

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Comparison of effect of warm-water footbath, effleurage massage and petrissage massage on the fatigue and sleep quality of Hemodialysis Patients

Protocol summary

Summary

The purpose of this study was to evaluate and compare the impact of warm water foot bath, effleurage massage and petrissage massage on fatigue and sleep quality of Patients undergoing Hemodialysis. In this quasi-experimental study, eligible patients by non-random sampling selected, but according to randomly blocked among the three intervention groups warm water foot bath, effleurage massage and petrissage massage were divided. There was not control group. In finally, 62 hemodialysis patients were enrolled from two centers in Yasuj. The main inclusion criteria: at least 6 months of hemodialysis treatment; the more fatigue score; sleep quality score 5 or more and exclusion criteria: renal transplantation; migration and death. Three intervention groups separately trained and performed in hemodialysis ward warm water foot bath and massages for two weeks, three times a week. After ensuring the correct implementation, interventions continued by patients in home for two months, every night an hour before sleep. In the footbath group, the feet was immersed 15 minutes in the water 41 to 42 ° C. In effleurage massage was performed steady and long movement on the back, shoulders and neck and in petrissage massage kneading movement on the shoulders, neck and arms for 15 minutes. One month and two months after intervention, fatigue and sleep questionnaire was completed by patients. The mean score of fatigue and sleep between the three groups and each group was compared before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015031021425N1**
Registration date: **2016-01-28, 1394/11/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-28, 1394/11/08

Registrant information

Name

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Name of organization / entity

Yasuj University of Medical Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Yasuj University of Medical Science

Expected recruitment start date

2014-11-22, 1393/09/01

Expected recruitment end date

2015-01-15, 1393/10/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effect of warm-water footbath, effleurage massage and petrissage massage on the fatigue and

sleep quality of Hemodialysis Patients

Public title
Effect of warm water and massage on the blood dialysis patients

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: at least 6 months of hemodialysis treatment; the more fatigue score; sleep quality score 5 or more. Exclusion criteria: renal transplantation; migration; death.

Age
From **18 years** old to **75 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **62**

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

Ethics Committee of Yasuj University of Medical Science

Street address

Faculty of Nursing and Midwifery, second floor, Yasuj University of Medical Science, next to Emam Sajad Hospital, Shahid Jalil boulevard, Yasuj.

City

Yasuj

Postal code

7591741417

Approval date

2014-09-23, 1393/07/01

Ethics committee reference number

93050003

Health conditions studied

1

Description of health condition studied

hemodialysis

ICD-10 code

Z99. 2

ICD-10 code description

Dependence on renal dialysis

Primary outcomes

1

Description

fatigue

Timepoint

Two weeks before intervention, one month and two months after from start intervention

Method of measurement

Multidimensional Fatigue Inventory

2

Description

sleep

Timepoint

Two weeks before intervention, one month and two months after from start intervention

Method of measurement

Pittsburgh Quality Sleep Index

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group of Warm water foot bath: The patient's feet are placed in a basin containing water 41 to 42 ° C to a depth of 10 cm above the ankle for 15 minutes

Category

Rehabilitation

2

Description

Intervention group of effleurage massage: fingers and palms of both hands placed on the patient's lower back and was motion to spine, around spine, back, shoulders and neck and opposite from neck to lower back

Category

Rehabilitation

3

Description

Intervention group of petrissage massage: with fingers and thumb of both hands, shoulders, neck and arms of muscles were catch, brought up, squeezed and then left

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Beheshti Hospital

Full name of responsible person

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2**Recruitment center****Name of recruitment center**

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research of Yasuj University of
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Full name of responsible person

Mahmood Naraki

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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 of Yasuj University of
Medical Science

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**

Yasuj university of Medical Science

Full name of responsible person

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Position

Master of Medical Surgical Nursing

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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