

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 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

Randomized clinical trial

Settings and conduct

Younas Hospital Daska

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with age range greater than 18. Both males and females. Patients clinically diagnosed with MI. Patient who will give consent to abide by treatment . Exclusion criteria: Pregnant females Unstable 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 than 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

Myocardial 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 Myocardial infarction

Category

Treatment - Other

2

Description

Intervention group: Supervised clinical rehabilitation in IV Myocardial 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Riphah International University

Full name of responsible person

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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

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Person responsible for scientific inquiries

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Wajeeha Zia

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Rehabilitation and Research

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Person responsible for updating data

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Full name of responsible person

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physiotherapist

Latest degree

Bachelor

Other areas of specialty/work

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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