

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of nursing supportive program on anxiety in patients transferred from the ICU heart surgery to General ward.

Protocol summary

Summary

The purpose of this study was to determine the effect of Supportive Nursing Program, on the anxiety of patients transferred from Cardiac surgery Intensive Care Unit to the Public Unit. In this Quasi-experimental study, 68 patients whom are hospitalized in the cardiac surgery intensive care unit of Tehran hospitals, after a random sampling will enter into two intervention and control groups. Before starting the intervention, the patient`s anxiety will be measured by Spielberger State-Trait Anxiety Questionnaire, moreover the physical symptoms of anxiety (blood pressure, pulse and respiration) are also measured. While the patients in the Control group will receive only routine nursing care, patients in the Experience group, will use the Supportive Nursing Program, during the transfer process to the public unit, which is conducted by researcher nurse. Finally, again anxiety, and physical symptoms of anxiety will be measured and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201401274443N7**

Registration date: **2014-02-12, 1392/11/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-02-12, 1392/11/23

Registrant information

Name

Masoumeh Zakerimoghadam

Name of organization / entity

Tehran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-01-29, 1392/11/09

Expected recruitment end date

2014-04-29, 1393/02/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of nursing supportive program on anxiety in patients transferred from the ICU heart surgery to General ward.

Public title

The effect of nursing supportive program on anxiety in patients transferred from the ICU heart surgery to General ward.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: the patient should be hospitalized for the first time in intensive care unit, sick time, being aware of time, place and person, being in the above 18 years age group, the patient has ability to understand the contents in the Persian language, not to have history of known Psychiatric disease, patient`s transport to public unit, should be according to the unit`s routine and

not to be emergency, during ICU stay no uncommon occurrence such as bleeding requiring retransfer to operation room, should be happened, at least 24 hours and a maximum of three days, should be admitted to the ICU. Exclusion criteria were: Not to have desire to continue the clinical working trial, an unexpected event occurs during the transport process (such as pain, shortness of breath).

Age

From **18 years** old to **100 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **68**

Randomization (investigator's opinion)

Randomized

Randomization description**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**

Tehran University of Medical Sciences

Street address

Sixth Floor, Central Organization of University, Qods St, Keshavarz Blvd

City

tehran

Postal code

1419733171

Approval date

2014-01-27, 1392/11/07

Ethics committee reference number

92/130/2374/ص

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

circulatory and respiratory status

ICD-10 code

R00-R09

ICD-10 code description

Symptoms and signs involving the circulatory and respiratory systems

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

Anxiety and physical symptoms of anxiety.

Timepoint

before Time of transfer and 2 hours after being transferred to the ward.

Method of measurement

Spielberger Anxiety Questionnaire.blood pressure measuring devices.Chronometer.

Secondary outcomes

empty

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

Intervention Group: In the intervention group, Supportive Nursing Program during the transition process from cardiac surgery intensive care to the public ward would be used. Supportive Nursing Program begin from the treatment team`s decision to transfer the patient and continue until two hours after Patient`s settling in the public unit, and include researcher nurse presence, along with patient, from the decision of patient`s transfer the to the end of the transition process. Initially communication with the patient takes place (the researcher introduces himself to the patient, call patient's name and makes the initial connection with the patient in order to Warm up), then the initial assessment of the patient's specific needs, talking to patients regarding their disease process and selfcare techniques after the surgery, explaining the reasons and benefits of the transition from intensive care unit to the public unit, encourage the patient to talking about concerns and fears, answering the patient's probable questions is done in the next steps that the patient is being prepared for transmission, and in the host unit, familiarization the patient with the environment and personnel is done and if the patient is interested, family are allowed to visit.

Category

Other

2**Description**

Control group: Usual nursing cares is used for the patients of control group during the transition process from the Cardiac surgery Intensive care unit to the Public unit.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shariati Hospital

Full name of responsible person

Kuroshjodaki

Street address

North Kargar St

City

tehran

2

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Kurosh jodaki

Street address

Imam Khomeini Hospital, DrMirkhani St, TohidSq

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mr. Madadi

Street address

Keshavarz Blvd, Central Organization of Tehran
University of Medical Sciences

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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

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Kurosh jodaki

Position

M.s of Critical Care Nursing

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Masoumeh Zakerimoghdam

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Phd Student

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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