

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of foot massage on the quality of sleep in patients with ischemic heart hospitalized in intensive care unit at the Ekbatan Hospital.

Protocol summary

Summary

The aim of this study was to investigate the effect of foot massage on the sleep quality of hospitalized patients with ischemic heart Ekbatan the hospital's CCU. The sample consisted of 60 patients in the experimental and control groups. Inclusion criteria included being vigilant; stay in CCU; non-vascular and clotting disorders and diabetes; are not susceptible to foot massage. Exclusion criteria included a history of chronic sleep disorder; the patient died. SMSHQ sleep quality questionnaire before massage at 9 pm and the next morning it is measured. Initially set up by the slippery lubricant gel and foot massage is given For two consecutive nights at the four stages of 10 minutes. Method: 1-While the patient's foot is on the high side Using thumb or finger pressure is between the tendons of the wrist to the finger slowly. 2- Patient's foot is worn from the heel to the toes with the thumb knob. 3-Patient toes stretched along each finger and then pulled in front and back sides of stretch to be bend. 4-The base of each finger kept between the thumb and other fingers and along each finger to tip pulled up and turned out to be.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013030912749N1**

Registration date: **2013-05-01, 1392/02/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-05-01, 1392/02/11

Registrant information

Name

Saeed Abdi

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0572

Email address

s.abdi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-Chancellor of Research and Technology; Hamadan University of Medical Sciences

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-07-23, 1392/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot massage on the quality of sleep in patients with ischemic heart hospitalized in intensive care unit at the Ekbatan Hospital.

Public title

The Effect of Foot Massage on Sleep in Patient with Heart disease

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Being conscious; Having a sleep quality score of at least 8; No diabetes and the risk of deep vein thrombosis; No drug and alcohol addiction; Lack of sensitivity to the massage. Exclusion criteria: Dead; Sick;

Sick leave; A history of chronic sleep disorders.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single 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

Shaheed Fahmideh Avenue; Hamadan University of Medical Sciences

City

Hamadan

Postal code

6517838698

Approval date

2012-04-09, 1391/01/21

Ethics committee reference number

D/P/16/35/9/48

Health conditions studied

1

Description of health condition studied

Ischaemic Heart Diseases

ICD-10 code

I20-I25

ICD-10 code description

I20-I21-I22-I23-I24-I25

Primary outcomes

1

Description

Quality of Sleep

Timepoint

Before intervention; After intervention When waking up

Method of measurement

SMHSQ Questionnaire

Secondary outcomes

1

Description

Heart rate

Timepoint

Before Intervention; 1 minute after Intervention

Method of measurement

Monitoring

2

Description

blood pressure

Timepoint

Before Intervention; 1 minute after Intervention

Method of measurement

Monitoring

Intervention groups

1

Description

Intervention group: Initially set up by the slippery lubricant gel and foot massage is given For two consecutive nights at the four stages of 10 minutes. Method: 1- While the patient's foot is on the high side Using thumb or finger pressure is between the tendons of the wrist to the finger slowly. 2- Patient's foot is worn from the heel to the toes with the thumb knob. 3- Patient toes along each finger and then pulled in front and back sides of stretch to be bend. 4- Rule of the thumb between the thumb and other fingers kept along each finger tip pulled up and turned out to be. SMSHQ sleep quality questionnaire before massage at 9 pm and the next morning it is measured.

Category

Other

2

Description

Control Group receives the routine Nursing Care in CCU Ward.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ekbatan Therapeutic and Education center of Hamadan

Full name of responsible person

Saeed Abdi

Street address

Taleghani Avenue; Jahad field

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology; Hamadan University of Medical Sciences

Full name of responsible person

Dr Heydar Tavalani

Street address

Shahid Fahmide avenue

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for Research and Technology; Hamadan 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

Nursing and Midwifery College; Hamadan University of medical Sciences

Full name of responsible person

Saeed Abdi

Position

Internal and Surgical Orientation; Candidate of Master of Sciences in Nursing

Other areas of specialty/work

Street address

Shahid Fahmide avenue

City

Hamadan

Postal code

6517838698

Phone

+98 81 1838 0717

Fax

Email

s.abdi@umsha.ac.ir; s.abdi007@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Department of Internal Medicine and Surgery, Nursing and Midwifery School

Full name of responsible person

Dr Khodayar Oshvandi

Position

PhD

Other areas of specialty/work

Street address

Shaheed Fahmideh Ave

City

Hamadan

Postal code

6517838698

Phone

+98 81 1838 0150

Fax

Email

oshvandi2004@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Nursing and Midwifery College; Hamadan University of Medical Sciences

Full name of responsible person

Saeed Abdi

Position

Internal and Surgical Orientation; Candidate of Master of Sciences in Nursing

Other areas of specialty/work

Street address

Shahid Fahmide avenue

City

Hamadan

Postal code

6517838698

Phone

+98 81 1838 0150

Fax

Email

s.abdi@umsha.ac.ir; s.abdi007@yahoo.com

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