

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 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)

##### Phone

+98 34 3226 4431

##### Email address

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

**Province**

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

##### Street address

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

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##### Province

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+98 51 3859 1511

##### Email

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Full name of responsible person

Fatemeh Heshmati Nabavi

##### Street address

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heshmatinf@mums.ac.ir

#### 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

##### Street address

No. 15, Ebn-e-Sina Ave., Kerman Town

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Kerman

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## Person responsible for scientific inquiries

### Contact

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**Position**  
Clinical nurse  
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## Person responsible for updating data

### Contact

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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