Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Bitter almonds and Olive oil on the prevention of pressure ulcers in intensive Care units Pationt

Protocol summary

Study aim
The effect use of olive oil and bitter almond oil on Areas under pressure of the skin، on predicting the symptoms of compression ulcers in ICU (Hospitals of Kerman University of Medical Sciences in 2018

Design
A clinical trial, the research community is patients admitted to special sectors of hospitals affiliated to Kerman University of Medical Sciences. The research sample is 96 patients divided in to three groups In the form of randomized blocks

Settings and conduct
The researcher is referring to the in hospitals of Kerman University of Medical Sciences. Available samples are selected according to inclusion and exclusion criteria, and they are randomly assigned to 3 groups. After selecting the samples, the demographic information questionnaire and the selected patients will be monitored every 24 hours for 2 weeks.

Participants/Inclusion and exclusion criteria
Criteria for entering the study: Having a Foley catheter،Having a Norton benchmark less than 16 Exit criteria: Dissatisfaction with Ghayumin،Observe any skin symptoms Having skin problems،The presence of allergens to bitter Almond and olive oil، Having a compression ulcer،Having diabetes

Intervention groups
In the First intervention group: of Olive oil ، In addition to the usual treatments for the section's implementation used.In the Second intervention group: of bitter almond oil ، In addition to the usual treatments for the section's implementation used.

Main outcome variables
Pressure ulcer

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160914029817N8**
Registration date: **2018-12-29, 1397/10/08**
Registration timing: **prospective**

Last update: **2018-12-29, 1397/10/08**
Update count: **0**

Registration date
2018-12-29, 1397/10/08

Registrant information

Name
Esmat Nuhi
Name of organization / entity
Kerman 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
2019-02-14, 1397/11/25

Expected recruitment end date
2019-06-15, 1398/03/25

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of Bitter almonds and Olive oil on the prevention of pressure ulcers in intensive Care units Pationt

Public title
Investigating the effect of Olive and Bitter almonds on pressure ulcers
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Having a Norton Criterion is less or equal 16 Having a Foley catheter
Exclusion criteria:
Dissatisfaction with Ghayumin having diabetes Having a pressure ulcer Observe any skin symptoms caused by drug allergy (rash, hives, redness, swelling). Having skin problems The presence of allergens to bitter bitter olives and their products
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **96**
Randomization (investigator's opinion)
Randomized
Randomization description
Block Randomize، The subjects are randomly assigned into three groups using software.
Blinding (investigator's opinion)
Single blinded
Blinding description
Participants in the study do not know which oils are used on their skin.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethical committee of kerman University of Medical Sciences
Street address
University of Medical Sciences, Haft Bagh Alavi, Kerman
City
Kerman
Province
Kerman
Postal code
7616913555
Approval date
2018-11-21, 1397/08/30
Ethics committee reference number
IR.KMU.REC.1397.314

Health conditions studied

1

Description of health condition studied
Pressure ulcer
ICD-10 code
L89.1
ICD-10 code description
Stage II decubitus ulcer

Primary outcomes

1

Description
Create a pressure ulcer
Timepoint
Evaluation of pressure ulcers at the beginning of the study and Two weeks after the intervention
Method of measurement
Grading system for the substrate wound panel

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: First intervention group: Use of Olive oil from a reliable exir factory, which has been standardized on this product under laboratory conditions. This product has the standard code and Apple health mark of Iranian Food and Drug Administration and the register number is 10124.39، In addition to the usual treatments for the section's implementation that basically change the situation every two hours once and use the Wavy mat. Intervene in both groups for 2 weeks every 24 hours. Sacrum, Batex and Sacred Squares: 1 cc, Heels: 0/5cc, Batex:1/5cc Will Be Made
Category
Prevention

2

Description
Intervention group: Second intervention group: Use of bitter almond oil from a reliable factory of natural extract of Nowshad brand that has been prepared according to the standards approved by the Food and Drug Administration of Iran and has the and Apple health mark of Iranian Food and Drug Administration and the register

number is 1228208485، In addition to the usual treatments for the section's implementation that basically change the situation every two hours once and use the Wavy mat. Intervene in both groups for 2 weeks every 24 hours. Sacrum, Batex and Sacred Squares: 1 cc, Heels: 0/5cc, Batex:1/5cc Will Be Made.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shafa Hospital

Full name of responsible person

Shohreh Saljoghiyan

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Shafa Medical Education Center، Kosar Blvd, Kerman

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2

Recruitment center

Name of recruitment center

Afzalipour Hospital

Full name of responsible person

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3

Recruitment center

Name of recruitment center

Shahid Bahonar Hospital

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr.Abbas pardakhty

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Research Management, Deputy of research and technology, Ibn Sina St., Tahmasebad Square, Kerman

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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

Kerman 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
Kerman University of Medical Sciences
Full name of responsible person
Shohreh Saljoghiyan
Position
Master of Internal Surgery Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
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Other areas of specialty/work
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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