Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Thymus Vulgaris inhaling on respiratory status in patients with exacerbation of Chronic Obstructive Pulmonary disease

Protocol summary

Summary

Objectives: One of the most common respiratory diseases is Chronic obstructive pulmonary disease Which have periods of acute exacerbation. This study survey the effect of Thymus Vulgaris inhaling on respiratory status of these patients. Design: This study is a blind randomized clinical trial so that researchers (collectors of questionnaires) will be blind about allocation of patients to control and intervention groups. Setting and conduct: The sample includes 60 patients with acute exacerbation of chronic obstructive pulmonary disease referred to the emergency department of 22 Bahman hospital of Gonabad. The patients were selected by convenience sampling and they will be allocated alternately in control and intervention groups. Improvement in respiratory status will be measured by reduced respiratory rate, increase in arterial oxygen saturation and Wheezing decline in lung lobes. In the intervention group, one percent Thymus Vulgaris inhaling that has been made by Exir gole sorkh Company will be used as much as 5 ml for the duration of 15 minutes with a inhaling treatment mask. In control group, distilled water inhaling will be received by the patients in the same amount and in the same duration. After the intervention, Information on dependent variables: respiratory rate, arterial oxygen saturation and wheezing will be collected by a research assistant who is not aware of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017020732436N1**
Registration date: **2017-06-11, 1396/03/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-11, 1396/03/21

Registrant information

Name

Elyas Hosseinzadeh

Name of organization / entity

Gonabad University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Gonabad University of Medical Sciences

Expected recruitment start date

2017-03-10, 1395/12/20

Expected recruitment end date

2017-04-09, 1396/01/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Thymus Vulgaris inhaling on respiratory status in patients with exacerbation of Chronic Obstructive Pulmonary disease

Public title

The effect of Thymus Vulgaris inhaling on Chronic Obstructive Pulmonary disease

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criteria: No anatomic face problem; Agree to participate in the research; oriented in time, place and person; Age between 50 and 80 years; not being allergic to perfumes and essences. Exclusion criteria: Pregnancy; Nausea and vomiting; Intolerance to the mask used for inhalation therapy.
Age
No age limit
Gender
Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Samples will be divided into two experimental and control groups based on permutation blocks (blocks of size 4). It will be listed according to six possible ways (AABB, ABAB, ...) randomly and the arrangment of receiving intervention will be determined accordingly. For blinding the questionnaire will be completed by a person who is not aware of the research unit in the control group or the experimental group.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Gonabad University of Medical Sciences
Street address
Next to the Asian Road
City
Gonabad
Postal code
Approval date
2016-08-06, 1395/05/16
Ethics committee reference number
IR.Gmu.REC.1395.51

Health conditions studied

1

Description of health condition studied
Exacerbation Of Chronic Obstructive Pulmonary Disease
ICD-10 code
J44.1
ICD-10 code description
Chronic obstructive pulmonary disease with acute exacerbation, unspecified

Primary outcomes

1

Description
Respiratory Rate
Timepoint
Before and after intervention
Method of measurement
Count chest movement during respiration

2

Description
Arterial blood oxygen saturation
Timepoint
Before and after intervention
Method of measurement
Finger Pulse Oximeter

3

Description
Wheezing
Timepoint
Before and after intervention
Method of measurement
Lung sounds ascultation

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: one percent Thymus Vulgaris inhaling will be used as much as 5 ml for the duration of 15 minutes through inhaling treatment mask at the time of patients' admission who are suffering from chronic obstructive pulmonary disease exacerbation (just for one time).
Category
Treatment - Other

2

Description
Control group:Distilled water inhaling will be used as much as 5 ml for the duration of 15 minutes with inhaling treatment mask at the time of patients' admission who

are suffering from chronic obstructive pulmonary disease exacerbation (just for one time).

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
22 Bahman Hospital

Full name of responsible person
Elyas Hosseinzadeh Yonesi

Street address
22 Bahman Hospital, Naserkhosro Street, Gonabad, Khorasan-e- Razavi

City
Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research of Gonabad University of Medical Sciences

Full name of responsible person
Dr. Alireza Mohammadzadeh

Street address
Gonabad University of Medical Sciences, Next to the Asian Road

City
Gonabad

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 Gonabad 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
Gonabad University of Medical Sciences

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Elyas Hosseinzadeh Yonesi

Position
Student of Msc in Critical Nursing

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)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty