

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

evaluation of acupuncture on the effectiveness of cardiac rehabilitation in blood pressure and heart rate of patients after coronary artery bypass graft(CABG)

Protocol summary

Study aim

Evaluation of acupuncture on the effect of cardiac rehabilitation on blood pressure, heart rate, exercise tolerance in patients after open heart surgery

Design

In this research, 40 eligible patients referring to cardiac rehabilitation Clinic were chosen and were randomly divided into two groups of control and intervention. Group allocation was concealed by assigning a unique code to each participants.

Settings and conduct

Cardiopulmonary rehabilitation Unit of Shahid Faghihi hospital. Researcher is blind about control group.

Participants/Inclusion and exclusion criteria

Patients who underwent Coronary Artery Bypass Graft surgery 6 weeks ago; uncontrolled heart failure

Intervention groups

First group. Acupuncture treatment after cardiac rehabilitation Second group. just cardiac rehabilitation

Main outcome variables

Blood pressure, Heart rate, Borg scale

General information

Reason for update

Error in recording the start date of sample collection

Acronym

توانبخشی قلبی

IRCT registration information

IRCT registration number: **IRCT20171208037793N1**

Registration date: **2019-06-18, 1398/03/28**

Registration timing: **prospective**

Last update: **2022-11-02, 1401/08/11**

Update count: **1**

Registration date

2019-06-18, 1398/03/28

Registrant information

Name

Mohadese zakeri baghestani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3375 5845

Email address

m_zakeri@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2020-03-20, 1399/01/01

Actual recruitment start date

2019-07-23, 1398/05/01

Actual recruitment end date

2020-03-20, 1399/01/01

Trial completion date

2020-03-20, 1399/01/01

Scientific title

evaluation of acupuncture on the effectiveness of cardiac rehabilitation in blood pressure and heart rate of patients after coronary artery bypass graft(CABG)

Public title

effect of acupuncture on effectiveness of cardiac rehabilitation

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients who underwent Coronary Artery Bypass Graft since 6 weeks to 3 month ago

Exclusion criteria:
Systolic blood pressure greater than 200 Diastolic blood pressure greater than 110 Acute illness Uncontrolled Arrhythmia Uncompensated Heart failure

Age
No age limit

Gender
Both

Phase
3

Groups that have been masked

- Investigator

Sample size
Target sample size: **40**
Actual sample size reached: **34**

Randomization (investigator's opinion)
Randomized

Randomization description
Choosing patients as a case or control with the help of the site: randomization.com

Blinding (investigator's opinion)
Single blinded

Blinding description
The researcher does not have any role in choosing patients as a case or control group

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of shiraz university of medical sciences

Street address
Zand Avenue, opposite Palestine Street, Central Building of Shiraz University of Medical Sciences

City
Shiraz

Province
Fars

Postal code
14336 - 71348

Approval date
2018-02-16, 1396/11/27

Ethics committee reference number
IR.SUMS.MED.REC.1396.100

Health conditions studied

1

Description of health condition studied
Coronary Artery Disease

ICD-10 code
I21.0

ICD-10 code description
Ischemic Heart Disease

Primary outcomes

1

Description
Blood pressure

Timepoint
Before the intervention and three weeks after intervention

Method of measurement
Sphygmomanometer

Secondary outcomes

1

Description
Exercise tolerance

Timepoint
Before the intervention and three weeks after intervention

Method of measurement
Borg questionnaire

Intervention groups

1

Description
Intervention group: patients with Coronary Artery Bypass Graft that underwent acupuncture after cardiac rehabilitation(10 sessions, 3 days in week, on determined acupoints with acupuncture needles size 25*25 bong bang factory for 20 minutes)

Category
Rehabilitation

2

Description
Control group: 10 sessions cardiac rehabilitation with treadmill and arm ergometer, 3 days in week

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid faghihi hospital
Full name of responsible person

Sharareh roshanzamir
Street address
Zand street
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr seed Basir Hashemi
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Grant name

Shiraz University of Medical Science

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Sharareh roshanzamir

Position
Associate professor
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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available