

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 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

Country

Iran (Islamic Republic of)

Phone

+54 33442481

Email address

sharifi@zaums.ac.ir

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

Street address

salamat Blvd., Persian Gulf Highway

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743111

Phone

+98 54 3329 5570

Fax

+98 54 3329 5575

Email

sharifi@zaums.ac.ir

2

Recruitment center

Name of recruitment center

Khatam al-Anbia hospital

Full name of responsible person

Simin Sharifi

Street address

Jam jam Ave

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9815733169

Phone

+98 54 3322 0501

Fax

+98 54 3322 0501

Email

khatamhospital_zah@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Dr.Bakhshani Normohammad

Street address

Zahedan University of Medical Sciences, Dr Hesabi Sq

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816743463

Phone

+98 54 3329 5796

Fax

+98 54 3329 5796

Email

bakhshani@zaums.ac.ir

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

Ph.D.

Other areas of specialty/work

Nursery

Street address

Nursing and Midwifery Department., Mashahir Sq

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816913396

Phone

+98 54 3344 2481

Fax

+98 54 3344 2481

Email

sharifi@zaums.ac.ir

Person responsible for scientific 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

Ph.D.

Other areas of specialty/work

Nursery

Street address

. Nursing and Midwifery Department, Mashahir Sq

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816913396

Phone

+98 54 3344 2481

Fax

+98 54 3344 2481

Email

sharifi@zaums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Somayye charehjoo

Position

Master student of Medical- Surgical Nursing,

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Nursing and Midwifery Department., Mashahir Sq

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816913396

Phone

+98 54 3344 9693

Fax**Email**

charehjoo.s@gmail.com

Web page address

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