

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of Sodium Bicarbonate supplementation on improving nutritional status amongst patients on Maintenance Hemodialysis.

Protocol summary

Study aim

The study aims to see the effect of sodium bicarbonate supplementation on the nutritional status of patients on maintenance hemodialysis

Design

Single-centre, randomized clinical trial

Settings and conduct

This single-center clinical trial will be conducted at the Pak Emirates Military Hospital (Dialysis Unit). Patients will be randomized to either a control or study group after consent. Hand grip strength, and triceps skinfold thickness along with serum bicarbonate, albumin, creatinine, and hemoglobin will be noted at baseline, 2, 4, 6 and 12 weeks..

Participants/Inclusion and exclusion criteria

Individuals from either gender who were > 18 years of age on twice weekly maintenance hemodialysis for more than 6 months, able to comply with study instructions, and having serum bicarbonate levels ≤ 23 mmol/L were included in the study. Individuals having an active infection, unstable heart disease, congestive heart failure, limb amputation and renal tubular acidosis were excluded from the study. Moreover, patients on bisphosphonate therapy, and calcium or sodium bicarbonate therapy were also excluded.

Intervention groups

The participants were divided into 2 groups. The control group was not given any medication while the Study group was given tablet Sodium Bicarbonate 600mg three times a day orally.

Main outcome variables

Changes in hand grip strength, triceps skinfold thickness, serum bicarbonate, serum albumin, and hemoglobin will be noted.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20240208060941N2**

Registration date: **2024-02-21, 1402/12/02**

Registration timing: **retrospective**

Last update: **2024-02-21, 1402/12/02**

Update count: **0**

Registration date

2024-02-21, 1402/12/02

Registrant information

Name

Muhammad Iqbal

Name of organization / entity

Pak Emirates Military Hospital/ National University of Medical Sciences

Country

Pakistan

Phone

+92 342 7007463

Email address

iqbalkharal2934@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-15, 1402/05/24

Expected recruitment end date

2023-08-30, 1402/06/08

Actual recruitment start date

2023-08-15, 1402/05/24

Actual recruitment end date

2023-08-26, 1402/06/04

Trial completion date

2024-03-15, 1402/12/25

Scientific title

Effect of Sodium Bicarbonate supplementation on improving nutritional status amongst patients on

Maintenance Hemodialysis.

Public title

Effect of Sodium Bicarbonate in improving health of Chronic Kidney Disease patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients from either gender: male or female Patients having > 18 years of age Patients on twice weekly maintenance hemodialysis for more than 6 months Patients able to comply with study instructions Patients having serum bicarbonate levels ≤ 23 mmol/L

Exclusion criteria:

Patients having active infection or sepsis Patients with systemic conditions (unstable heart disease, congestive heart failure, dementia, cerebrovascular disease, hepatic impairment and renal tubular acidosis) Patients with poor blood pressure Patients who had limb amputation in the past Patients on bisphosphonate therapy Patients being treated calcium or sodium bicarbonate therapy Patients not consenting to participate in the study

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **26**

Actual sample size reached: **34**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization was done using computer-generated sequences, prepared online.

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 Pak Emirates Military Hospital Rawalpindi

Street address

Pak Emirates Military Hospital, Mall Road

City

Rawalpindi

Postal code

46000

Approval date

2023-08-08, 1402/05/17

Ethics committee reference number

A/28/ERC/624/23

Health conditions studied

1

Description of health condition studied

End Stage Renal Disease

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

Nutritional Status

Timepoint

Before intervention and 2, 4, 6, 12, and 18 weeks post initiation of treatment

Method of measurement

Hand Grip Strength, Triceps Skinfold Thickness, Serum Albumin

Secondary outcomes

empty

Intervention groups

1

Description

Control group: This group will receive no drug

Category

Treatment - Drugs

2

Description

Intervention group: This group will receive sodium bicarbonate

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Pak Emirates Military Hospital Rawalpindi

Full name of responsible person

Muhammad Iqbal
Street address
Pak Emirates Military Hospital, Abid Majeed Road
City
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Email
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Pak Emirates Military Hospital
Full name of responsible person
Muhammad Iqbal
Street address
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Phone
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Email
iqbalkharal2934@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Pak Emirates Military Hospital
Proportion provided by this source
100
Public or private sector
Public
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
Pak Emirates Military Hospital
Full name of responsible person
Muhammad Iqbal
Position
Registrar Medicine
Latest degree
Medical doctor
Other areas of specialty/work

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Person responsible for updating data

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Fax**Email**

iqbalkharal2934@gmail.com

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

Yes - There is a plan to make this 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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The Deidentified Individual Participant Data Set, Study Protocol, Statistical Analysis Plan, and Informed Consent forms will be made available to desirous researchers upon reasonable requests, and after clearance from the institutional data registry body. The said documents will be shared in a non-editable format via email after

scrutinizing the need for subject documents by the requesting authorities.

When the data will become available and for how long

The above-mentioned documents will be available after December 2024 for 5 years as per institutional data registry protocols.

To whom data/document is available

The data will be available only for non-commercial research purposes and will be provided to academic institutions only.

Under which criteria data/document could be used

The data/ document can be used for literary and non-commercial purposes.

From where data/document is obtainable

The Data can be obtained via email from: Dr Muhammad Iqbal Department of Medicine, Pak Emirates Military Hospital, Abid Majeed Road, Rawalpindi, Punjab, Pakistan, 46000. Email: iqbalkharal2934@gmail.com

What processes are involved for a request to access data/document

Data requests can be directly made to Dr Muhammad Iqbal via email provided earlier. After the request is received, it will submitted to the Institutional Data Control and Registry Committee for necessary verification and clearance of the requested documents. Any additional information required by the committee will be forwarded to the requestee via email. After satisfying the requirements of the Institutional Data Control and Registry Committee, the requested data/ documents will shared with the requesting person via suitable means. This process may take up to 6 weeks from the date of reception of the request.

Comments