

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Comparison of the effect of acupressure from the 7th lung (Lie que7(LU7)) to the 10th lung (Lie que10 (LU10)) and the 13th bladder point (BL13) on shortness of breath and fatigue in patients with asthma and chronic obstructive pulmonary disease (COPD) Chronic obstructive pulmonary disease

Protocol summary

Study aim

Comparing the effect of acupressure on lung points 7-10 and bladder point 13 on shortness of breath and fatigue in patients with asthma and COPD.

Design

In this study, 150 patients with asthma and COPD and who met the conditions for entering the study, who visited Valiasr Hospital in Birjand, were selected. The participants were randomly assigned to two groups of intervention and control and assigned to each participant a given code.

Settings and conduct

By conducting a pre-test and completing demographic information questionnaires in patients referred to Valiasr Birjand Hospital, in one group massage points lu 7 to lu 10, in another group massage points bl 13, and in both groups massage 3 rounds; morning, afternoon, each round for 5 minutes for each hand or shoulder. The fatigue and shortness of breath questionnaire will be completed again at the end of the intervention. The study is a three-way blind study, and the participants, data analysts, and outcome evaluators have not been given and will not be informed about the process of blinding.

Participants/Inclusion and exclusion criteria

Entry conditions: not suffering from heart disease, musculoskeletal or neurological disorders; not suffering from mental disorders, neuropathy disorders, absence of inflammation, bite or fracture at the massage point. Conditions for not entering: withdrawing from the study at any stage; Any incident that prevents the continuation of the intervention.

Intervention groups

Intervention group: performing the pre-test, in one

group, lu7 to lu10 point massage and in the other group, bl13 point massage will be performed, and in both groups, the massage will be done three times: morning, noon and night, and each time for each hand or shoulder will be 5 minutes.

Main outcome variables

Examination of patients' fatigue and shortness of breath before and after the intervention in the intervention and control groups

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171013036747N3**

Registration date: **2022-09-03, 1401/06/12**

Registration timing: **prospective**

Last update: **2022-09-03, 1401/06/12**

Update count: **0**

Registration date

2022-09-03, 1401/06/12

Registrant information

Name

Rasool Solaimani Moghadam

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 3028

Email address

rasool.solaimani@yahoo.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-09-20, 1401/06/29

Expected recruitment end date
2023-07-20, 1402/04/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the effect of acupressure from the 7th lung (Lie que7(LU7)) to the 10th lung (Lie que10 (LU10)) and the 13th bladder point (BL13) on shortness of breath and fatigue in patients with asthma and chronic obstructive pulmonary disease (COPD) Chronic obstructive pulmonary disease

Public title
Comparison of the effect of acupressure on shortness of breath and fatigue in patients with asthma and (Chronic obstructive pulmonary disease(COPD))

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

At least reading and writing skills Not having cognitive impairment, hearing loss or hearing loss Would like to participate in this research. Absence of anemia, heart disease, skeletal and muscular or neurological disorders Not suffering from diseases such as Alzheimer's, dementia, peripheral vascular diseases, neuropathy caused by diabetes Absence of inflammation and bite or fracture at the massage point

Exclusion criteria:

Cancellation of the study at any stage Any incident that prevents further intervention. Patient death

Age
To 75 years old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor
- Data analyser

Sample size
Target sample size: 150
More than 1 sample in each individual
Number of samples in each individual: 1
75 people are examined in each group.

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization

Blinding (investigator's opinion)
Triple blinded

Blinding description
Participants, data analysts, and outcome evaluators were not informed about the method of blinding the participants.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Birjand University of Medical Sciences

Street address

Birjand University of Medical Sciences , Ghafari Street, Birjand

City

Birjand

Province

South Khorasan

Postal code

971785377

Approval date

2022-06-19, 1401/03/29

Ethics committee reference number

IR.BUMS.REC.1401.117

Health conditions studied

1

Description of health condition studied

asthma

ICD-10 code

J45

ICD-10 code description

Asthma

2

Description of health condition studied

COPD

ICD-10 code

J44

ICD-10 code description

Other chronic obstructive pulmonary disease

Primary outcomes

1

Description

tiredness

Timepoint

Before the intervention and three days after the intervention

Method of measurement

FSS Standard Fatigue Severity Questionnaire

2

Description

Shortness of breath

Timepoint

Before the intervention and three days after the intervention

Method of measurement

Shortness of breath scale (OCD)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: LU7 to LU10 point massage, for three days and three times: morning, noon, night and each time 5 minutes.

Category

Rehabilitation

2

Description

Intervention group: BL13 point massage, for three days and three times: morning, noon, night and 5 minutes each time

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Waliasr Hospital

Full name of responsible person

Rasool Solaimani Moghaddam

Street address

Ghaffari St

City

Birjand

Province

South Khorasan

Postal code

971785377

Phone

+98 56 3162 2001

Email

Valiasr@bums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Miri

Street address

Ghaffari St

City

Birjand

Province

South Khorasan

Postal code

971785377

Phone

+98 56 3238 1200

Email

Research@bums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Birjand University of Medical Sciences

Proportion provided by this source

90

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

Birjand University of Medical Sciences

Full name of responsible person

Rasool Solaimani Moghaddam

Position

Nursing non-faculty

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Ghaffari St

City

Birjand

Province

South Khorasan

Postal code
971785377
Phone
+98 56 3238 1200
Email
Rasool.solaimani@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Birjand University of Medical Sciences
Full name of responsible person
Rasool Solaimani Moghadam
Position
Nursing non-faculty
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Ghaffari St
City
Birjand
Province
South Khorasan
Postal code
971785377
Phone
+98 56 3238 1200
Email
rasool.solaimani@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Birjand University of Medical Sciences
Full name of responsible person
Rasool Solaimani Moghadam
Position
Nursing non-faculty
Latest degree
Master
Other areas of specialty/work
Nursery

Street address
Ghafari Street
City
Birjand
Province
South Khorasan
Postal code
971785377
Phone
+98 56 3238 1200
Email
rasool.solaimani@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not 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

No - There is not 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

Title and more details about the data/document

Only part of the information, such as information on the main outcome or the like, can be shared.

When the data will become available and for how long

10 months after printing results

To whom data/document is available

Researchers working in academia and academia

Under which criteria data/document could be used

Just statistical tests

From where data/document is obtainable

To receive the data, they can only send their application to the email address of the person responsible for the study E-mail:rasool.solaimani@yahoo.com

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

After reviewing the ethics code of the respective research committee and the approval date and the university identification certificate of the applicant

Comments