# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## Effect of Hot Water Bag and Acupressure Technique in Constipation among Patients with Stroke

### Protocol summary

**Study aim**
To compare the effect of using hot bag versus acupressure technique on constipation among patients with stroke

**Design**
A quasi-experimental Design:to Determine if Applying Hot Water Bag and Acupressure Technique can Effect on Constipation among Patient with Stroke . This Study was Initiated from 4th October 2023 to 4th July 2024

**Settings and conduct**
Kerbala/Iraq at Neurological Medical Units of Imam Al-Hussein Medical City. Imam Al-Hussein Medical City is Considered the largest Health Care Facility in Kerbala.

**Participants/Inclusion and exclusion criteria**
Inclusion Criteria: All patients with Acute Stroke. Patients have Problem with (Constipation). Patients who Given an Agreement to participated in the study. Exclusion Criteria: Patients who had Cognition Disorder. Patients with Bowel Incontinence Those who had Change in Level of Copiousness. Patients who had visual or Auditory Impairment

**Intervention groups**
Participants were separated fairly into three groups: [intervention group (G1, G2; n =25)] and [control group (G3; n=25)]. The intervention group instructed to apply acupressure technique was applied for 9minutes on average, 3minutes on each acupressure points of li4l., li3 and sj6, twice a day—3days in total. The patient was placed in the setting position. Acupressure points were determined using the patient's own fingers and marked with a pencil. All participants continued to receive their conventional stroke program. hot water pack application improves gastrointestinal motility, rubber water bag with a fluffy cover filled with boiled tap water [80°C] and placed on the abdomen four time a day for 30 min each time for three days.

**Main outcome variables**
Reduce Constipation

### General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20240204060895N1**
Registration date: **2024-02-29, 1402/12/10**
Registration timing: **retrospective**

Last update: **2024-02-29, 1402/12/10**
Update count: **0**

**Registration date**
2024-02-29, 1402/12/10

**Registrant information**

**Name**
Aqila Almosaway
**Name of organization / entity**
Kerbala univercity
**Country**
Iraq
**Phone**
+964 773 642 8597
**Email address**
aqilamohmmed952@gmail.com

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2024-02-23, 1402/12/04

**Expected recruitment end date**
2024-02-23, 1402/12/04

**Actual recruitment start date**
2024-02-23, 1402/12/04

**Actual recruitment end date**
2024-02-23, 1402/12/04

**Trial completion date**
2024-02-23, 1402/12/04

**Scientific title**
Effect of Hot Water Bag and Acupressure Technique in Constipation among Patients with Stroke

**Public title**
Effect of Hot Water Bag and Acupressure Technique in Constipation among Patients with Stroke

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
All patients with Acute Stroke that are Admitted to the Neurological Wards at Imam Al-Hussein Medical City Patients have Problem with Bowel Movement (Constipation) Patients who Given an Agreement to Participated in the Study. More than18years Old.

**Exclusion criteria:**
Patients who had cognition disorder Patients with bowel incontinence Those who had change in level of coniousness. Patients who had visual or auditory impairment

**Age**
From **18 years** old to **90 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **75**
Actual sample size reached: **75**

**Randomization (investigator's opinion)**
Not randomized

**Randomization description**

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

**1**

**Registry name**
aqila almosaway

**Secondary trial Id**
75652

**Registration date**
2024-02-23, 1402/12/04

**2**

**Registry name**
aqila almosaway

**Secondary trial Id**
75652

**Registration date**
2024-02-26, 1402/12/07

**3**

**Registry name**
aqila almosaway

**Secondary trial Id**
75652

**Registration date**
2024-02-26, 1402/12/07

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**
Ethics committee in College of Nursing at University of kerbala

**Street address**
Hay Almowadfieen

**City**
Kerbala

**Postal code**
10053

**Approval date**
2024-02-26, 1402/12/07

**Ethics committee reference number**
23017

## Health conditions studied

**1**

**Description of health condition studied**
Constipation

**ICD-10 code**
K59.0

**ICD-10 code description**
Constipation

## Primary outcomes

**1**

**Description**
The primary outcome variable is the identify .constipation and treatment by hot water bag and acuprssure

**Timepoint**
Before Intervention and 3 Days After Intervention

**Method of measurement**
Wexner questionnaire scale and modifying constipation assessment scale

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**
Intervention group: This interventional procedure is instructions on how to improve bowel movement and prevent constipation for patients with stroke. Therefore, this interventional protocol includes basic procedure (hot water bag and acupressure technique), all patients were explained the procedure and written informed consent. Participants were separated fairly into three groups: [intervention group (G1, G2; n =25)] and [control group (G3; n=25)]. The intervention group instructed to apply acupressure technique was applied for 9minutes on average, 3minutes on each acupressure points of li4located right and left hands. Find in the soft skin between thumb and index finger on the top of hand, li3 This point is located in the depression of the radial side of the index finger, proximal to the head of the second metacarpal bone. and sj6, located at the back of the arm, twice a day—3days in total. The patient was placed in the setting position. Acupressure points were determined using the patient's own fingers and marked with a pencil. All participants continued to receive their conventional stroke program. hot water pack application improves gastrointestinal motility, rubber water bag with a fluffy cover filled with boiled tap water [80°C] and placed on the abdomen four time a day for 30 min each time for three days. Control group A normal pack was applied to the participants in the control group. Normal packs were prepared in the same manner as the hot bag except the bag were filled tap water and left in the experimental room for 1 hour to reach room temperature (25.1 °C ± 2.5 °C).

**Category**
N/A

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Imam Hussan Medical City, Neurological Department

**Full name of responsible person**
Aqila Mohmmed hashem

**Street address**
Hay Almowadfieen

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**Phone**
+964 773 642 8597

**Email**
aqelah.m@s.uokerbala.edu.iq

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
Kerbala University

**Full name of responsible person**
Aqila Mohmmed hashem

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**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**
No

**Title of funding source**
The Author of the Trial is the Funding Source

**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**
Kerbala university

**Full name of responsible person**
Aqila Mohmmed hashem

**Position**
Lecturer

**Latest degree**
Master

**Other areas of specialty/work**
Nursery

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## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact**
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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**
Undecided - It is not yet known if there will be a plan to make this available
**Title and more details about the data/document**
The data will be the results of the TCNS that measure patients' constipation in both the control and intervention groups
**When the data will become available and for how long**
God Willing, once the article is published, the data will be available after 6 months of publication. If the article will be published in a subscribed journal, the data will be available after one year because of the policy of the subscribed journals
**To whom data/document is available**
With Academic Nurses and Any Researcher who is Interested in the Data
**Under which criteria data/document could be used**
The data could be used after getting permission via email. Also, users need to acknowledge the owner
**From where data/document is obtainable**
Users can ask for the data and permission via email. aqila almosaway is the corresponding author. she will contact whoever he requests the information from. her email is aqelah.m@s.uokerbala.edu.iq, works at the University of Kerbala/College of Nursing. The address is al bahadlaa, Karbala, Iraq. What processes are involved for a request to access data/document
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Users can ask for the data and permission via email. aqila almosaway is the corresponding author. she will contact whoever he requests the information from. her email is aqelah.m@s.uokerbala.edu.iq,
**Comments**