

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Protocol summary

Study aim

Determining the effect of nurse-led educational supportive intervention on recovery quality after coronary bypass surgery

Design

This clinical study involves a two-group intervention. 68 patients will be randomly allocated into four groups by site <http://www.jerrydallal.com/random/randomize.htm> with a lottery determining placement in the intervention or control group until end of the study.

Settings and conduct

The study environment was determined to conduct research in the cardiac surgery department at Shariati Hospital in Tehran. Participants will have weekly virtual group discussions with the researcher, beginning with a one-hour session before surgery. The contact number of the researcher will be provided to the participants to discuss any topic. After discharge, participants will join a virtual group of 8-10 people on an accessible platform to read and discuss the manual weekly.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Being on the elective coronary artery bypass surgery list 2. Experience heart surgery for the first time 3. Ability to read and write in Persian 4. Access and ability to use a smartphone 5. Absence of irreparable visual and hearing disorders 6. 18 to 60 years old Non-inclusion criteria: 1. Performing coronary artery bypass surgery and valve replacement or other surgeries at the same time 2. Having diagnosed psychological disorders 3. Off pump surgery

Intervention groups

In the intervention group, the researcher will provide explanations based on the patient's needs. Also, the booklet designed by the research team is provided for additional training. The control group will receive the usual care.

Main outcome variables

Postoperative recovery quality

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100725004443N31**

Registration date: **2023-06-16, 1402/03/26**

Registration timing: **prospective**

Last update: **2023-06-16, 1402/03/26**

Update count: **0**

Registration date

2023-06-16, 1402/03/26

Registrant information

Name

Masoumeh Zakerimoghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 21 2286 2160

Email address

zakerimo@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-22, 1402/04/01

Expected recruitment end date

2023-10-23, 1402/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Public title

The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Being on the elective coronary artery bypass surgery list
Experience heart surgery for the first time
Ability to read and write in Persian
Access and ability to use a smartphone
Absence of irreparable visual and hearing disorders
18 to 60 years old

Exclusion criteria:

Performing coronary artery bypass surgery and valve replacement or other surgeries at the same time
Having diagnosed psychological disorders
Off pump surgery

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **68**

Randomization (investigator's opinion)

Randomized

Randomization description

68 patients who are candidates for CABG surgery will be included in the study based on the inclusion criteria and then, to prevent information leakage, through random allocation through the site "http://www.jerrydallal.com/random/randomize.htm" they will be divided into four groups, which will be placed in the intervention or control group by lottery. With the discharge of the last person from each group, the next group is selected and this process will continue until the end of sampling.

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

Dr. Shariati Hospital's educational, research and treatment center

Street address

North karegar Street, Jalal Al-Ahmad Expressway, Dr. Shariati Hospital.

City

Tehran

Province

Tehran

Postal code

1411713135

Approval date

2023-05-21, 1402/02/31

Ethics committee reference number

IR.TUMS.SHARIATI.REC.1402.028

Health conditions studied

1

Description of health condition studied

Cardiovascular Disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease of native coronary artery

Primary outcomes

1

Description

Post Operative Recovery Quality By PQRS Questionnaire

Timepoint

Before the intervention, 24 hours after the operation, then weekly until one month after the operation

Method of measurement

Postoperative Quality of Recovery Scale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Before the surgery, the researcher arranges a one-hour session with the patients present in this group in person and answers their questions about the study and how the work is done, while addressing their concerns. The booklet designed by the research team is made available to individuals. The researcher's contact number is provided to patients for possible problem-solving during the study. The content of the booklet will be discussed and studied weekly on a virtual platform during non-face-to-face sessions, and the

researcher will monitor the conditions of the subjects and complete the questionnaire during weekly phone calls.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان دکتر شریعتی

Full name of responsible person

Masoumeh Zakerimoghadam

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North Karegar Street, Jalal Al-Ahmad Expressway, Dr. Shariati Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Akbar Fotoohi

Street address

Keshavarz Blvd., corner of Quds St., Central Organization of the University, 6th floor of Research and Technology Vice-Chancellor

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vcr@sina.tums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

1

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

Tehran University of Medical Sciences

Full name of responsible person

Fatemeh Baharestani

Position

Medical-Surgical Nursing Master Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Masoumeh Zakerimoghadam

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

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Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available