Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

The effect of Hospital Readmissions Reduction Program on knowledge, self-care behaviors, 30-day readmission rate on heart failure patients

Protocol summary

Study aim

The effect of Hospital Readmissions Reduction Program on knowledge, self-care behaviors, 30-day readmission rate on heart failure patients

Design

Clinical trial with control group, with parallel groups, without blinding, randomized

Settings and conduct

Imam Reza Hospital (a.s.) and heart departments and post CCU, CCU process: 1.Redesigning the referral process: the existing hospital method by the research researcher, patients and their families are referred by the nurses of the special care department of the heart, and other departments with a referral form to the nursing clinic of the hospital. 2.Education to the patient and family: Trainings will be conducted by nurses in health education nursing clinic. The trainings will be provided to these patients in two 30-minute sessions individually with their families. In order to prepare these nurses, a two-hour training session will be held with an emphasis on the educational needs of heart failure patients and the introduction of educational content in this regard. 3.Follow-up : Follow-up will be done by phone within 30 days after discharge.

Participants/Inclusion and exclusion criteria

Inclusion Patients with heart failure confirmed by their doctor . The age of patients should be between 18 years and older. Having complete consent that is verbal and written. Patients who go home after discharge. Exit : Patients who are in critical condition and are hospitalized in special departments. The patient's unwillingness to continue the study. Patients who do not go home after discharge.

Intervention groups

a program that has three components: referral process design, patient and family education, and post-discharge follow-up, which will be done in coordination with the hospital's inpatient departments and health education nursing clinics.

Main outcome variables

knowledge ،behaviors self care,30-day readmission rate of heart failure patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230717058816N1**
Registration date: **2023-12-26, 1402/10/05**
Registration timing: **retrospective**

Last update: **2023-12-26, 1402/10/05**
Update count: **0**

Registration date

2023-12-26, 1402/10/05

Registrant information

Name

solmaz Ghebleh Govidaragh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-23, 1402/09/02

Expected recruitment end date

2023-12-11, 1402/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Hospital Readmissions Reduction Program on knowledge, self-care behaviors, 30-day readmission rate on heart failure patients

Public title

the effect of hospital readmission reduction program on heart failure patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with heart failure confirmed by their doctor. The age of patients should be between 18 years and older Having complete consent that is oral and written patients who go home after discharge.

Exclusion criteria:

Patients who are in critical condition and are hospitalized in special departments. The patient's unwillingness to continue the study. patients who do not go home after discharge

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Randomization (investigator's opinion)

Not 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, Mashhad University of Nursing and Midwifery

Street address

east gate of Ferdowsi University of Mashhad، Azadi Square، university campus, educational complex of Shahid Dr. Kharazmi ،Khorasan Razavi, Mashhad

City

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Postal code

9137913199

Approval date

2023-08-15, 1402/05/24

Ethics committee reference number

IR.MUMS.NURSE.REC.1402.093

Health conditions studied

1

Description of health condition studied

Heart failur

ICD-10 code

I50

ICD-10 code description

Heart failure

Primary outcomes

1

Description

Self-care behaviors

Timepoint

Self-care behaviors will be measured before the intervention and one month after the intervention.

Method of measurement

How to measure the self-care variable will be measured with Rachel et al.'s self-care questionnaire.

Secondary outcomes

1

Description

Knowledge

Timepoint

At the beginning of the study, the knowledge variable will be measured and one month after the study, the knowledge of patients with heart failure will be measured.

Method of measurement

The method of measuring the knowledge of heart failure patients is with the Dutch knowledge questionnaire, and the knowledge of the patients will be measured before the intervention and one month later.

2

Description

30-day readmission rate of patients

Timepoint

The 30-day readmission rate of patients will be measured one month after the intervention.

Method of measurement

The method of measuring the rate of re-hospitalization is

that one month after the intervention, it will be done by asking the patients and companions if they were hospitalized in Imam Reza Hospital or any other medical hospital and it will be measured quantitatively.

Intervention groups

1

Description

Intervention group: Education to the patient and family: At first, a needs assessment of the patients about the disease and the required educational materials will be done. The training of patients in the intervention group and their families during hospitalization and before discharge will be individual and together with their families .which will focus on learning patients about diet, daily weighing, medications, permitted and unauthorized activities, and smoking cessation. Trainings will be conducted by nurses working in health education nursing clinic. The trainings will be provided to these patients in two 30-minute sessions individually with their families. In order to prepare these nurses, a two-hour training session will be held with an emphasis on the educational needs of heart failure patients and the introduction of educational content in this regard. The educational contents of the patients including educational pamphlets (at least 4 pamphlets) and an educational video will be prepared by the researcher and will be provided to the patients. At the end, the guide form for monitoring the symptoms of the disease by the patient will be presented to the patient and the family.

Category

Lifestyle

2

Description

Control group: In this research, the control group will receive the usual training of the department, which includes the training codes in the training sheet about heart failure disease, which has been in the hospital before.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam reza hospital

Full name of responsible person

Solmaz Ghebleh

Street address

Ibn Sina Street, Imam Reza (AS) Hospital Square, Imam Reza (AS) Educational Research and Treatment Center, Razavi Khorasan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Vice President of University Research

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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

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Solmaz Ghebleh

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Position

University professor

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Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

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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

Yes - There is 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

Title and more details about the data/document

In the next steps, a decision will be made with the research team about the release of data and its details

When the data will become available and for how long

In the next steps, a decision will be made with the research team about the release of data and its details

To whom data/document is available

In the next steps, a decision will be made with the research team about the release of data and its details

Under which criteria data/document could be used

In the next steps, a decision will be made with the research team about the release of data and its details

From where data/document is obtainable

In the next steps, a decision will be made with the research team about the release of data and its details

What processes are involved for a request to access data/document

In the next steps, a decision will be made with the research team about the release of data and its details

Comments