

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effects of Peppermint essence on nausea and vomiting in patients with acute myocardial infarction

Protocol summary

Summary

This is a single blind clinical trial to evaluate the effect of peppermint aroma on nausea and vomiting of patients with acute myocardial infarction in Arak Amirkabir Hospital. One hundred twenty six patients with acute myocardial infarction will be selected according to inclusion and exclusion criteria and will be divided into two groups randomly (Peppermint and placebo). Peppermint scented pads will be prepared by placing 0.2 mL of essential oil of peppermint on a 2*2 inch gauze pads; placebo pads will be prepared by placing 0.2 mL of isotonic saline. These pads will be attached to the patients' clothes for 24 hours. The severity of nausea will be evaluated by visual analog scale and vomiting by counting vomiting times during 24 hours.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013112415507N1**

Registration date: **2014-05-21, 1393/02/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-05-21, 1393/02/31

Registrant information

Name

Maryam Mohsenifard

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-07-11, 1393/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of Peppermint essence on nausea and vomiting in patients with acute myocardial infarction

Public title

The effect of Peppermint Aroma on Nausea and Vomiting in Patients with Acute Myocardial Infarction

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 30-88 years old, diagnosis of acute myocardial infarction according to clinical signs, electrocardiography and cardiac biomarkers that confirmed by the cardiologist. Exclusion criteria: cardiogenic shock, acute asthma, chronic obstructive pulmonary disease, congestive heart failure class III or IV, cardiopulmonary resuscitation, recurrent myocardial infarction, and allergy to peppermint compounds.

Age

From **30 years** old to **88 years** old

Gender

Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **126**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
Randomization is Simple

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Arak University of Medical Sciences

Street address
Arak University of Medical Sciences, Alamoll Huda
Street, Railroad Street, Arak, Iran

City
Arak

Postal code

Approval date
2013-04-22, 1392/02/02

Ethics committee reference number
92-144-10

Health conditions studied

1

Description of health condition studied
Acute Myocardial Infarction

ICD-10 code
I21

ICD-10 code description
I21.0,I21.1,I21.2,I21.3,I21.4,I21.9

Primary outcomes

1

Description
Nausea

Timepoint
0-2-4-6-8-10-16-24

Method of measurement
Visual Analog Scale for Nausea

2

Description
Vomiting

Timepoint
0-2-4-6-8-10-16-24

Method of measurement
Check List

Secondary outcomes

1

Description
Pulse Rate

Timepoint
0-2-4-6-8-12-16-18-24

Method of measurement
Pulse Counting

2

Description
Respiratory Rate

Timepoint
0-2-4-6-8-12-16-18-24

Method of measurement
Respiratory Rate Counting

3

Description
Blood Pressure

Timepoint
0-2-4-6-8-12-16-18-24

Method of measurement
Millimeters of Mercury, Using Manometer and Blood
Pressure Cuff

4

Description
Temperature

Timepoint
0-2-4-6-8-12-16-18-24

Method of measurement
Thermometer

Intervention groups

1

Description
Intervention group: Peppermint scented gauze pads will be prepared by placing 0.2 mL of essential oil of peppermint. These pads will be attached to the patients' clothes for 24 hours.

Category
Treatment - Other

2

Description

Control group: placebo pads will be prepared by 0.2 mL of isotonic saline. These pads will be attached to the patients' clothes for 24 hours.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Amirkabir Hospital

Full name of responsible person

Dr. Alireza Alisaeeedi, Cardiologist

Street address

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Arak University of Medical Sciences

Full name of responsible person

Saeed Babaie

Street address

Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Sardasht, Arak, Iran

City

Arak

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 Arak 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

Arak University of Medical Sciences

Full name of responsible person

Maryam Mohsenifard

Position

Bsc in Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>