

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

aqilamohammed952@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 than 18 years Old.

Exclusion criteria:

Patients who had cognition disorder Patients with bowel incontinence Those who had change in level of consciousness. 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 Almowadfeen

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 acupressure

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 Mohmmmed hashem

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerbala University

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?

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 Mohmmmed hashem

Position

Lecturer

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Position

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Person responsible for updating data**Contact****Name of organization / entity**

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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

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

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Comments