

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of Reiki practice on sternotomy incision pain and hemodynamic criteria after CABG

Protocol summary

Study aim

Assessing the effect of Reiki exercises on pain in the sternotomy area and hemodynamic parameters of patients after CABG surgery

Design

A clinical trial with an intervention and control group, with parallel group, without blinding, there is no trial phase, simple randomization method is used for randomization.

Settings and conduct

Place of study; Open Heart Surgery Department of Imam Reza Hospital (AS), for the intervention group; In addition to routine treatment (Apotel drug), Reiki stage 1 is performed for patients, and pain measurement and hemodynamic parameters are performed before and after the intervention for the control and intervention groups. The control group receives only routine treatment and no intervention is performed.

Participants/Inclusion and exclusion criteria

Inclusion criteria : age 18 to 70 years, Persian speaking and the ability to read and write, willingness to participate in the study. Exclusion criteria: Failure to cooperate in all stages of the study or in case of unexpected complications

Intervention groups

The direction of the intervention group; In addition to routine treatment (Apotel drug), Reiki stage 1 is performed for patients, and pain measurement and hemodynamic parameters are performed before and after the intervention for the control and intervention groups. The control group receives only routine treatment and no intervention is performed.

Main outcome variables

Pain and Hemodynamic Parameters

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230901059315N1**

Registration date: **2023-09-12, 1402/06/21**

Registration timing: **prospective**

Last update: **2023-09-12, 1402/06/21**

Update count: **0**

Registration date

2023-09-12, 1402/06/21

Registrant information

Name

Sara Ahmadi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-23, 1402/07/01

Expected recruitment end date

2023-11-22, 1402/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Reiki practice on sternotomy incision pain and hemodynamic criteria after CABG

Public title

Investigating the effect of energy therapy on pain and vital signs of patients after open heart surgery

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
A patient who is a candidate for heart surgery who needs coronary artery bypass surgery. Age 18 to 70 years, Persian speaking ability and ability to read and write, awareness of time and place, not having concomitant diseases that affect the perception of pain (such as diabetes).
Exclusion criteria:
Failure to cooperate in all stages of the study or in case of unexpected complications.

Age
From **18 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
randomization method and its explanation: simple randomization; Study participants are randomly divided into control and intervention groups. Randomization Unit: Parallel Randomization layers: None Allocation concealment method: simple randomization How to make a random sequence: simple random

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 Mashhad University of Medical Sciences

Street address

No. 30, Aboreihan Bironi Ave., Shahid Aldaghi Blvd., Sabzevar Town

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613954913

Approval date

2023-07-25, 1402/05/03

Ethics committee reference number

IR.MUMS.NURSE.REC.1402.067

Health conditions studied

1

Description of health condition studied

sternotomy incision pain and hemodynamic criteria after CABG

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

pain and hemodynamic parameters

Timepoint

Pain measurement and hemodynamic criteria are done at the beginning of the study (before the intervention) and every 12 hours for 3 days after the intervention.

Method of measurement

Visual Analogue Scale and Monitoring

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention method: researcher for the intervention group; The researcher first intends to perform Reiki by putting his hands on the heart for the intention and the sentences he says to himself during the intention have the meaning that we want divine energies to flow, so (for example) the researcher during the intention these sentences with He himself says: [I ask the divine energies to flow in me in the most powerful, most blessed and beautiful way and make me a channel of energy, I thank God for helping me in this process and I guides, I am grateful to the Reiki masters and guides, I am grateful to myself, and because we do Reiki for another person, we also thank that person]; Also, to make sure that Reiki flows in our palm; We press the intersection of the index finger and the thumb, then for 15-30 minutes standard Reiki exercises on 27 points with respect to Reiki level 1 (doing exercises for yourself and others at a close distance) by placing the hands at a distance (angle placement) The hands are not important and can be in any shape) on the selected areas in order: The middle of the forehead (it is called the third eye chakra, which is the place where a person communicates with himself), temples, ears, crown chakra, throat

chakra, thymus, lungs, heart chakra from the front and back, hands, solar plexus chakra (points around the navel), then the points of the thighs, separately or together, knees, legs, ankles and the last part of the soles of the feet, the area of the kidneys in any position that is more comfortable for the patient and on each point for 1-2 minutes He repeats affirmative sentences with himself, the content of which is gratitude to the cells (I thank you cells for serving my body for years, You are fresh, energetic and healthy and any other positive words) and finally on mid-sternal incision according to the Reiki protocol for 2 minutes in addition to the selected points every 12 hours, at least 4 hours after receiving Apotel, days 4 to 6 after the operation in the open heart surgery department of the hospital Imam Reza will be performed for 3 days along with pain measurement and previous hemodynamic criteria, at least 10 to 15 minutes and finally one hour after Reiki.

Category

Other

2

Description

Control group: Control group: The control group does not receive any intervention and the usual pain control methods in the hospital (Apotel 150 mg) are performed for them. The intervention will be evaluated.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza hospital

Full name of responsible person

Nazila Zarghi

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No. 30, Aboreihan Bironi Ave., Shahid Aldaghi Blvd., Sabzevar Town

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Nazila Zarghi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

Street address

Khorasan Razavi, Azadi Square, east gate of Ferdowsi University of Mashhad, university campus, educational complex of Shahid Dr. Kharazmi

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Nazila Zarghi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

The pain level of the patient before and after the intervention, respectively: the first 12 hours, the second 12 hours, the third 12 hours The amount of changes in the hemodynamic parameters of the patients before and after the intervention, respectively: the first 12 hours, the second 12 hours, the third 12 hours. Individual information (individual data) of patients is not displayed.

When the data will become available and for how long

Maximum 2 months

To whom data/document is available

Researchers working in academic and practical institutions

Under which criteria data/document could be used

Under the conditions specified by the researcher and with his permission, they can use the documents

From where data/document is obtainable

They can interfere with the performer: Sara Ahmadi
Contact number: 09368300995

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

After coordination with the researcher and if the researcher gives permission to use the study documents

Comments