

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of topical application with aromatic ginger oil on pain of osteoarthritis among female older adult

#### Protocol summary

##### Summary

Objective: The aim of this study was to determine the effect of topical application of essential oils of ginger on pain of knee OA in older women. Design: A quasi-experimental clinical trial with a control group. Study population; elderly women with knee osteoarthritis, referring to the Rheumatology Clinic Hospital Prophet (PBUH) University of Medical Sciences. Sample size: 96 people. Main inclusion criteria; being older than 65 years of chronic diseases and cancer, history of eczema and skin allergies, no history of knee joint replacement surgery and intra-articular injection. the main criteria Exclusion: non-use of oil more than two days a week; except acetaminophen use of medicines during the study. Intervention methods: experimental group after the pre-test (completion of baseline characteristics and individual, McGill pain questionnaire and a scale to measure VAS) for one month and a half cc of ginger essential oils topically twice daily, morning and night before bed will. The control group did not receive any intervention and receive routine treatment recommended by your doctor, and the second and fourth weeks after the intervention of the questionnaire completed by the elderly and analysis of the will be

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016011726059N1**  
Registration date: **2016-03-06, 1394/12/16**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-03-06, 1394/12/16

#### Registrant information

##### Name

ameneh pishghadam

##### Name of organization / entity

Iranian University of Medical Sciences School of Nursing & Midwifery

##### Country

Iran (Islamic Republic of)

##### Phone

+98 77348023

##### Email address

pishghadam.a@tak.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Iran University of Medical Sciences

#### Expected recruitment start date

2016-01-15, 1394/10/25

#### Expected recruitment end date

2016-03-15, 1394/12/25

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of topical application with aromatic ginger oil on pain of osteoarthritis among female older adult

#### Public title

The effect of ginger oil on pain in patients with knee osteoarthritis

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

Main inclusion criteria: age over 65 years, the lack of chronic diseases and cancer, history of eczema and skin allergies, no history of knee joint replacement surgery

and intra-articular injection Main criteria Exclusion: non-use of oil more than two days a week, except acetaminophen use of medicines during the study

### Age

From **65 years** old to **100 years** old

### Gender

Female

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **96**

### Randomization (investigator's opinion)

Not 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

Iran University of Medical Sciences

##### Street address

Iran, Tehran, Highway martyr Hemmat West, the intersection of Sheikh Fadlallah and Chamran, Iran University of Medical Sciences, the fifth floor of the headquarters building

##### City

Tehran

##### Postal code

#### Approval date

2015-11-22, 1394/09/01

#### Ethics committee reference number

IR.IUMS.REC.1394.9211580205

## Health conditions studied

### 1

#### Description of health condition studied

Knee Osteoarthritis

#### ICD-10 code

M15-M19

#### ICD-10 code description

Arthrosis

## Primary outcomes

### 1

#### Description

Pain

#### Timepoint

before of intervention, 2 and 4 week for intervention

#### Method of measurement

VAS, Mac Gills Pain Questionner

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control groups: the control group with no intervention and treatment is not routinely recommended by doctors receive. McGill pain questionnaire and VAS before and in the second and fourth weeks will be completed by the control group.

#### Category

Treatment - Other

### 2

#### Description

The intervention group: after the sample selection from among eligible elderly referred to the Rheumatology Clinic Hospital Prophet (PBUH), the individual questionnaire, McGill pain questionnaire and Visual Analogue Scale will be completed by elderly people, then how do intervention patients are taught individually. Ginger essential oils in the intervention group than half a cc twice daily, morning and night before bed on knees with, will be applied for four weeks, then in the second week and the fourth visit to the clinic completed questionnaires will in the intervening during the phone call, the oil will remind them. If you have pain, you can use one gram of acetaminophen maximum.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Hospital Prophet (PBUH)

##### Full name of responsible person

Ameneh Pishghadam

##### Street address

Tehran, Two area, Satta Khan Street, worship, St. Mansouri, Hospital Prophet (PBUH)

##### City

Tehran

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Doctor Syed Ali Javad Mousavi

**Street address**

Iran, Tehran, Highway martyr Hemmat West, the intersection of Sheikh Fadlallah and Chamran, Iran University of Medical Sciences, the fifth floor of the headquarters building

**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**

Nursing, Iran University of Medical Sciences

**Full name of responsible person**

Ameneh Pishghadam

**Position**

Master, student

**Other areas of specialty/work**

**Street address**

Tehran, Vanak Square, St. Martyr Yassami, School of Nursing and Midwifery, Iran University of Medical Sciences

**City**

Tehran

**Postal code**

**Phone**

+98 21 8888 2885

**Fax**

**Email**

pishghadam.a@tak.iums.ac.ir;  
pishghadam2014@gmail.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Nursing, Iran University of Medical Sciences

**Full name of responsible person**

Faridah Bastani

**Position**

PHD

**Other areas of specialty/work**

**Street address**

Tehran, Vanak Square, St. martyr Yassami, School of Nursing and Midwifery, Iran University of Medical Sciences

**City**

Tehran

**Postal code**

1996713883

**Phone**

+98 21 8888 2885

**Fax**

**Email**

faridehbastani@yahoo.com

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**

Nursing, Iran University of Medical Sciences

**Full name of responsible person**

Ameneh Pishghadam

**Position**

Masters Student

**Other areas of specialty/work**

**Street address**

Tehran, Vanak Square, St. martyr Yassami, School of Nursing and Midwifery, Iran University of Medical Sciences

**City**

Tehran

**Postal code**

161111

**Phone**

+98 21 7732 5416

**Fax**

**Email**

pishghadam.a@tak.iums.ac.ir;  
pishghadam2014@gmail.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*