

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

Investigating the effect of hot/cold water foot bath on the level of job fatigue and quality of life of health personnel of intensive health care units.

Protocol summary

Study aim

The effect of hot / cold water bath on the level of job fatigue and quality of life of health personnel working in intensive care units

Design

This study consists of two groups of 25 people intervention and control, which is done randomly by block method and by throwing dice.

Settings and conduct

Sampling and filling the forms is done in the intensive care unit of Qom hospitals. Putting feet in the water by the intervention group will be at home.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Personnel working in the intensive care units of Qom hospitals; willingness to participate in the project. Exclusion criteria: Pregnancy; serious skin disease.

Intervention groups

The intervention group: participants are recommended that one hour before bedtime or when they have at least 5 hours of continuous sleep, to put both feet, below the knee, in a container containing hot or cold water and after 15 minutes dry feet. water temperature in the cold seasons be 40-42 C and in hot seasons 10-15C. The control group will not take any action during this period.

Main outcome variables

Job fatigue; Satisfaction with quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220109053677N1**

Registration date: **2022-02-17, 1400/11/28**

Registration timing: **prospective**

Last update: **2022-02-17, 1400/11/28**

Update count: **0**

Registration date

2022-02-17, 1400/11/28

Registrant information

Name

Fatemeh Tooiserkany

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 25 3776 4073

Email address

dr.tooiserkany@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-20, 1400/12/01

Expected recruitment end date

2022-04-21, 1401/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of hot/cold water foot bath on the level of job fatigue and quality of life of health personnel of intensive health care units.

Public title

Investigating the effect of hot/cold water foot bath on the level of job fatigue and quality of life of health personnel of intensive health care units.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 20-70 years Informed consent to participate in the project Employment in the intensive care units of Qom hospitals.

Exclusion criteria:

Existence of serious heart, liver, kidney, and skin diseases Fever above 39 ° C Pregnancy and lactation Existence of wounds or lesions and active skin diseases in the legs and feet The unwillingness of the person to participate in the project.

Age

From **20 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Allocating people will be done by block randomization method. Block size 4 is considered. So we have six quadruple blocks consisting of AABB, ABAB, BBAA, BABA, ABBA, BAAB. The selection of each block will also be random and will be done using dice. For example, if the number 3 is rolled in a dice, the BBAA block is considered, so the first two patients are assigned to treatment B and the next two patients to treatment A. The dice will be thrown 13 times to complete the assignment of patients to treatment groups.

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

Ethics Committee of Qom University of Medical Sciences

Street address

Coastal Street. Qom University of Medical Sciences

City

Qom

Province

Ghoush

Postal code

3713649373

Approval date

2021-09-21, 1400/06/30

Ethics committee reference number

IR.MUQ.REC.1400.130

Health conditions studied

1

Description of health condition studied

Job fatigue

ICD-10 code

ICD-10 code description

2

Description of health condition studied

satisfaction with quality of life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Job fatigue

Timepoint

Upon entering the project, two weeks after entering the project (completion of the project)

Method of measurement

Fill out the questionnaire

2

Description

satisfaction with quality of life

Timepoint

Upon entering the project, two weeks after entering the project (completion of the project)

Method of measurement

Fill out the questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group: participants are recommended that one hour before bedtime or when they have at least 5 hours of continuous sleep, to put both feet, Below the knees, in a container containing hot or cold water, based on the season, and after 15 minutes dry feet. Water temperature must be, 40-42 C in cold seasons and 10-15 C in hot seasons.

Category

Prevention

2**Description**

Control group: The control group will not take any action during this period.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Intensive care units of Qom hospitals

Full name of responsible person

Fatemeh Tooiserkany

Street address

15 Khordad St., corner of 44th Alley, Faculty of
Traditional Medicine

City

Qom

Province

Ghoum

Postal code

3713649373

Phone

+98 25 3776 4074

Fax

+98 25 3776 4074

Email

dr.tooiserkany@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Ghoum University of Medical Sciences

Full name of responsible person

Fatemeh Tooiserkany

Street address

15 Khordad St., corner of 44th Alley, Faculty of
Traditional Medicine

City

Qom

Province

Ghoum

Postal code

3713649373

Phone

+98 25 3776 4074

Fax

+98 25 3776 4074

Email

dr.tooiserkany@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Ghoum 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**

Ghoum University of Medical Sciences

Full name of responsible person

Fatemeh Tooiserkany

Position

Physician specializing in Iranian traditional medicine

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

Street address

15 Khordad St., corner of 44th Alley, Faculty of
Traditional Medicine

City

Qom

Province

Ghoum

Postal code

3713649373

Phone

+98 25 3776 4074

Fax

+98 25 3776 4074

Email

dr.tooiserkany@gmail.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Ghoum University of Medical Sciences

Full name of responsible person

Fatemeh Tooiserkany

Position

Physician specializing in Iranian traditional medicine

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

Street address

15 Khordad St., more than 44th Alley, Faculty of

Traditional Medicine
City
Qom
Province
Ghoum
Postal code
3713649373
Phone
+98 25 3776 4074
Fax
+98 25 3776 4074
Email
dr.tooiserkany@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Ghoum University of Medical Sciences
Full name of responsible person
Fatemeh Tooiserkany
Position
Traditional medicine doctor
Latest degree
Ph.D.
Other areas of specialty/work
Traditional Medicine
Street address
15 Khordad St., more than 44th Alley, Faculty of
Traditional Medicine
City
Qom
Province
Ghoum
Postal code
3713949373
Phone
+98 25 3776 4074
Fax

+98 25 3776 4074
Email
dr.tooiserkany@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Swedish Job Exhaustion Questionnaire and 12 Quality of
Life Questionnaire

When the data will become available and for how long

Up to 3 months after completing the project to review
and analyze the findings

To whom data/document is available

Executors

Under which criteria data/document could be used

To announce the effect or not of using foot water to
relieve fatigue in the staff of hard boats.

From where data/document is obtainable

Executors

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

Refer to Qom School of Traditional Medicine and the
organizers of the project, namely Dr. Fatemeh
Tuyserkani or Dr. Fatemeh Nojavan.

Comments