Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effect of the Orem self-care model using podcasts on the general health and quality of work life of nurses working in emergency departments of Khoy hospitals

Protocol summary

Study aim

Determining the effect of the Orem self-care model using podcast method on the general health and quality of work life of emergency department nurses in the medical training centers of Khoy Faculty of Medical Sciences

Design

A controlled, parallel-group, randomized, phase 0 clinical trial on 74 patients.

Settings and conduct

Two 15-20 minute podcasts will be sent to participants each week. A messaging group will also be formed for Q&A, interaction between participants, and feedback, and nurses will listen to two podcasts each week at their preferred time of day. The control group will receive no intervention and will only participate in the pre-test and post-test phases.

Participants/Inclusion and exclusion criteria

Having at least six months of experience working in the emergency department Written consent to participate in the study No participation in similar self-care programs in the past six months

Intervention groups

The intervention group will receive educational content based on the Orem Self-Care Model via podcasts over an 8-week period. The podcasts will include training on nurses' self-care strategies based on the Orem Model components, such as: Self-care in the workplace and job stress control, time and rest management, proper nutrition and exercise to increase quality of life, work-life balance, improve mental health and reduce burnout. These podcasts will be prepared by the research team and experts familiar with the Orem Self-Care Program.

Main outcome variables

Public health; quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250723066609N2**
Registration date: **2026-02-01, 1404/11/12**
Registration timing: **registered_while_recruiting**

Last update: **2026-02-01, 1404/11/12**
Update count: **0**

Registration date

2026-02-01, 1404/11/12

Registrant information

Name

Mir Amir Hossein Seyednazari

Name of organization / entity

Khoy Faculty of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 44 3646 7036

Email address

seiednazari_a@khoyums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2026-01-31, 1404/11/11

Expected recruitment end date

2026-04-20, 1405/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Investigating the effect of the Orem self-care model using podcasts on the general health and quality of work life of nurses working in emergency departments of Khoy hospitals

Public title
the effect of the Orem self-care model using podcasts on the general health and quality of work life of nurses working in emergency departments

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
داشتن حداقل شش ماه سابقه کار در بخش اورژانس رضایت کتبی برای شرکت در پژوهش Written consent to participate in the research

Exclusion criteria:
Failure to complete questionnaires completely Listening to fewer than 8 podcasts

Age
No age limit

Gender
Both

Phase
0

Groups that have been masked
No information

Sample size
Target sample size: **74**

Randomization (investigator's opinion)
Randomized

Randomization description
Imam Khomeini Hospital has 65 emergency nurses and Ayatollah Khoei Hospital has 90 emergency nurses. The sampling is done stratified by hospital to reduce sampling variance and maintain generalizability to each center. Using Neyman proportional allocation and the sample size of each hospital, 31 people are selected from the hospital and 43 from Ayatollah Khoei Hospital are selected by simple random sampling. To ensure a balanced distribution of samples in both groups, a block randomization method was used to ensure a uniform distribution of nurses across different hospitals.

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
Ethics committee of Khoy University of Medical Sciences

Street address
Valiasr Blv

City
Khoy

Province
West Azarbaijan

Postal code
5819637599

Approval date
2026-01-27, 1404/11/07

Ethics committee reference number
IR.KHOY.REC.1404.056

Health conditions studied

1

Description of health condition studied
General health; Quality of Work Life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
general health and quality of work life

Timepoint
Before and after the intervention

Method of measurement
Walton Quality of Work Life Questionnaire, Goldberg General Health Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group will receive educational content based on the Orem Self-Care Model via podcasts over an 8-week period. The podcasts will include training on nurses' self-care strategies based on the Orem Model components, such as:Self-care in the workplace and job stress control, time and rest management, proper nutrition and exercise to increase quality of life, work-life balance, improve mental health and reduce burnout.These podcasts will be prepared by the research team and experts familiar with the Orem Self-Care Program.Two podcast files lasting 15 to 20 minutes will be sent to participants each week. Also, a messaging group will be formed for questions and

answers, interaction between participants and receiving feedback, and nurses will listen to two podcasts each week at a desired time of day or night.

Category

Behavior

2

Description

Control group: The control group will not receive any intervention and will only participate in the pretest and posttest phases.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Dr. Yosef Dorosti

Street address

Khoy, Imam Khomeini Hospital

City

Khoy

Province

West Azarbaijan

Postal code

58147-43343

Phone

+98 44 3646 7036

Email

name@domain.ac.ir

2

Recruitment center

Name of recruitment center

Ayatollah Khoei Hospital

Full name of responsible person

Dr. Morteza Keyvan

Street address

Khoy, Ayatollah Khoei Hospital

City

Khoy

Province

West Azarbaijan

Postal code

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Phone

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Email

name@domain.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Khoy Faculty of Medical Sciences

Full name of responsible person

Dr. Amin Soheili

Street address

Khoy - Basij Square - Shahid Montazeri Street - Khoy Medical Sciences Central Headquarters

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5819637599

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sci@khoyums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Khoy Faculty 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

Khoy Faculty of Medical Sciences

Full name of responsible person

Mir Amir Hossein Seyednazari

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Khoy Faculty of Medical Sciences

Full name of responsible person
Mir Amirhossein Seyednazari

Position
Instructor

Latest degree
Master

Other areas of specialty/work
Nursery

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Mir Amirhossein Seyednazari

Position
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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
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