

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of planned mobilization on indexes of care improvement in patient undergoing coronary artery bypass surgery, Jamaran heart hospital, 2013

#### Protocol summary

##### Summary

The aim of this Study was to Assess the effect of planned mobilization on indexes of Care improvement in patients undergoing cardiac Surgery .This study is a randomized controlled clinical trial in patients undergoing coronary artery bypass surgery. A total number of 100 patients who had inclusion criteria ( stable hemodynamic; fully consciousness; and limited drainage), for this study were randomly assigned in control and Experimental groups. After obtaining the written informed consent from all patients, the patient in experimental group, were trained about the benefits of faster mobilization and complications of long-term effects of inactivity. After transferring the patient from the operating room to the intensive care unit and extubation, patients who were fully alert, hemodynamically stable without inotropic support, and had respiratory stable condition and limited drainage, the intervention was carried out. In the first day the program was consisted of sitting at the edge of the bed, stand and then walk 10 meters in the morning and afternoon of the second day, and followed by thirty meters walking in the third day two times (morning and evening). In the control group we had no intervention and patients received their routine care and were mobilized in the third post operation day, after drain removal. Then patients were compared based on care improvement indexes such as atelectasis, pleural effusion, and hospital stay. chest x ray was interpreted by a anesthesiologist who were blind to the patients allocation in groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201309176778N2**  
Registration date: **2013-10-11, 1392/07/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-10-11, 1392/07/19

##### Registrant information

###### Name

Seyed Tayeb Moradian Vafaei

###### Name of organization / entity

School of nursing and midwifery, Tehran university of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2303 4258

###### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Baghiyattallah university of medical sciences, Nursing faculty

##### Expected recruitment start date

2013-05-24, 1392/03/03

##### Expected recruitment end date

2013-09-29, 1392/07/07

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of planned mobilization on indexes of care

improvement in patient undergoing coronary artery bypass surgery, Jamaran heart hospital, 2013

### Public title

The effect of planned mobilization on indexes of care improvement in patient undergoing heart surgery

### Purpose

Prevention

### Inclusion/Exclusion criteria

(Inclusion criteria: Patient with no history of chronic obstructive pulmonary disease; patients without mobility problems; patients without neurological problems; lack of concurrent surgery) (Exclusion criteria: severe unstable hemodynamic; Drainage more than 150 cc per hour)

### Age

No age limit

### Gender

Both

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 100

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Double blinded

### Blinding description

### Placebo

Not used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Nursing faculty ethic committee

##### Street address

nursing faculty, Baghyattallah university of medical sciences, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2013-05-12, 1392/02/22

#### Ethics committee reference number

1

## Health conditions studied

### 1

#### Description of health condition studied

Atelectasis

#### ICD-10 code

J98.1

#### ICD-10 code description

Collapse of lung

## Primary outcomes

### 1

#### Description

Atelectasis

#### Timepoint

First, second and third day after surgery

#### Method of measurement

Chest X ray

## Secondary outcomes

### 1

#### Description

Hospital stay

#### Timepoint

Discharge day

#### Method of measurement

Refer to patients medical document

## Intervention groups

### 1

#### Description

After obtaining the written informed consent from all patients, the patient in experimental group, were trained about the benefits of faster mobilization and complications of long-term inactivity. After transferring the patient from the operating room to the intensive care unit and extubation, in patients who were fully alert, hemodynamically stable without inotropic support, and had respiratory stable condition and limited drainage, the intervention was carried out. In the first day the program was consisted of sitting at the edge of the bed, stand and then walk 10 meters in the morning and afternoon of the second day, and followed by thirty meters walking in the third day two times (morning and evening).

#### Category

Prevention

### 2

#### Description

In the control group we don't have any intervention. they will receive the routine hospital care. in these patients mobilization will be done in the third post operation day after removing the chest tubes. routine care. As part of the process, leaving them flat on the third day after the operation is performed by removing the drain location.

**Category**

N/A

*empty***Recruitment centers****1****Recruitment center****Name of recruitment center**

Jamaran heart hospital

**Full name of responsible person**

Dr Mohammad Saeid Ghiasi

**Street address**

Jamaran Heart Hospital, Jamaran Street, Niavaran Street, Tehran

**City**

Tehran

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Nursing faculty, Baghiyatallah University of medical sciences

**Full name of responsible person**

Dr Abbas Ebbadi

**Street address**

Baghiyatallah University of medical sciences, Sheykh Bahaei street, Tehran

**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Nursing faculty, Baghiyatallah University of medical sciences

**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****Person responsible for general inquiries****Contact****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Nursing Faculty, Baghiyatallah university of medical sciences

**Full name of responsible person**

Seyed Tayeb Moradian

**Position**

Faculty Member

**Other areas of specialty/work****Street address**

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**Web page address****Person responsible for updating data****Contact****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*