

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

The Effect of Aromatherapy on pain in patients undergoing ortopedic surgery

Protocol summary

Summary

This study aimed to investigate the effect of aromatherapy on patients' pain in orthopedic surgery. The participants in this study were 80 patients both male and female who had gone to the orthopedic ward of Akhtar, Ayatollah Taleqani, and Emam Hossein hospitals in Tehran. Their age range was between 15 to 55. The participants were divided into two groups of experimental and control. Random number table (0-4) and Random block recipients (5-9) were used for the control and experimental groups respectively. No intervention was applied for the control group. Each patient's pain was measured before the intervention and the night before surgery at 9 PM. Then 8 and 16 hours after surgery while three hours had passed since the last time patients had received parental analgesics, patients' pain was measured through the use of VAS scale half an hour after the intervention. In the aromatherapy intervention group, three drops of citrus lemon using a dropper was dropped on an impenetrable handkerchief and attached to the patient's collar. In addition, the patient was asked to breathe it for about 20 to 30 minutes and then the two groups were compared.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015081723655N1**
Registration date: **2015-09-08, 1394/06/17**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-08, 1394/06/17

Registrant information

Name

Mahboubeh Nazari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

mahnazari2010@yahoo.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-03-21, 1394/01/01

Expected recruitment end date

2015-06-20, 1394/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Aromatherapy on pain in patients undergoing ortopedic surgery

Public title

Investigating The Effect of

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Male and female patients 15 to 55 years, patients undergoing orthopedic surgery (distal radius fracture), the same procedure Exclusion criteria: use of anti-anxiety drugs and herbal medicines, drug addiction (according to patient), and health employment and No history of vision and hearing and smell problems,

having respiratory problems and allergic to liver problems and kidney surgery complicate the withdrawal from the study at any stage of the intervention (Aromatherapy)

Age

From **15 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Sampling is random block recipients into two groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad university tehran medical branch

Street address

Shahid Khaghani st (Zargande st) tehran

City

tehran

Postal code

1916893813

Approval date

2015-03-10, 1393/12/19

Ethics committee reference number

1045

Health conditions studied

1

Description of health condition studied

Fracture of lower end of radius

ICD-10 code

S52.5

ICD-10 code description

Fracture of lower end of radius

Primary outcomes

1

Description

variable Pain

Timepoint

basic pain , 8 and 16 hour after the surgery

Method of measurement

by using VAS scale

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Control group :No intervention was applied for the control group

Category

Prevention

2

Description

In the aromatherapy intervention group 1: three drops of citrus lemon using a dropper was dropped on an impenetrable handkerchief and attached to the patient's collar. In addition, the patient was asked to breathe it for about 20 to 30 minutes and then the two groups were compared.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Center Hospital Akhtar

Full name of responsible person

Mahboubeh Nazari

Street address

Sharifi Manesh St, Poule Roomi Ave, Shariati St, Teharn, Iran.

City

Tehran

2

Recruitment center

Name of recruitment center

Medical Center Hospital Imam Hussein (AS)

Full name of responsible person

Mahboubeh Nazari

Street address

Medical Center Hospital Imam Hussein (AS), Madani Street, Tehran, Iran

City

Tehran

3

Recruitment center

Name of recruitment center

Ayatollah Taleghani Hospital Medical Center

Full name of responsible person

Mahboubeh Nazari

Street address

Taleghani Educational Hospital, Tabnak St, Velenjak Region, Chamran High Way, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

-

Full name of responsible person

Investigator

Street address

khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

-

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

Islamic Azad University Tehran Medical Branch

Full name of responsible person

Mahboubeh Nazari

Position

Student of Master Degree in Medical Surgical Nursing

Other areas of specialty/work

Street address

khaghani st, shariati Ave, Tehran, Iran

City

Tehran

Postal code

Phone

+98 21 2200 6661

Fax

Email

mahnazari2010@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad university tehran medical branch Faculty of Nursing & Midwifery

Full name of responsible person

Mahboubeh nazari

Position

Student of Master Degree in Medical Surgical Nursing

Other areas of specialty/work

Street address

khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Postal code

Phone

+98 21220066616

Fax

Email

mahnazari2010@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

tehran medical branch (Faculty of Nursing & Midwifery)

Full name of responsible person

Mahboubeh Nazari

Position

Student of Master Degree in Medical Surgical Nursing

Other areas of specialty/work

Street address

khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Postal code

Phone

+98 21220066616

Fax

Email

mahnzari2010@yahoo.com

Web page address

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