Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

Protocol summary

Study aim
The aim of this study will be to compare the energy expenditure during physical activity of the patients of myocardial infarction –IV having home based and supervised cardiac rehabilitation.

Design
Rendomized clinical trial

Settings and conduct
Younas Hospital Daska

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients with age range greater then 18. Both males and females. Patients clinically diagnosed with MI. Patient who will give consent to abide by treatment . Exclusion criteria: Pregnant females Unstble angina. Any respiratory disease. History of rib fracture.

Intervention groups
Group 1: patients will be treated with supervised cardiac rehabilitation program. Group 2: patients will be treated with home based exercise program.

Main outcome variables
effect of home based and clinical exercise on physical activity of MI IV patients.

General information

Reason for update

Acronym
MI , CRP

IRCT registration information
IRCT registration number: **IRCT20191117045462N8**
Registration date: **2022-05-09, 1401/02/19**
Registration timing: **retrospective**

Last update: **2022-05-09, 1401/02/19**
Update count: **0**

Registration date
2022-05-09, 1401/02/19

Registrant information

Name
Wajeeha Zia
Name of organization / entity
Riphah International University
Country
Pakistan
Phone
+92 42 35126110
Email address
wajeeha_z@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-01-04, 1400/10/14

Expected recruitment end date
2022-04-05, 1401/01/16

Actual recruitment start date
2022-01-05, 1400/10/15

Actual recruitment end date
2022-04-01, 1401/01/12

Trial completion date
2022-05-02, 1401/02/12

Scientific title
Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

Public title
Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Both males and females . patient with age range greater then 18 Patients clinically diagnosed with MI-IV. Patients

who will give consent to abide by treatment.

Exclusion criteria:

Pregnant females Unstable angina Any respiratory disease MI-I , MI-II , MI-III . Rib fracture. Red flags like ; fever , night sweats , malaise.

Age

From **18 years** old

Gender

Both

Phase

4

Groups that have been masked

- Participant

Sample size

Target sample size: **34**

Actual sample size reached: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be recruited in the study through a convenient sampling technique and then will be randomly assigned to each group through Random Sampling sealed opaque enveloped. Labeled as 1 for group G1 and 2 for group G2. Half enveloped will be labeled with 1 and a half with labeled 2. If a patient gets the envelope with label 1 then will be treated in group G1, and if a patient gets the envelope with label 2 that will be treated in group G2.

Blinding (investigator's opinion)

Single blinded

Blinding description

participants will be blind . they will only get treatment .

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah college of rehabilitation & Allied Health Sciences

Street address

13-14-C-civic center, township near Hamdard Chowk, Lahore

City

Lahore

Postal code

54000

Approval date

2022-01-05, 1400/10/15

Ethics committee reference number

RCR&AHS/REC/MS-OMPT/S19/003

Health conditions studied

1

Description of health condition studied

Mayocardial Infarction IV

ICD-10 code

I21.4

ICD-10 code description

Non-ST elevation (NSTEMI) myocardial infarction

Primary outcomes

1

Description

Pulse oximeter will be used to monitor heart rate and oxygen saturation level. Mercury sphygmomanometer will be used to measure blood pressure.

Timepoint

pre and post treatment

Method of measurement

Pulse oximeter and sphygmomanometer

Secondary outcomes

1

Description

Accelerometer will be used to measure energy expenditure of patients during cardiac rehabilitation. IPAQ is a 27-item self-reported measure of physical activity

Timepoint

pre and post treatment

Method of measurement

Accelerometer and IPAQ tool

Intervention groups

1

Description

Intervention group: home based rehabilitation program in IV Mayocardial ifraction

Category

Treatment - Other

2

Description

Intervention group: Supervised clinical rehabilitation in IV Mayocardial Infarction

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Riphah college of rehabilitation & Allied Health Sciences

Full name of responsible person
Rida Fatima

Street address
13-14-C-civic center, township near Hamdard Chowk, Lahore

City
Lahore

Postal code
54000

Phone
+92 42 35126110

Email
ridadpt1@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University

Full name of responsible person
Rida Fatima

Street address
28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

City
Lahore

Postal code
54000

Phone
+92 42 35126110

Email
ridadpt1@gmail.com

Grant name
Riphah International university

Grant code / Reference number
Educational

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Riphah International university

Proportion provided by this source
10

Public or private sector
Private

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
Riphah international university, QIE Campus, Lahore

Full name of responsible person
Wajeeha Zia

Position
physiotherapist

Latest degree
Bachelor

Other areas of specialty/work
Physiotherapy

Street address
Madar e millat road

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 21 86705503

Email
wajeeha_z@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Wajeeha Zia

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Rehabilitation and Research

Street address
28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

City
Lahore

Province
Punjab

Postal code
54000

Phone
+92 42 35126110

Email
wajeeha_z@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Rida Fatima

Position

physiotherapist

Latest degree
Bachelor

Other areas of specialty/work
Rehabilitation

Street address
House no 8/707 Muhallah haq pura near civil hospital Daska

City
Daska

Province
punjab

Postal code
51010

Phone
+92 333 0484989

Email
ridadpt1@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no plan to make it available

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

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
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available