

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of foot reflexology on intensity fatigue and chronic musculoskeletal pain in hemodialysis patients

Protocol summary

Summary

Objectives: The aim of this study is the determination The effect of foot reflexology on intensity fatigue and chronic musculoskeletal pain in hemodialysis patients. **Design of study:** A randomized single blind without placebo controlled study in the Ali ebn abitaleb(s) hospital of Zahedan University of Medical Sciences. **participants:** All patients undergoing hemodialysis referring to the Ali ebn abitaleb(s) hospital in zahedan in 2017. **Inclusion criteria:** At least 18 years of age; A history of at least 6 months of dialysis; Be on the weekly dialysis list A sample of 90 patients (45 intervention and 45 control) will be selected. In both groups, Fatigue Severity Scale(FSS) and Visual Analogue Scale(VAS) Questionnaires (pretest) will be filled half an hour after starting dialysis. In intervention group, for half an hour, both feet of patients (each legs 15 min) will be massaged in reflex points on the soles of the feet. At the end of dialysis questionnaires will be filled in both groups (posttest). In intervention group massage will be done for three consecutive sessions of dialysis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017100736612N1**

Registration date: **2017-11-20, 1396/08/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-11-20, 1396/08/29

Registrant information

Name

Simin Sharifi

Name of organization / entity

Zahedan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+54 33442481

Email address

sharifi@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice- Chancellor in Research Affairs Zahedan University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-02-19, 1396/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of foot reflexology on intensity fatigue and chronic musculoskeletal pain in hemodialysis patients

Public title

The effect of foot reflexology on intensity fatigue and chronic musculoskeletal pain in hemodialysis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion: At least 18 years of age ; A history of at least 6 months of dialysis ; Be on the weekly dialysis list

Exclusion: Unwillingness to continue to participate in the scheme ; Injection blood products and Drugs such as Calcitriole and Venofer in intervention

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee Zahedan University of Medical Sciences

Street address

Zahedan University of Medical Sciences, KhaliJe Fars Boulevard, Dr Hesabi Square

City

Zahedan

Postal code

98167-43463

Approval date

2017-09-24, 1396/07/02

Ethics committee reference number

IR.ZAUMS.REC.1396.155

Health conditions studied

1

Description of health condition studied

fatigue

ICD-10 code

F48.0

ICD-10 code description

Neurasthenia

2

Description of health condition studied

chronic musculoskeletal pain

ICD-10 code

R52.2

ICD-10 code description

Other chronic pain

Primary outcomes

1

Description

fatigue

Timepoint

Before and immediately after the intervention

Method of measurement

Fatigue Severity Scale

2

Description

Chronic musculoskeletal pain

Timepoint

Before and immediately after the intervention

Method of measurement

visual analogue scale

Secondary outcomes

empty

Intervention groups

1

Description

In intervention group, for half an hour, both feet of patients (each of the legs 15 min) reflex points on the soles of the feet massage will be given.(Massage on the foot of the foot will apply at the point that is related to the kidneys)

Category

Other

2

Description

in control group no intervention required

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali ebn abitaleb(s) hospital

Full name of responsible person

Abouzar shamsoddini

Street address

Zahedan University of Medical Sciences

City

Zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice- Chancellor in Research Affairs Zahedan
University of Medical Sciences

Full name of responsible person

Dr noormuhammad bakhshani

Street address

Zahedan University of Medical Sciences, Khalijs Fars
Boulevard , Dr Hesabi Square

City

Zahedan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice- Chancellor in Research Affairs Zahedan 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**

Zahedan Faculty of Nursing and Midwifery

Full name of responsible person

Abouzar Shamsoddini

Position

master student of nursing

Other areas of specialty/work**Street address**

Behdasht blvd - Zahedan Faculty of Nursing and
Midwifery

City

Zahedan

Postal code

9816913396

Phone

+98 54 3344 2482

Fax**Email**

mahdishamsoddini12@gmail.com

Web page address

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Zahedan Faculty of Nursing and Midwifery

Full name of responsible person

Simin Sharifi

Position

PHD

Other areas of specialty/work**Street address**

Behdasht blvd Zahedan Faculty of Nursing and
Midwifery

City

Zahedan

Postal code

9816913396

Phone

+98 54 3344 2482

Fax**Email**

siminsharifi1@gmail.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Zahedan Faculty of Nursing and Midwifery

Full name of responsible person

Abouzar Shamsoddini

Position

Master Students of critical care Nursing

Other areas of specialty/work**Street address**

Behdasht blvd Zahedan Faculty of Nursing and
Midwifery

City

Zahedan

Postal code

9816913396

Phone

+98 54 3344 2482

Fax**Email**

mahdishamsoddini12@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

