

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The Effect of palliative care education on life style with Chronic pain in Women elderly

Protocol summary

Study aim

Determination of the effect of palliative care methods on the pattern of life in elderly women with chronic pain

Design

This study is a pre and post interventional study. Approximately 30 individuals are sampled in an accessible sampling form among the elderly eligible to enter the study. Before starting the educational program, measuring Life style with chronic pain questionnaire in the elderly is completed by the student with the question of elderly patients with chronic pain (Before). The education program is implemented. After the completion of the education, the questionnaire is completed immediately, 1 month and 3 months after the completion of the education.

Settings and conduct

For this study samples were gathered from Mirdamad Comprehensive elderly Center. Initially, a sampling will be done in an accessible way among the elderly women with chronic pain, from the Comprehensive Centers for Elderly. For these people, measuring Life style with chronic pain questionnaire will be completed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 60 and 80 years old. Elderly patients with non-malignant pain such as musculoskeletal, neuro-skeletal, neurovascular and approved by the Center's physician. The absence of mental and cognitive impairment by self-report and through the central authorities. Not attending in education course with similar topics at the same time. Absence of blindness and deafness based on physician's diagnosis. Exclusion criteria: Changes in the condition or type of treatment diagnosed by the doctor and reported by the patient. Get into the malignant diseases.

Intervention groups

For the intervention group, the palliative care package will be taught in groups of 4, 8 sessions, 2 times a week for 1 hour, 4 weeks a week. Then, at intervals of 1-3

months, follow-up is necessary .

Main outcome variables

Life style

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180910040988N1**

Registration date: **2018-10-19, 1397/07/27**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-19, 1397/07/27**

Update count: **0**

Registration date

2018-10-19, 1397/07/27

Registrant information

Name

Elham Hesari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 17 3217 5338

Email address

e.hesari@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-15, 1397/05/24

Expected recruitment end date

2018-11-15, 1397/08/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Effect of palliative care education on life style with Chronic pain in Women elderly

Public title
Palliative care and life style in elderly women with chronic pain

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Age between 60 and 80 years old Elderly patients with non-malignant pain such as musculoskeletal, neuro-skeletal, neurovascular and approved by the Center's physician. The absence of mental and cognitive impairment by self-report and through the central authorities Not attending in education course with similar topics at the same time Absence of blindness and deafness based on physician's diagnosis
Exclusion criteria:
 Changes in the condition or type of treatment diagnosed by the doctor and reported by the patient Get into malignant diseases

Age
From **60 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
N/A

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
 Ethics committee of Golestan University of Medical Sciences
Street address

Deputy of Research and Technology, Golestan University of Medical Sciences, Hirkan Boulevard, Gorgan

City
Gorgan
Province
Golestan
Postal code
4934174515

Approval date
2018-07-15, 1397/04/24
Ethics committee reference number
IR.GUMS.REC.1397.071

Health conditions studied

1

Description of health condition studied
life style with Chronic pain in musculoskeletal disorder
ICD-10 code
M95
ICD-10 code description
Other acquired deformities of musculoskeletal system and connective tissue

Primary outcomes

1

Description
life style
Timepoint
Before intervention (pre-test) and immediate and one month and three months after intervention (post test)
Method of measurement
Life style with chronic pain questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: for participants in the intervention group the palliative care package, according to the WHO protocol, will be trained for 4 weeks, in groups of 4 people, twice a week. The educational content included physical problems management and strategies for promoting physical activity, self-care (Diet, sleep pattern, proper use of drugs and no smoking) and psychological and spiritual care and social communication
Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mirdamad elderly comprehensive center

Full name of responsible person

Mohadese Bagheri

Street address

Hosseini's impasse, Enghelab street, Mirdamad elderly comprehensive center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gorgan University of Medical Sciences

Full name of responsible person

Mohammad Reza Honarvar

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Web page address

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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

Gorgan 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

Gorgan University of Medical Sciences

Full name of responsible person

Hesari Elham

Position

دانشجو کارشناسی ارشد پرستاری سالمندی

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

Master Student Of Nursing Geriatric

Latest degree

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Other areas of specialty/work

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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

All collected deidentified IPD will be shared.

When the data will become available and for how long

6 months after publication the data files will be available.

To whom data/document is available

The data will be shared for people working in academic institutions.

Under which criteria data/document could be used

Meta analyses on data is permitted.

From where data/document is obtainable

Please contact to person responsible for scientific inquiries.

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

The data will be available through email and researcher permission

Comments