

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Protocol summary

Summary

Objective: The effect of knee chest position on turning breech to cephalic presentation in pregnant women.
Design: A clinical trial on 84 pregnant women referred to health centers and hospital clinics in Mashhad. Samples will be divided randomly into the intervention group and the control and sampling will be easy. The main inclusion and exclusion criteria: gestational age 36-34 weeks, single fetus, breech presentation. **Intervention:** Intervention group: Pregnant women will be placed in the position of the knee chest for 10 days, three times in day (morning before getting out of bed, noon and evening before bedtime). The control group will receive routine care. In both groups, fetal presentation will be determined with Leopold maneuver and ultrasound ten days later. In both groups, type of delivery and fetal presentation will be followed at the time of delivery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016092129905N1**
Registration date: **2017-08-21, 1396/05/30**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-08-21, 1396/05/30

Registrant information

Name

Maryam Tafazzolifar

Name of organization / entity

Mashhah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38412081051

Email address

tafazzolim931@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-11-08, 1395/08/18

Expected recruitment end date

2017-07-09, 1396/04/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Public title

Effect of knee chest position on turning breech to cephalic presentation in pregnant women

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: the gestational age of 36-34 weeks; breech presentation; singleton pregnancy; no contraindications for vaginal delivery (Placenta previa, previous uterine surgery, previous cesarean); Not having a history of illness (Heart disease, Respiratory disease; liver disease; kidney disease, Hypertension, Eclampsia, Gestational diabetes); the absence of obstetrical complication (uterine anomalies and external genital system, bleeding in the third trimester and premature rupture of membranes, risk of Rhesus iso-immunization, intrauterine growth restriction, fetal malformations,

Polyhydramnios and Oligohydramnios); Body mass index does not equal to 30 or higher. Exclusion: not willingness to participate in research; knee chest position program not done for four times or more; preterm labor; Occurrence of obstetrical and medical complications.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 84

Randomization (investigator's opinion)

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**

Mashhad University of Medical Sciences

Street address

Daneshgah Street, Qureshi Building, Administration
Mashhad University of Medical Sciences

City

Mashhad

Postal code

13944-91388

Approval date

2016-10-10, 1395/07/19

Ethics committee reference number

IR.MUMS.REC.1395.270

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

Breech presentation

ICD-10 code

O32.1

ICD-10 code description

Maternal care for breech presentation

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

Turning Breech to Cephalic presentation

Timepoint

10 days after intervention and time of delivery

Method of measurement

Leopold maneuvers and Ultrasound

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

Fetal movement

Timepoint

From the time of entry to study for ten days

Method of measurement

Counting the fetal movement by mother

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

Knee chest position will be taught to the intervention group and mother for 10 days, 3 times a day (morning: before getting out of bed, noon, evening: before bed), each time for 15-10 minutes. The fetal presentation will be checked after 10 days and at the time of delivery.

Category

Other

2**Description**

Control group will not be taught the knee chest position. Care routine without any intervention will be done for mother. The fetal presentation will be checked after 10 days and at the time of delivery.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Valiasr Health centers

Full name of responsible person

Mis Rezai

Street address

Northern Tabarsi 28

City

Mashhad

2

Recruitment center

Name of recruitment center

Forozanfar Helth Center

Full name of responsible person

Mis Zarei

Street address

Panjtan 14

City

Mashhad

3

Recruitment center

Name of recruitment center

Mofateh Helth Center

Full name of responsible person

Mis Katebi

Street address

Tabatabae 21

City

Mashhad

4

Recruitment center

Name of recruitment center

Alteimor Helth Center

Full name of responsible person

Mis sherbaf

Street address

Panjtan 62

City

Mashhad

5

Recruitment center

Name of recruitment center

Karrgaran Helth Center

Full name of responsible person

Mis Madahi

Street address

CHaman 19

City

Mashhad

6

Recruitment center

Name of recruitment center

22Bahman Helth Center

Full name of responsible person

Mis Rajabzadeh

Street address

Mohammad Abad 32

City

Mashhad

7

Recruitment center

Name of recruitment center

Ansar Helth Center

Full name of responsible person

Mis Motamedi

Street address

Northern Tabarsi 4

City

Mashhad

8

Recruitment center

Name of recruitment center

Imam Hadi Helth Center

Full name of responsible person

Mis Mosavi

Street address

Mohebi 47

City

Mashhad

9

Recruitment center

Name of recruitment center

CHamran Helth Center

Full name of responsible person

Mis Hoseini

Street address

22Bahman 14

City

Mashhad

10

Recruitment center

Name of recruitment center

Rasol Akram Helth Center

Full name of responsible person

Mis saeadi

Street address

Kashani 1

City

Mashhad

11

Recruitment center

Name of recruitment center

Omolbanin Hospital

Full name of responsible person

Mis Tafazoli

Street address

Hashemi Nejad 19/1

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology

Mashhad University of Medical Sciences
Full name of responsible person
 Mohsen Tafaghodi
Street address
 Daneshgah Street, Qureshi Bulding
City
 Mashhad
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 and Technology 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
 Maryam Tafazzolifar
Position
 Master Student of Midwifery
Other areas of specialty/work
Street address
 Ebnesina Street, School of Nursing and Midwifery
City
 Mashhad
Postal code
Phone
 +98 51 3859 1511
Fax
Email
 tafazzolim931@mums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity

Mashhad University of Medical Sciences
Full name of responsible person
 Masomeh Kordi
Position
 Assistant Professor
Other areas of specialty/work
Street address
 Ebnesina Street, School of Nursing and Midwifery
City
 Mashhad
Postal code
Phone
 +98 51 3859 1511
Fax
Email
 kordim@mums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
 Mashhad University of Medical Sciences
Full name of responsible person
 Maryam Tafazzolifar
Position
 Master Student of Midwifery
Other areas of specialty/work
Street address
 Ebnesina Street, School of Nursing and Midwifery
City
 Mashhad
Postal code
Phone
Fax
Email
 tafazzolim931@mums.ac.ir
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