

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of lifestyle modification on the readmission of patients with heart failure

Protocol summary

Study aim

Determining the effect of lifestyle modification on the readmission of patients with heart failure

Design

Clinical trial with control group, with parallel groups, Two blind, randomized, with a sample size of 174.

Settings and conduct

The lifestyle modification program in the Intervention group starts at the time of admitting the patient at Torbat Heydarieh Hospital. During the period of admission, nutrition education, medical education, education for light stomatal improvement, etc. are given. Training is provided by the nurse and with the help of a pamphlet, a drug booklet, and so on. Trainings are performed after telephone service and continue until 12 weeks after discharge.

Participants/Inclusion and exclusion criteria

"Inclusion criteria" 1- age 18 to 90 year old 2-patient access to the telephone 3-No known psychological illness 4-patient and none of his family members have medical education and related fields 5-Have full satisfaction to cooperate 6-known patients in class 2 and 3 of heart failure. "Exclusion criteria" 1'-Unwillingness to participate in study

Intervention groups

"Intervention group" The lifestyle modification program in the Intervention group starts from the time of admission and continues until 12 weeks after discharge from the hospital. Each patient in the Intervention group will be required to undergo a visit at least two times according to the need for training. After discharge, the researcher will contact the patients in the Intervention group every two weeks for 12 weeks and will examine the patient's progress and achieve goals and adherence to the curriculum. The first telephone call is made by the researcher within the first 24 hours after discharge. "control group" Except for the usual self-care education that all patients receive, no further action will be taken

Main outcome variables

Blood Pressure

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180727040610N1**

Registration date: **2019-01-02, 1397/10/12**

Registration timing: **retrospective**

Last update: **2019-01-02, 1397/10/12**

Update count: **0**

Registration date

2019-01-02, 1397/10/12

Registrant information

Name

Tahere Sarboozii Hosein Abadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5414 3311

Email address

sarboozit1@thums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-11, 1396/08/20

Expected recruitment end date

2018-11-11, 1397/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lifestyle modification on the readmission of patients with heart failure

Public title

Lifestyle modification and readmission of patients with heart failure

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age 90-18 years The patient has access to the telephone Not known to have a known psychological illness The patient and none of his family have medical education and related disciplines Complete satisfaction for cooperation Have at least reading and writing skills

Exclusion criteria:

Do not want to participate in research.

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: **174**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization: Simple randomization, using 174-bit Random Excel software with Excel, is generated sequentially with A and B bursts. The reader now has a patient range of 1 to 174, depending on whether he is in either of the A or B grades, in either of these two groups of patients.

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

Ethics Committee of Torbat Heydarieh University of Medical Sciences

Street address

THUMS Building., Razi St., Ferdaws St.

City

Torbat Heydarieh

Province

Razavi Khorasan

Postal code

95196-33787

Approval date

2016-07-17, 1395/04/27

Ethics committee reference number

IR.THUMS.REC.1395.27

Health conditions studied

1

Description of health condition studied

Heart failure

ICD-10 code

I50.2

ICD-10 code description

Systolic (congestive) heart failure

Primary outcomes

1

Description

Blood Pressure

Timepoint

Blood Pressure will be measured once before the first intervention and once after the last intervention session.

Method of measurement

Mercury pressure gauge device

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group: The lifestyle modification program in the Intervention group starts from the time of admission and continues until 12 weeks after discharge from the hospital. Each patient in the Intervention group will be required to undergo a pre-discharge test at least two times (within 24 hours) according to the need for training. After discharge, the researcher will contact the patients in the Intervention group every two weeks for 12 weeks and will examine the patient's progress and achieve goals and adherence to the curriculum. The first telephone call is made by the researcher within the first 24 hours after discharge. Each phone call will be divided into two parts: the first part will include routine recommendations regarding the care required in patients with heart failure, and the second part will be determined based on the specific needs and underlying illnesses of the patient. During the call, patients will be encouraged and supported in relation to the individual risk reduction plan, including exercise, diet, smoking

cessation and adherence to drugs. The last phone call for each individual patient will be established in the 12th week after the discharge, during which, in addition to the counseling, coordination will be required for the last appointment. The patients will have a total of 3 face-to-face meetings (2 sessions at the beginning of the study and 1 The end of the study) and five sessions of telephone training will be held every two weeks with the researcher.

Category

Lifestyle

2**Description**

control group: Except for the usual self-care education that all patients receive, no further action will be taken.

Category

Lifestyle

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

Nohome day Hospital, Torbat Heydariyeh University of Medical Sciences

Full name of responsible person

Tahereh Sarbuzi Hossein Abadi

Street address

THUMS Building., Razi St., Ferdawsi St.

City

Torbat Heydariyeh

Province

Razavi Khorasan

Postal code

95195481\$6

Phone

+98 51 5222 6014

Email

DeyHospital@thums.ac.ir

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

Torbate-Heidaria University of Medical Sciences

Full name of responsible person

Dr Hasann Azhdari Zarmehri

Street address

THUMS Building., Razi St., Ferdawsi St.

City

Torbat Heydariyeh

Province

Razavi Khorasan

Postal code

95196-33787

Phone

+98 51 5222 8023

Email

azhdarizarmehri1@thums.ac.ir

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

Yes

Title of funding source

Torbate-Heidaria 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**

Torbate-Heidaria University of Medical Sciences

Full name of responsible person

Tahereh Sarbuzi Hossein Abadi

Position

Member of the faculty of Torbat Heydariyeh University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

THUMS Building., Razi St., Ferdawsi St.

City

Torbat Heydariyeh

Province

Razavi Khorasan

Postal code

95196-33787

Phone

+98 51 5222 6013

Email

sarboozit1@thums.ac.ir

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

Torbate-Heidaria University of Medical Sciences

Full name of responsible person

Tahere Sarbooz Hosein Abadi

Position

Member of the faculty of Torbat Heydariyeh University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Nursery
Street address
THUMS Building., Razi St., Ferdawsi St.
City
Torbat Heydariyeh
Province
Razavi Khorasan
Postal code
95169-33787
Phone
+98 51 5222 6013
Email
sarboozit1@thums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Torbat-Heidaria University of Medical Sciences
Full name of responsible person
Tahere Sarbooz Hosein Abadi
Position
Member of the faculty of Torbat Heydariah University
of Medical Sciences
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
THUMS Building., Razi St., Ferdawsi St.
City
Torbat Heydariyeh
Province
Razavi Khorasan
Postal code
9519633787
Phone
+98 51 5222 6013

Email
sarboozit1@thums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Information about the main consequence after being
unidentified will be shared.

When the data will become available and for how long

Start the access period 6 months after Publish results

To whom data/document is available

Everyone

Under which criteria data/document could be used

The results obtained in this study can be used without
restriction by researchers.

From where data/document is obtainable

Referring to Torbat Heidariah Nursing and Midwifery
Faculty

What processes are involved for a request to access data/document

After sending the email to the person responsible for the
response process begins.

Comments