

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jun 2026

MONITORING FOOD IMAGES AFTER RECTAL SURGERY TO ACCELERATE RECOVERY OF POSTOPERATIVE BOWEL MOTILITY: A QUASI-EXPERIMENTAL STUDY

Protocol summary

Study aim

The aim of this study, which would also contribute to the nursing literature, was to assess the impact of food pictures shown to patients who underwent surgery for rectal cancer on postoperative recovery of intestinal motility.

Design

This is a non-randomized, experimental study. We carried out with 48 patients who underwent rectal surgery because of colorectal cancer in the general surgery clinic of a university hospital in Turkey. In this study, we used a convenience sample method.

Settings and conduct

It included patients who volunteered to monitor food pictures in the experimental group, and it included the patients who reported that they did not want to monitor food pictures in the control group. A booklet of food pictures was given and presented to the patients in the experimental group. From the first morning after surgery until defecation, patients in the experimental group were asked to monitor food pictures thrice a day, parallel to their meals.

Participants/Inclusion and exclusion criteria

Patients aged over 18 years who underwent open rectal surgery due to colorectal cancer, did not receive epidural anesthesia or analgesia in the intraoperative or postoperative period, had no nasogastric catheter, were mobilized within 24 hours during the post-operative period and whose surgery was performed by the same surgeon were included in the sample. Patients were excluded who have complications developed during or after surgery and need treatment in the intensive care unit after surgery.

Intervention groups

From the first morning after surgery until defecation, patients in the experimental group were asked to monitor food pictures thrice a day, parallel to their

meals.

Main outcome variables

Flatus and defecation times of the patients were followed and written on the data collection form.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210513051286N1**

Registration date: **2021-05-23, 1400/03/02**

Registration timing: **retrospective**

Last update: **2021-05-23, 1400/03/02**

Update count: **0**

Registration date

2021-05-23, 1400/03/02

Registrant information

Name

Sacide Yildizeli Topcu

Name of organization / entity

Trakya University Faculty of Health Sciences

Country

Turkey

Phone

+90 284 213 30 42

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-05-18, 1395/02/29

Expected recruitment end date

2018-12-06, 1397/09/15

Actual recruitment start date

2016-05-18, 1395/02/29

Actual recruitment end date

2018-12-06, 1397/09/15

Trial completion date

2018-12-06, 1397/09/15

Scientific title

MONITORING FOOD IMAGES AFTER RECTAL SURGERY TO ACCELERATE RECOVERY OF POSTOPERATIVE BOWEL MOTILITY: A QUASI-EXPERIMENTAL STUDY

Public title

EFFECT OF MONITORING FOOD IMAGES AFTER RECTAL SURGERY

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients who underwent open rectal surgery due to colorectal cancer Patients who did not receive epidural anesthesia or analgesia in the intraoperative or postoperative period Patients who had no nasogastric catheter Patients who were mobilized within 24 hours during the post-operative period Patients whose surgery was performed by the same surgeon

Exclusion criteria:

Patients who have complications developed during or after surgery Patients who need treatment in the intensive care unit after surgery

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **42**

Actual sample size reached: **48**

Randomization (investigator's opinion)

Not randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Trakya University Faculty of Medicine Scientific Research Ethics Committee

Street address

Trakya University Balkan Campus

City

Edirne

Postal code

22020

Approval date

2016-04-07, 1395/01/19

Ethics committee reference number

07/16

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

Postoperative bowel motility

ICD-10 code

K56.0

ICD-10 code description

Paralytic ileus

2**Description of health condition studied**

Postoperative complications

ICD-10 code

R19.4

ICD-10 code description

Change in bowel habit

3**Description of health condition studied**

Postoperative motility of digestive system

ICD-10 code

K91.8

ICD-10 code description

Other intraoperative and postprocedural complications and disorders of digestive system

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

Postoperative first flatus time

Timepoint

Postoperative 1. day and following days

Method of measurement

Postoperative first flatus time were followed as day.

2**Description**

Postoperative first defecation time

Timepoint

Postoperative 1. day and following days.

Method of measurement

Postoperative first defecation time were followed as day.

Secondary outcomes

empty

Intervention groups

1

Description

A food pictures booklet was prepared for the patients in the experimental group. This 30-page booklet included different and colorful photographs of foods and fruits. The researchers performed the clinical daily visits to determine the patients who met the sampling criteria and were to undergo planned rectal surgery. And then, information about the aim and application of the study was given to the patients, and patients who volunteered to participate in the study were included in the study. It included patients who volunteered to monitor food pictures in the experimental group, and it included the patients who reported that they did not want to monitor food pictures in the control group. 50 patients, including 25 patients in each group, were assigned to the study. Two patients who were in the experimental group excluded from the sample because they resisted watching food pictures during the data collection process. Consequently, the study was conducted with 48 patients. Patients in each group received the routine postoperative care applied in the clinic. From the first morning after surgery until defecation, patients in the experimental group were asked to monitor food pictures thrice a day, parallel to their meals. Flatus and defecation times of the patients were followed and written on the data collection form.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

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Sponsors / Funding sources

1

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Grant name

Trakya University Faculty of Health Sciences

Grant code / Reference number

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

Yes

Title of funding source

Trakya University Faculty of Health 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

Trakya University Faculty of Health Sciences

Full name of responsible person

Sacide Yildizeli Topcu

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Surgical Nursing

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Only IPD collected for the primary outcome measure will be shared.

When the data will become available and for how long

Documents/data files will become available starting 1 year after publication.

To whom data/document is available

Deidentified IPD and any additional supporting information/documents will be shared for people working in academic institutions.

Under which criteria data/document could be used

Deidentified IPD and any additional supporting information/documents will be shared by corresponding author via e-mail.

From where data/document is obtainable

Sacide YILDIZELI TOPCU e-mail:
sacideyildizeli@trakya.edu.tr

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

One year after the publication of the article containing study reports, the responsible author can be contacted via e-mail for receiving the documents /data files

Comments