Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparing the Effect of Using Super Supraglottic Swallow Maneuver and Hyoid Lift Maneuver on Dysphagia in Patients with Stroke

Protocol summary

Study aim
To determine the effect of using super supraglottic maneuver and hyoid lift maneuver on dysphagia in patient with stroke

Design
An Quasi experimental comparative design with a minimum sample size of 25 for each group will be used. The total sample size would be 75 subjects, followed for 7 days from 1october 2023 to 1 Augest 2024.

Settings and conduct
This study was conducted in the medical wards in Imam Hussain Medical City and Imam Al-Hassan Al-Mujtaba Teaching Hospital in Kerbala Governorate.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Patients who diagnosed with acute stroke and from 1 days to 6 months with symptoms of dysphagia. voluntary agreement to participation in this study. patients who are conscious, alert, cooperative, obeys commands with the ability to imitate the nurse. Exclusion Criteria: Pilot study participants, Patients with stroke who do not have dysphagia, patients with other neurological disorders, patients with ET intubation, patients with tracheostomy, patient who have a history of dysphagia unrelated to the current stroke, patients who diagnosed with pneumonia were excluded from the study, Patients who declined to enroll in the study.

Intervention groups
After assessing the level of dysphagia, the sample will be allocated into three groups. One group: Super supra glottis swallow maneuver: This maneuver involves a person holding a tight breath, swallowing while keeping the airway tightly closed, then immediately coughing after the swallow. The researcher instructed the patients to perform this exercise 3 times daily for consecutive 7 days. Two group: hyoid lift maneuver: perform this maneuver 5 to 10 minutes for 7 days. Three groups: control groups and they no received any interventions to participant; instead, they received pre-test and post-test assessments after seven days.

Main outcome variables
Reducing dysphagia severity level

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240130060853N1**
Registration date: **2024-02-29, 1402/12/10**
Registration timing: **registered_while_recruiting**

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

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

Registrant information

Name
Hawraa Al-Hesnawy

Name of organization / entity
University of Kerbala

Country
Iraq

Phone
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Email address
hawraa.abdalzahraa@s.uokerbala.edu.iq

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2023-10-01, 1402/07/09

Expected recruitment end date
2024-03-10, 1402/12/20

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the Effect of Using Super Supraglottic Swallow Maneuver and Hyoid Lift Maneuver on Dysphagia in Patients with Stroke

Public title

Comparing the Effect of Using Super Supraglottic Swallow Maneuver and Hyoid Lift Maneuver in Stroke Patients with Dysphagia

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patients who diagnosed with Acute Stroke and from 1 days to 6 months with symptoms of Dysphagia. Voluntary agreement to participation in this study Patients who are conscious, alert, cooperative, obeys commands with the ability to imitate the nurse Both male and female gender

Exclusion criteria:

Pilot study participants Patients with stroke who do not have a dysphagia. Patients with other neurological disorders Patient who has a history of dysphagia unrelated to the current stroke Patients who diagnosed with pneumonia were excluded from the study. Patients who declined to enroll in the study.

Age

From **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **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

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee in College of Nursing at University of Kerbala

Street address

Hai-Almuadafeen

City

Kerbala

Postal code

56001

Approval date

2023-11-15, 1402/08/24

Ethics committee reference number

4626

Health conditions studied

1

Description of health condition studied

Dysphagia

ICD-10 code

R13.1

ICD-10 code description

Dysphagia

Primary outcomes

1

Description

The primary outcome variable is the level of Dysphagia that can be changed based on super supraglottic swallow maneuver and hyoid lift maneuver.

Timepoint

Before intervention and 7 days after intervention

Method of measurement

The GUSS Scale that used to assess the the level of dysphagia.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After assessing the level of dysphagia, the sample will be allocated into three groups: One of the intervention groups perform the super supra glottic swallow maneuver This maneuver involves a person holding a tight breath, swallowing while keeping the airway tightly closed, then immediately coughing after the swallow. Instructed the patients to perform this exercise 3 times daily for consecutive 7 days. Two intervention group: hyoid lift maneuver. This exercise will help build swallowing muscle strength and control. Place a few small pieces of paper (about one inch in diameter) over a blanket or a towel. Then place a straw in mouth and suck one of the pieces of paper to its tip. Keep sucking on the straw to keep the paper attached, bring it over a cup or a similar

container and stop sucking. This will release the paper into the container. Goal for each session is to place about five to 10 pieces of paper into the container.

Category

Treatment - Other

2

Description

Control group: The control group received no interventions; instead, they received pre-test and post-test assessments after 7 days, as did the other groups, and they will be compared to the other groups in the study. Then patients in all groups were evaluated prior to the intervention after 7 days by using the GUSS.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hussain Medical City

Full name of responsible person

Hawraa Abd Alzahraa Alhesnawi

Street address

Hai-Alusraa Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Web page address

https://nursing.uokerbala.edu.iq/wp/en/

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

University of Kerbala

Full name of responsible person

Hawraa Abd Alzahraa Alhesnawi

Position

Nurse

Latest degree

Master

Other areas of specialty/work

Nursing

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Web page address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Kerbala

Full name of responsible person

Hawraa Abd Alzahraa Alhesnawi

Position

Nurse

Latest degree

Master

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
Undecided - It is not yet known if there will be 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 GUSS that measure. patients' dysphagia levels 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. Hawraa alhesnawi is the corresponding author. He will contact whoever he requests the information from. His email is hawraa.abdalzahraa@s.uokerbala.edu.iq works at Imam al hussain medical city. The address is hai-alusraa district, Karbala, Iraq.
What processes are involved for a request to access data/document
Users can ask for the data and permission via email. Hawraa alhesnawi is the corresponding author. He will contact whoever he requests the information from. His email is hawraa.abdalzahraa@s.uokerbala.edu.iq
Comments