Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Evaluation of the Effectiveness of the First phase of Cardiac Rehabilitation on the Frequency of Readmission and Quality of Life in Patients Who Undergoing CABG

Protocol summary

Study aim
Determining the effectiveness of the first phase of rehabilitation on frequency of readmission and quality of life in patients who undergoing CABG

Design
A hundred eligible patients included in the study through available sampling, after a thorough explanation of the objectives of the study and taking informed consent, They were assigned into two groups of control (n = 50) and intervention (n = 50) by the random numbers table method

Settings and conduct
The present study will be performed at the Shahid Rajaei Educational Center. Blinding won't be done in this study.

Participants/Inclusion and exclusion criteria
Inclusion criteria:The time of hospitalization must be at least 24 hours; the person must have undergone the coronary artery bypass grafting surgery; having stable hemodynamic condition according to the physician diagnosis; having a history of hospitalization at least once in the past 6 months. Non-inclusion criteria: The Patient's unwillingness to participate in the study; the patient have been resuscitated within the first 24 hours after admission; the reason for the patient's hospitalization is consultation and physician visit.

Intervention groups
Intervention group :face to face education will be done in four 15-minute sessions by the rehabilitation nurse.Content of education sessions: Session 1: Education of coronary artery and lung anatomy by using images. 2: Education on diet and medication. 3:Lifestyle changing, smoking cessation and exercise importance.4:training about warning signs of cardiovascular diseases , physical activity, sexual activity, exercise in the range of motion and walking control group:They will not attend training sessions.

Main outcome variables
Readmission; Quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20171223038015N2**
Registration date: **2020-03-27, 1399/01/08**
Registration timing: **retrospective**

Last update: **2020-03-27, 1399/01/08**
Update count: **0**

Registration date
2020-03-27, 1399/01/08

Registrant information

Name
Fatemeh Rahimi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 26 3457 0030
Email address
frahimi@abzums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-03-21, 1398/01/01

Expected recruitment end date
2020-03-20, 1399/01/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Evaluation of the Effectiveness of the First phase of Cardiac Rehabilitation on the Frequency of Readmission and Quality of Life in Patients Who Undergoing CABG

Public title
The Effectiveness of the First phase of Cardiac Rehabilitation on the Frequency of Readmission and Quality of Life
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
The Time of hospitalization must be at least 24 hours The person must have undergone the coronary artery bypass grafting surgery Having Stable hemodynamic condition according to the physician diagnosis Having a history of hospitalization at least once in the past 6 months
Exclusion criteria:
The patient's unwillingness to participate in the study The patient have been resuscitated within the first 24 hours after admission The reason for the patient's hospitalization is consultation and physician visit
Age
From **18 years** old to **70 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Randomization (investigator's opinion)
Randomized
Randomization description
Random numbers table
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 Alborz University of Medical Sciences
Street address
No.9, Dara Town, East Pone avenue, North Yasaman street
City
Karaj
Province
Alborz
Postal code
3197635141
Approval date
2019-09-14, 1398/06/23
Ethics committee reference number
IR.ABZUMS.REC.1398.146

Health conditions studied

1

Description of health condition studied
Coronary Artery Bypass Surgery
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Readmission
Timepoint
Before and after the intervention
Method of measurement
Hospital Information System

2

Description
Quality of Life
Timepoint
Before and after the intervention
Method of measurement
SF 36 Quality of Life Questionnaire; MCNEW Quality of Life Questionnaire; WHO Quality of Life Questionnaire; Questionnaire of dietary; pharmacological and physical activity

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: face to face education will be done in four 15-minute sessions by the rehabilitation nurse. Content of education sessions includes: Session 1: Education of coronary artery and lung anatomy by using images.2: Education on Diet and medication.3:Lifestyle changing, smoking cessation and exercise importance.4:training about warning signs of cardiovascular diseases, physical activity, sexual activity,

exercise in the range of motion and walking

Category

Rehabilitation

2

Description

Control group: They do not receive any intervention and only in the first and last sessions of the study , their readmission rate and quality of life will be assessed by questionnaires.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Rajaei , Educational & Medical Center

Full name of responsible person

Fatemeh Rahimi

Street address

Shahid Rajaei Hospital; Shahid Beheshti avenue; Shahid Rajaei street

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Phone

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Fax

+98 26 3455 4484

Email

frahimi110@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Karaj University of Medical Sciences

Full name of responsible person

Dr Mohamad Noorisepehr

Street address

Shahid Rajaei Hospital; Shahid Beheshti avenue; Shahid Rajaei street

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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

Karaj 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

Alborz University of Medical Sciences

Full name of responsible person

Fatemeh Rahimi

Position

Critical Care Nursing

Latest degree

Master

Other areas of specialty/work

Nursery

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Shahid Rajaei Hospital; Shahid Beheshti avenue; Shahid Rajaei street

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Person responsible for scientific inquiries

Contact

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Karaj University of Medical Sciences

Full name of responsible person

Fatemeh Rahimi

Position

Critical Care Nursing

Latest degree

Master

Other areas of specialty/work

Nursery
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Person responsible for updating data

Contact
Name of organization / entity
Alborz University of Medical Sciences
Full name of responsible person
Fatemeh Rahimi
Position
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Latest degree
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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