Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of care program based on Imogene King's model of goal attainment on the quality of life in patients with myocardial infarction

Protocol summary

Study aim

Determine the effect of care program based on Imogene King's model of goal attainment on the quality of life in patients with myocardial infarction

Design

This is a randomized Single blinded clinical trial. 102 patients with MI were selected based on entry criteria and randomly assigned to two groups of intervention and control.The method of assigning intervention to individuals is randomized and random blocked blocks with block size 4

Settings and conduct

This study will be conducted in ccu departments of Golestan and Imam Khomeini hospitals in Ahvaz. after the sampling, randomization and obtaining written consent, McNew's quality of life questionnaire will be complete with the two groups .individuals in the intervention group will receive a care program based on Imogene King's model of goal attainment with these phrases:1-nursing assessment(the patient’s needs and goal identification);2–Planning with patient participation(determining nursing diagnoses, prioritizing agreed goals, and organizing training sessions);3-implementation(conducting 3-4 interactive sessions of at least 15 minutes between the nurse and the patient,presenting the educational content to patients);4– evaluation(determines the level of the goal achievement).The patients is followed up on the second and sixth week by telephone and at the fourth and eighth week by visiting.The control group will receive only routine care and education.In the eighth week ,McNew's quality of life questionnaire is completed by both groups.

Participants/Inclusion and exclusion criteria

Age between 30 and 65.The final diagnosis of myocardial infarction.Ability to communicate.Not having known mental and psychiatric disorders

Intervention groups

in the intervention group, a care program based on Imogene King's model of goal attainment is used.The control group receives only routine care and education

Main outcome variables

Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190130042564N1**
Registration date: **2019-04-22, 1398/02/02**
Registration timing: **registered_while_recruiting**

Last update: **2019-04-22, 1398/02/02**
Update count: **0**

Registration date

2019-04-22, 1398/02/02

Registrant information

Name

Fereshteh Hadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 74 3331 2334

Email address

hadi.f@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-13, 1397/12/22

Expected recruitment end date

2019-06-12, 1398/03/22

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of care program based on Imogene King's model of goal attainment on the quality of life in patients with myocardial infarction

Public title
The effect of care program based on Imogene King's model of goal attainment on the quality of life in patients with myocardial infarction
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age of people between 30 and 65 The final diagnosis of myocardial infarction by a doctor and recording in document Ability to communicate Understand the purpose of the study and the willingness to participate in the study Not having known mental and psychiatric disorders
Exclusion criteria:
Death Unwillingness to continue cooperation Participate in another intervention
Age
From **30 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **102**
Randomization (investigator's opinion)
Randomized
Randomization description
The method of assigning intervention to individuals is randomized and random blocked blocks with block size 4 (using the table for random permutations).
Blinding (investigator's opinion)
Single blinded
Blinding description
single blind means that only samples are unaware of being placed in the intervention or control group.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Ahvaz Jundishapur University of Medical Sciences
Street address
Golestan Blvd. Ahvaz Jundishapur University of Medical Sciences
City
Ahvaz
Province
Khouzestan
Postal code
61357-15794
Approval date
2018-10-21, 1397/07/29
Ethics committee reference number
IR.AJUMS.REC.1397.775

Health conditions studied

1

Description of health condition studied
Myocardial Infarction
ICD-10 code
I21
ICD-10 code description
ST elevation (STEMI) and non-ST elevation (NSTEMI) myocardial infarction

Primary outcomes

1

Description
Quality of life
Timepoint
Before the intervention and two months after the intervention begin
Method of measurement
McNew's quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: .For individuals in the intervention group, a care program based on Imogene King's model of goal attainment is used. Thus, the nursing process is based on King's theory in four steps during the patient's admission. The steps in the King's Nursing Process include these steps. 1. The collection of basic information (data banks) and the list of problems (the database includes the history of nursing and the examination of health status.) 2. Plan and set goals (Goal List). 3.

Implementation of care program. 4.Evaluation or Progress note. The patients is followed up on the second and sixth week by telephone and at the fourth and eighth week by visiting in the clinic.

Category

Treatment - Other

2

Description

Control group: The control group receives only routine care and education.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

ccu department of Golestan hospital

Full name of responsible person

Fereshteh Hadi

Street address

Farvardin Ave, Golestan Blvd.

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2

Recruitment center

Name of recruitment center

ccu department of Imam Khomeini hospital

Full name of responsible person

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24 meters high street. Imam Khomeini Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Badvi

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Web page address

http://ajums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Fereshteh Hadi

Position

Master of Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
it is not the objective of this study.
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