

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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

+98 936 612 8805

##### Email address

gheblehgs2@mums.ac.ir

##### 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**  
Mashhad

**Province**  
Razavi Khorasan

**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

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

9137913316

##### Phone

+98 51 3854 3031

##### Email

gheblehgs2@mums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Full name of responsible person

Vice President of University Research

##### Street address

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

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

9137913199

##### Phone

+98 51 3859 1511

##### Fax

+98 51 3859 7313

##### Email

nms.pr@mums.ac.ir

#### 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

**Street address**

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

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9137913199

**Phone**

098 51 38591511-3

**Fax**

+98 51 3859 7313

**Email**

nms.pr@mums.ac.ir

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

HeshmatiNabavi Fatemeh

**Position**

University professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

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

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9137913199

**Phone**

098 51 38591511-3

**Email**

heshmatinf@mums.ac.ir

**Person responsible for updating data**

**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

**Street address**

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**Phone**

098 51 38591511-3

**Fax**

**Email**

nms.pr@mums.ac.ir

**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