

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The effect of Cold Therapy and the Essential Lavender Oil on pain intensity and healing of episiotomy among primiparous women

Protocol summary

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Summary

Objective: to evaluate the effectiveness of Gel pads, as a method of Cold Therapy, and the Essential Lavender Oil in healing and pain intensity of episiotomy. The study population included 90 primiparous mothers who had the inclusion criteria of this study. These mothers allocated into either a control or experimental groups randomly. The experimental groups received either Gel pads or six drops of pure Lavender oil into the bath water for 5 days following child birth, while the control group received routine cares. Perineal pain intensity was evaluated using Visual Analogue Scale within 4 hours, 12 hours and 5 days after episiotomy. Perineal healing was evaluated using REEDA scale in 5 days after episiotomy.

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2009-07-29, 1388/05/07

Expected recruitment end date

2009-11-06, 1388/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138807192248N3**

Registration date: **2010-04-26, 1389/02/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-04-26, 1389/02/06

Registrant information

Name

Fereshteh Jahdi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

00982188773073,00982182471404

Email address

Scientific title

The effect of Cold Therapy and the Essential Lavender Oil on pain intensity and healing of episiotomy among primiparous women

Public title

Influence of Cold Therapy and Essential Lavender Oil on episiotomy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: being primiparous Exclusion criteria: heart, respiratory or renal disease, eclampsia and preeclampsia, history of allergies to special medicine, laceration, pregnancy membrane prolonged more than 24 hours, fast labor, drug addiction, vulva and vaginal symptomatic inflammation, creation of hematoma in episiotomy during the first 24 hours, taking medication more than routine when admitted in hospital

Age

No age limit

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 90

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

School of Nursing and Midwifery, Iran University of Medical Sciences

Street address

Next to the Mottahari hospital, Rashid-Yasmi street, Valiasr avenue

City

Tehran

Postal code

Approval date

empty

Ethics committee reference number

1323572

Health conditions studied

1

Description of health condition studied

Episiotomy

ICD-10 code

O75.9

ICD-10 code description

Complication of labour and delivery, unspecified

Primary outcomes

1

Description

Pain intensity of episiotomy

Timepoint

4 hours, 12 hours and 5 days after episiotomy

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

Healing of episiotomy

Timepoint

5 days after episiotomy

Method of measurement

REEDA Scale

Intervention groups

1

Description

Cold Therapy during pain

Category

Other

2

Description

Essential Lavender oil, six drops into the bath water twice a day for 5 days

Category

Other

3

Description

Routine care in control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. A. Motevalian, Vice Chancellor for research of Iran University of Medical Sciences

Street address

Shahid hemat highway, south side, between shahid Sheikh Fazlollah noori and Shahid Chamran highway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Fatemah Sheikhan

Position

master sciences of midwifery

Other areas of specialty/work

Street address

Next to the Mottahari hospita, Rashid yasmi street, Valiasr avenue

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19395/4798

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Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person

Fereshteh Jahdi

Position

Master of Science, faculty of nursing and midwifery

Other areas of specialty/work

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Fax

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jahdi_fr@yahoo.com

Web page address

Person responsible for updating data

Contact

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