethics Committee of the origin University and completing personal consent, sample subjects will be randomly assigned to two groups of test and control. Then the intervention group will undergo cardiac rehabilitation, While the control group will not receive any training,

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Gonabad University of Medical Sciences,

Street address

Gonabad University of Medical Sciences, Asiayee highway border, Gonabad city, Khorasan Razavi, Iran

City

Gonabad

Postal code

00989633167779

Approval date

2016-06-21, 1395/04/01

Ethics committee reference number

IR.GMU.REC.1395.59

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

Patients with ischemic heart disease

ICD-10 code

120-125

ICD-10 code description

Ischaemic heart diseases

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

Cardiac empowering after the training

Timepoint

Three month after the training

Method of measurement

Standard questionnaire

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

Systole and diastolic blood pressure

Timepoint

At the beginning of the study and three months after training program

Method of measurement

Sphygmomanometer

2**Description**

Heart rate

Timepoint

At the beginning of the study and three months after training program

Method of measurement

Pulsemeter

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

Intervention 1: Cardiac rehabilitation training program

Category

Rehabilitation

2

Description

Intervention 2: This group did not receive any training

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Mohammad Vasei Hospital of Sabzevar

Full name of responsible person

Maryam Khosrovjerdi

Street address

Mohammad Vasei Hospital, opposite of Salamat park,
Towhid Town Blvd., Sabzevar city, Razavi Khorasan
province, Iran

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Gonabad University of
Medical Sciences

Full name of responsible person

Mohammad Mojalli

Street address

Nursing and Midwifery Faculty, Gonabad University of
Medical Sciences, Asiayee highway border, Gonabad
city, Razavi Khorasan province, Iran

City

Gonabad

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, Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Mohammad Mojalli

Position

PhD. in Nursing Education

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