

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

21 Jun 2026

### Survey and comparison the effect of inhalation of lavender on nausea, vomiting and pain after hernia surgery

#### Protocol summary

##### Summary

Objective: Determine the effect of inhalation of lavender on nausea and vomiting and pain after hernia surgery  
Study design: Randomized triple-blind study, Two group (experimental and control group) before and after  
Population: Patients undergoing ventral (abdominal) hernia  
Inclusion criteria: Avoiding use of drugs that causes nausea and vomiting up to two days before surgery; patients in the age range 65-18 years; lack of chronic obstructive pulmonary disease  
Exclusion criteria: Addiction to drugs such as opium, morphine that affect nausea and vomiting; a history of allergies and sensitivities to lavender; pre-operative nausea and vomiting  
Sample size: 110  
Interventions: Six liters per minute of oxygen via a face mask combined with lavender essential oil for 20 minutes  
Intervention time: After entering patient to postoperative care unit (PACU) after surgery  
Main outcome measures (variables): Nausea, Vomiting, Pain of surgery site

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201602103064N1**  
Registration date: **2016-06-25, 1395/04/05**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-06-25, 1395/04/05

##### Registrant information

##### Name

Hossein Bagheri

##### Name of organization / entity

Shahroud University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 23 3239 5054

##### Email address

bagheri@shmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research of Shahroud University of Medical Sciences

##### Expected recruitment start date

2016-01-21, 1394/11/01

##### Expected recruitment end date

2016-08-22, 1395/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Survey and comparison the effect of inhalation of lavender on nausea, vomiting and pain after hernia surgery

##### Public title

Survey and comparison the effect of inhalation of lavender on nausea, vomiting and pain after hernia surgery

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Avoiding use of drugs that causes nausea and vomiting up to two days before surgery; patients in the age range 65-18 years; lack of chronic obstructive pulmonary disease  
Exclusion criteria: Addiction to drugs such as opium, morphine that affect nausea and vomiting; a history of allergies and

sensitivities to lavender; pre-operative nausea and vomiting

**Age**

From **18 years** old to **65 years** old

**Gender**

Both

**Phase**

2-3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **110**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

In the present study, due to very light smell of lavender and because after anesthesia patient is totally unconsciousness when receiving inhaled lavender and also 4 drops of essential oil of lavender will be diluted with oxygen, therefore, the smell of lavender is not recognizable for patient. On the other hand, data collector and data analyst (trained staff) will be unaware of groups (experimental and control group). Therefore, this is a triple-blind study. In this study, randomly and based on the software (allocation), will be placed patients in experimental group (oxygen with lavender group) and control group (oxygen without lavender or routine group).

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Shahrood University of Medical Sciences

**Street address**

Hafte-Tir square, Shahrood University of Medical Sciences

**City**

Shahrood

**Postal code**

3614773955

**Approval date**

2016-06-18, 1395/03/29

**Ethics committee reference number**

IR.SHMU.REC.1395.41

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

Inguinal hernia

**ICD-10 code**

K40

**ICD-10 code description**

Inguinal hernia

**2****Description of health condition studied**

Femoral hernia

**ICD-10 code**

K41

**ICD-10 code description**

Femoral hernia

**3****Description of health condition studied**

Umbilical hernia

**ICD-10 code**

K42

**ICD-10 code description**

Umbilical hernia

**4****Description of health condition studied**

Ventral hernia

**ICD-10 code**

K43

**ICD-10 code description**

Ventral hernia

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

Nausea

**Timepoint**

The time of patient exit from recovery: 2, 6 and 24 hours after intervention study

**Method of measurement**

Visual analogue scale VAS

**2****Description**

Vomiting

**Timepoint**

Time patient leaving recovery room, 2, 6 and 24 hours after anesthesia

**Method of measurement**

Visual Analogue Scale (VAS)

**3****Description**

Pain of surgery site

### Timepoint

Time patient leaving recovery room, 2, 6 and 24 hours after anesthesia

### Method of measurement

Visual Analogue Scale (VAS)

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

For each of subjects in the experimental group, 4 drops of lavender oil will add to oxygen container in recovery room and oxygen will be prescribed through a face mask combined with lavender essential oil at a rate of six liters per minute for 20 minutes

#### Category

Treatment - Drugs

### 2

#### Description

For each of subjects in the control group, oxygen will be prescribed through a face mask without lavender essential oil at a rate of six liters per minute for 20 minutes.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Hossein Hospital

##### Full name of responsible person

Dr Hossein Bagheri

##### Street address

28-meter Touhidi, Imam Khomeini Street, Imam Hossein Hospital

##### City

Shahroud

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research of Shahroud University of Medical Sciences

##### Full name of responsible person

Dr. Mohammad -Hassan Emamian

##### Street address

Hafte-Tir Square, Shahroud University of Medical Sciences

##### City

Shahroud

##### 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 of Shahroud 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

Shahroud University of Medical Sciences

##### Full name of responsible person

Hossein Bagheri

##### Position

Ph.D in Nursing

##### Other areas of specialty/work

##### Street address

Hafte-Tir square, Shahroud University of Medical Sciences

##### City

Shahroud

##### Postal code

6314773955

##### Phone

+98 23 3239 5054

##### Fax

...

##### Email

bagheri@shmu.ac.ir

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Shahroud University of Medical Sciences

##### Full name of responsible person

Hossein Bagheri

##### Position

Ph.D in Nursing

##### Other areas of specialty/work

##### Street address

Hafte-Tir Square, Shahroud University of Medical

Sciences  
**City**  
Shahroud  
**Postal code**  
3617753917  
**Phone**  
+98 23 3239 5054  
**Fax**  
....  
**Email**  
bagheri@shmu.ac.ir  
**Web page address**

Shahroud  
**Postal code**  
36147753917  
**Phone**  
+98 23 3239 5054  
**Fax**  
....  
**Email**  
bagheri@shmu.ac.ir  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Shahroud University of Medical Sciences  
**Full name of responsible person**  
Hossein Bagheri  
**Position**  
Ph.D in Nursing  
**Other areas of specialty/work**  
**Street address**  
Haft-e-Tir Square, Shahroud University of Medical  
Sciences  
**City**

## 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*