

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Survey of the effect of cardiac rehabilitation program on clinical and paraclinical findings of patients with ischemic heart disease

Protocol summary

Summary

This study investigate the effect of cardiac rehabilitation on heart rate , blood pressure , exercise capacity and quality of life in patients with ischemic heart disease . Patients with at least 4 weeks after diagnosis of ischemic heart disease and currently, has not secondary complications including arrhythmia or heart failure and physically able to participate in a rehabilitation program.200 patients referred to the heart department of the Shahid Beheshti Hospital of Kashan from december 2010 to december 2011, randomized in two groups.Control group receive routine medical care program after ischemic heart diseases.The other receive an 8 weeks cardiac rehabilitation. Befor and after 8 weeks each patient do an exercise test to compare.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201103146059N1**

Registration date: **2011-12-20, 1390/09/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-12-20, 1390/09/29

Registrant information

Name

Hassan Rajabi Moghadam

Name of organization / entity

Beheshti Hospital

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

rajabi_ha@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2010-10-23, 1389/08/01

Expected recruitment end date

2011-10-23, 1390/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey of the effect of cardiac rehabilitation program on clinical and paraclinical findings of patients with ischemic heart disease

Public title

Effects of cardiac rehabilitation in ischemic heart diseases

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Ischemic heart disease;Physically ability to do exercise test. Exclusion criteria: Less than 4 weeks from ischemic heart diagnosis; Heart failure ; Sever hypertension; Arrhythmia.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 200

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kashan University of Medical Sciences

Street address

111 / 87155, Ravandi Blvd ,Kashan

City

Kashan

Postal code

Approval date

2008-09-16, 1387/06/26

Ethics committee reference number

1818/1/5/20/پ

Health conditions studied

1

Description of health condition studied

Ischaemic heart disease

ICD-10 code

I25.8

ICD-10 code description

Other forms of chronic ischaemic heart disease

Primary outcomes

1

Description

Duration of chest pain

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

Questionnaire

2

Description

Systolic blood pressure at rest

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

Per mm Hg using a mercury barometer

3

Description

Diastolic blood pressure at rest

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

Per mm Hg using a mercury barometer

4

Description

Exercise Tolerance

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

Duration of exercise Per minute

5

Description

Maximum oxygen consumption.

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

exercise tolerance test per METS

6

Description

Cholesterol

Timepoint

Before and after cardiac rehabilitation program

Method of measurement

Per mg / dl

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group, in addition to routine treatment programs, also receive rehabilitation programs the results of clinical and paraclinical findings will be recorded. A cardiologist examine patients in rehabilitation sessions, and their clinical symptoms are recorded by medical student. At the same time for Para clinical studies, 10cc , fasting blood was taken with the consent of the patient and sent to the laboratory. This is done in two sessions (pre-rehabilitation program and at the end of an 8-week rehabilitation program). Rehabilitation program include, a three-week aerobic exercise session, 2 sessions of training - is consulting. Exercise sessions included 50 minutes warm-up, isometric exercises for 30

minutes, and 10 minutes cooling down. Training sessions include nutrition education, lifestyle modification, , weight loss, exercise in everyday activities, avoid heavy activity that can lead to fatigue and shortness of breath. Learning how to keep control of vital signs, including pulse, blood pressure, avoid extreme heat and cold, proper diet, limit salt and alcohol and fat consumption, To encourage consumption of fresh vegetables and fruit, and cereal fiber consumption, quit smoking and alcohol. Also investigate and resolve the problems they cause.

Category

Rehabilitation

2

Description

Control group: routine treatment programs receive. Include all control program except Exercise sessions.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Heart department-Beheshti hospital

Full name of responsible person

Hassan rajabi Moghadam

Street address

City

Beheshti hospital, Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hasan Rajabi moghadam

Street address

Beheshti Hospital

City

Kashan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Hasasn Rajabi Moghadam

Position

Cardiologist/Assistant Professor

Other areas of specialty/work

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Fariba Raygan

Position

Cardiologist

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Alireza Hosseini

Position

MD/Resident

Other areas of specialty/work

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Web page address

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