Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of massage with ostrich oil versus placebo on the severity of itching and quality of life in hemodialysis patients: a single-blind randomized clinical trial

Protocol summary

Study aim
To assess the effect of massage with ostrich oil versus placebo on the severity of itching and quality of life in hemodialysis patients

Design
This is a single-blind randomized clinical trial, phase II, in which 70 eligible patients will be randomly assigned to the intervention and control groups

Settings and conduct
The eligible hemodialysis patients who will refer to Shahid Beheshti Hospital during the study period will be enrolled in the trial

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age of 18 to 65 years; History of hemodialysis for at least 6 months; Alternating itching of the skin in day and night; Exclusion criteria: Open or infectious wound or cellulite; Vascular thrombosis; Seizure; Paralysis of the limbs; Using pacemaker; History of allergic reactions

Intervention groups
Intervention group: Massage of the location of skin itching with 1 ml ostrich oil at 10 to 15 °C for 10 minutes every night for one month Control group: Massage of the location of skin itching with 1 ml placebo oil at 10 to 15 °C for 10 minutes every night for one month

Main outcome variables
Primary outcome: Assessing itching of the skin, Assessing quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20120215009014N237**
Registration date: **2018-09-27, 1397/07/05**
Registration timing: **prospective**
Last update: **2018-09-27, 1397/07/05**
Update count: **0**

Registration date
2018-09-27, 1397/07/05

Registrant information

Name
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Name of organization / entity
Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-10-02, 1397/07/10

Expected recruitment end date
2019-03-01, 1397/12/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of massage with ostrich oil versus placebo on the severity of itching and quality of life in hemodialysis patients: a single-blind randomized clinical trial

Public title
Effect of massage with ostrich oil versus placebo on the

severity of itching and quality of life in hemodialysis patients

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age of 18 to 65 years History of hemodialysis for at least 6 months Alternating itching of the skin in day and night

Exclusion criteria:
Open or infectious wound or cellulite Vascular thrombosis Seizure Paralysis of the limbs Using pacemaker History of allergic reactions

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

Gender
Both

Phase
2

Groups that have been masked

- Participant

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
Random assignment of the patients to the intervention and control groups through drawing of lots

Blinding (investigator's opinion)
Single blinded

Blinding description
Patients will be unaware of the type of intervention. Therefore, the trial will be run as single-blind

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Hamadan University of Medical Sciences

Street address
Vice-chancellor for Research and Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City
Hamadan

Province
Hamadan

Postal code
6517838695

Approval date
2018-09-01, 1397/06/10

Ethics committee reference number
IR.UMSHA.REC.1397.407

Health conditions studied

1

Description of health condition studied
Itching

ICD-10 code
L29.9

ICD-10 code description
Pruritus, unspecified

Primary outcomes

1

Description
Assessing itching of the skin

Timepoint
Every week after intervention for 4 weeks

Method of measurement
By history taking

2

Description
Assessing quality of life

Timepoint
One month after intervention

Method of measurement
Using the standard quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Massage of the location of skin itching with 1 ml ostrich oil at 10 to 15 °C for 10 minutes every night for one month

Category
Treatment - Drugs

2

Description
Control group: Massage of the location of skin itching with 1 ml placebo oil at 10 to 15 °C for 10 minutes every night for one month

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Beheshti Hospital

Full name of responsible person
Zahra Sadeghi Nejad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Hamedan 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
Hamedan University of Medical Sciences

Full name of responsible person
Zahra Sadeghi Nejad

Position
Nursing Student

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)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available