Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Tellington massage on pain intensity in male patients with unstable angina

Protocol summary

Summary

Purpose:Pain is one of the most unpleasant experiences of heart disease that can cause changes in vital signs, increased oxygen requirement of the heart and increased mortality in patients with heart disease that reduction is an important goal of nursing care. Massage is one of the most important and effective non-pharmacological methods of pain control and its harmful consequences on heart disease research received little attention,on the other hand massage stimulates nerve fibers and stimulation of endorphins block pain transmission is thick, therefore, this study aimed to determine the effect of anterior chest massage is performed by a nurse on the severity of male patients. Inclusion criteria: Having full alertness, the ability to communicate with others, people with unstable angina (first), the absence of a history of injury (surgery or other factors) in the chest. Exclusion criteria: patients addicted, patients with neuropathic [diabetic] patients with serious arrhythmias, patients who have not received a painkiller hour; chest injury patients and patients who had suffered a loss of consciousness. Materials and Methods: The patients selected for sampling and,then randomly allocated into two groups of 32 people interventional and control blocks allocated. First, the patient's pain intensity after expressing pain by using VAS tool is measured in both experimental and control groups, and drug nitroglycerin to 5 micrograms per minute by infusion to patients in both groups The difference is that in the experimental group receiving nitroglycerin, anterior chest massage telington method is performed, and again after 8 minutes after the onset of pain in both groups was measured using the scale. The collected data was then analyzed using statistical software fall.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016050627759N1**
Registration date: **2016-07-11, 1395/04/21**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-07-11, 1395/04/21

Registrant information

Name
Sadegh Mahdavipour
Name of organization / entity
International unit of Yazd university of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 743323591
Email address
mahdavi.sadegh@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Yasuj University of Medical Sciences

Expected recruitment start date

1994-03-20, 1372/12/29

Expected recruitment end date

2016-07-19, 1395/04/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Tellington massage on pain intensity in

male patients with unstable angina

Public title
the effect of massage on Chest pain
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: Having full alertness; the ability to communicate with others; people with unstable angina (first); the absence of a history of injury (surgery or other factors) in the chest. Exclusion criteria: patients addicted; patients with neuropathic [diabetic] patients with serious arrhythmias; patients who have not received a painkiller hour; chest injury patients and patients who had suffered a loss of consciousness.
Age
From **40 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
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
Ethics committee of Martyr sadoughi - YUniversity of Medical Sciences
Street address
5 km road Bafgh-Martyr sadoughi- Yazd University of Medical Sciences
City
Yazd
Postal code
Approval date
2016-02-11, 1394/11/22
Ethics committee reference number
IR.SSU.MEDICINE.REC.1394.468

Health conditions studied

1

Description of health condition studied
Chest Pain
ICD-10 code
I20.0
ICD-10 code description
Unstable angina

Primary outcomes

1

Description
Pain Intensity
Timepoint
When Pain and 8 minutes after the pain
Method of measurement
Using A Visual Analog Scale

Secondary outcomes

1

Description
Vital Sign
Timepoint
When pain and eight later
Method of measurement
Monitoring

Intervention groups

1

Description
intervention group: Measuring pain intensity and giving a massage for 8 minutes and repeat measurements of pain after 8 minutes.
Category
Treatment - Other

2

Description
control group: without action is performed
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Sajjad Hospital Of Yasuj
Full name of responsible person
Shahin Norozpour
Street address

Imam Sajjad Hospital Of Yasuj

City

Yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research SHahid sadoughi University of Medical Sciences

Full name of responsible person

Dr. GHasemi

Street address

Yazd/ 5 km road Bafgh- SHahid sadoughi University of Medical Sciences International Campus

City

Yazd

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 SHahid sadoughi 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

Yasuj University Of Medical Sciences

Full name of responsible person

Mahdavipour Sadegh

Position

Masters sciences nursing student

Other areas of specialty/work

Street address

Mottahari BLvD-Yasuj University Of Medical Sciences

City

Yasuj

Postal code

Phone

+98 74 3323 3591

Fax

Email

Sadeghmahdavipour@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Vaezi Ali Akbar

Position

Nursing Ph.D.

Other areas of specialty/work

Street address

School of Nursing and Midwifery martyr Sadoughi-Bu Ali street- Yazd

City

Yazd

Postal code

8916877443

Phone

+98 358241751

Fax

Email

Vaeziali@ssu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Mahdavipour Sadegh

Position

Masters sciences of nursing student

Other areas of specialty/work

Street address

Mottahari BLvd- Yasuj University of Medical Sciences- Yasuj

City

Yasuj

Postal code

Phone

+98 743323591

Fax

Email

sadeghmahdavipour@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*