The effect of educational intervention based on health promotion model, on improvement of self-care, health promoting behaviors and quality of life in patients after coronary artery bypass surgery

Protocol summary

Summary
This study is an interventional experimental one which aimed to determine the impact of an educational intervention based on Health Promotion Model, to improve self-care, health promotion behaviors and quality of life of patients after coronary artery bypass surgery. In this study, 220 patients were divided randomly into two groups, A and B. The intervention group will be trained according to the results of self-care and health promoting behavior questionnaire. The program will be 6 weeks and every week a meeting. The intervention group (n=110) will be split into three groups. Training sessions will be held on 60 to 90 minutes a session per week. For training in the intervention group manual, pamphlet, practical exercises and group discussions will be used. For each session, an item will be selected and trained. Patients will be followed for 3, 6 and 12 months after the intervention. Study outcomes are self-care behaviors, quality of life and rehospitalization rates for patients following heart surgery.

General information

Acronym
IRCT registration information
IRCT registration number: IRCT201501248742N6
Registration date: 2015-05-17, 1394/02/27
Registration timing: prospective

Last update: 0
Registration date 2015-05-17, 1394/02/27
Registrant information
Name Fereshteh Majlessi
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Recruitment status
Recruitment complete

Funding source
International Campus of Tehran University of Medical Sciences

Expected recruitment start date 2015-05-22, 1394/03/01
Expected recruitment end date 2015-07-23, 1394/05/01
Actual recruitment start date empty
Actual recruitment end date empty
Trial completion date empty

Scientific title
The effect of educational intervention based on health promotion model, on improvement of self-care, health promoting behaviors and quality of life in patients after coronary artery bypass surgery

Public title
Self-care of patients after cardiac surgery

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion Criteria: willingness to participate in the study; passing one month after the last surgery; Heart surgery
Exclusion Criteria: Patients with mental and physical disabilities; Emergency situation; The use of psychotropic medications

Age
From 40 years old to 80 years old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 220

Randomization (investigator's opinion)
Randomized

Randomization description
Not blinded

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
Tehran University of Medical Sciences
Street address
Keshavarz Blvd., Qods Ave., Tehran University of Medical Sciences
City
Tehran
Postal code
Approval date
2015-02-10, 1393/11/21
Ethics committee reference number
9123489001-138444

Health conditions studied

1
Description of health condition studied
Cardiac surgery patients
ICD-10 code
Z50.0
ICD-10 code description
Cardiac rehabilitation

Primary outcomes

1
Description
Self-care
Timepoint
Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention
Method of measurement
Questionnaire

2
Description
Health promoting behaviors
Timepoint
Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention
Method of measurement
Questionnaire

3
Description
Quality of life
Timepoint
Before The Intervention3, 6, 12 Months After Intervention
Method of measurement
Questionnaire

Secondary outcomes

1
Description
Reduce Readmissions
Timepoint
Before Intervention, Three months after the intervention, six month after the intervention, Twelve month after the intervention
Method of measurement
Questionnaire

Intervention groups

1
Description
The intervention group will be trained according to the results of self-care and health promoting behavior questionnaire. Educational intervention will take place for 6 weeks and a training session will be 60 to 90 minutes per week. For training in the intervention group manual, pamphlet, practical exercises and group discussions will be used. We will develop a special topic for each session.
Category
Lifestyle

2
control group will not receive any intervention

Category
Lifestyle

Recruitment centers

1
Recruitment center
Name of recruitment center
Mazandran Heart Center Hospital
Full name of responsible person
Rahman Ghafari
Street address
Mazandran Heart Center Hospital, Artesh Boulevard, Sari, Mazandran
City
Sari

2
Recruitment center
Name of recruitment center
Tuba Clinic
Full name of responsible person
Zahra Mosavian
Street address
Tuba Clinic, Khazar Boulevard, Sari, Mazandran
City
Sari

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
International Campus of Tehran University of Medical Sciences
Full name of responsible person
Mohammadreza Hadian
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Valiasr Ave., Mozaffar North Street, No 124, Third Floor
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Grant name

Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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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