Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effectiveness of acupressure on pain relief after cesarean.

Protocol summary

Summary

Objectives: The effectiveness of acupressure on pain relief after cesarean. Design: double blinded, randomized trials. Setting and conduct: In this study, after obtaining informed consent from patients will be allocated to intervention and control group according to randomized method, with block size of 4. Inclusion criteria: Having at least primary education level; full consciousness in women after cesarean section; no previous experience using acupressure for any reason, no injuries; without bruising, tenderness or itching on LI4 location; all repeated cesarean and cesarean patients, including those who are first cesarean. Exclusion criteria: Patients with pre-eclampsia in the postoperative period which magnesium sulfate have been used for them. Interventions: In the intervention group, acupressure will be done for 20 minutes in L14 point. During this time all specified points lies under pressure for 10 seconds and rest for 2 seconds respectively. Then confirm the point when the patient is feeling of warmth and swelling at that point. The pressure is about 3-5 kg which the amount of pressure was performed by the person who has passed the initial periods of acupuncture. Touch without pressure will be used in the control group at these points. Interventions for all samples were done by a single researcher to prevent of any bias as much as possible. Degree of pain is measured by using the ruler of the (VAS) by a trained person who had no information in the type of intervention (touch or pressure) of both groups (control and test groups). All patients in both groups received routine care and the amount of narcotic and analgesic drugs were compared between the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080722407N3**

Registration date: **2015-12-19, 1394/09/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-12-19, 1394/09/28

Registrant information

Name

Somayeh Ramezani

Name of organization / entity

Shahroud University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 7213

Email address

s.ramezani@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research; Shahroud University of Medical Sciences

Expected recruitment start date

2015-08-23, 1394/06/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of acupressure on pain relief after cesarean.

Public title

Acupressure on pain after cesarean

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Having at least primary education level; full consciousness in women after cesarean section; no previous experience using acupressure for any reason; no injuries; without bruising, tenderness or itching on LI4 location; all repeated cesarean and cesarean patients, including those who are first cesarean. Exclusion criteria: Patients with pre-eclampsia in the postoperative period which magnesium sulfate have been used for them.

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **108**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 of Shahroud University of Medical Sciences

Street address

Central building of Shahroud University of Medical Sciences,Hafte Tir Square,Shahroud.

City

Shahroud

Postal code

3614773955

Approval date

2015-05-13, 1394/02/23

Ethics committee reference number

IR.shmu.rec.1394.31

Health conditions studied

1

Description of health condition studied

Pain after caesarean

ICD-10 code

O80,O84

ICD-10 code description

Single delivery by caesarean section

Primary outcomes

1

Description

Pain after cesarean

Timepoint

Immediately after the intervention, and 30 minutes and one hour and two hours after the intervention.

Method of measurement

Rule of VAS

Secondary outcomes

1

Description

Satisfaction

Timepoint

Ruler 6 parts

Method of measurement

Before discharge

Intervention groups

1

Description

Interventions: The intervention group acupressure will be done for 20 minutes in L14 point. During this time all Specified points lies under pressure for 10 seconds and rest for 2 seconds respectively. Interventions for all samples were done by a single researcher to prevent of any bias as much as possible. Intensity of pain is measured by using the ruler of the (VAS) by a trained person who had no information in the type of intervention (touch or pressure) of both groups (control and test groups). Patients in group received routine care and the amount of narcotic and analgesic drugs recorded.

Category

Rehabilitation

2

Description

Control group: This group of touch LI4 point is used within 20 minutes.The pain intensity was measured using VAS ruler. The group has been part of routine care and analgesic amount is recorded.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Fatemiyeh hospital

Full name of responsible person
Somayeh Ramezani

Street address
Central building of Shahroud University of Medical Sciences,Hafte Tir Square,shahroud

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research; Shahroud University of Medical Sciences

Full name of responsible person
Dr Mohammadhasan Emamian

Street address
Central building of Shahroud university of medical sciences ,Hafte Tir Square, Shahroud .

City
Shahroud

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; Shahroud 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
Shahroud university of medical sciences

Full name of responsible person
Somayeh Ramezani

Position
MAster science of student counseling midwifery

Other areas of specialty/work

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Faculty member

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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