Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

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

Protocol summary

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.

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

f.jahdi@iums.ac.ir

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

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 heamatoma 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 Analouge 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 dropes into the bath water twice a day for 5 dayes
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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Fereshteh Jahdi

Position

Master of Science,faculty of nursing and midwifery

Other areas of specialty/work

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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