Clinical Trial Protocol
Iranian Registry of Clinical Trials

20 Sep 2026

Compare of acupressure and pressure on false points on constipation of patients with chronic renal failure undergoing hemodialysis in control and intervention groups

Protocol summary

Summary

Objectives: One of the most common digestive problem in patients undergoing hemodialysis is chronic constipation. With regard to the effect of acupressure on constipation of patients with chronic renal failure undergoing hemodialysis have not done in any studies in Iran; this study is doing for the effect of acupressure on constipation of these patients. Design: This study is a double-blind randomized clinical trial so that patients and researchers (collectors of questionnaires) will be blind about allocation of patients to control and intervention groups. Setting and conduct: The sample includes 60 patients with constipation undergoing hemodialysis in hospitals of Noshar, Chalus and Noor cities in Mazandaran province in Iran. They will be allocated alternately in control and intervention groups by permutation blocks with four blocks. Improving of constipation by increasing of number of defecation and improving of stool quality (based on Bristol criteria) will be measured. In intervention group, acupressure will be performed during hemodialysis for 4 weeks at 3 times in week and each time for 1 minute in points of acupressure. These points include: three knuckles from middle of abdomen in both sides of umbilicus, between the index finger and thumb in hands, between first and second finger in feet, down and outer of knees and two fingers below of umbilicus. In Control group, pressure will be performed in false points. Improving of constipation will be determined by increasing number of daily defecation and improving of stool quality (with Bristol criteria) before and after intervention. For analyzing of finding, descriptive and inferential statistics will be used. Significant level will be considered less than 0.05. Intervention: Doing pressure on acupressure points in intervention group and pressure on false points on control group Main outcome Measures: Number of daily defecation and quality of stool

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015043022027N1**
Registration date: **2015-07-28, 1394/05/06**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-07-28, 1394/05/06

Registrant information

Name

Mohammad Mojalli

Name of organization / entity

Gonabad University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-08-23, 1394/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Compare of acupressure and pressure on false points on constipation of patients with chronic renal failure undergoing hemodialysis in control and intervention groups

Public title
Effect of acupressure on constipation of hemodialysis patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion Criteria: Having constipation based on Rom 3 criteria (having 2 criterion from 6 criterion of constipation); having at least 6 months of hemodialysis; having dossier in dialysis unit; having hemodialysis 3 times and every times 4 hours in weeks; having full consciousness and ability of hearing and speaking; not having skin disease, progressive heart failure or stroke based on claim of patients; not having amputation or an ulcer at the site of acupressure; not using from laxatives in recently month; not having digestive disorders such as irritable bowel syndromes based on claim of patient, history and physical examination. Exclusion Criteria: Disrupting or failure to completing the study because of transition to acute care unit; death, traveling or having transplantation surgery; stressful life event such as death of relatives; unwillingness to continue the study.
Age
From **18 years** old to **90 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)
Double 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 Gonabad University of Medical Sciences
Street address
Next to the Asian Road
City
Gonabad
Postal code
Approval date
2013-09-23, 1392/07/01
Ethics committee reference number
Gmu.Rec.1392.53

Health conditions studied

1

Description of health condition studied
Chronic Renal failure
ICD-10 code
N18.5
ICD-10 code description
Chronic kidney disease, stage 5

Primary outcomes

1

Description
daily defecation
Timepoint
Before intervention and 4 weeks after intervention
Method of measurement
Daily number of defecation

2

Description
Quality of stool
Timepoint
Before intervention and 4 weeks after intervention
Method of measurement
compare of shape of stool with pictures of stool (based on Bristol criterion)

Secondary outcomes

empty

Intervention groups

1

Description
Control group: Doing acupressure on false points
Category
Other

2

Description
Intervention group: Doing acupressure 3 times and each

times for 1 minute in points of acupressure: three knuckle from midline of abdomen in both sides of umbilicus, between the index finger and thumb in hands, between first and second finger in feet, down and outer of knees and two fingers below the umbilicus

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani Hospital

Full name of responsible person

Street address

City

Chalus

2

Recruitment center

Name of recruitment center

Emam Khomeini Hospital

Full name of responsible person

Street address

City

Noor

3

Recruitment center

Name of recruitment center

Shahid Beheshti Hospital

Full name of responsible person

Street address

City

Noshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Gonabad University of Medical Sciences

Full name of responsible person

Ali Mohammad pour

Street address

Next to the Asian Road, Gonabad University of Medical Sciences

City

Gonabad

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 Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Mohammad Mojalli

Position

PhD in Nursing Education

Other areas of specialty/work

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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