

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)

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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

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Person responsible for updating data

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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