

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

The effect of acupressure on the severity and quality of uremic Pruritus in hemodialysis patients

Protocol summary

Study aim

Determining the effect of acupressure on the severity and quality of uremic uremic hemodialysis patients

Design

A total of 105 patients from the study population were selected by consecutive sampling method and classified into six groups using randomized software and divided into three groups: A (test group) and B (control group) and C (group Sham) will be assigned. The randomization sequence will be secretly executed

Settings and conduct

To apply acupressure in the test group, first determine the points and then a 2-minute massage for each point in the form of a 5-second massage and 1 second rest with a rotational speed of 2 times per second with an approximate pressure of 3-4 kg applied by the thumb. Gets This is a total of 16 minutes of acupressure in the first half of each hemodialysis session. Intervention for 4 weeks, 3 times a week and a total of 12 sessions. This study will be without blindness.

Participants/Inclusion and exclusion criteria

Hemodialysis three times a week for each session for 3-4 hours Dialysis in the last 6 months Having a pruritic uremic for at least 1 month from your doctor's diagnosis Having at least the severity of itching 3 based on the anal scaling of the itchy

Intervention groups

To apply acupressure in the test group, SP10 points (, (ST36), (SP6), LI11) should be determined in two places in the target areas. In the sham group, the pressure is carried out at a distance of 1 to 1.5 cm from the main points for a similar period. In the control group, participants receive only routine clinical treatment without acupressure intervention.

Main outcome variables

uremic Pruritus and Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190626044029N1**

Registration date: **2019-07-14, 1398/04/23**

Registration timing: **prospective**

Last update: **2019-07-14, 1398/04/23**

Update count: **0**

Registration date

2019-07-14, 1398/04/23

Registrant information

Name

Eghlima Jalali

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3523 0165

Email address

eghlimalali@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-11, 1398/05/20

Expected recruitment end date

2019-09-11, 1398/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on the severity and quality of uremic Pruritus in hemodialysis patients

Public title

The effect of acupressure on the severity and quality of uremic Pruritus in hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Hemodialysis three times a week for each session for 3-4 hours
Dialysis in the last 6 months
Having a pruritic uremic for at least 1 month from your doctor's diagnosis
Having at least the severity of itching (3) based on the analogue visual analogue scale
Cognitive ability to answer questions
Age of patients aged 20 to 65 years

Exclusion criteria:

Admission and transfer to special sections
Skin diseases causing itching and allergies
Having nervous and vascular disorders to diagnose a doctor who has an effect on itching and sensation
Change the duration and frequency of dialysis for any reason
Change in the type of drug used to affect itching

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **105**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shahrood University of Medical Sciences

Street address

Seventh Tir Square, Shahrood University of Medical Sciences and Health Services

City

Shahrud

Province

Semnan

Postal code

۳۶۱۴۷-۷۳۹۴۷

Approval date

2019-06-23, 1398/04/02

Ethics committee reference number

IR.SHMU.REC.1398.026

Health conditions studied

1

Description of health condition studied

hemodialysis

ICD-10 code

Z49.1

ICD-10 code description

Extracorporeal dialysis

Primary outcomes

1

Description

uremic itching

Timepoint

Weeks zero, four and twelve after intervention

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

Quality of Life

Timepoint

Weeks zero, four and twelve after intervention

Method of measurement

Yusupovich's itching questionnaire

Intervention groups

1

Description

First, points (SP10), (ST36), (SP6), (LI11) are determined bilaterally in the desired locations. Then a 2-minute massage for each spot is performed for 5 seconds and a 1 second rest is performed at a rotational speed of 2 times per second with a pressure of approximately 3-4 kg by hand thumb. This is a total of 16 minutes of acupressure in the first half of each hemodialysis session. Intervention for 4 weeks, 3 times a week and a total of 12 sessions in the left and right hands are generally applied in 8 points. The duration of each acupressure session is about 16 minutes

Category

Treatment - Other

2

Description

Control group: For the same period, massage at inaccurate points 1 to 1.5 cm from the actual points used in the test group

Category

Placebo

3

Description

Control group: No intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Shahroud Hospital

Full name of responsible person

Eghlima Jalali

Street address

Imam Street, 28 m. End of Bandarzin, Imam Hossein Hospital

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Recruitment center

Name of recruitment center

Velayat

Full name of responsible person

Eghlima jalali

Street address

Student Square- Cheshme Ali Ali Blvd - Damghan velayath Hospital

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3671637881

Phone

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Email

velayathos@semums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Mohammad Hassan Emamiyan

Street address

Seventh Tir Square, Shahroud University of Medical Sciences and Health Services

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eghlimaljalali@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Eghlima Jalali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Shahroud, Seventh Tir Square, Shahrood University of Medical Sciences

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Eghlima Jalali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Eghlima Jalali

Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Yes - There is 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

Title and more details about the data/document

Information on the quality and severity of itching can be shared.

When the data will become available and for how long

Start one year after publishing results

To whom data/document is available

Researchers working in academic institutions

Under which criteria data/document could be used

Researchers have a printed article

From where data/document is obtainable

eghlima jalali- eghlima jalali@gmail.com

What processes are involved for a request to access data/document

After requesting a maximum of one month by e-mail

Comments