Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Visual Scanning Exercises on Balance, Gait and Activities of Daily Livings in Patients with Post Stroke Eye Movement Disorders; A Randomized Controlled Trial

Protocol summary

Study aim

To compare the effects of visual scanning exercises on balance, gait and activities of daily livings in patients with post stroke eye movement disorders.

Design

Double blinded Randomized controlled clinical trial

Settings and conduct

Out patient department of Physical Therapy Department, University of Lahore Teaching Hospital, Lahore

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Patients who suffered with eye-movement disorder either an ischemic or hemorrhagic stroke • Clinically diagnosed by a neurologist • Information on the type of stroke will be obtained from the patients' medical records • Both male and female patients between the age group of 19–60 years • Minimum score of 7 on Mini-Mental State Examination • Patients in the sub-acute stage after the stroke and able to follow instructions and have the capacity to provide informed consent Exclusion Criteria: • Repeated stroke • Severe dementia, identified by applying the MMSE • History of an organic disorder or major psychiatric impairment • Disability or other comorbid disease such as cancer or amputation that will limit or prevent assessment of the patients • Participation in other interventional or pharmacological studies which can affect the results of this study • Patients with vestibular problems who have positive dix-hallpike test • Patients with facial palsy • Patients with ophthalmological problems before stroke onset • Patients suffering from balance problems as a result of muscular problem

Intervention groups

The patients will be randomly divided into experimental and control group. 32 patients in each group. Experimental group will receive visual scanning exercises along with task-specific approach while control group will receive task-specific approach alone.

Main outcome variables

1. Berg Balance Scale 2. The Dynamic Gait Index 3. Barthel index scale

General information

Reason for update

I want to mention actual recruitment start and end date of my data collection. Also I want to mention trial completion date.

Acronym

RCT

IRCT registration information

IRCT registration number: **IRCT20190717044237N1**
Registration date: **2019-11-10, 1398/08/19**
Registration timing: **registered_while_recruiting**

Last update: **2022-05-14, 1401/02/24**
Update count: **1**

Registration date

2019-11-10, 1398/08/19

Registrant information

Name
Sana Batool
Name of organization / entity
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Pakistan
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-20, 1397/07/28

Expected recruitment end date

2020-03-20, 1399/01/01

Actual recruitment start date

2019-05-01, 1398/02/11

Actual recruitment end date

2020-10-01, 1399/07/10

Trial completion date

2020-11-01, 1399/08/11

Scientific title

Effects of Visual Scanning Exercises on Balance, Gait and Activities of Daily Livings in Patients with Post Stroke Eye Movement Disorders; A Randomized Controlled Trial

Public title

Effects of Visual Scanning Exercises on Balance, Gait and Activities of Daily Livings in Patients with Post Stroke Eye Movement Disorders; A Randomized Controlled Trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients who suffered with eye-movement disorder either an ischemic or hemorrhagic stroke Clinically diagnosed by a neurologist Information on the type of stroke will be obtained from the patients' medical records Both male and female patients between the age group of 19–60 years Minimum score of 7 on Mini-Mental State Examination (MMSE) Patients in the sub-acute stage after the stroke and able to follow instructions and have the capacity to provide informed consent

Exclusion criteria:

Repeated stroke Severe dementia, identified by applying the MMSE History of an organic disorder or major psychiatric impairment Disability or other comorbid disease such as cancer or amputation that will limit or prevent assessment of the patients Participation in other interventional or pharmacological studies which can affect the results of this study Patients with vestibular problems who have positive dix-hallpike test Patients with facial palsy • Patients with ophthalmological problems before stroke onset Patients suffering from balance problems as a result of muscular problem

Age

From **19 years** old to **60 years** old

Gender

Both

Phase

1

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **64**

Actual sample size reached: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

A double-blind, randomized controlled design will be used. Assessors and patients will be blinded in the present study. They will not know about the group allocation and treatment allocation given to patients. All patients will be allocated randomly into experimental and control groups by using computer-generated random number table. All random numbers will be kept in a sealed envelope. All envelops will be kept by a third person who will not be involved in this study. For each patient a sealed envelope will be opened and mentioned group will be allocated.

Blinding (investigator's opinion)

Double blinded

Blinding description

Patients and outcome assessors will be blinded in this study. Patients will not know about the treatment and group allocation and it will be achieved by random numbers. Random numbers will be kept in a sealed envelope. For each patient a sealed envelope will be opened and mentioned group will be allocated. Outcome assessors will just assess the outcomes of treatment at baseline and after four weeks in outcome measure questionnaires. They will not know that they are recording the outcome of which group so in this way they can not be biased.

Placebo

Not used

Assignment

Other

Other design features

No

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Institutional Review Board

Street address

University of Lahore, Main Campus, Lahore

City

Lahore

Postal code

54000

Approval date

2018-09-20, 1397/06/29

Ethics committee reference number

IRB-UOL-FAHS/373-V/2018

Health conditions studied

1

Description of health condition studied

Stroke

ICD-10 code

164

ICD-10 code description

I64 Stroke, not specified as haemorrhage or infarction

Primary outcomes

1

Description
Berg balance scale
Timepoint
Before intervention and at 4 weeks of intervention
Method of measurement
Scoring

Secondary outcomes

1

Description
Dynamic gait index scale to assess the gait impairments and risk of fall
Timepoint
Before and after 4 weeks of intervention
Method of measurement
A four -point ordinal scale ranging from 0-3 will be used

2

Description
Barthel index scale to measure the activities of daily living functions
Timepoint
Before and after 4 weeks of intervention
Method of measurement
A three -point ordinal scale ranging from 0-2 will be used

Intervention groups

1

Description
Intervention group: Intervention group will receive visual scanning exercises along with task-specific approach
Category
Treatment - Other

2

Description
Control group: Control group will receive task-specific approach which is used as routine physiotherapy. Task specific activities will be given in following steps. Step 1: In step 1 the physiotherapist will identify the missing components of movement by asking the patient to perform task. Step II: In step II the physiotherapist advice the patient to practice those missing components which were identified in step I. Step III: In step III the physiotherapist will advise the patient to practice the task as a whole. Step IV: In step IV the task is practiced in different environments i.e engage patients in practicing the functional tasks according to the level of balance and gait functions.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
OPD of Physical Therapy Department, University of Lahore Teaching Hospital (ULTH), Lahore
Full name of responsible person
Dr. Sana Batool
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https://www.uol.edu.pk

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of Lahore, main campus
Full name of responsible person
Dr. Sana Batool, PT
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Email
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Web page address
https://www.uol.edu.pk
Grant name
N/A
Grant code / Reference number
N/A
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Lahore, main campus
Proportion provided by this source
100
Public or private sector
Private
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
University of Lahore
Full name of responsible person
Dr. Sana Batool, PT
Position
Assistant Professor
Latest degree
Master
Other areas of specialty/work
Neurological Physical therapy
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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
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
All collected deidentified IPD
When the data will become available and for how long
Data will be available to other people after the completion of study and remained available till 6 months
To whom data/document is available
Data will be available to people working in academic institutions
Under which criteria data/document could be used
Data can be accessed by communicating with principle investigator "Sana Batool" through institutional email address: sana.batool1@uipt.uol.edu.pk
From where data/document is obtainable
Data/document is available from principle investigator "Sana Batool" through institutional email address: sana.batool1@uipt.uol.edu.pk
What processes are involved for a request to access

data/document

Data/document can be accessed through communicating with principle investigator "Sana Batool" on institutional email address: sana.batool1@uipt.uol.edu.pk

Comments

N/A