Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

Effect of Self-Care education on controling 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 teached self care education for 30 minutes at the night before surgery. After that, the training booklet with a checklist will be gave to them . Within three days after discharge,the Probabilistic questions of case group will be answered during phone calls .control group will be gave just checklists. Outcome: A week later, Cheklists 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

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Name of organization / entity

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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 controling 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 /د/پ

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 aboute 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
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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
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Hamedan University of Medical Sciences, Shahid Fahmideh Ave, Hamedan
City
Hamadan
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

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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