

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effect of Self-Care education on controlling of pain and side effects of tonsillectomy in children.

Protocol summary

Summary

The main purpose of this quasi-experimental study is determining the effect of self-care education on the control of pain and Complications. Inclusion criteria: children are between 6 to 15 years and parent participating in the study should be able to read and write. Children that admitted to hospital for a tonsillectomy in Hamedan, constitute the study population. The study sample comprised 68 children with a parent who will be randomly divided into two groups, control and case. Intervention: every case group child will be taught self care education for 30 minutes at the night before surgery. After that, the training booklet with a checklist will be given to them. Within three days after discharge, the Probabilistic questions of case group will be answered during phone calls. Control group will be given just checklists. Outcome: A week later, Checklists of both groups will be gathered and intensity of pain and complications after tonsillectomy such as nausea, vomiting, difficulty of swallowing, decreased fluid intake, sleep disorders, bleeding, constipation and Behavioral changes, will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013022512609N1**

Registration date: **2013-04-20, 1392/01/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-04-20, 1392/01/31

Registrant information

Name

Saeide Almasi

Name of organization / entity

Hamadan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences.

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-09-21, 1392/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Self-Care education on controlling of pain and side effects of tonsillectomy in children.

Public title

The effect of self-care education on pain after tonsillectomy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: children are between 6-15 years; The child should not have previous disease or chronic pain; There should not be any history of tonsillectomy in another child in the family; The parent participating in the study should be able to read and write.

Age

From **6 years** old to **15 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

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

Hamadan University of Medical Sciences

Street address

Hamadan University of Medical Sciences, Shahid
Fahmide st, Hamadan

City

Hamadan

Postal code

65178

Approval date

2013-02-14, 1391/11/26

Ethics committee reference number

16/35/9/4019 پ/د

Health conditions studied

1

Description of health condition studied

tonsillectomy

ICD-10 code

J35.0 , J3

ICD-10 code description

chronic tonsillitis, hypertrophy of tonsils

Primary outcomes

1

Description

pain

Timepoint

3 day after discharge

Method of measurement

Numeric Rating Scale and Wong-Baker

2

Description

fever

Timepoint

3 day after discharge

Method of measurement

Celsius

3

Description

nausea

Timepoint

3 day after discharge

Method of measurement

a five item likert scale

4

Description

vomiting

Timepoint

3 day after discharge

Method of measurement

a five item likert scale

Secondary outcomes

1

Description

Behavioral changes

Timepoint

3 day after discharge

Method of measurement

a five item likert scale

Intervention groups

1

Description

Case group: Parent and child will be participated in self care education Session at the night before surgery. Self care education will be presented at the bedside and will be takes for 30 minutes. After that, with a checklist, the training booklet include teaching about the tonsillectomy, pain controle and analgesics administration as the Aruond the clock, food, activity, common complications after tonsillectomy such as bleeding, nausea, vomiting, fever, Behavioral changes ,cares and follow up and visit will be gave to them . Within three days after discharge,the Probabilistic questions of case group will be answered during phone calls. A week later, Cheklists will be gathered.

Category

Behavior

2

Description

Control group: No intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat Hospital

Full name of responsible person

Street address

City

Hamadan

2

Recruitment center

Name of recruitment center

Bouali Hospital

Full name of responsible person

Street address

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vic-Chancellor for research, Hamedan University of Medical Sciences

Full name of responsible person

Dr. Ahmad Tavilani

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Ave, Hamedan

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Grant name

از محل یک درصد بودجه طرح های تحقیقاتی دانشگاه

Grant code / Reference number

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

Yes

Title of funding source

Vic-Chancellor for research, Hamedan 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

Hamadan University of Medical Sciences

Full name of responsible person

Saeide Almasi

Position

MSC student of nursing

Other areas of specialty/work

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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