Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of nursing care based on Gordon's functional health model on length of hospitalization and quality of life in patients with Acute Coronary Syndrome

Protocol summary

Study aim

Determining the Effect of Nursing Care Based on Gordon's Functional Health Pattern on Length of Hospital Stay and Quality of Life in Patients with Acute Coronary Syndrome

Design

This is a randomized, single-blind, parallel-group, controlled clinical trial with intervention and control groups, involving 60 patients, using SPSS software for data analysis.

Settings and conduct

Patients with Acute Coronary Syndrome admitted to the ICUs of hospitals affiliated with Jundishapur University, who are blinded to their group allocation (intervention or control).

Participants/Inclusion and exclusion criteria

(1) confirmed diagnosis of Acute Coronary Syndrome by a cardiologist based on the triple diagnostic triad; (2) age ≥ 18 years; (3) ability to read and write in Persian; (4) full consciousness and orientation to time and place; and (5) no history of cognitive or psychiatric disorders.

Intervention groups

The research group will include ACS patients admitted to the CCU/ICU departments of teaching hospitals affiliated with Ahvaz University of Medical Sciences, who meet the inclusion criteria.

Main outcome variables

Primary Outcomes: 1. Quality of life: Measured using the [e.g., SF-36 or WHOQOL-BREF] questionnaire at three time points: before the intervention, immediately after the intervention, and 1 month after discharge. 2. Length of hospital stay: Number of days from admission to discharge. Clinical Implications of Results: If this care model proves effective, Gordon's Functional Health Pattern model can be adopted as a standard, cost-effective, and practical approach in cardiac wards to improve quality of life and reduce hospital stay duration in patients with acute coronary syndrome. Furthermore, it can be integrated into nursing education curricula.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260612069760N1**
Registration date: **2026-07-28, 1405/05/06**
Registration timing: **registered_while_recruiting**

Last update: **2026-07-28, 1405/05/06**
Update count: **0**

Registration date

2026-07-28, 1405/05/06

Registrant information

Name
Aida Karaminia
Name of organization / entity
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Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-07-23, 1405/05/01

Expected recruitment end date

2026-12-22, 1405/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of nursing care based on Gordon's functional health model on length of hospitalization and quality of life in patients with Acute Coronary Syndrome

Public title

The Effect of Targeted Nursing Care on Recovery of Cardiac Patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Confirmed diagnosis of Acute Coronary Syndrome by a cardiologist based on the triple triad criteria. Patients aged 18 years and older Ability to read and write in Persian Fully conscious and oriented to time and place No history of cognitive or psychiatric disorders

Exclusion criteria:

Patient's unwillingness to continue participation in the study for any reason Deterioration of the participant's condition or death Occurrence of any disease or injury that may affect the participant's functional independence during the study, such as CVA or spinal cord injuries.

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Random allocation of participants to intervention and control groups will be performed using block randomization. For this purpose, blocks of a specified size (e.g., 4 or 6) will be formed to ensure a balanced number of participants in both groups throughout the study. For each block, a random sequence of letters (A for the intervention group and B for the control group) will be generated using specialized software. These sequences will then be applied consecutively to allocate participants. To ensure allocation concealment and to prevent selection bias, the generated sequences will be written on cards and placed in opaque, sealed, and sequentially numbered envelopes. These envelopes will be kept by an individual who is independent of the enrollment and intervention processes. They will be opened in sequential order only after final confirmation of participant eligibility and completion of baseline assessments, at which point the participant's group assignment will be revealed.

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 Ahvaz Jundishapur University of Medical Sciences

Street address

Block 3, Golestan Female Student Dormitory, Golestan Boulevard

City

Ahvaz

Postal code

6135815751

Approval date

2026-06-07, 1405/03/17

Ethics committee reference number

IR.AJUMS.REC.1405.097

Health conditions studied

1

Description of health condition studied

Patients diagnosed with Acute Coronary Syndrome (ACS)

ICD-10 code

I24.9

ICD-10 code description

Acute ischemic heart disease, unspecified

Primary outcomes

1

Description

Quality of life assessed using the Seattle Questionnaire before intervention, immediately after intervention, and three months post-intervention.

Timepoint

Three months post-intervention

Method of measurement

Demographic Questionnaire, Seattle Angina Questionnaire (SAQ), Gordon's Functional Health Pattern Assessment Questionnaire

2

Description

Length of hospital stay measured from admission to discharge.

Timepoint

At discharge

Method of measurement

Length of stay is a quantitative and objective variable that, unlike quality of life, does not require a questionnaire or psychometric instrument. This variable is extracted directly from the patient's chart or medical records.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients with acute coronary syndrome will receive routine hospital care plus a Gordon's Functional Health Patterns-based nursing care program. The intervention consists of a comprehensive 14-day structured nursing program based on the 11 functional health patterns, including patient education, counseling, nutritional management, physical activity guidance, medication adherence, stress management, and follow-up. Participants will also receive a follow-up telephone call three months after the intervention.

Category

Lifestyle

2

Description

Control group: Control group: Patients with acute coronary syndrome will receive routine hospital care only. They will not receive the Gordon's Functional Health Patterns-based nursing care program. Outcomes will be assessed at the same time points as the intervention group: before the intervention, immediately after the intervention, and three months after the intervention.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

"Teaching hospitals affiliated with Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Neda Sayady

Street address

"Block 3, Golestan Female Student Dormitory, Golestan Boulevard

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aydakaraminia@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Dr. Abdullah Rafiei

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Grant name

Dr. Abdullah Rafiei

Grant code / Reference number

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

No

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

20

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

Ahvaz University of Medical Sciences

Full name of responsible person

Neda Sayady

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Only limited portions of the information pertaining to the original message or equivalent content may be disclosed.
When the data will become available and for how long
The access period will commence following the publication of the study results.
To whom data/document is available
For all people
Under which criteria data/document could be used
Utilization of Gordon's Functional Health Pattern Model for the Enhancement of Patients' Quality of Life
From where data/document is obtainable
Reputable Scientific Websites
What processes are involved for a request to access data/document
A systematic search was performed using the following keywords: Gordon, Quality of Life, and Acute Coronary Syndrome.
Comments