

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effect of telephone nursing consult (telenursing) on adherence to diet and medication regimen and incidence of clinical manifestations in myocardial infarction patients

Protocol summary

Summary

The objective of this study was to determine the effect of telephone nursing consult (telenursing) on adherence to diet and medication regimen and incidence of clinical manifestations in myocardial infarction patients. In this quasi-experimental study, 100 patients diagnosed with myocardial infarction were randomly allocated to experimental (n=50) or control (n=50) groups. At the beginning of the study, in a one-hour session, two groups were trained on the importance of treatment adherence, and a training booklet was also given to the patients. Then the patients in the study group were under a nursing consultant with telephone for 12 weeks (in the 1st four weeks, twice a week and in the 2nd four weeks, once a week and in the 3rd four weeks, once every two weeks), while the control group did not receive any intervention. Before and after performing the interventions, diet adherence was measured by using a diet adherence questionnaire, medication adherence by using Morisky medication adherence questionnaire, and the incidence of clinical manifestations by using a clinical manifestation form during the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201409148505N8**

Registration date: **2015-03-04, 1393/12/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-03-04, 1393/12/13

Registrant information

Name

Seyed Saeed Najafi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1727 7445

Email address

najafisa@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-07-15, 1393/04/24

Expected recruitment end date

2014-09-15, 1393/06/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of telephone nursing consult (telenursing) on adherence to diet and medication regimen and incidence of clinical manifestations in myocardial infarction patients

Public title

The effect of telephone nursing consult (telenursing) on adherence to diet and medication regimen and incidence of clinical manifestations in myocardial infarction patients referring to cardiovascular clinic affiliated to Shiraz university of medical science, 2014

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Having a heart attack for the first time; passing at least 2 months after the heart attack; confirming a definitive diagnosis of a heart attack and being under treatment; not being afflicted with a severe and life threatening disease; having heart ejection fraction of 30% or more; having no hearing and speaking problem; having access to telephone and knowing how to use it. Exclusion criteria: Were unwillingness to cooperate and have phone calls for more than 3 consecutive times; needing a coronary artery bypass surgery.

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)

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 Shiraz University of Medical Sciences

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, next to Red Crescent Organization, Zand Street, Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2014-07-14, 1393/04/23

Ethics committee reference number

ct-93-7089

Health conditions studied

1

Description of health condition studied

myocardial infarction

ICD-10 code

I20,I21-I2

ICD-10 code description

Ischaemic heart diseases

Primary outcomes

1

Description

Diet adherence

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire

2

Description

Medication adherence

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire

3

Description

Clinical manifestations

Timepoint

During the study

Method of measurement

Clinical manifestations form

Secondary outcomes

empty

Intervention groups

1

Description

Intervention in the study group: In a one hour training session, the patients received face to face training about importance of treatment adherence and training booklet was also given to the patients. Then, the patients were under a sustained nursing consultant with telephone for 12 weeks (in the 1st four weeks, twice a week and in the 2nd four weeks, once a week and in the 3rd four weeks, once every two weeks). The maximum call duration was determined 15 minutes and patients could decide on the contact time from 8 am to 8 pm. The contents of phone calls were as follows: researcher self-introduction and general addressing of the patient's health condition, giving health advices and education about nutrition and

medication, questioning the extent of the patient's adherence to diet and medication and incidence rates of clinical manifestations, reinforcement of healthy behaviors and finishing phone calls with motivational words and arranging the next call. In the case of any question or problem, they could contact the researcher at any time.

Category

Other

2

Description

Control group: In a one hour training session, the patients received face to face training about importance of treatment adherence and training booklet was also given to the patients.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Cardiovascular clinics of Alzahra hospital

Full name of responsible person

Dr Kamran Aghasadeghi

Street address

Alzahra Hospital, Sibowyeh Blvd, Shiraz, Iran

City

Shiraz

2

Recruitment center

Name of recruitment center

Imam Reza polyclinic

Full name of responsible person

DR Kamran Aghasadeghi

Street address

Zand blvd, Namazi square, Next to Blood transfusion organization

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr Gholamreza Hatam

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, Zand Street, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Shiraz 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

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shiraz University of Medical Science

Full name of responsible person

Maryam Shabani

Position

Master science student

Other areas of specialty/work

Street address

Hazrat-e-Fatemeh nursing and midwifery college, Namazi Hospital, Namazi Square, Shiraz, Fars

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Science

Full name of responsible person

Seyed Saeed Najafi

Position

MS in nursing - Faculty member

Other areas of specialty/work

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Contact

Name of organization / entity

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Full name of responsible person

Seyed Saeed Najafi

Position

MS in nursing - Faculty member

Other areas of specialty/work

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Postal code

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