Clinical Trial Protocol
Iranian Registry of Clinical Trials

05 Aug 2026

A survey effect of patients early mobilization program on the Physical and mental conditions of patients with MI hospitalized in CCU

Protocol summary

Summary

Title: A survey effect of patients early mobilization program on the Physical and mental conditions of patients with MI hospitalized in CCU. Introduction: One of the recommended treatments for patients with MI are resting in bed, but prolonged bed rest has many complications. Nowadays early mobilization of patients with MI hospitalized in CCU Has been considered, but there is non specific instruction for early mobilization of patients with MI hospitalized in CCU. This study is performed to determine effect of patients early mobilization program on the Physical and mental conditions of patients with MI hospitalized in CCU. Method: 40 patients with MI hospitalized in CCU is selected by the method of Purposive sampling and then thay Are randomly allocated in two groups of test and control. Test group start activity within 12-18 hours after admission on according to a specified and controlled program. Control group start activity 48 hours after admission on according to routine method. Then some physical and psychological status parameters after MI in the two groups are evaluated and compared. Method of data collection is by questionnaires, check list, and related tools.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201201138717N1**
Registration date: **2012-01-26, 1390/11/06**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-01-26, 1390/11/06

Registrant information

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2012-02-04, 1390/11/15

Expected recruitment end date

2012-10-06, 1391/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A survey effect of patients early mobilization program on the Physical and mental conditions of patients with MI hospitalized in CCU

Public title

The effect of patients early mobilization program on the Physical and mental conditions of patients with MI

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criterias: (1) age of participants less than 70 years, (2) lack of hemodynamic dysfunction (systolic

blood pressure Under 100 mmHg and more than 180 mmHg), absence of arrhythmias, and absence of shortness of breath or chest pain before the start of each stage, (3) lack of atrial ventricular block grade two and three, (4) lack of cardiac complications which is confirmed by a cardiologist after echocardiography, (5) lack of acute psychiatric disorders, (6) lack of motor disorders. Exclusion criterias: (1) Patients addicted to narcotic substances, (2) Patients who have a history of cardiopulmonary resuscitation, (3) Patients with myocardial infarction complicated by [hemodynamic disorder, congestive heart failure, signs of carcinogenic shock, continuity of atrial and ventricular arrhythmias, existence of atrial ventricular block grade two and three, pericarditis, pulmonary embolism, stroke or transient ischemic attack, stroke], (4) Patients during stages of the walk have intolerance procedure for three times consecutive, (5) Unwillingness of patients to perform the early mobilization program, (6) Patients who undergoing percutaneous coronary intervention [PCI] and (7) Patients who are treated with thrombolytictherapy.

Age
From **30 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Semnan University of Medical Sciences

Street address
Semnan University of Medical Sciences, Semnan, Iran

City
Semnan

Postal code
3519819973

Approval date
2012-01-16, 1390/10/26

Ethics committee reference number
136462/90

Health conditions studied

1

Description of health condition studied
Acute myocardial infarction

ICD-10 code
I21

ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
Hear Rate

Timepoint
Every 6 hours

Method of measurement
To view the monitor screen

2

Description
Blood pressure

Timepoint
Every 6 hours

Method of measurement
According to mmHg by the Pointer manometer

3

Description
Ejection fraction

Timepoint
18-12 and 72 hours after MI

Method of measurement
Echocardiography machine

4

Description
Anxiety

Timepoint
In the first 12-18 and 72 hours after of admission

Method of measurement
By Hospital Anxiety and Depression Scale (HADS)

5

Description
Depression

Timepoint
In the first 12-18 and 72 hours after of admission

Method of measurement
By Hospital Anxiety and Depression Scale (HADS)

6

Description
Duration of stay in hospital
Timepoint
Time of discharge
Method of measurement
According to hours

7

Description
Frequency of pain
Timepoint
After 72 hours
Method of measurement
Looking at records

Secondary outcomes

empty

Intervention groups

1

Description
A) Intervention group: the first day, the first stage: In this stage, patients 12-18 hours after admission in hospital, setting from prone position to sitting position and after checking blood pressure and heart rate and lack of hemodynamic disorder and arrhythmia, with direct supervision of researcher, his legs hung bedside for 5 minutes, then return to prone position again. The second stage: at least three hours after the first stage and resting in bed, after checking blood pressure and heart rate and lack of hemodynamic disorder and arrhythmia or incidence of pain, under direct supervision of researcher, after hanging legs and lack of incidence of hemodynamic problems, arrhythmia or pain, patient comes down from the bed and sits on the chair in bedside for five minutes and then return to bed and rest. The second day, the third stage: 24 hours after admission patient, after checking blood pressure, heart rate, lack of hemodynamic disorder and arrhythmia, lack of chest pain and dyspnea, under direct supervision of researcher, patient sits on the chair in bedside for ten minutes and then return to self bed. The fourth stage: at least three hours after the third stage, under direct supervision of researcher, If there is no problem (pain, arrhythmia, hypotension, patient unwillingness), patient standing and walking in bedside for ten minutes and then return to self bed and is monitored. The fifth stage: at least three hours after the fourth stage, after checking vital signs and there is no problem (pain, arrhythmia, hypotension, unwillingness of patients), under direct supervision of researcher, first patient walks in bedside for five minutes and then walks in CCU In the limit of tolerance (range of ten steps to go and ten steps to back) for five minutes and then return to self bed. The third day, the sixth stage: 48 hours after admission, if the patient is no problem. under direct supervision of researcher, first patient walks in bedside for five minutes and then if there is no problem (pain, arrhythmia, hypotension, unwillingness of patients), walks in CCU In the limit of tolerance (range of ten steps to go and ten steps to back) for ten minutes and then return to self bed. The seventh stage: at least three hours after the sixth stage, under direct supervision of researcher, if there is no problem (pain, arrhythmia, hypotension, unwillingness of patients), walks in CCU In the limit of tolerance (range of twenty steps to go and twenty steps to back) for fifteen minutes and then return to self bed. The eighth stage: at least three hours after the previous step, this step is repeated as the seventh stage and if there is no problem, patient is in the state of relative rest.
Category
Rehabilitation

2

Description
B) control group According to the ward routine, 48 hours after admission, patients are ambulated with the help and supervision of researcher.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
CCU of Babol Shahid Beheshti hospital
Full name of responsible person
Hasan Ali Jafarpour
Street address
Iran - Mazandaran - Babel - keshvari Square - Shahid Beheshti hospitall - CCU
City
Babol

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Sciences, Semnan, Iran
Full name of responsible person
Dr. Raheb Ghorbani
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Research and Technology Deputy of Semnan University of Medical Sciences, Basij Boulevard, Semnan, Iran
City
Semnan
Grant name
اعتبارات پژوهشي دانشگاه علوم پزشكي
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Semnan University of Medical Sciences, Semnan, Iran
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

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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