Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Evaluation of the effectiveness of maternal lunge position during labor on rotation of posterior fetal occipital position and delivery outcome

Protocol summary

Study aim
Supportive care
Design
Clinical trial with control group, with parallel groups, no blinding performed, randomization performed, 216 samples,By random block method and using 6 blocks
Settings and conduct
Sina hospital karoon
Participants/Inclusion and exclusion criteria
Gestational age≥ 37 weeks Fetal head’s position is to be posterior occipital with the approval of ultrasound Pregnancy is to be singleton Maternal age’s range is to be 18-40 BMI is to be 18-30 Mother is to be at the onset of the labor pains and at the beginning of the active phase of labor(Dilatation ≥ 4 cm)
Intervention groups
To ensure that each person's group is not disclosed, the allocation will be hidden by assigning unique codes to each of the subjects and placing them in dark envelopes. The subjects in the intervention group, in addition to receiving routine midwifery care (examination, vital signs check, hearing of fetal heartbeat) until the time of delivery, were alternately in the lunge position for a period of 15 to 20 minutes per hour. The lung position refers to a position in which one of the legs is bent while standing and the floor is placed on a chair or a high level and the sole of the other foot is on the ground. Also, this position is such that the sole of one foot is on the ground and the knee of the other foot is on the ground in a position similar to squatting. In this position, the upper leg is located on the same side of the posterior occiput of the fetus. the control group will receive routine care.
Main outcome variables
Duration of active phase and second stage of labor؛ Labor Pain intensity؛ Type of delivery؛ Apgar score؛ Frequency use of oxytocin during normal labor؛ Mother satisfaction from delivery؛ Frequency use of episiotomy؛ Frequency of third and fourth-degree perineal lacerations؛ Fetal head position at birth

General information

Reason for update
Acronym
OP- occiput posterior
IRCT registration information
IRCT registration number: **IRCT20220306054201N1**
Registration date: **2022-05-01, 1401/02/11**
Registration timing: **prospective**

Last update: **2022-05-01, 1401/02/11**
Update count: **0**
Registration date
2022-05-01, 1401/02/11

Registrant information
Name
maryam hamidi
Name of organization / entity
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-05-20, 1401/02/30
Expected recruitment end date
2022-09-21, 1401/06/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of the effectiveness of maternal lunge position during labor on rotation of posterior fetal occipital position and delivery outcome

Public title
effectiveness of maternal lunge position on rotation of posterior fetal occipital position and delivery outcome

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Gestational age is to be 37 weeks or more. Fetal head's position is to be posterior occipital with the approval of ultrasound. Pregnancy is to be singleton. Maternal age's range is to be 18-40. BMI is to be 18-30. Mother is to be at the onset of the labor pains and at the beginning of the active phase of labor(Dilatation equal to and greater than 4 cm).

Exclusion criteria:
High risk pregnancy(Fetal weight over 4000 g, preeclampsia, gestational diabetes, BMI above 30 in mother, history of heart disease in mother, history of respiratory disease in mother) Prolonged pregnancy History of previous cesarean delivery Twin pregnancies and above Existence of severe vaginal bleeding Cases in which the active movement of the mother is prohibited in labor

Age
From **18 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **216**

Randomization (investigator's opinion)
Randomized

Randomization description
32 blocks will be used. In each block of 6, 3 people will be assigned to the intervention group and 3 people to the control group, which will be arranged randomly. Thus, at the end of each block, there will be two balancing groups.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The lounge position refers to a position in which one of the legs is bent while standing and the floor is placed on a chair or a high level and the sole of the other foot is on the ground. Also, this position is such that the sole of one foot is on the ground and the knee of the other foot is on the ground in a position similar to squatting.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz Jundishapur University of Medical Sciences

Street address
Golestan, Farvardin street

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Khouzestan

Postal code
61357-33118

Approval date
2022-03-16, 1400/12/25

Ethics committee reference number
IR.AJUMS.REC.1400.693

Health conditions studied

1

Description of health condition studied
Normal Delivery Manangment

ICD-10 code
0.80

ICD-10 code description
زایمان طبیعی

Primary outcomes

1

Description
Duration of active phase and second stage of labor

Timepoint
Cervix dilatation from 4 centimeter to 10 centimeter for active phase of labor and cervix dilatation from 10 centimeter to delivery of newborn for second stage of labor

Method of measurement
Clinical examination/ Measurement by digital chronometer / record in check list

2

Description
Labor Pain intensity

Timepoint
Measurement severity of pain for dilatation of 4; 6; 8 and 10 centimeter and second stage

Method of measurement
By visual analog scale

3

Description
Type of delivery
Timepoint
After delivery
Method of measurement
Observation and record in check list

4

Description
Apgar score
Timepoint
At 1 and 5 minutes after birth
Method of measurement
Observation and examination

5

Description
Frequency use of oxytocin during normal labor
Timepoint
During first and second stage of normal labor
Method of measurement
Observation / record in check list

6

Description
Mother satisfaction from delivery
Timepoint
after delivery
Method of measurement
Mackey Childbirth Satisfaction Rating Scale

7

Description
Frequency use of episiotomy
Timepoint
After delivery
Method of measurement
Observation and record in check list

8

Description
Frequency of third and fourth-degree perineal lacerations
Timepoint
After delivery
Method of measurement
Observation and record in check list

9

Description
Fetal head position at birth
Timepoint
At delivery
Method of measurement
Observation and record in check list

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: lunge position
Category
Other

2

Description
Control group: current position
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Sina hospital karoon
Full name of responsible person
Maryam hamidi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
RHPRC-0030

Grant code / Reference number
RHPRC-0030

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

Title of funding source
Ahvaz 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
Ahvaz University of Medical Sciences

Full name of responsible person
Maryam hamidi

Position
MS midwifery student

Latest degree
Master

Other areas of specialty/work
Midwifery

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Midwifery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There are currently no plans to publish it.

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be 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