

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 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

reza12.rahimi12345@gmail.com

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

City

Gonabad

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Postal code

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Phone

+98 51 5723 6843

Email

Reza12.rahimi12345@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr.Reza Ahmadi

Street address

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Medical Sciences campus

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info@gmu.ac.ir

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

Gonabad University of Medical Sciences

Full name of responsible person

Elham Saberi Noghabi

Position

Instructor of Nursing Education

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Reza Rahimi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Fax**Email**

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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