

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of upper extremity exercise on the outcomes of myocardial infarction

#### Protocol summary

##### Summary

Objective: The effect of upper limb exercise on outcomes of myocardial infarction patient's at Velayat medical center. Main inclusion criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging, Ejection Fraction of left ventricular >30% according to Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Main exclusion criteria: Suffering of disease of moderate to severe cardiac valve, Uncontrolled Tachycardia of ventricular and auricular, Angina pectoris or typical chest pain while doing the exercise, BP Systolic >140 before exercise, BP Diastolic >90 before exercise, BP Systolic < 100 before exercise, BP Diastolic < 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist, Severe Kidney failure or severe disease according of cardiologist, Anemia (Hb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems. Participants: Sum of 54 patients with myocardial infarction admitted to CCU and the internal part of the heart selected by random sampling method and will be divided into two groups: Control and intervention. Interventions: In the control group, routine care was performed in all the centers and the quality of life questionnaire was initially admitted and after six weeks, and the referral to the physician was completed after six weeks from the date of infection. In the intervention group, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes every 9 to 10 hours, the intervention will be 5 minutes Warm up and 30 minutes of upper limb exercise and 5 minutes Cooling will be done at the end of the session. Each session of vital signs was recorded before and after the intervention, and the quality of life questionnaire was completed in the first and last session, and the check list of readmission and

referral to the physician were completed in the last session.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017100936674N1**

Registration date: **2017-11-16, 1396/08/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-11-16, 1396/08/25

##### Registrant information

##### Name

Maryam Joodaki

##### Name of organization / entity

Qazvin University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 28 3333 6001

##### Email address

m.joodaki@qums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2017-05-22, 1396/03/01

##### Expected recruitment end date

2017-10-22, 1396/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The effect of upper extremity exercise on the outcomes of myocardial infarction

**Public title**

Effect of upper limb exercise on the outcomes of patients with myocardial infarction

**Purpose**

Supportive

**Inclusion/Exclusion criteria**

Entry criteria: Age of 45-65, Diagnosis of myocardial infarction according to the cardiologist, 14 to 21 days from the time of discharging, Ejection Fraction of left ventricular >30% according of Echo in the file, Unsuccessful primary PTCA, Type of Uncomplicated cardiac infarction except for a extensive myocardial infarction, Ability to exercise according to the cardiologist. Exit criteria: Suffering of disease of moderate to severe cardiac valve, Uncontrolled Tachycardia of ventricular and auricular, Angina pectoris or typical chest pain while doing the exercise, BP Systolic >140 before exercise, BP Diastolic >90 before exercise, BP Systolic < 100 before exercise, BP diastolic < 60 before exercise, Myocarditis or Pericarditis, Thrombophlebitis, Moderate to Severe COPD according of cardiologist, Severe Kidney failure or severe disease according of cardiologist, Anemia (Hb <10), Extensive myocardial infarction, Successful primary PCI, Musculoskeletal problems

**Age**

From **45 years** old to **65 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **54**

**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**

Ethics Committee of Qazvin University of Medical Sciences

**Street address**

Qazvin University of Medical Sciences; Shahid Bahonar Boulevard;

**City**

Qazvin

**Postal code**

3419759811

**Approval date**

2017-05-13, 1396/02/23

**Ethics committee reference number**

IR.QUMS.REC.1396.110

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

Myocardial Infarction

**ICD-10 code**

I21

**ICD-10 code description**

Acute myocardial infarction

**Primary outcomes****1****Description**

Quality of life

**Timepoint**

Before and after intervention

**Method of measurement**

Questionnaire

**2****Description**

Readmission

**Timepoint**

After the intervention

**Method of measurement**

check list

**3****Description**

Refer to doctor

**Timepoint**

After the intervention

**Method of measurement**

check list

**Secondary outcomes**

empty

## Intervention groups

1

### Description

present study is a semi-tentative research in form of clinical trial and random assignation of participants into two groups Case and Control. In this study, in addition to routine care, upper limb exercise will be performed twice a week for six weeks and 40 minutes each session. The intervention is 5 minutes warm up, then 30 minutes of upper limb exercise and 5 minutes cooling. Selected patients will do twice a week every 9 -10 in the morning, for six weeks. Before and after the intervention, vital signs were recorded and the quality of life questionnaire was completed before intervention and at the end of the intervention, a check list for referral to the physician and readmission at the end of the intervention were completed.

### Category

Rehabilitation

2

### Description

Control group: In this study, the control group received the usual care, and also recorded vital signs, completing the quality of life questionnaire, and a check list for readmission and referral to the physician.

### Category

Other

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Velayat hospital

#### Full name of responsible person

Maryam Joodaki Master student of intensive care nursing

#### Street address

Qazvin- minoodar- Elaheye- 22 bahman- Velayat hospital

#### City

Qazvin

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Maryam Joodaki

#### Full name of responsible person

Maryam Joodaki

#### Street address

Plaque 13;Second Street;Shaghayegh Street;Iranpars Highway;Janat Abad Shomali;Tehran

#### City

Tehran

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Maryam Joodaki

### 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

Qazvin University of Medical Sciences

#### Full name of responsible person

Maryam joodaki

#### Position

Master student of intensive care nursing

#### Other areas of specialty/work

#### Street address

Faculty of Nursing and Midwifery; Qazvin University of Medical Sciences; Shahid Bahonar Boulevard; Qazvin

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+98 28 3333 6001

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"maryam\_joodaki@yahoo.com"

#### Web page address

## Person responsible for scientific inquiries

### Contact

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Qazvin University of Medical Sciences

#### Full name of responsible person

Leili Yekefallah

#### Position

PHD

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Qazvin University of Medical Sciences

**Full name of responsible person**

Maryam Joodaki

**Position**

Master student of intensive care nursing

**Other areas of specialty/work**

**Street address**

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**City**

Qazvin

**Postal code**

3419759811

## 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*