

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The effect of breast oketani massage on breast engorgement and neonate weight gain

Protocol summary

Summary

The main purpose: to determine the effect of breast oketani massage on breast engorgement and neonate weight gain. Randomized Clinical Trial clinical trial people accidentally block that blocks normal delivery or cesarean, In this study fall into two groups. Before starting to work, the general temperature mercury thermometer under the tongue is controlled manner. Inventory demographic, obstetric and breast-feeding has been completed for each person measuring the severity of breast engorgement, according to the Czech list of breast engorgement score, performed and recorded by the researcher. Interventions in breast congestion control group consisted of routine actions (including proper breastfeeding techniques, breast massage and spa shower.) And interventions in the intervention group: breast oketani massage for 30 minutes once per left and right breasts done. Massage for 2 days continue .first and second days before and after the intervention Breast engorgement is recorded and weight at the beginning of the study and day 14 and 28 postpartum in both intervention and control groups done.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062728669N1**
Registration date: **2016-09-08, 1395/06/18**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-08, 1395/06/18

Registrant information

Name

Mahsa Dehghani

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5733 2534

Email address

dehghanik921@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-08-05, 1395/05/15

Expected recruitment end date

2016-11-05, 1395/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of breast oketani massage on breast engorgement and neonate weight gain

Public title

The effect of breast oketani massage on breast engorgement and neonate weight gain

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteri: having a desire to participate in the study; To participate in the study have written consent The risk of breast engorgement in 5 days after delivery, a minimum score of 2 out of 19 breast congestion score based on the severity of the Czech list; Do not use medication that suppresses lactation, lack

of mastitis (according to the gynecologist) Mother temperature lower than 38 ° C, without any restriction Breastfeeding is breastfeeding and continued breastfeeding is going, having Breastfeeding every 2-3 hours; gestational age at delivery is complete between 37 to 42 weeks, singleton pregnancy have infants, children age one to five days, based on the scale of breast congestion, congestion score at least two of each breast is no history of breast surgery ; lack of high-risk pregnancy and childbirth, normal weight, healthy full-term singleton birth (4000-2500 g), having a power-sucking; no ban on feeding such as prematurity, risk of cleft lip and palate and ... Exclusion criteria ; not wanting to continue collaborating in the study; increase temperatures at the mother to more than 38 ° C after intervention; use or need for any anti-inflammatory drug during the intervention; once intervention; the interval massage octane breast up to 48 hours; during the course of treatment to mastitis or breast abscesses; the occurrence of certain problems for the neonate such as ; fever; neonate hospitalized or separation from mother occur for any reason.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

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**

Mashhad University of Medical Sciences

Street address

University Ave.

City

Mashhad

Postal code

13944-91388

Approval date

2016-06-11, 1395/03/22

Ethics committee reference number

IR.MUMS.REC.1395.156

Health conditions studied**1****Description of health condition studied**

Breast engorgement

ICD-10 code

O92.7

ICD-10 code description

Other and unspecified disorders of lactation

Primary outcomes**1****Description**

The severity of breast engorgement

Timepoint

The first day, before and after intervention. The second day after intervention

Method of measurement

Breast congestion lis

Secondary outcomes**1****Description**

neonate weight gain

Timepoint

Beginning of the study. Day 14 Day 28 after birth

Method of measurement

Balance

Intervention groups**1****Description**

Interventions in breast congestion control group consisted of routine actions (including proper breastfeeding techniques, breast massage and spa shower ..)

Category

Other

2**Description**

Interventions in the intervention group: the routine for breast engorgment, breast-oketani massage for 30 minutes with a right and left turns in both breasts done. Massage for 2 days continue to be heavily engorgment due to the Czech list of the engorgment breast first and second days before and after the intervention and weight at the beginning of the study and day 14 and 28 postpartum in both intervention and control groups done.

oketani massage on two occasions, the first day and the second day is by Researcher

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center Najafi

Full name of responsible person

Dehghani

Street address

Victory Blvd.

City

Mashhad

2

Recruitment center

Name of recruitment center

Health Center silo

Full name of responsible person

Dehghani

Street address

Victory Blvd.

City

Mashhad

3

Recruitment center

Name of recruitment center

Imam Reza Hospital

Full name of responsible person

Dehghani

Street address

Ibn Sina Street

City

Mashhad

4

Recruitment center

Name of recruitment center

Omolbanin Hospital

Full name of responsible person

Dehghani

Street address

Azadi Street

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Ms. Mahmoudi

Street address

University Ave.

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

MAHSA DEHGHANI

Position

Midwife

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr.R.BABAZADEH

Position

PhD in Reproductive Health

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
MAHSA DEGHANI
Position
Midwife
Other areas of specialty/work
Street address
No 21, sarafrazan40 Alley, sarafrazan St
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Postal code

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