

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of using Orem model on self-care behaviors of elderly women with hypertension in city of Ramsar

Protocol summary

Study aim

Effect of using Orem model on self-care behaviors of elderly women with hypertension in city of Ramsar

Design

The clinical trial has a community-based, practice-oriented control group, with parallel groups, randomized

Settings and conduct

Patients with eligible hypertension who have electronic records in Ramsar city health centers, if their total score is less than 50% of the researcher's questionnaire, will be included in the research according to the sample size. In this study, self-care education program based on the Orem model Based on nursing support system, it will be educational

Participants/Inclusion and exclusion criteria

All aged women aged 60-74 years with hypertension who are in the electronic records centers of Ramsar city will form the research community

Intervention groups

Face-to-face training for 30 minutes 3 sessions once a week for 3 weeks

Main outcome variables

Compliance with diet-Propagation to drug use, weight management, physical activity, alcohol consumption and pre-interventional cats and 3 months later using standard questionnaire.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180831040911N1**

Registration date: **2019-04-14, 1398/01/25**

Registration timing: **retrospective**

Last update: **2019-04-14, 1398/01/25**

Update count: **0**

Registration date

2019-04-14, 1398/01/25

Registrant information

Name

shahrbanoo nasresabetghadam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 4253 7807

Email address

s.nasresabetghadam@mubabol.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-24, 1397/08/02

Expected recruitment end date

2019-02-09, 1397/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of using Orem model on self-care behaviors of elderly women with hypertension in city of Ramsar

Public title

The effect of using Orem model on self-care behaviors of elderly women with hypertension

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Have reading and writing skills Accommodation in Ramsar city Phone Access at Home Lack of speech and

hearing problems A history of over 6 months of hypertension Earn less than 50 percent of the researcher-made questionnaire based on the Orem model Female patients with hypertension based on e-mail and aged 60-74 years The desire to participate in research

Exclusion criteria:
Unwillingness to continue the research Not attending more than two training sessions Old man's death Hospital admission during study

Age
From **60 years** old to **74 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
At first, the samples were selected using available sampling method and by simple random assignment method They will be divided into test and control groups. Thus, for each electronic case of patients, a number from 1 to 70 will be randomly selected, and then the number of case files in the test group and the coupled number records will be in the control group.

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
The Ethics Committee of Babol University of Medical Sciences

Street address
Shahid Gholipour Shahid Gholipour Building, Salami Building, Imam Khomeini Street

City
Langeroud

Province
Guilan

Postal code
4471667475

Approval date
2018-08-19, 1397/05/28

Ethics committee reference number
IR.MUBABOL.HRI.REC.1397.115

Health conditions studied

1

Description of health condition studied

High blood pressure

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

High blood pressure

Timepoint

Initial training, 12 weeks after intervention

Method of measurement

Blood pressure in millimeters of mercury using a digital barometer and how to measure the systolic blood pressure scale.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: this group will be educated (three one hour sessions) Based on the Orem self-care model through giving lecture, question and answer and group discussion. Intervention includes 5 steps. First step: Determine the needs of self-care patients in the three dimension(needs of self-care, evolution and deviation from individual health). Second step: Determine nursing diagnoses and goals. Third step: Planning based on self-care behaviors tailored to the needs of individuals. Fourth step: Implementation of self-care program training. Fifth step: Evaluation.

Category

Lifestyle

2

Description

Control group: In the control group no intervention will be done for the patients

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Ramsar Health Centers

Full name of responsible person

Shahabano Nasresabetghadam

Street address

Health Center Attached to Hakim ., Sadat Shahr

City

Ramsar

Province

Mazandaran

Postal code

4471667475

Phone

+98 13 4253 7807

Email

sh.nasresabetghadam@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Fatemeh Ghaffari

Street address

Alzahra Nursing Faculty, Shahid Motahari St. Ramsar Square

City

Ramsar

Province

Mazandaran

Postal code

4471667475

Phone

+98 11 5522 5151

Email

sh.nasresabetghadam@gmail.com

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

Yes

Title of funding source

Babol 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

Babol University of Medical Sciences

Full name of responsible person

Mehri Jahanshahi

Position

Master of Science - Faculty Member

Latest degree

Master

Other areas of specialty/work

Health Promotion

Street address

Ramsar-Enghelab Square-Imam Sajjad hospital-
Fatima Zahra School of Nursing. Postal code:
4691714141

City

Ramsar

Province

Mazandaran

Postal code

4717647745

Phone

+98 11321995926

Fax

+98 11 3219 0181

Email

mehrigahanshahi@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Mehri jahanshahi

Position

Master of Science - Faculty Member

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Alzahra Nursing Faculty, Shahid Motahari St. Ramsar Square

City

Ramsar

Province

Mazandaran

Postal code

4471667475

Phone

+98 11 5522 5151

Fax

+98 11 3219 0181

Email

mehrigahanshahi@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Shahrbano Nasresabetghadam

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Shahid Gholipour Shahid Gholipour Building, Salami
Building, Imam Khomeini Street

City

Langruod

Province

Guilan

Postal code

4471667574

Phone

+98 13 4253 7807

Email

s.nasresabetghadam@mubabol.ac.ir

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

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable