

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients

Protocol summary

Summary

This clinical trial is conducted to assess of the effect of respiratory rehabilitation techniques on respiratory function of COPD patients referring to clinic of khorramabad Shohada hospital. 120 patients with COPD are recruited using convenience sampling method and randomly assigned into control or intervention group. The intervention group receives one session of educational program of respiratory rehabilitation techniques including respiratory exercises and upper limb exercises which will be individualized as necessary using lecture and practical exercises and educational pamphlet. The control group receives no intervention. Any change in arterial blood gases and spirometry measures will be compared between groups. Quality of life was also measured by using standard WHO-QOL questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903194129N1**

Registration date: **2011-01-03, 1389/10/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-01-03, 1389/10/13

Registrant information

Name

Shirin Hasanvand

Name of organization / entity

Lorestan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 66 1321 3759

Email address

hasanvand.sh@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Lorestan University of Medical Sciences

Expected recruitment start date

2010-02-20, 1388/12/01

Expected recruitment end date

2011-08-23, 1390/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients

Public title

The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients referring to clinic of Shohadaye Ashayer hospital

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: Suffering from moderate to severe COPD (emphysema, bronchitis, bronchiectasis), using bronchodilators or mucolytic agents, no change in the treatment protocol Exclusion Criteria: history of ischemic heart disease or intermittent claudication, presence of renal or liver diseases, skeletal muscle diseases, diabetes or uncontrolled hypertension, consumption of beta agonists or corticosteroid therapy

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Lorestan University of Medical Sciences

Street address

Vice-chancellor for Technology and research,
Lorestan University of Medical Sciences, University
Campus Complex, Khoramabad, Lorestan

City

Khoramabad

Postal code**Approval date**

2010-01-09, 1388/10/19

Ethics committee reference number

8-1/10/88

Health conditions studied**1****Description of health condition studied**

Chronic Obstructive Pulmonary Diseases

ICD-10 code

J44.9

ICD-10 code description

Chronic Obstructive Pulmonary Diseases

Primary outcomes**1****Description**

Arterial Blood Gases

Timepoint

before and after of intervention

Method of measurement

taking 1 cc of arterial blood by educated nurse of ICU
ward and reporting of result

2**Description**

Respiratory volumes and capacities

Timepoint

before and after intervention

Method of measurement

spirometry

Secondary outcomes**1****Description**

Quality of Life

Timepoint

before and after intervention

Method of measurement

who quality of life questionnaire

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

Intervention group: Respiratory exercises and Upper limb
exercises four times a day for 4 weeks

Category

Rehabilitation

2**Description**

Control group: Routine care

Category

N/A

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

Shohadaye Ashayer hospital

Full name of responsible person**Street address**

Shohadaye Ashayer hospital, Khoramabad

City

Khoramabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Lorestan University of Medical Sciences

Full name of responsible person

Shirin Hasanvand

Street address

Lorestan University of Medical Sciences

City

Khorramabad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Lorestan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing and Midwifery Colledge

Full name of responsible person

Shirin Hasanvand

Position

Faculty Mentor

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Lorestan University of Medical Sciences and Health
Services

Full name of responsible person

Shirin Hasanvand

Position

Msc

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Nursing and Midwifery college of Khorramabad

Full name of responsible person

Shirin Hasanvand

Position

Other areas of specialty/work

Street address

City

Postal code

Phone

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty