Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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
Kohgilouyeh-va-Boyrahmad
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

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Kohgilouyeh-va-Boyrahmad

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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

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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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Person responsible for updating data

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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