

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 7747 5651

##### Email address

mah.ahmadi@sbmu.ac.ir

##### 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**

Mahboobe Ahmadi

**Position**

Proffisore Of University

**Other areas of specialty/work**

**Street address**

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**Position**

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**Other areas of specialty/work**

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**Web page address**

## **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*