Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of Implementing of discharge planning on quality of life and body mass index in patients with gastrointestinal cancer who undergoing chemotherapy hospitalized

Protocol summary

Study aim
Effect of Implementing of discharge planning on quality of life and body mass index in patients with gastrointestinal cancer who undergoing chemotherapy

Design
Clinical trials with control group; available sampling

Settings and conduct
This clinical trial study was performed on 90 patients with cancer (esophagus, stomach, and colorectal cancer) who were studied in the study. They were divided into two groups: intervention and control groups. Data were collected using demographic characteristics, quality questionnaire Life is the checklist of the most common complications of chemotherapy. In the intervention group, the discharge schedule will be calculated from the time of admission and the body mass index will be calculated. One month after discharge, the quality of life questionnaire and body mass index of patients will be completed in two intervention and control groups.

Participants/Inclusion and exclusion criteria
The ability to communicate verbally; Stages 2 and 3; Access to the phone patient's death; reluctance to continue reading

Intervention groups
Filling out a quality of life questionnaire measuring body mass index; Assessing the patient with the most common complications of chemotherapy; Prioritizing the effects of life threatening; Training in the complications of the patient and his family for 45-60 minutes in three consecutive sessions; On the 3rd, 5th, and 15th days after the text message is sent to the patient's mobile phone. One month after the first measurement at the time of referral to the hospital, the quality of life of the patients will be measured using a questionnaire and body mass index. In the control group, filling in the questionnaire and measuring the BMI in the hospital, then measuring the quality of life and BMI one month after the first measurement

Main outcome variables
Discharge planing ; Quality of Life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20171007036612N3**
Registration date: **2019-01-14, 1397/10/24**
Registration timing: **registered_while_recruiting**

Last update: **2019-01-14, 1397/10/24**
Update count: **0**

Registration date
2019-01-14, 1397/10/24

Registrant information

Name
Simin Sharifi

Name of organization / entity
Zahedan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-12-06, 1397/09/15

Expected recruitment end date
2019-03-06, 1397/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Implementing of discharge planning on quality of life and body mass index in patients with gastrointestinal cancer who undergoing chemotherapy hospitalized

Public title

Effect of discharge planning on quality of life of patients with gastrointestinal cancer

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The ability to communicate verbal to receive instruction Knowledge of time and place Life-threatening conditions (dyspnea, intubation, etc.) The patient's pathology test confirmed the patient's gastrointestinal cancer There is no specific disease (chronic diseases, such as blood pressure-diabetes) Cancer stage 2 or 3 is in the patient's case It has mental and mental health At least once under chemotherapy To diagnose the disease at least one month past Access the phone The patient is suffering from esophageal cancer, stomach, and colorectal

Exclusion criteria:

Failure to cooperate and tolerate the patient's research conditions Patient's death during research Failure to visit the patient after a month

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Not 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

Ethics Committee of Zahedan University of Medical Sciences

Street address

Zahedan University of Medical Sciences, Dr Hesabi Sq, University Street, Zahedan, Iran

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816913396

Approval date

2018-12-02, 1397/09/11

Ethics committee reference number

IR.ZAUMS.REC.1397.330

Health conditions studied

1

Description of health condition studied

Gastrointestinal Cancer, Esophageal Cancer, Gastric Cancer, Colorectal Cancer

ICD-10 code

C15.,C16.,

ICD-10 code description

C15-C26 Malignant neoplasms of digestive organs

Primary outcomes

1

Description

quality of life

Timepoint

At the beginning of the study, the month after the study

Method of measurement

The EROTIC core quality of life questionnaire

2

Description

Body Mass index

Timepoint

At the beginning of the study, the month after the study

Method of measurement

Digital weight and meter measurement scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: At the time of admission of patients

in the hospital, at the first session, filling out a questionnaire on quality of life in these patients and measuring the BMI will be carried out. Then, the patients will be evaluated by the form of the most common complications of patients under American Cancer Chemo Chemotherapy and then prioritizing the complications. Based on life threatening and post-traumatic training on complications according to the complications noted to the patient and his family on the second day of education in the field of complications according to the complications noted to the patient and his family on the third day of education in the field of complications according to the complications noted to the patient and his family The training time will be 45-60 minutes per session. The third, fifth and fifth days after discharge, according to the priority of the specified complications, will be sent to the patients 'mobile phone. One month after the first assessment at the time of referral to the hospital, patients' quality of life was assessed using a questionnaire and body mass index using weight and size Will be done.

Category

Lifestyle

2

Description

Control group: In the control group, on the first day of admission, filling in the quality of life measurement and body mass index in the hospital, then measuring the quality of life and BMI will be done one month after the first assessment.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospital Ali Ibn Abi Talib

Full name of responsible person

Simin Sharifi

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2

Recruitment center

Name of recruitment center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Zahedan University of Medical Sciences

Proportion provided by this source

80

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
Zahedan University of Medical Sciences
Full name of responsible person
Simin Sharifi
Position
Faculty of Nursing and Midwifery, Zahedan
Latest degree
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Person responsible for updating data

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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