

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Implementation and Evaluation of Heart Failure Patients Discharge Plan

Protocol summary

Study aim

Implementation and Evaluation of Heart Failure Patients Discharge Plan

Design

The present study is an interventional, before and after study. The discharge plan is implemented for heart failure patients and the variables are compared before and after the study. The sample size was 26 patients.

Settings and conduct

This study is conducted in Shahid Rajaie Cardiovascular Medical and Research Center for 3 months. The discharge plan will be implemented for patients who have criteria for entering the study. The questionnaires are completed and compared before the program starts and 3 months after its implementation.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1) Patient with heart failure 2) aged 18 or over. 3) live in Tehran. 4) Satisfaction to participate in the study. 5) Have a history of admission more than 1 time within the past 6 months Exclusion criteria: 1) The patient has undergone cardiac surgery for the last 8 weeks 2) myocardial infarction In the last 4 weeks 3) cardiogenic shock In the last 4 weeks

Intervention groups

This study is part of an action research study. A discharge plan designed for patients with heart failure will be implemented and evaluated.

Main outcome variables

Self-care behavior; quality of life; depression; psychological burden of care; number of admissions; number of admission days

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190205042636N1**

Registration date: **2019-04-29, 1398/02/09**

Registration timing: **registered_while_recruiting**

Last update: **2019-04-29, 1398/02/09**

Update count: **0**

Registration date

2019-04-29, 1398/02/09

Registrant information

Name

Fidan Shabani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4424 8029

Email address

fidannahal@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-19, 1397/11/30

Expected recruitment end date

2019-05-19, 1398/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Implementation and Evaluation of Heart Failure Patients Discharge Plan

Public title

Implementation and Evaluation of Heart Failure Patients Discharge Plan

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

heart failure patients age 18 or older living in Tehran

having the consent to participate in the study
hospitalization more than one during the last six months

Exclusion criteria:

The patient has undergone cardiac surgery for the last 8 weeks
myocardial infarction In the last 4 weeks
cardiogenic shock In the last 4 weeks

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **26**

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 the University of Social Welfare and Rehabilitation Sciences

Street address

Kudakyar, Daneshjoo Blvd, Evin, Tehran

City

Tehran

Province

Tehran

Postal code

1985713834

Approval date

2016-08-09, 1395/05/19

Ethics committee reference number

IR.USWR.REC.1395.89

Health conditions studied

1

Description of health condition studied

Heart Failure

ICD-10 code

I50.9

ICD-10 code description

Heart failure, unspecified

Primary outcomes

1

Description

self-care behavior

Timepoint

Before the start of the discharge plan and 3 months after the discharge plan

Method of measurement

European Heart Failure Self-care Behaviour scale

2

Description

Quality of life

Timepoint

Before the start of the discharge plan and 3 months after the discharge plan

Method of measurement

The Minnesota Living with Heart Failure Questionnaire

3

Description

Depression

Timepoint

Before the start of the discharge plan and 3 months after the discharge plan

Method of measurement

Cardiac Depression Scale

4

Description

psychological burden of care

Timepoint

Before the start of the discharge plan and 3 months after the discharge plan

Method of measurement

Zarit Burden Interview

5

Description

number of hospitalization

Timepoint

Before the start of the discharge plan, 1 month and 3 months after the implementation of discharge plan

Method of measurement

Registration form for the hospitalization of a patient with heart failure in a hospital

6

Description

hospital days

Timepoint

Before the start of the discharge plan, 1 month and 3 months after the implementation of discharge plan

Method of measurement

Registration form for the hospital days of a patient with heart failure in a hospital

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: The study is an interventional type before and after. For patients enrolled in the study, the discharge plan includes three areas: patient empowerment, home visit after discharge, and post-discharge telephone follow-up implemented for three months, and the outcome variables are compared before and after the implementation of the program.

Category

Prevention

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

Shahid Rajaie Cardiovascular Medical and Research Center

Full name of responsible person

Fidan Shabani

Street address

Valiasr, next to Mellat Park, Shahid Rajaie Cardiovascular Center

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

University of social welfare and rehabilitation sciences

Full name of responsible person

Farahnaz Mohammadi Shahboulaghi

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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

University of social welfare and rehabilitation sciences

Proportion provided by this source

1

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

2**Sponsor****Name of organization / entity**

University of social welfare and rehabilitation sciences

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

University of social welfare and rehabilitation sciences

Proportion provided by this source

99

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Persons

Person responsible for general inquiries

Contact

Name of organization / entity
University of social welfare and rehabilitation sciences

Full name of responsible person
Fidan Shabani

Position
nurse

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Associate professor

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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

Not applicable

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

Not applicable

Data Dictionary

Not applicable