Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of follow-up nurse plan on the quality of life of heart failure patients

Protocol summary

Study aim
Determining the impact of follow-up nurse plan on the quality of life of heart failure patients
Design
Clinical trial of one group on 44 patients with available sampling method
Settings and conduct
After the discharge from Allameh Bohloul Gonabadi Hospital, the patients will visit the care unit in person on the day of discharge from the hospital, their educational and care needs will be evaluated in different areas, and based on the patient's needs, necessary trainings will be given in the desired area. will be. Follow-ups and training will be by phone and continuously during the three-month period. The trainings include proper diet, how to take medicines, how to do activities, familiarizing the patient and his family with the risk symptoms of the disease, introducing the patient to home care centers contracted by the hospital and service providers if necessary, increasing self-confidence. In the patient, it is to prevent dependence and isolation, etc. Questionnaires will be completed by patients before the intervention on the day of discharge from the hospital and three months after the intervention.
Participants/Inclusion and exclusion criteria
Entry requirements:Having heart failure and confirmation by a cardiologist, Willingness and satisfaction, towards cooperation and participation in the study, Age above 18 years, Access to a landline or mobile phone Non-entry conditions: Getting nervous and mental diseases, Getting malignant diseases, Vision and hearing disorders, Occurrence of physical and mental misfortune in the last 6 months
Intervention groups
The intervention will include telephone follow-up to examine and evaluate the patient in terms of the effectiveness of the training provided during the hospitalization period and the needs after discharge in the ward, in order to achieve the maximum attainable level of health.
Main outcome variables
Quality of life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20230227057546N1**
Registration date: **2023-03-03, 1401/12/12**
Registration timing: **prospective**

Last update: **2023-03-03, 1401/12/12**
Update count: **0**
Registration date
2023-03-03, 1401/12/12

Registrant information
Name
Reza Rahimi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 51 5722 3513
Email address
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2023-04-21, 1402/02/01
Expected recruitment end date
2023-08-23, 1402/06/01
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of follow-up nurse plan on the quality of life of heart failure patients

Public title

The effect of follow-up nurse plan on the quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having heart failure and confirmation by a cardiologist Willingness and satisfaction towards cooperation and participation in the study Age above 18 years Access to a landline or mobile phone

Exclusion criteria:

Getting nervous and mental diseases Getting malignant diseases Vision and hearing disorders Occurrence of physical and mental misfortune in the last 6 months

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Gonabad University of Medical Sciences

Street address

On the side of Asian Road - Gonabad University of Medical Sciences campus

City

Gonabad

Province

Razavi Khorasan

Postal code

9691793718

Approval date

2023-02-21, 1401/12/02

Ethics committee reference number

IR.GMU.REC.1401.180

Health conditions studied

1

Description of health condition studied

Heart failure

ICD-10 code

I50

ICD-10 code description

Heart failure

Primary outcomes

1

Description

Quality of life

Timepoint

Before the intervention, on the day of discharge from the hospital and three months after the intervention

Method of measurement

Quality of life questionnaire related to chronic heart failure (CHFQOLQ-20)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After the discharge, the patients will visit the care unit in person on the day of discharge from the hospital, their educational and care needs will be evaluated in different areas, and based on the patient's needs, necessary trainings will be given in the desired area. will be. Follow-ups and training will be by phone and continuously during the three-month period. The trainings include proper diet, how to take medicines, how to do activities, familiarizing the patient and his family with the risk symptoms of the disease, introducing the patient to home care centers contracted by the hospital and service providers if necessary, increasing self-confidence. In the patient, it is to prevent dependence and isolation, etc. Questionnaires will be completed by patients before the intervention on the day of discharge from the hospital and three months after the intervention.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Allameh Bohloul Gonabadi Hospital

Full name of responsible person
Reza Rahimi

Street address
Nurse Blvd- Allameh Bahloul Gonabadi Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
Dr.Reza Ahmadi

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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
Gonabad 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
Gonabad University of Medical Sciences

Full name of responsible person
Reza Rahimi

Position
Master's student in community health nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
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Position
Instructor of Nursing Education

Latest degree
Master

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
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