

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of implementing after patient death Debriefing Sessions on resilience and professional Quality of life in Nurses Working in oncology wards

Protocol summary

Study aim

Determining the effect of post-mortem debriefing sessions on resilience and professional quality of life of nurses working in oncology wards

Design

This study is a clinical trial of two groups before and after. Which will be performed on 60 nurses working in selected wards of Omid Hospital in Mashhad. First, quality of work life and resilience questionnaires are completed by all nurses working in selected wards, and after checking if the nurses' scores in different wards were similar, we randomly divide the wards into two groups of intervention and control, but in If the acquired scores of nurses in different wards were not the same, we randomly divide the wards into two groups of intervention and control, and based on gender and the score obtained from the questionnaires, we perform matching using regression.

Settings and conduct

The intervention will be performed by holding DS in selected wards of Omid Hospital in Mashhad, 24 to 48 hours after the patient's death, and within six weeks in groups of 5 to 10 people. At the beginning of each session, the name of the deceased patient is announced, and a brief history of his / her medical condition is stated. Then, the nurses are asked to share their experiences of caring for this patient with others.

Participants/Inclusion and exclusion criteria

Having nursing degree, working in the internal medicine or surgery, emergency or intensive care unit (ICU) of Omid Hospital, attending at least two defibrillation sessions

Intervention groups

The intervention is in the form of debriefing sessions after the patient's death, in which the nurses who have been in charge of caring for the deceased patient share their experiences and satisfying and uncomfortable

aspects of caring for each other, and at the end of each session. They are given training in effective coping techniques.

Main outcome variables

professional Quality of life and resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220222054097N1**

Registration date: **2022-06-15, 1401/03/25**

Registration timing: **registered_while_recruiting**

Last update: **2022-06-15, 1401/03/25**

Update count: **0**

Registration date

2022-06-15, 1401/03/25

Registrant information

Name

Nasibeh Namjou

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 34 3226 4431

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namjoun992@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-06-04, 1401/03/14

Expected recruitment end date

2022-07-16, 1401/04/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of implementing after patient death Debriefing Sessions on resilience and professional Quality of life in Nurses Working in oncology wards

Public title

The effect of implementing after patient death Debriefing Sessions on resilience and professional Quality of life in Nurses Working in oncology wards

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having a university degree in nursing Working in the internal medicine or surgery, emergency or intensive care unit (ICU) of Omid Hospital Participate in at least three debriefing sessions

Exclusion criteria:

Participate in yoga or meditation sessions during the intervention Big stresses like divorce Loss of first-degree relatives during the intervention Use of psychiatric drugs

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

First, professional quality of life and resilience questionnaires are completed by all nurses working in the internal medicine, surgery, emergency and intensive care units (ICU) and the questionnaires are checked if the nurses' scores in different wards were similar We randomly divide the intervention into two groups of intervention and control, but if the acquired scores of nurses in different wards were not the same, we randomly divide the wards into two intervention and control groups and based on gender and score obtained from questionnaires using We perform adaptation from regression.

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 Mashhad University of Medical Sciences

Street address

School of Nursing and Midwifery Mashhad University of Medical Sciences Ebne- Sina Street Mashhad, Iran

City

Mashhad

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Razavi Khorasan

Postal code

9137913199

Approval date

2022-05-29, 1401/03/08

Ethics committee reference number

IR.MUMS.NURSE.REC.1401.014

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

professional Quality of life

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

resilience

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

professional Quality of life

Timepoint

Before the intervention and six weeks later

Method of measurement

Stam's Professional Quality of Life Questionnaire

2**Description**

resilience

Timepoint

Before the intervention and six weeks later

Method of measurement

Connor-Davidson Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention is in the form of debriefing sessions, which are a type of information sharing sessions. At the beginning of each session, participants will be given a brief explanation of the purpose of the sessions and how to conduct the session. Each session consists of two parts. In the first part of the intervention, which is the same (bereavement debriefing), the name of the deceased patient is announced and a brief history of his condition is stated, and then participants are asked to: Explain the patient's care and relationship with the family, and 2) Express their experiences, including physical, emotional, behavioral, cognitive, or spiritual responses to the patient's death, and 3) Lessons learned during patient care and communication with the family. Express him and make him available to others. The second part of the sessions has an educational aspect and is the same (mindfulness intervention) and includes trainings on ways to increase resilience (such as breathing exercises, eating, walking and listening consciously - observation exercises - practice of love and self-kindness)

Category

N/A

2

Description

Control group: Defibrillation sessions will not be held in the control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Omid hospital

Full name of responsible person

Nasibeh Namjou

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

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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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Nasibeh Namjou

Position

Clinical nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable