

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 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

**City**

Karaj

**Province**

Alborz

**Postal code**

3197635141

**Phone**

+98 26 3457 0030

**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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+98 26 3455 4484

**Email**

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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

**Street address**

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Shahid Rajaei street

**City**

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**Province**

Alborz

**Postal code**

3197635141

**Phone**

+98 264570030

**Fax**

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**Email**

frahimi110@gmail.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Karaj University of Medical Sciences

**Full name of responsible person**

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**Other areas of specialty/work**

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**Fax**  
+98 26 3455 4484  
**Email**  
frahimi110@gmail.com

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
Alborz University of Medical Sciences  
**Full name of responsible person**  
Fatemeh Rahimi  
**Position**  
Critical Care Nursing  
**Latest degree**  
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**Other areas of specialty/work**  
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**Street address**  
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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