Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Hand and Foot massage on the pain after cesarean section surgery

Protocol summary

Summary

Introduction: Pain is the most common problems for mothers in caesarean, which is compromise early relationship between mothers and newborn. If this situation not be treated on time, it causes to chronic pain. Massage as one of the complementary therapies result in relaxation and pain reduction. Materials and Methods: This study is a Clinical trial that was performed in Mustafa Khomeini Hospital, ilam. 80 pregnant women that have inclusion criteria for study were selected and after consent written form ,were assigned to two groups (case and control , each one was 40persons) randomly .the data were collected by questionnaires . The VAS scale was used to determine the pain intensity. in order to pain relief each of foot and hands were massaged for 5 minutes .in case of failure to control the pain we used the routine analgesic to relief it . In the control group if the patient request, only routine analgesic were used. Then the intensity of pain and vital signs were measured before, just after and 90minutes after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105226546N1**
Registration date: **2011-07-26, 1390/05/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-07-26, 1390/05/04

Registrant information

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Name of organization / entity

Ahvaz University of Medical Science

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Ahvaz Jondishapoor University of Medical Sciences

Expected recruitment start date

2010-11-19, 1389/08/28

Expected recruitment end date

2011-03-16, 1389/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Hand and Foot massage on the pain after cesarean section surgery

Public title

The effect of Hand and Foot massage on pain after cesarean.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Mother age between18 to 35; term pregnancy (37-42w) Gravid 2;cesarean repeat 2; Fetus weight: 2500g- 4000g; Body Mass Index in first trimester: 19/8-26; at least elementary education for mother; elective cesarean surgery and same spinal anesthesia Excluding criteria: Pregnant women who would feel uncomfortable to be touched; those who did have

damaged tissue and skin on their hands or feet like: arthritis, inflammation, eczema, varicose, bleeding, vascular thrombosis or acute phlebitis; hypertension and cardiovascular disease; respiratory disease; general anesthesia; prolonged duration of surgery; excessive bleeding and fetal death

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

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
Ethics Committee of Ahwaz Jondishapur University of Medical Sciences

Street address
Ahwaz,Golestan

City
Ahwaz

Postal code

Approval date
2010-11-13, 1389/08/22

Ethics committee reference number
6112766/20/8/پ

Health conditions studied

1

Description of health condition studied
Pain after cesarean surgery

ICD-10 code
O74.9

ICD-10 code description
Complication of anaesthesia during labour and delivery, unspecified

Primary outcomes

1

Description
Pain

Timepoint
Before, right after and 90 minutes after intervention

Method of measurement
Visual Analog Pain Scale

Secondary outcomes

1

Description
amount of analgesic druge

Timepoint
during trial

Method of measurement
VAS scale

2

Description
satisfaction l rate

Timepoint
end 0f trial

Method of measurement
questionaire

3

Description
amount of analgsic druge

Timepoint
during trial

Method of measurement
quntity

Intervention groups

1

Description
Hand and foot massage & Routine care (In order to pain relief each of foot and hands were massaged for 5 minutes with petrissage ,friction and kneading techniques. In case of failure to relief pain and if patient request for analgesic we used the routine analgesic to relief it

Category
Rehabilitation

2

Description
Routine care (In the control group if the patient requested to relief the pain, only routine analgesic were used)

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Mostafa Khomaeini Hospital
Full name of responsible person
shanaz najar
Street address
ahwaz-Faculty of Nursing &Midwifery
City
ahwaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahwaz Jondishapoor University of Medical Sciences Vice-chancellor for Research affairs
Full name of responsible person
Mostafa Feghhe
Street address
Ahwaz Jondishapoor University of Medical Sciences
City
Ahwaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahwaz Jondishapoor University of Medical Sciences Vice-chancellor for Research affairs
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
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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