Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Randomised Clinical Trial of Effect of acupressure of points SP6,SP10,ST36,LI-11 on uremic pruritus, quality of life, and laboratory parameters in hemodialysis patients

Protocol summary

Summary

The aim of this study is to investigate the efficacy of acupressure therapy on uremic pruritus, quality of life, and laboratory parameters of patients with hemodialysis. The study population consists of all the subjects who were undergoing hemodialysis in three educational hospitals. Subjects who are on dialysis for at least 6 months and they have experienced itching at least for 3 months will be included and who have history of non uremic itching, liver disease, cancer, psychiatric disorder and current infection will be excluded from study. The sample size is 90 patients that will be recruited in three groups by block randomization method. In this clinical trail the baseline measurements include itching severity scale, quality of life questionnaire, and laboratory tests. The intervention will be done during four weeks. In the first intervention group a one-minute pressure [4 (kg)] and consequently three consecutive pressures will be applied by researcher's thumb on SP6, SP10, ST36, LI-11 points. In second intervention group, pressure will be applied 1-2 centimeter far from mentioned points with similar technique and duration. The control group did not receive any intervention expect general therapies. Post-test will be performed within one week after completion of the intervention. Severity of pruritus was measured at the end of second week of intervention. Data will be collected using 5-D pruritus questionnaire, and quality of life questionnaire (Itching QoI) for itching.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017041917546N8**
Registration date: **2017-07-05, 1396/04/14**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-07-05, 1396/04/14

Registrant information

Name

Marzieh Momennasab

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2017-06-16, 1396/03/26

Expected recruitment end date

2017-12-21, 1396/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Randomised Clinical Trial of Effect of acupressure of points SP6,SP10,ST36,LI-11 on uremic pruritus, quality of life, and laboratory parameters in hemodialysis patients

Public title

Effect of acupressure on severity of pruritus, quality of life, and laboratory parameters in hemodialysis patients

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: The patients Must be on dialysis for at least 6 months; Their age should be in range of 18 to 65 years; Having itching at least for 3 months; Must be on dialysis at least three times a week for 3-4 hours; Should have intact sense in acupressure points. Exclusion criteria: The patient declines to cooperate; There is wound at acupressure points; Suffering from viral hepatitis or AIDS, Being hospitalized in the last month; Having any surgery; amputation or neuropathy in the last three months; Having history of non uremic itching, liver disease, cancer, psychiatric disorder and current infection.

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
In this study randomization will be done by blocking method.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Shiraz University of Medical Sciences

Street address
Zand Av, The Central Building of Shiraz University of Medical Sciences, Shiraz, Iran

City
Shiraz

Postal code

Approval date
2017-03-13, 1395/12/23

Ethics committee reference number
IR.SUMS.REC.1395.198

Health conditions studied

1

Description of health condition studied
Hemodialysis

ICD-10 code
Z49.1

ICD-10 code description
Extracorporeal dialysis

Primary outcomes

1

Description
Uremic pruritus

Timepoint
Before. The end of the second week and the end of the fifth week after beginning the intervention

Method of measurement
5-D Pruritus Scale

2

Description
Quality of Life

Timepoint
Before and the end of fifth week after beginning the intervention

Method of measurement
Quality of Life Questionnaire in patients with pruritus (Itchy QoL)

3

Description
Biochemical parameters including hemoglobin, hematocrit, phosphorus, calcium, sodium, potassium, PTH, BUN, and Cr

Timepoint
Before and the end of fifth week after beginning the intervention

Method of measurement
Blood sample

Secondary outcomes

1

Description
-

Timepoint
-

Method of measurement
-

Intervention groups

1

Description
Intervention group 1: In this group intervention will be done three times a week during dialysis. A one-minute pressure amount of 4 (kg) will be applied on SP6, SP10, ST36, LI-11 points by the research using thumb. Also, three consecutive pressures were applied in each point.
Category
Other

2

Description
Intervention group2: In this intervention group, pressure will be applied in sham-control points that are 1-2 centimeter far from major points with similar technique and duration.
Category
Other

3

Description
control group: Without intervention
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Faghihi Hospital
Full name of responsible person
Fateme Karjalian
Street address
Next to Medical School, Zand Avenue, Shiraz, Iran
City
Shiraz

2

Recruitment center
Name of recruitment center
Amiralmomenin brun hospital
Full name of responsible person
Fateme Karjalian
Street address
Km 2 Sadra, Amiralmomenin burn and plastic hospital
City
Sadra

3

Recruitment center
Name of recruitment center
Nemazee hospital
Full name of responsible person
Fateme Karjalian
Street address
Namazee square, Zand Avenue, Shahid Faghihi Hospital, Shiraz
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research of Shiraz University of Medical Sciences
Full name of responsible person
Dr. Seyed Basir Hashemi
Street address
7th floor, central building of Shiraz University of Medical Science, Zand boulevard
City
Shiraz
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research of Shiraz 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
Hazrate Fateme nursing and midwifery school
Full name of responsible person
Dr. Marzieh Momennasab
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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