

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

#### Protocol summary

##### Study aim

The aim of this study will be to compare the energy expenditure during physical activity of the patients of myocardial infarction -IV having home based and supervised cardiac rehabilitation.

##### Design

Randomized clinical trial

##### Settings and conduct

Younas Hospital Daska

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with age range greater than 18. Both males and females. Patients clinically diagnosed with MI. Patient who will give consent to abide by treatment . Exclusion criteria: Pregnant females Unstable angina. Any respiratory disease. History of rib fracture.

##### Intervention groups

Group 1: patients will be treated with supervised cardiac rehabilitation program. Group 2: patients will be treated with home based exercise program.

##### Main outcome variables

effect of home based and clinical exercise on physical activity of MI IV patients.

#### General information

##### Reason for update

##### Acronym

MI , CRP

##### IRCT registration information

IRCT registration number: **IRCT20191117045462N8**

Registration date: **2022-05-09, 1401/02/19**

Registration timing: **retrospective**

Last update: **2022-05-09, 1401/02/19**

Update count: **0**

##### Registration date

2022-05-09, 1401/02/19

#### Registrant information

##### Name

Wajeeha Zia

##### Name of organization / entity

Riphah International University

##### Country

Pakistan

##### Phone

+92 42 35126110

##### Email address

wajeeha\_z@yahoo.com

#### Recruitment status

##### Recruitment complete

#### Funding source

##### Expected recruitment start date

2022-01-04, 1400/10/14

##### Expected recruitment end date

2022-04-05, 1401/01/16

##### Actual recruitment start date

2022-01-05, 1400/10/15

##### Actual recruitment end date

2022-04-01, 1401/01/12

##### Trial completion date

2022-05-02, 1401/02/12

#### Scientific title

Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

#### Public title

Comparison of home based and supervised cardiac rehabilitation program on physical activity in Myocardial Infarction - IV patients.

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Both males and females . patient with age range greater than 18 Patients clinically diagnosed with MI-IV. Patients

who will give consent to abide by treatment.

**Exclusion criteria:**

Pregnant females Unstable angina Any respiratory disease MI-I , MI-II , MI-III . Rib fracture. Red flags like ; fever , night sweats , malaise.

**Age**

From **18 years** old

**Gender**

Both

**Phase**

4

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **34**

Actual sample size reached: **34**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Patients will be recruited in the study through a convenient sampling technique and then will be randomly assigned to each group through Random Sampling sealed opaque enveloped. Labeled as 1 for group G1 and 2 for group G2. Half enveloped will be labeled with 1 and a half with labeled 2. If a patient gets the envelope with label 1 then will be treated in group G1, and if a patient gets the envelope with label 2 that will be treated in group G2.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

participants will be blind . they will only get treatment .

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Riphah college of rehabilitation & Allied Health Sciences

**Street address**

13-14-C-civic center, township near Hamdard Chowk, Lahore

**City**

Lahore

**Postal code**

54000

**Approval date**

2022-01-05, 1400/10/15

**Ethics committee reference number**

RCR&AHS/REC/MS-OMPT/S19/003

**Health conditions studied**

1

**Description of health condition studied**

Myocardial Infarction IV

**ICD-10 code**

I21.4

**ICD-10 code description**

Non-ST elevation (NSTEMI) myocardial infarction

**Primary outcomes**

1

**Description**

Pulse oximeter will be used to monitor heart rate and oxygen saturation level. Mercury sphygmomanometer will be used to measure blood pressure.

**Timepoint**

pre and post treatment

**Method of measurement**

Pulse oximeter and sphygmomanometer

**Secondary outcomes**

1

**Description**

Accelerometer will be used to measure energy expenditure of patients during cardiac rehabilitation. IPAQ is a 27-item self-reported measure of physical activity

**Timepoint**

pre and post treatment

**Method of measurement**

Accelerometer and IPAQ tool

**Intervention groups**

1

**Description**

Intervention group: home based rehabilitation program in IV Myocardial ifraction

**Category**

Treatment - Other

2

**Description**

Intervention group: Supervised clinical rehabilitation in IV Myocardial Infarction

**Category**

Treatment - Other

**Recruitment centers**

## 1

### Recruitment center

**Name of recruitment center**

Riphah college of rehabilitation & Allied Health Sciences

**Full name of responsible person**

Rida Fatima

**Street address**

13-14-C-civic center, township near Hamdard Chowk, Lahore

**City**

Lahore

**Postal code**

54000

**Phone**

+92 42 35126110

**Email**

ridadpt1@gmail.com

### Sponsors / Funding sources

## 1

#### Sponsor

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Rida Fatima

**Street address**

28-M,Quaid-e Azam, Industrial Estate kot Lakhpat, Lahore

**City**

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**Postal code**

54000

**Phone**

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**Email**

ridadpt1@gmail.com

**Grant name**

Riphah International university

**Grant code / Reference number**

Educational

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

No

**Title of funding source**

Riphah International university

**Proportion provided by this source**

10

**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**

Riphah international university, QIE Campus, Lahore

**Full name of responsible person**

Wajeeha Zia

**Position**

physiotherapist

**Latest degree**

Bachelor

**Other areas of specialty/work**

Physiotherapy

**Street address**

Madar e millat road

**City**

Lahore

**Province**

Punjab

**Postal code**

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**Phone**

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**Email**

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### Person responsible for scientific inquiries

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

Riphah International University

**Full name of responsible person**

Wajeeha Zia

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Rehabilitation and Research

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### Person responsible for updating data

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

Riphah International University

**Full name of responsible person**

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**Position**

physiotherapist

**Latest degree**

Bachelor

**Other areas of specialty/work**

Rehabilitation

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Daska

**City**

Daska

**Province**

punjab

**Postal code**

51010

**Phone**

+92 333 0484989

**Email**

ridadpt1@gmail.com

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

There is no plan to make it available

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available