Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Protocol summary

Study aim
Determining the effect of nurse-led educational supportive intervention on recovery quality after coronary bypass surgery

Design
This clinical study involves a two-group intervention. 68 patients will be randomly allocated into four groups by site http://www.jerrydallal.com/random/randomize.htm with a lottery determining placement in the intervention or control group until end of the study.

Settings and conduct
The study environment was determined to conduct research in the cardiac surgery department at Shariati Hospital in Tehran. Participants will have weekly virtual group discussions with the researcher, beginning with a one-hour session before surgery. The contact number of the researcher will be provided to the participants to discuss any topic. After discharge, participants will join a virtual group of 8-10 people on an accessible platform to read and discuss the manual weekly.

Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. Being on the elective coronary artery bypass surgery list 2. Experience heart surgery for the first time 3. Ability to read and write in Persian 4. Access and ability to use a smartphone 5. Absence of irreparable visual and hearing disorders 6. 18 to 60 years old Non-inclusion criteria: 1. Performing coronary artery bypass surgery and valve replacement or other surgeries at the same time 2. Having diagnosed psychological disorders 3. Off pump surgery

Intervention groups
In the intervention group, the researcher will provide explanations based on the patient's needs. Also, the booklet designed by the research team is provided for additional training. The control group will receive the usual care.

Main outcome variables
Postoperative recovery quality

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20100725004443N31**
Registration date: **2023-06-16, 1402/03/26**
Registration timing: **prospective**

Last update: **2023-06-16, 1402/03/26**
Update count: **0**

Registration date
2023-06-16, 1402/03/26

Registrant information

Name
Masoumeh Zakerimoghadam

Name of organization / entity
Tehran University of Medical Sciences

Country
Iran (Islamic Republic of)

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Email address
zakerimo@sina.tums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-06-22, 1402/04/01

Expected recruitment end date
2023-10-23, 1402/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Public title
The Effect of Nurse-led Educational Supportive Intervention on Recovery Quality After Coronary Bypass Surgery

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Being on the elective coronary artery bypass surgery list Experience heart surgery for the first time Ability to read and write in Persian Access and ability to use a smartphone Absence of irreparable visual and hearing disorders 18 to 60 years old

Exclusion criteria:
Performing coronary artery bypass surgery and valve replacement or other surgeries at the same time Having diagnosed psychological disorders Off pump surgery

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **68**

Randomization (investigator's opinion)
Randomized

Randomization description
68 patients who are candidates for CABG surgery will be included in the study based on the inclusion criteria and then, to prevent information leakage, through random allocation through the site "http://www.jerrydallal.com/random/randomize.htm" they will be divided into four groups, which will be placed in the intervention or control group by lottery. With the discharge of the last person from each group, the next group is selected and this process will continue until the end of sampling.

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
Dr. Shariati Hospital's educational, research and treatment center

Street address
North karegar Street, Jalal Al-Ahmad Expressway, Dr. Shariati Hospital.

City
Tehran

Province
Tehran

Postal code
1411713135

Approval date
2023-05-21, 1402/02/31

Ethics committee reference number
IR.TUMS.SHARIATI.REC.1402.028

Health conditions studied

1

Description of health condition studied
Cardiovascular Disease

ICD-10 code
I25.1

ICD-10 code description
Atherosclerotic heart disease of native coronary artery

Primary outcomes

1

Description
Post Operative Recovery Quality By PQRS Questionnaire

Timepoint
Before the intervention, 24 hours after the operation, then weekly until one month after the operation

Method of measurement
Postoperative Quality of Recovery Scale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Before the surgery, the researcher arranges a one-hour session with the patients present in this group in person and answers their questions about the study and how the work is done, while addressing their concerns. The booklet designed by the research team is made available to individuals. The researcher's contact number is provided to patients for possible problem-solving during the study. The content of the booklet will be discussed and studied weekly on a virtual platform during non-face-to-face sessions, and the

researcher will monitor the conditions of the subjects and complete the questionnaire during weekly phone calls.

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
بیمارستان دکتر شریعتی

Full name of responsible person
Masoumeh Zakerimoghadam

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North Karegar Street, Jalal Al-Ahmad Expressway, Dr. Shariati Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Akbar Fotoohi

Street address
Keshavarz Blvd., corner of Quds St., Central Organization of the University, 6th floor of Research and Technology Vice-Chancellor

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vcr@sina.tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Tehran University of Medical Sciences

Proportion provided by this source
1

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
Tehran University of Medical Sciences

Full name of responsible person
Fatemeh Baharestani

Position
Medical-Surgical Nursing Master Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no further information

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available