

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jun 2026

The comparison of acupressure(jianjing point) and compress(hot and cold) on breast engorgement in lactating wemen

Protocol summary

Summary

This study compared the effectiveness of acupressure (jianjing point) and compresses (hot and cold) on engorgement in lactating wemen . This clinical study on 70 cases of lactating wemen were referred to clinic of quem hospital, Firuz Abad in Fars.Inclusion criteria included lactating wemen with breast engorgement that did not have chronic and heart diseasis,sore nipple, breast abscess, fracture shoulder region, the history of traditional and herbal medicine to reduce breast engorgement.Exclusion criteria included wemen had temperture over 38c during the treatment process.Samples, 35 person in Group compresses (hot and cold) or control gruop and 35 person in the acupressure group (Jyanjyng point) or intervention gruop were randomized. Treatment for each case in each group was 4 times,(2 times in first day and 2 times for second day for two consecutive days).Intensity of breast engorgement, befor and after treatment procedures, were measuremented and recorded in related to breast engorgement of chek list.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204065698N3**

Registration date: **2012-06-06, 1391/03/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-06-06, 1391/03/17

Registrant information

Name

Mahbobeh Ahmadi

Name of organization / entity

Shahid Beheshti University of Medical & Health Service

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University Of Medical Science

Expected recruitment start date

2009-12-11, 1388/09/20

Expected recruitment end date

2010-07-26, 1389/05/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of acupressure(jianjing point) and compress(hot and cold) on breast engorgement in lactating wemen

Public title

The effect of acupressure on breast engorgement

Purpose

Treatment

Inclusion/Exclusion criteria

Lactating wemen that had breast engorgement with a minimum score of breast congestion(2) due to inflammation of the breast skin, breast tension and breast pain; Mothers stop breast-feeding of drugs used are not using; Not with mothers who did not have suffering from breast abscess: Mothers who had high

temperature 38 degrees Celsius; Mothers who did not have suffering from sore nipples or breast fissures; Mothers who had breast surgery; Mothers with a history of use in traditional herbal therapies and did not have to treat breast congestion; Mothers who had no contraindications to perform acupressure. (did not have heart disease and chronic) ; Mothers who suffered musculoskeletal injuries and joint pain to the shoulder with a massage Jyanjyng point, they may. Exclusion criteria were: mothers who had on the second day of fever over 38 ° c; mothers that did not like to continue this searching

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 70

Randomization (investigator's opinion)

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

Shahid Beheshti University Of Medical Science

Street address

Velenjak Street

City

Tehran

Postal code

Approval date

2010-10-24, 1389/08/02

Ethics committee reference number

25/12/6188/پ

Health conditions studied

1

Description of health condition studied

Breast engorgement

ICD-10 code

092.2

ICD-10 code description

Other and unspecified disorders of breast associated with childbirth

Primary outcomes

1

Description

Breast engorgement

Timepoint

Before intervention,After intervention

Method of measurement

Questioner,List of score of engorgement,Pain ruler

Secondary outcomes

1

Description

no

Timepoint

no

Method of measurement

no

Intervention groups

1

Description

Intervention group(accupresser): researcher the first,found the jainjing point and had massage with timb of her hands with parallel position for 2 min, then 30 seconds rest was given. This action simultaneously for both breast and took 20 minutes and then the rate of breast congestion, measured by the researcher and lists were in cheklist.For the second stage on the first day time was reserved. After mother cameback,researcher did intervention such as first period , and breastengorgement was recorded . For the second day, time was reserved..Accupresser had done for 4 times for any mother ,2 times in first day and 2 times in second day.

Category

Other

2

Description

Group treated with cold compresses and hot (control group): First, breast congestion intensity was measured and recorded in the chek list.then both of breast with parallel time, first hot compress done with 43-46 centigrade for 2 min and then cold compress with 10-18 centigrad for 2 min untile 20 min. Engorgement breast, by the researcher,messuerd and recorded. and then mother rested for 30 min.Before the start of second tretment,first,messured index of breastengorgement by reasercher and recorded. the next day, was given. The

second day of treatment, fully in accordance with the first day of treatment, the treatment period to compress (hot and cold), 4 times, 2 times and 2 times the first day was on the second day.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Qaem firoozabad hospital

Full name of responsible person

MaliheKamalimoradzade

Street address

Qaem firoozabad hospital

City

Firoozabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University Of Medical Science

Full name of responsible person

Mahboobe Ahmadi

Street address

Kiana Bilding, Shahid Babaii Street, Modares Buolvard

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti University Of Medical Science

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing and Midwifery College Of Shahid Beheshti Of Medical Science

Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty