

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effect of telenursing on the self-efficacy and health status of patients with chronic obstructive pulmonary disease

Protocol summary

Chronic obstructive pulmonary disease - telenursing - self-efficacy - health status

Study aim

General Objective: Determining the effect of telenursing on self-efficacy and health status of patients with chronic obstructive pulmonary disease

Design

The sampling method will be done in an accessible and block random allocation with random allocation software into two intervention and control groups. In order to conceal the random allocation process, the names of the groups are arranged in envelopes from 1 to 108.

Settings and conduct

This study will be conducted in one of the hospitals affiliated to Qazvin University of Medical Sciences and in hospitalized patients with chronic obstructive pulmonary disease.

Participants/Inclusion and exclusion criteria

Criteria for entering the study: 1. Based on clinical records and medical records, the patient is a known case of chronic obstructive pulmonary disease. 2. Consent to participate in the study. 3. have access to mobile phones and common messengers. 4. The patient should not be completely unable to do personal affairs and take care of himself. 5. She/he does not suffer from a known mental illness and does not take psychoactive drugs. 6. Do not suffer from other chronic diseases such as brain, heart, kidney, cancer, etc.

Intervention groups

Pre-test in two intervention and control groups. Completing the questionnaires before the discharge of the patients and in the hospital. The beginning of the intervention, the first 2 sessions in the hospital and the next 6 sessions in the first 3 weeks after the discharge of the patients, 2 times a week with an interval of 3 to 4 days. The control group will receive the same routine training during hospitalization. and will be discharged from the hospital. Measuring self-efficacy and health status in both groups after the end of the training sessions, one and three months later

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231023059820N1**

Registration date: **2023-12-24, 1402/10/03**

Registration timing: **prospective**

Last update: **2023-12-24, 1402/10/03**

Update count: **0**

Registration date

2023-12-24, 1402/10/03

Registrant information

Name

Shirin Rajabi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3379 4824

Email address

nrs.rajabi.sh@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-05, 1402/10/15

Expected recruitment end date

2024-02-04, 1402/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of telenursing on the self-efficacy and health status of patients with chronic obstructive pulmonary disease

Public title

The effect of telenursing on self-management of chronic obstructive pulmonary disease

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

A known case of chronic obstructive pulmonary disease. Consent to participate in the study. have access to mobile phones and common messengers. Do not be completely unable to do personal affairs and take care of yourself. Do not suffer from a known mental illness and does not take psychoactive drugs. Do not suffer from other chronic diseases such as brain, heart, kidney, cancer, etc.

Exclusion criteria:

The patient's unwillingness to continue participating in the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **108**

Randomization (investigator's opinion)

Randomized

Randomization description

The samples will be divided into two test and control groups by block randomization. Blocking and sequencing of samples will be done with random allocation software (Version 1.0.0). In order to conceal the random allocation process (allocation concealment), the names of the groups are placed in envelopes, these envelopes are numbered from 1 to 108 in the sequence provided by the software and arranged in a box. performs random allocation, the contents of the envelopes will not be in the flow, the contents of the envelopes indicate the study groups (test or control) and after making sure that the sample enters the research and obtaining written consent, the first envelope is taken in order of number and carefully According to the content of the envelope, they are placed in one of the study group

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Qazvin University of Medical Sciences

Street address

Qazvin - Shahid Bahonar Boulevard - Qazvin University of Medical Sciences

City

Qazvin

Province

Qazvin

Postal code

34197-59811

Approval date

2023-07-05, 1402/04/14

Ethics committee reference number

IR.QUMS.REC.1402.085

Health conditions studied**1****Description of health condition studied**

Chronic obstructive pulmonary disease

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Self-efficacy of patients with chronic obstructive pulmonary disease

Timepoint

The beginning of the study (before the start of the intervention), immediately after the end of the training and 1 and 3 months after the end of the intervention

Method of measurement

Self-efficacy questionnaire in patients with chronic obstructive pulmonary disease

2**Description**

health status of patients with chronic obstructive pulmonary disease

Timepoint

The beginning of the study (before the start of the intervention), immediately after the end of the training and 1 and 3 months after the end of the intervention

Method of measurement

Koop self-assessment questionnaire of health condition

Secondary outcomes

1

Description

Telenursing in patients with chronic obstructive pulmonary disease

Timepoint

In the first 3 weeks after the discharge of patients, it will be done twice a week with an interval of 3 to 4 days.

Method of measurement

Use of mobile phones and common messengers

Intervention groups

1

Description

Intervention group: In the intervention group, the educational needs of each patient will be identified. The educational needs of patients will be evaluated and determined according to various aspects of self-care in patients with COPD that are emphasized in reliable nursing sources. These aspects include twelve items, knowledge and awareness related to the anatomy and physiology of the lung, description of the disease, ways to treat the disease, how to comply with the prescribed drug regimen, nutrition, balance of daily activity and rest, exercise and physical activity, elimination of harmful habits such as Smoking, the skills of how to use the oxygen device, the skills of how to use inhalation sprays correctly, effective breathing methods, prevention of lung infection and how to do lung physiotherapy at home. In each training session based on the educational needs of the patient, part of the content of this The pamphlet will teach patients over the phone.

Category

Rehabilitation

2

Description

Control group: The control group will receive the same routine training during hospitalization and discharge from the hospital.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Velayat hospital

Full name of responsible person

Shirin rajabi

Street address

Unit 3, No. 8, Jam 6 Alley, Abgine St., Koi Kausar

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Qazvin

Postal code

3471637356

Phone

+98 912 780 8629

Email

Nrs.rajabi.sh@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

shirin rajabi

Street address

Unit 3, No. 8, Jam 6 Alley, Abgine St., Koi Kausar

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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

Qazvin 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

Qazvin University of Medical Sciences

Full name of responsible person

Shirin Rajabi

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Shirin Rajabi

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Shirin Rajabi

Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All data including sex, age, history of disease will be printed in the article.

When the data will become available and for how long

The start of the access period is 6 months to one year after the results are published

To whom data/document is available

Researchers working in academic and scientific institutions and graduate students

Under which criteria data/document could be used

Available in printed article.

From where data/document is obtainable

by Email nrs.rajabi.sh@gmail.com

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

Available in printed article.

Comments