Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Efficacy of Co- enzyme Q-10(Ubiquinone) in geriatrics community-acquired pneumonia

Protocol summary

Summary

Several clinical trials and case series have provided evidence, supporting the use of CoQ10 in the prevention and treatment of various disorders related to oxidative stress. It has been shown that CoQ10's antioxidant properties and central role in mitochondrial oxidative phosphorylation make it useful as adjunct therapy for cardiovascular diseases such as CHF, hypertension, stable angina, drug-induced cardiotoxicity, and ventricular arrhythmia, and non-cardiac conditions including cancer, periodontal disease, compromised immune systems, COPD, and muscular dystrophy. Therefore, we are advocating its use as a supplement In a prospective randomized double-blind sequential sampling. All patients with community acquired pneumonia(CAP) accidentally referring to two groups. In group A addition to the usual treatment of CAP (based on the infectious diseases society of America guideline), will receive Co- enzyme Q-10 200 mg daily for 14 days, and in Group B, in addition to the usual treatment (based on the infectious diseases society of America guideline), will receive a placebo. As well as the two groups will be matched (GROUP MATCHING) and information of patients in the two groups include demographic data and changes to the clinical symptoms and laboratory (including CBC, ESR, CRP qualiitative, ABG) at the beginning of the third , seventh and fourteen day of therapy will check with the use of a questionnaire, and finally data were analyzed by SpSS using Chi square and Fisher exact test and student test and odds ratio will be doing and the P-value less than 0.05 To be considered significant.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201305159855N3**
Registration date: **2013-06-02, 1392/03/12**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2013-06-02, 1392/03/12

Registrant information

Name
Aiasghar Farazi
Name of organization / entity
Arak University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-05-15, 1392/02/25

Expected recruitment end date

2013-11-15, 1392/08/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Efficacy of Co- enzyme Q-10(Ubiquinone) in geriatrics community-acquired pneumonia

Public title

Efficacy of Co- enzyme Q-10 in pneumonia

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria : age≥65; Community acquired pneumonia patients exclusin criteria : the age of less than 65 years ; hemodynamic instability ; chronic liver failure; chronic heart failure; chronic renal failure ; Co-enzyme Q-10 consumption during 1 month before arrival to study; history of allergic reactions; receiving the drugs or compounds with antioxidant effect such as vitamin C; vitamin E or vitamin A; HIV patients

Age
From **65 years** old to **99 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **150**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Arak University of Medical Sciences

Street address
Sardasht, Arak University of Medical Sciences,Arak

City
Arak

Postal code

Approval date
2012-12-06, 1391/09/16

Ethics committee reference number
91-137-8

Health conditions studied

1

Description of health condition studied
community acqured pnemonia

ICD-10 code
J13

ICD-10 code description
Pneumonia due to Streptococcus pneumoniae

2

Description of health condition studied
community acqured pnemonia

ICD-10 code
J14

ICD-10 code description
Pneumonia due to Haemophilus influenzae

3

Description of health condition studied
community acqured pnemonia

ICD-10 code
J15

ICD-10 code description
Bacterial pneumonia, not elsewhere classified

Primary outcomes

1

Description
Clinical Signs and Symptoms(Temprature,Respiratory rate,Pulse rate,Blood pressure,Dyspnea,Sputum production,Crackle and rale)

Timepoint
0,3,7,14

Method of measurement
Physical examination based on quastionair

Secondary outcomes

1

Description
Decrease of leukocyte count

Timepoint
0,3,7,14

Method of measurement
Complet blood count

2

Description
Decrease of CRP and ESR

Timepoint
0,3,7,14

Method of measurement
Check of ESR and CRP

3

Description
Blood O2 Saturation

Timepoint
0,3,7,14

Method of measurement
Check of blood O2

Intervention groups

1

Description
Iintervention group :Standard traetment of pneumonia (Ceftriaxon + Azithromycin) + Coenzyme Q 100mg BID for 14 days
Category
Treatment - Drugs

2

Description
Control group : Standard treatment of pneumonia(ceftriaxon + Azythromycin)+ placebo
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Valiasr hospital of Arak
Full name of responsible person
Aliasghar Farazi
Street address
Department of infectious diseases, valiasr hospital,Arak,Iran
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr. Saeed Changizi Ashtyani
Street address
Management of Research services,Sardasht, Arak University of Medical
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak 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
Arak University of Medical Sciences
Full name of responsible person
Ghazaleh Akbarifard
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00

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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