

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The comparison of fish oil, olive oil and honey on the prevention of bed sore in patient admitted to intensive care unit

#### Protocol summary

##### Study aim

The comparison of fish oil, olive oil and honey on the prevention of bed sore in patient admitted to intensive care unit

##### Design

This study will be a clinical trial with a control group, randomized, with parallel and blind groups.

##### Settings and conduct

one hundred (100) patients admitted to intensive care unit and prone to bed sore selected by a purposive sampling and randomly will be divide into three experimental and one control groups

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: patients admitted to intensive care unit and prone to bed sore, having 20-60 years old, no sensitized to fish oil, olive oil or honey. exclusion criteria: having ulcer or active infection that need to intravenous antibiotics, take medications that may cause wounds Such as immunosuppressions and corticosteroids, Transferring a patient to another health facility or patient's death.

##### Intervention groups

"Intervention group1: After washing the heel of the patients is prone to bed sore, it will be dressed for a week with 4 cc of fish oil and at the end of the week it will be evaluated, 2:After washing the heel of the patients is prone to bed sore, it will be dressed for a week with 4 cc of olive oil and at the end of the week it will be evaluated,3: After washing the heel of the patients is prone to bed sore, it will be dressed for a week with 5 cc of honey and at the end of the week it will be evaluated" "Control group receive routine cares will include the change position every 2 hours and use of wavy mattress". All intervention groups will also receive routine care.

##### Main outcome variables

ulcer intensity

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180227038885N1**

Registration date: **2018-08-03, 1397/05/12**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-08-03, 1397/05/12**

Update count: **0**

##### Registration date

2018-08-03, 1397/05/12

##### Registrant information

##### Name

Maryam Khastavaneh

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 74 3333 8884

##### Email address

maryam.khastavaneh@yums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-05-31, 1397/03/10

##### Expected recruitment end date

2018-12-01, 1397/09/10

##### Actual recruitment start date

2018-06-05, 1397/03/15

##### Actual recruitment end date

2018-12-06, 1397/09/15

##### Trial completion date

empty

##### Scientific title

The comparison of fish oil, olive oil and honey on the prevention of bed sore in patient admitted to intensive care unit

## Public title

The comparison of fish oil, olive oil and honey of bed sore

## Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

patients susceptible to bed sore based on Braden scale having 20-60 years old Do not Sensitization to fish oil, olive oil or honey

### Exclusion criteria:

having ulcer or active infection that need to intravenous antibiotic use of drugs that may cause wounding, such as immunosuppressives and corticosteroids

## Age

From **20 years** old to **60 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **100**

Actual sample size reached: **100**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Samples will be allocated randomly by block assignment between the four groups.

## 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

Ethic committee of Yasuj University of Medical Sciences

##### Street address

Shahid Motahari Blvd

##### City

Yasuj

##### Province

Kohgiluyeh-va-Boyerahmad

##### Postal code

7591741417

## Approval date

2018-02-17, 1396/11/28

## Ethics committee reference number

IR.yums.REC.1396.69

## Health conditions studied

### 1

#### Description of health condition studied

pressure ulcer

#### ICD-10 code

L89.600

#### ICD-10 code description

Pressure ulcer of unspecified heel, unstageable

## Primary outcomes

### 1

#### Description

ulcer intensity of heel based on Braden scale

#### Timepoint

severe heel ulcer is evaluated before the intervention and one week after the end of the intervention. The duration of the intervention is one week.

#### Method of measurement

Braden Grading Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

"Intervention group1: After washing the heel of the patients is prone to bed sore, Once a day, it will be dressed for a week with 4 cc of standard fish oil and at the end of the week it will be evaluated (Cooperative company producing powder and oil of Babolsar, Mazandaran province, Babolsar city).

#### Category

Prevention

### 2

#### Description

Intervention group 2: After washing the heel of the patients is prone to bed sore, Once a day, it will be dressed for a week with 4 cc of standard olive oil and at the end of the week it will be evaluated (Loya Iran Co., Gilan, Roodbar

#### Category

Prevention

### 3

#### Description

Intervention group3: After washing the heel of the

patients is prone to bed sore, Once a day, it will be dressed for a week with 5 cc of honey and at the end of the week it will be evaluated (Standard honey from Shahd Golha Co., Mashhad, Imam Reza Street, facing Mashhad Hotel) "

**Category**

Prevention

**4****Description**

Control group: Control group receive routine cares will include the change position every 2 hours and use of wavy mattress. All intervention groups will also receive routine care.

**Category**

Prevention

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

Shahid Beheshti hospital in Yasuj

**Full name of responsible person**

Mohammad Behnammoghadam

**Street address**

Bagherkhan street, Yasuj

**City**

Yasuj

**Province**

Kohgilouyeh-va-Boyerahmad

**Postal code**

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**Phone**

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**Email**

mbehnam1363@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Dr. Ali Mosavizadeh

**Street address**

Shahid Motahari Blvd., Yasuj

**City**

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**Phone**

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**Email**

Health.epid@gmail.com

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

Yes

**Title of funding source**

Yasouj University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin****Type of organization providing the funding**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

Yasouj University of Medical Sciences

**Full name of responsible person**

Mohammad Behnammoghadam

**Position**

Master of Critical Care Nursing

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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Montazeri Street, Yasuj

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Yasouj University of Medical Sciences  
**Full name of responsible person**  
Mohammad Behnammoghadam  
**Position**  
Master of Critical Care Nursing  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Nursery  
**Street address**  
Montazeri Street  
**City**  
Yasuj  
**Province**

## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

### Justification/reason for indecision/not sharing IPD

After conducting a clinical trial and identifying the results, We will decide to publish.

### Study Protocol

No - There is not a plan to make this available

### Statistical Analysis Plan

No - There is not a plan to make this available

### Informed Consent Form

No - There is not a plan to make this available

### Clinical Study Report

No - There is not a plan to make this available

### Analytic Code

No - There is not a plan to make this available

### Data Dictionary

No - There is not a plan to make this available