

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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Vahid Zamanzadeh

Name of organization / entity

University of Tabriz Medical Sciences

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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

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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**

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Phone**Fax****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