Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of Supportive- Educative interventions on Self-Care behaviors & readmission rates of patients with heart failure

Protocol summary

Summary

Background Nowadays Chronic heart failure is a major health and social problem. Due to the chronic nature of the disease, self-care behaviors can has a major impact on managing of this chronic condition. Therefore To improve self-care behaviors and prevent potential self-care deficits, education and support can be important issues in nursing care in this population. Objectives The aim of this trial was to evaluate the effect of a supportive educational intervention on CHF self-care behaviors and readmission rates of patients referred to Shahid Madani Medical Training & Research Hospital(Tabriz, Iran, 2011) for 3 months after discharge. Methods We conducted a prospective, randomized trial of an education and support intervention on self-care behaviors and three-month readmission for patients hospitalized with Hf. A total of 80 patients were randomly assigned to either supportive educational or to usual care. Data were collected using the, SCHFI and CHFPLNI tools. The data were analyzed using SPSS- 11.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107041464N4**
Registration date: **2012-06-05, 1391/03/16**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-06-05, 1391/03/16

Registrant information

Name

Vahid Zamanzadeh

Name of organization / entity

University of Tabriz Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 6770

Email address

zamanzadeh@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2011-07-11, 1390/04/20

Expected recruitment end date

2011-08-11, 1390/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Supportive- Educative interventions on Self-Care behaviors & readmission rates of patients with heart failure

Public title

The effect of education on Self-Care behaviors & readmission of patients with heart failure

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria : 18 years or older patients who were hospitalized because of congestive heart failure; to have echocardiography form (EF lesser than 40%); talking in Turkish or Persian; consciousness at reception; accessibility after release by phone call; agreement with training at release time and self care pursuit; not to accompany at another study. Exclusion Criteria : death of

patients; disagreement with continuance of pursuit; long time journey after release from hospital up to 6 months; to have acute and progressive disease other than congestive heart failure and distinguished mental disorder.

Age
From **18 years** old to **85 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethical Committee of Tabriz University of medical sciences

Street address
Emam Ave

City
Tabriz

Postal code

Approval date
2010-08-20, 1389/05/29

Ethics committee reference number
9088

Health conditions studied

1

Description of health condition studied
Heart Failure

ICD-10 code
I50

ICD-10 code description
Heart Failure

Primary outcomes

1

Description
self-care behavior

Timepoint
each month until three month

Method of measurement
based on self-care behaviour index tools

2

Description
Readmission

Timepoint
Each month until three month

Method of measurement
Rate of admission to the hospital with worsen of heart failur

Secondary outcomes

1

Description
visit of physician

Timepoint
each month until three month

Method of measurement
rate of referal to the physician fore worsen of heart failur

2

Description
Costs of treatment

Timepoint
Each month until three month

Method of measurement
Rate of costs for readmissions and visit of physician

Intervention groups

1

Description
The present study was included a two-part intervention. The first part of the intervention was included patient education in the intervention group. Patients in the intervention group were educated by nurses who worked in cardiac wards. Education had been personalized for each patient. After determining the learning needs of patients about heart failure and according to the previous information, the educational level and cognitive level of patients, researcher done the training. Training performed with the goal of improving self-care behavior such as receiving proper medical regimes, fluid and sodium restriction, Improving physical activity, control symptoms and signs of worsening the heart failure to prevent worsening of the disease in the patients with heart failure. Patients and their families were educated for an hour. Training was contain information about heart

failure definition, signs and symptoms of the disease, information about the diet, Information about medications, information about the activities and appropriate sports. The booklet was given to patients or their families at the time of discharge. The second part of the intervention, was include telephone follow-up of patients after discharge from the hospital. This support was to strengthen the basic education and providing strategies for improvement of patients self-care behaviors. In the first stage of the follow-up phone call was conducted after two days of hospital discharge to confirm the patient information and for establishment of the next time of phone contacts. Then, every two weeks for three months, the phone calls were conducted in order to support patients in the intervention group. At the end of each month during the period of study phone calls were conducted with patients, in both study groups, in order to obtain information about self-care behaviors, the cost of care, readmission rates and refer to physician.

Category

Rehabilitation

2

Description

Patients in the control group received All cares and treatments provided by Hospital and physician during the intervention.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Madani Teaching Hospital

Full name of responsible person

Fatemeh Jamshidi

Street address

Golbad street , Shahid Madane Hospital

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Vice chancellor for research, Tabriz University of Medical Sciences

Street address

Golbad Ave. Shahid Madani Heart Research Center

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Vahid zamanzadeh

Position

PhD /Associate Professor

Other areas of specialty/work

Street address

Nursing and Midwifery Scool

City

Tabriz

Postal code

51745-347

Phone

+98 41 1381 9129

Fax

+98 41 1479 6969

Email

zamanzadeh@tbzmed.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr. Vahid zamanzadeh

Position

PhD /Associate Professor

Other areas of specialty/work

Street address

Nursing and Midwifery Scool

City

Tabriz

Postal code

51745347

Phone

+98 41 1381 9129

Fax

+98 41 1479 6969

Email
zamanzadeh@tbzmed.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tabriz Univercity of Medical Sciences
Full name of responsible person
Dr. Vahid Zamanzadeh
Position
PhD/Associate Professor
Other areas of specialty/work
Street address
Nursing and Midwifery Scool
City
Tabriz
Postal code
51745347
Phone
Fax
+98 41 1479 6969
Email
zamanzadeh@tbzmed.ac.ir
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