

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients

#### Protocol summary

##### Summary

This clinical trial is conducted to assess of the effect of respiratory rehabilitation techniques on respiratory function of COPD patients referring to clinic of khorramabad Shohada hospital. 120 patients with COPD are recruited using convenience sampling method and randomly assigned into control or intervention group. The intervention group receives one session of educational program of respiratory rehabilitation techniques including respiratory exercises and upper limb exercises which will be individualized as necessary using lecture and practical exercises and educational pamphlet. The control group receives no intervention. Any change in arterial blood gases and spirometry measures will be compared between groups. Quality of life was also measured by using standard WHO-QOL questionnaire.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138903194129N1**

Registration date: **2011-01-03, 1389/10/13**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2011-01-03, 1389/10/13

##### Registrant information

##### Name

Shirin Hasanvand

##### Name of organization / entity

Lorestan University of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 1321 3759

##### Email address

hasanvand.sh@lums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Lorestan University of Medical Sciences

##### Expected recruitment start date

2010-02-20, 1388/12/01

##### Expected recruitment end date

2011-08-23, 1390/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients

##### Public title

The survey of the impact of respiratory rehabilitation techniques on the respiratory functions of chronic obstructive pulmonary disease patients referring to clinic of Shohadaye Ashayer hospital

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion Criteria: Suffering from moderate to severe COPD (emphysema, bronchitis, bronchiectasis), using bronchodilators or mucolytic agents, no change in the treatment protocol Exclusion Criteria: history of ischemic heart disease or intermittent claudication, presence of renal or liver diseases, skeletal muscle diseases, diabetes or uncontrolled hypertension, consumption of beta agonists or corticosteroid therapy

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **120**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Other

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Lorestan University of Medical Sciences

**Street address**

Vice-chancellor for Technology and research,  
Lorestan University of Medical Sciences, University  
Campus Complex, Khoramabad, Lorestan

**City**

Khoramabad

**Postal code****Approval date**

2010-01-09, 1388/10/19

**Ethics committee reference number**

8-1/10/88

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

Chronic Obstructive Pulmonary Diseases

**ICD-10 code**

J44.9

**ICD-10 code description**

Chronic Obstructive Pulmonary Diseases

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

Arterial Blood Gases

**Timepoint**

before and after of intervention

**Method of measurement**

taking 1 cc of arterial blood by educated nurse of ICU ward and reporting of result

**2****Description**

Respiratory volumes and capacities

**Timepoint**

before and after intervention

**Method of measurement**

spirometry

**Secondary outcomes****1****Description**

Quality of Life

**Timepoint**

before and after intervention

**Method of measurement**

who quality of life questionnaire

**Intervention groups****1****Description**

Intervention group: Respiratory exercises and Upper limb exercises four times a day for 4 weeks

**Category**

Rehabilitation

**2****Description**

Control group: Routine care

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shohadaye Ashayer hospital

**Full name of responsible person****Street address**

Shohadaye Ashayer hospital, Khoramabad

**City**

Khoramabad

**Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Lorestan University of Medical Sciences

**Full name of responsible person**

Shirin Hasanvand

**Street address**

Lorestan University of Medical Sciences

**City**

Khorramabad

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Lorestan 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**

Nursing and Midwifery Colledge

**Full name of responsible person**

Shirin Hasanvand

**Position**

Faculty Mentor

**Other areas of specialty/work****Street address**

Nursing and Midwifery Colledge, Khorramabad,  
 Lorestan

**City**

Khorramabad

**Postal code****Phone**

+98 66 1620 0140

**Fax****Email**

k\_p\_1026@yahoo.com

**Web page address**

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Lorestan University of Medical Sciences and Health  
 Services

**Full name of responsible person**

Shirin Hasanvand

**Position**

Msc

**Other areas of specialty/work****Street address**

Nursing and Midwifery Colledge, Khorramabad,  
 Lorestan

**City**

Khorramabad

**Postal code****Phone**

+98 66 1620 0140

**Fax****Email**

k\_p\_1026@yahoo.com

**Web page address**

### Person responsible for updating data

**Contact****Name of organization / entity**

Nursing and Midwifery college of Khorramabad

**Full name of responsible person**

Shirin Hasanvand

**Position****Other areas of specialty/work****Street address****City****Postal code****Phone****Fax****Email****Web page address**

### 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*