

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

The effect of Teach back education on treatment adherence and re-admission in patients with acute coronary syndrome

Protocol summary

Study aim

Determination effect of Teach back education on treatment adherence and readmission in patients with acute coronary syndrome in Zahedan University of Medical Sciences,2019

Design

This clinical trial is community-based, non-blind with control group and 70 acute coronary syndrome patients will be randomly assigned into two groups.

Settings and conduct

In the intervention group, Teach back education will be conducted in three individual sessions. the duration of the education will be based on the patient's tolerance level between 30 and 45 minutes. In the control group, routine care has been performed and there will be no intervention in this group. One and three months after the intervention, the treatment adherence tools and re-admission form will be completed in both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria:1-The first patient's admission to the diagnosis of acute coronary syndrome 2-Passing 24 hours after admission patients 3-Living in Zahedan City 4-Lacking disabling disease 5-Non-impairment in speech, hearing and vision 6-Able to communicate and collaborate 7-Lack of mental disorders 8-The absence of the patient or a family member in the medical department :Exclusion criteria: 1-Lack of desire to cooperate 2-Lack of participating in the educational sessions

Intervention groups

In the intervention group, Teach back education will be provided in three sessions individually. We ask each patient to express their educational content in their own language. Patient readmission is investigated in both intervention and control groups within three months of intervention. The control group will receive only routine education at the time of discharge by nurses in the department. One and three months after intervention, treatment adherence tool for both groups will be

completed.

Main outcome variables

Treatment adherence,Readmission

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190311043013N1**

Registration date: **2019-03-20, 1397/12/29**

Registration timing: **registered_while_recruiting**

Last update: **2019-03-20, 1397/12/29**

Update count: **0**

Registration date

2019-03-20, 1397/12/29

Registrant information

Name

hamid reza Azizi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3342 7753

Email address

h.azizi@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-16, 1397/12/25

Expected recruitment end date

2019-06-15, 1398/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of Teach back education on treatment adherence and re-admission in patients with acute coronary syndrome

Public title
Effect of teach back education on treatment adherence and re-admission in patients with acute coronary syndrome

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
The first patient's admission to the diagnosis of acute coronary syndrome
Passing 24 hours after admission
patients Lacking disabling disease
Non-impairment in speech, hearing and vision
Able to communicate and collaborate
Lack of mental disorders
The absence of the patient or a family member in the medical department
Living in Zahedan City
Exclusion criteria:
Lack of desire to cooperate
Lack of participating in the educational sessions

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
70 individuals will be randomly assigned to two groups. The sample size of the color card is provided in two colors: red and blue. Cards are arranged randomly. Each card is assigned to a patient, depending on the color, into the control or intervention 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
Ethics Committee of Zahedan University of Medical Sciences
Street address
School Of Health, Zahedan University Of Medical Sciences, Jannat Blvd, Prof. Hesabi Sq, Zahedan, Iran. Zahedan
City
zahedan
Province
Sistan-va-Balouchestan
Postal code
9816913396
Approval date
2019-03-03, 1397/12/12
Ethics committee reference number
IR.ZAUMS.REC.1397.474

Health conditions studied

1

Description of health condition studied
Acute coronary syndrome
ICD-10 code
I25.9
ICD-10 code description
Chronic ischemic heart disease, unspecified

Primary outcomes

1

Description
Treatment adherence: The score of the research unit based on Ziaee's treatment adherence questionnaire and its scope is 0-100
Timepoint
Treatment adherence measurements one and three months after the intervention
Method of measurement
Treatment adherence questionnaire

2

Description
Re-admission: Re-admission patients within three months after discharge due to heart disease
Timepoint
Measurement of patients' re-admission three months after intervention
Method of measurement
By telephone with patients and registered in the relevant form

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The content of the education will be provided by the Teach back method in three sessions individually and 24 hours after the patient's admission. At the first session about the disease, risk factors, symptoms, complications and the importance of preventing them, in the second session on nutrition.exercise And at the third session about the medications and the medication diet, the education will be provided.

Category

Lifestyle

2

Description

Control group: In the control group, routine care has been taken and there is no intervention.After studying patients' re-admission and adherence to treatment, will be examined.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali ibn Abitaleb Hospital Zahedan

Full name of responsible person

Fariba Yaghoubi Nia

Street address

School Of Health, Zahedan University Of Medical Sciences, Jannat Blvd, Prof. Hesabi Sq, Zahedan, Iran. Zahedan Sistan And Baluchestan Iran

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Email

yaghoubinia@gmail.com

Web page address

<http://zaums.ac.ir>

2

Recruitment center

Name of recruitment center

Khatam al anbia hospital

Full name of responsible person

Fariba Yaghoubi Nia

Street address

Zahedan, Jam-e-jam Ave.

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yaghoubinia@gmail.com

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Nor Muhammad Bakhsani

Street address

University of Medical Sciences and Health Services, Zahedan University of Medical Sciences, Dr. Hesabi - Persian Gulf Blvd

City

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Sistan-va-Balouchestan

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Email

bakhsani@zaums.ac.ir

Web page address

<http://zaums.ac.ir>

Grant name

Grant code / Reference number

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

No

Title of funding source

Zahedan 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

Zahedan University of Medical Sciences

Full name of responsible person

Fariba Yaghoubi Nia

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Zahedan, Zahedan
Nursing and Midwifery Faculty, Fellowship Square

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Email

yaghoubinia@gmail.com

Web page address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Fariba Yaghoubi Nia

Position

Associate professor

Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Fariba Yaghoubi Nia

Position

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The Main Outcomes of the Participants are Public.

When the data will become available and for how long

6 months after the results .

To whom data/document is available

Researchers at Academic and Academic Institutions .

Under which criteria data/document could be used

Statistical Result .

From where data/document is obtainable

Nursing and Midwifery Faculty of Zahedan Phone and Fax: 05433442481 Zip Code: 9816913396 Address: Faculty of Nursing and Midwifery, Zahedan, Zahedan Nursing and Midwifery Faculty, Fellowship Square

What processes are involved for a request to access

data/document

En Contact the Nursing Faculty Library section.

Comments

Does not have