

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Evaluation of Blood Inflammatory Markers and Their Comparison with Exercise Capacity Indices in Patients with Chronic Obstructive Pulmonary Disease Following Short-Term Pulmonary Rehabilitation

Protocol summary

Study aim

Evaluation of Blood Inflammatory Markers and Their Comparison with Exercise Capacity Indices in Patients with Chronic Obstructive Pulmonary Disease Following Short-Term Pulmonary Rehabilitation

Design

In this study, which will be conducted in phase III of a clinical trial, a total of 206 patients will be enrolled according to the inclusion and exclusion criteria. After obtaining written informed consent, they will be randomly assigned (using permuted block randomization) in a single-blind manner into two groups: intervention and control.

Settings and conduct

This study is a phase III clinical trial conducted in a randomized (using permuted block randomization) and single-blind manner on patients with chronic obstructive pulmonary disease (COPD) who are referred to Masih Daneshvari Hospital.

Participants/Inclusion and exclusion criteria

The inclusion criteria for the study include a definite diagnosis of chronic obstructive pulmonary disease based on the Global Initiative for Chronic Obstructive Lung Disease (GOLD) criteria, age above 18 years, stability of the patient's clinical condition at the time of entry into the study, and the ability to perform functional tests. Patients who develop acute respiratory symptoms or infection during the rehabilitation period, patients with a history of exacerbation, or those who are unwilling to cooperate will be excluded from the study.

Intervention groups

In the control group, patients receive respiratory physiotherapy and bedside exercises. In the intervention group, in addition to active care, training in caregiving techniques, and bedside physiotherapy, patients receive the full rehabilitation program and participate in a pulmonary rehabilitation program.

Main outcome variables

Platelet-to-lymphocyte ratio, erythrocyte sedimentation rate, neutrophil-to-lymphocyte ratio

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210813052172N4**

Registration date: **2026-05-05, 1405/02/15**

Registration timing: **prospective**

Last update: **2026-05-05, 1405/02/15**

Update count: **0**

Registration date

2026-05-05, 1405/02/15

Registrant information

Name

Masoumeh ZoghAli

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 3662 4225

Email address

masoumezoghali@sbmu.ac.ir

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-06-22, 1405/04/01

Expected recruitment end date

2027-03-21, 1406/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of Blood Inflammatory Markers and Their Comparison with Exercise Capacity Indices in Patients with Chronic Obstructive Pulmonary Disease Following Short-Term Pulmonary Rehabilitation

Public title

Assessment of the Effect of Pulmonary Rehabilitation in Patients with Chronic Obstructive Pulmonary Disease

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Definitive diagnosis of COPD based on GOLD criteria
Age over 18 years
Stability of the patient's clinical condition at the time of study entry
Ability to perform functional tests

Exclusion criteria:

Exacerbation of the disease within the past two weeks
Acute respiratory symptoms or infection during pulmonary rehabilitation period
Incomplete training sessions for any reason
Lack of willingness to cooperate in performing functional tests or completing questionnaires

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **206**

Randomization (investigator's opinion)

Randomized

Randomization description

The method used is permuted block randomization. For this purpose, two treatment groups, A and B, are defined in blocks as AB and BA. Then, numbers from a random table in the range 0 to 9 are considered. Numbers 0 to 4 are assigned to block AB, and numbers 5 to 9 are assigned to block BA. Random numbers are then selected from the table. If the number 0 appears, it corresponds to block AB, and therefore two individuals enter this block, such that the first individual receives treatment A and the second individual receives treatment B. In the same way, the treatment groups for the remaining participants are determined. Although in this method the number of observations in both groups will be equal, because of the small block sizes, there is a high probability that the person conducting the study may predict the treatment group assignment. To solve this problem, the randomization list is prepared before the start of the study by a blinded individual who is not

part of the treatment team. Additionally, the block sizes will be increased.

Blinding (investigator's opinion)

Single blinded

Blinding description

Given the nature of the study, which involves pulmonary rehabilitation, blinding of participants and therapists is not feasible, as patients will be aware of the type of treatment they receive. To minimize potential bias, the outcome assessor and the statistical data analyst will be blinded to group allocation. For this purpose, patient information will be provided to the outcome assessor and the statistical analyst in a coded format, and they will not have access to information regarding the type of intervention. Data analysis will be conducted solely based on the assigned codes

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of School of Medicine, Shahid Beheshti University of Medical Sciences

Street address

Shahid Abbas Arabi St., Yemen St., Shahid Chamran Highway

City

Tehran

Province

Tehran

Postal code

1956944413

Approval date

2026-02-17, 1404/11/28

Ethics committee reference number

IR.SBMU.MSP.REC.1404.763

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

Chronic obstructive pulmonary disease

ICD-10 code

J44.9

ICD-10 code description

Chronic obstructive pulmonary disease, unspecified

Primary outcomes

1

Description

Neutrophil-to-lymphocyte ratio

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Complete Blood Count

2

Description

Platelet-to-lymphocyte ratio

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Complete Blood Count

3

Description

Erythrocyte sedimentation

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Complete Blood Count

Secondary outcomes

1

Description

Exercise capacity

Timepoint

Before initiation pulmonary rehabilitation and after 10 days pulmonary rehabilitation

Method of measurement

Six minute walk test

2

Description

Strength and endurance of the lower limb muscles

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Sit to stand test

3

Description

Dyspnea

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Borg scale questionnaire

4

Description

Fatigue

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

Borg scale questionnaire

5

Description

Quality of life

Timepoint

Before starting pulmonary rehabilitation and after completing 10 days of pulmonary rehabilitation

Method of measurement

St. George's Questionnaires and Chronic Obstructive Pulmonary Disease Assessment Test (CAT)

Intervention groups

1

Description

Intervention group: In addition to active care, patients receive education on care techniques and bedside physiotherapy, undergo a full rehabilitation program, and participate in a structured 10-session pulmonary rehabilitation program.

Category

Rehabilitation

2

Description

Control group: Patients receive active care and only basic respiratory education and care techniques (teaching sitting posture, simple diaphragmatic breathing, pursed-lip breathing), education and counseling (medication management, breathlessness management, teaching breathlessness control), and respiratory physiotherapy and bedside exercises (range-of-motion exercises and strengthening of respiratory muscles in a seated position in bed, isometric exercises, and prescribed exercises to maintain daily activities).

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Masih Daneshvari Hospital

Full name of responsible person

Masoumeh Zoghali

Street address

Masih Daneshvari Hospital, Daarabad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Afshin Zarghi
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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

Shahid Beheshti University of Medical Sciences

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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Maryam Sadat Mirenayat
Position
Associate professor
Latest degree
Subspecialist
Other areas of specialty/work

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Person responsible for updating data

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

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

Study Protocol

Undecided - It is not yet known if there will be 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