Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 Oct 2026

The effect of walking on the classification of cardiac function in elderly patients with heart failure

Protocol summary

Summary

The objective of this randomized controlled trial to investigate the impact walking program as a form of rehabilitation is very cheap and accessible to the class of heart failure in patients with heart failure have been designed.The study included all patients with heart failure who are aged above 60 years, with muscular and skeletal problems were, Ejection fraction equal to or greater than 40%, drive failure for 6 months, and for the treatment of the the heart of the city of Arak Amir Kabir hospital CCU or post hospitalization and treatment should be the doctor ordered drug will be discharged. Researchers from all eligible patients, after obtaining written informed consent request that the original questionnaire containing some questions about demographic data and disease characteristics of the patient through the examination and interview, fellow nurses and cardiologists completed, and the fertility complete. Group walking program, including 12 weeks in the company. In this study, exercise, walking at home every day for 5 days a week and once done.(HHRmax) improved (5 minutes each week to add to this increased activity when the activity increased to a maximum of 5% of the rate increase up to a week before). Seniors groups in the first two sessions of exercise program, supervised by researchers with the training, the implementation of sports programs and others with planning meetings for them, alone or with the help of family members will do. Common commands control the hospital received its agenda and will act on them. But at the time of the study, nurses collaborator at the end of every month with the patient and control groups will meet and examine and evaluate the offers. Both groups will be asked if they have any heart problems were due to ask the doctor or nurse collaborator. Finally, after the end of the quarter, the outcome of the case, including the classification of heart function, shortness of breath and test status of both groups will be 6 minutes.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105306634N1**
Registration date: **2015-07-19, 1394/04/28**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-19, 1394/04/28

Registrant information

Name
Soleiman Zand
Name of organization / entity
Arak University Of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 86 3417 3524
Email address
slmnzand@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Sciences Vice chancellor for research,ARAk University of Medical

Expected recruitment start date

2011-05-22, 1390/03/01

Expected recruitment end date

2011-12-22, 1390/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of walking on the classification of cardiac function in elderly patients with heart failure

Public title
The effect on elderly patients with heart failure

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria: Patients with heart failure who are older than 60 years; Patients who are interested in participating in the study; Have the ability to read;It is time, place and people are aware; Patients with muscular and skeletal problems are not physical situation so that the doctor can confirm the physical movements; Ejection fraction equal to or greater than 40% with a diagnosis of heart failure Class I, II and III - drive failure for at least 6 months. Has prevented the development of clinical symptoms. Exclusion criteria : Patients who have Neurologic deficits (stroke, Parkinson's disease and paralysis); Patients with arrhythmias (irregular heart polecat) are uncontrolled; Patients who have severe chest pain are ongoing; Those who are speech or hearing problems; Those who do not have the proper consciousness or mental retardation at all levels with it; Hypertension and diabetes have uncontrolled; History of anxiety disorders are diagnosed; Continuous or three sessions 5 sessions of exercise programs is not done; patients with renal insufficiency (serum creatinin levels over 2.5 mg per deciliter) are;Patientss with obstructive pulmonary disease, ischemia-induced ventricular tachycardia sports; patients with alcoholism;Patients during the study for any reason their failure intensity is increased so that the exercise of his fellow physician is not possible.

Age
From **60 years** old to **80 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **82**

Randomization (investigator's opinion)
Randomized

Randomization description

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 the Arak University of Medical Sciences

Street address
Ethics Committee, Sciences Vice chancellor for research, Arak University of Medical Sciences,Arak

City
Arak

Postal code
38481-7-6941

Approval date
2011-04-21, 1390/02/01

Ethics committee reference number
7440

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
Dlassified heart failure

Timepoint
Before the end of intervention intervention

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Dyspnea and a 6-minute test

Timepoint
Before the intervention and (12 weeks) end of intervention

Method of measurement
With activities in 6 minutes and pedometer

Intervention groups

1

Description
Group intervention: After approval of physical condition and the ability to walk by specialist cardiovascular

programs, including 12 weeks in a walking program that will Krd.b, exercise program in this study, walk in the house for 5 days a week and will be done once a day. Training in two weeks of a moderate level for 10 minutes with a maximum of 20% of the patient's heart rate will be 10 next week as progressive will increase to more than 60 minutes, and 60 percent of maximum heart rate reserve (HHRmax) will respectively. Seniors groups in the first two sessions of exercise program, supervised by researchers with the training, the implementation of sports programs and others with planning meetings for them, alone or with the help of family members will do. Researcher at the end of each week walking program, patient assessment and plan for the next week to specify and recommend possible they will be trained.

Category

Rehabilitation

2

Description

Group Control: no intervention was not for them. In fact, the control group of normal order the hospital to get his agenda and will act on them. However, during the nurse's initial assessment of the patient collaborator who was not involved in the patient met the end of each month.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Amir Kabir Hospital

Full name of responsible person

Zand Soleiman, MSc,Instructor

Street address

Amir Kabir Hospital, nurse square, Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sciences Vice chancellor for research,Arak University of Medical

Full name of responsible person

Dr:Rafiei Mohamad

Street address

Arak University of Medical,Sciences Vice chancellor for research, University of Medical Sciences, Basij Square,Arak

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sciences Vice chancellor for research,Arak University of Medical

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

Arak University of Medical Sciences

Full name of responsible person

Zand Soleiman

Position

MSc

Other areas of specialty/work

Street address

Department of Nursing, Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Basij Square, Arak

City

Arak

Postal code

38481-7-6941

Phone

+98 86 3417 3524

Fax

+98 86 3417 3524

Email

slmnzand@arakmu.ac.ir

Web page address

www.arakmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Zand Soleiman

Position

MSc

Other areas of specialty/work

Street address

Department of Nursing, Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Basij Square, Arak

City

Arak

Postal code
38481-7-6941
Phone
+98 86 3417 3524
Fax
+98 93572572031
Email
slmnzand@arakmu.ac.ir
Web page address
www.arakmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Zand Soleiman
Position
MSc
Other areas of specialty/work
Street address
Department of Nursing, Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Basij Square, Arak
City
Arak

Postal code
38481-7-6941
Phone
+98 86 3417 3524
Fax
+98 86 3417 3524
Email
slmnzand@araku.ac.ir
Web page address
www.arakmu.ac.ir

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