

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 2026

### The comparative study of foot reflexology and acupressure on physiological parameters in patients with acute coronary syndrome hospitalized in CCU of Teaching hospitals of Golestan University of Medical Sciences

#### Protocol summary

##### Summary

This study is a clinical trial triple blind, a sample size of 144 would be on the basis of sample size and sampling method is determined according to previous studies and then assigned to four groups, reflexology, acupressure, placebo January 93 will be made. Before the intervention for each group is measured physiological parameters. In the intervention group, reflexology foot in the heart reflected by the researcher, for 10 minutes (5 minutes for each leg) and acupressure points for the third eye With 10 minutes played. In the placebo group hand massage for 10 minutes (5 minutes for each hand) is done. Interference will not occur in the control group and the intervention group will be only 10 minutes time. Immediately after the intervention and again half an hour later physiological parameters will be measured.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201404097821N9**  
Registration date: **2015-02-24, 1393/12/05**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-02-24, 1393/12/05

##### Registrant information

##### Name

Leila Mahasti Jouybari

##### Name of organization / entity

Golestan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 17 1443 0360

##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Golestan University of Medical Science, Research & Technology, Gorgan, Iran

##### Expected recruitment start date

2014-09-06, 1393/06/15

##### Expected recruitment end date

2015-02-20, 1393/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The comparative study of foot reflexology and acupressure on physiological parameters in patients with acute coronary syndrome hospitalized in CCU of Teaching hospitals of Golestan University of Medical Sciences

##### Public title

Effect of foot reflexology and acupressure on physiological parameters of patients acute coronary syndrome

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of acute coronary syndrome

by the physician, based on the records, having severe shortness of breath, lack of pacemaker pulse is less than 60, no amputation (leg), no problems or diseases of the skin at the site of intervention, lack deep vein thrombosis, cancer, history of bone fracture in the previous 2 months; lack of therapeutic massage and acupressure, pregnancy (for acupressure). Exclusion criteria: loss of consciousness; receiving warfarin, the incidence of cardiopulmonary arrest in the past 72 hours, the patient's desire to withdraw from the study.

#### Age

From **18 years** old to **80 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **144**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Triple blinded

#### Blinding description

#### Placebo

Used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethical Committee Golestan University of Medical Sciences

##### Street address

Golestan University of Medical Sciences, Shastkola

##### City

Gorgan

##### Postal code

49165568

#### Approval date

2014-06-08, 1393/03/18

#### Ethics committee reference number

930318444

## Health conditions studied

### 1

#### Description of health condition studied

Acute Coronary Syndrome

#### ICD-10 code

I24.9

#### ICD-10 code description

Acute ischaemic heart disease, unspecified

## Primary outcomes

### 1

#### Description

BP

#### Timepoint

The intervention will be conducted in two sessions, morning and afternoon, and physiological parameters, as well as morning and afternoon, before Wales intervene immediately and a half hours after the intervention.....

#### Method of measurement

Pressure-pulse-respiration-arterial oxygen saturation

### 2

#### Description

heart rate

#### Timepoint

Prior to the intervention, immediately after the intervention and a half hours.

#### Method of measurement

for the heartbeat using a stethoscope And watch

### 3

#### Description

breath

#### Timepoint

Prior to the intervention, immediately after the intervention and a half hours.

#### Method of measurement

Looking at the chest and breathing rate using a watch over a period of a minute is counted

### 4

#### Description

arterial o2 saturation

#### Timepoint

Prior to the intervention, immediately after the intervention and a half hours.

#### Method of measurement

Blood oxygen saturation using pulse oximetry

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

intervention group massage Reflexive: After 5 minutes rest on the throne in the condition of long tanker to the back, high blood pressure, your heart rate and breathing and oxygen arterial blood as much based on

measurement and are recorded. Then massage Reflexive reflection point in Heart (solar point) The two prominence or roughly the left leg he is in along the line the area anterior to the foot area It is separated from Middle; in this area one empty space there is an oval shape that same spot and solar The place is reflected massage done;method of massage done with so first to find heart reflection point line with transverse In under two hypothetical number roughly or boss below the breast leg down roughly about it we then line number two The diagonal transverse line started and in the border between the two numbers roughly close to each other will be a hypothetical to painted , the distance between this line and the lines transverse diagonal oval in shape space would be reflection point heart Or point is called solar and at this point massage with the use of the Reflexive movement torsion middle finger Hand (like meat screw motion of the region. . . . bent and fingers by other firm surrounded by, with pressure about 3 To 4 kilograms that the pressure had already using digital scales to calibrate. for 5 minutes for every And with the speed 7 times in minutes will be done and the patient will be told to breathe arranged While pushing a point reflection and action when it left the action disturb, Then the same stages in the other leg will be

**Category**

Other

**2**

**Description**

control group patients in study environment just 10 minutes waiting for it like and before and after the expected Vital parameters as, and, recorded.

**Category**

Other

**3**

**Description**

control group patients in study environment just 10 minutes waiting for it like and before and after the expected Vital parameters as, and, recorded.

**Category**

Other

**4**

**Description**

The Group intervene acupressure: first demographic profile questionnaire like other groups and physiological parameters of the complete disease information and measurements will be recorded, and then from that point on the third eye located at the root of the nose and between the two eyebrows using the thumb pulp pressure movements with an average of 20-25 times a minute and apply pressure with about 3 to 4 kg for 10 minutes and then immediately press will be half an hour Physiological parameters measured again and the next record will be done.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Saiyad Teaching Hospital Golestan University of Medical Sciences

**Full name of responsible person**

Alireza Kalbali

**Street address**

Saiyad Hospital , Saiyad Street

**City**

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**2**

**Recruitment center**

**Name of recruitment center**

Panj-e-Azar Teaching Hospital Golestan University of Medical Sciences

**Full name of responsible person**

Alireza Kalbali

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**City**

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**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Deputy of Research & Technology, Golestan University of Medical Sciences

**Full name of responsible person**

Dr Masood Khoshnya

**Street address**

Deputy of Research & Technology, Golestan University of Medical Sciences , Shastkola

**City**

Gorgan

**Grant name**

مرکز تحقیقات

**Grant code / Reference number**

Research Center

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

Yes

**Title of funding source**

Deputy of Research & Technology, Golestan University of Medical Sciences

**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**

Golestan University of Medical

**Full name of responsible person**

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**Full name of responsible person**

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**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*