

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 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

Name

Malihe Akbari

Name of organization / entity

Ahvaz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 84 1336 7163

Email address

akbari.m@ajums.ac.ir

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 I rate

Timepoint

end Of trial

Method of measurement

questionnaire

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

shanz 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

Name of organization / entity

ahwaz jondishapur university of medical sciences

Full name of responsible person

malihe akbari

Position

master

Other areas of specialty/work

Street address

Univer sity of Medical Sciences Faculty Of Nursing &Midwifery

City

ilam

Postal code

6931898173

Phone

+98 84 1336 7163

Fax

Email

akbari.m@ajums.ac.irakbarimalihe@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

ahwaz jondishapur university of medical sciences

Full name of responsible person

shanz najar

Position

faculty member of ahwaz jondishapur university of medical sciences

Other areas of specialty/work

Street address

ahwaz- jondishapur university of medical sciences

City

ahwaz

Postal code

Phone

00989166129001-00986113738394

Fax

Email

shanznajur@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

ilam university of medical sciences

Full name of responsible person

malihe akbari

Position

master

Other areas of specialty/work

Street address

ilam university of medical sciences-Faculty Of Nursing &Midwifery

City

ilam

Postal code

6931898173

Phone

+98 84 1336 7163

Fax

+98 84 1338 3199

Email

akbari.m@ajums.ac.irakbarimalihe@yahoo.com

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