

INPLASY

Whether nurse-led telephone follow-up is more effective than usual care in improving blood pressure and LDL cholesterol levels in patients with cardiovascular and cerebrovascular disease

INPLASY202430054

doi: 10.37766/inplasy2024.3.0054

Received: 13 March 2024

Published: 14 March 2024

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Preliminary searches.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202430054

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 14 March 2024 and was last updated on 14 March 2024.

INTRODUCTION

Review question / Objective The purpose of this study was to investigate whether nurse-led telephone follow-up was more effective than usual care in improving blood pressure and LDL cholesterol levels in patients with cardiovascular and cerebrovascular disease. The research method chosen is Randomized Controlled Trial.

Condition being studied Experimental equipment and researchers.

METHODS

Participant or population Patients with cardiovascular and cerebrovascular disease.

Intervention Nurse-led telephone follow-up.

Comparator Usual care.

Study designs to be included Randomized Controlled Trial.

Eligibility criteria Blood pressure and LDL cholesterol levels.

Information sources The Cochrane Library, PubMed, Embase and Web of Science.

Main outcome(s) Blood pressure and LDL cholesterol levels.

Quality assessment / Risk of bias analysis Cochrane Handbook for Systematic Reviews of Interventions.

Strategy of data synthesis STATA software is used for meta-analysis. For numerical variables, mean difference (MD, or weighted meandifference

(WMD) or standardized meandifference (SMD) were used as effect indicators. If $P \leq 50\%$, sensitivity analysis or subgroup analysis was used to find out the source of heterogeneity, or only descriptive analysis was performed. If the heterogeneity could not be eliminated, the random-effects model was used for Meta-analysis. If $P > 0.1$ and $I^2 < 50\%$, no heterogeneity was considered, and the fixed effect model was used for Meta-analysis.

Subgroup analysis None.

Sensitivity analysis STATA software is used for sensitivity analysis, and the change of effect size of one of the articles was deleted to reflect the sensitivity of the article.

Country(ies) involved China.

Keywords Cardiovascular Diseases, Cerebrovascular Disorders, nurse-led telephone follow-up, blood pressure, Cholesterol, LDL, meta-analysis.

Contributions of each author

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