

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The effect of lemon essence on anxiety, physiological indices and post-operative nausea & vomiting in patients undergoing lower limb fractures surgeries

Protocol summary

Study aim

Determine the effect of lemon essence on anxiety, physiological indices and post-operative nausea & vomiting in patients undergoing lower limb fractures surgeries

Design

A clinical trial with control group, parallel group randomized trial, a single blinded

Settings and conduct

Setting: Rajai, and Namazi hospitals, Data collector and statistician are blind.

Participants/Inclusion and exclusion criteria

The inclusion criteria would be having lower limb fracture surgery, being hospitalized in Orthopedic surgery Wards for 24 hours before surgery, being 18 years old or above, and being oriented to time, person and place. The patient has an asthma, a respiratory allergy or be sensitive to extracts of the plant, has olfactory problems, and nasal injury, being known case of psychological diseases, participated in previous studies received complementary and alternative interventions from a week before the intervention, transfer to ICU after surgery, requires postoperative ventilator, and died would be excluded.

Intervention groups

Intervention group: Take five drops of lemon essence on a cotton pad and attached to the patient's collar with a pin at a distance of 20 cm from the head. Aromatherapy starts in the morning of the lower limb fracture surgery and will be extended at two-hour intervals until the end of the surgery, in recovery and 16 hours after surgery. Control group: Bitter almond oil, which is odorless, will be used in a similar way of the intervention group.

Main outcome variables

Anxiety, physiological indices and post-operative nausea & vomiting

General information

Reason for update

Change in the time of start the intervention and setting of study

Acronym

IRCT registration information

IRCT registration number: **IRCT20130616013690N10**

Registration date: **2021-07-24, 1400/05/02**

Registration timing: **prospective**

Last update: **2021-12-15, 1400/09/24**

Update count: **1**

Registration date

2021-07-24, 1400/05/02

Registrant information

Name

Masoume Rambod

Name of organization / entity

Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4258

Email address

rambodm@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-12-16, 1400/09/25

Expected recruitment end date

2022-03-06, 1400/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of lemon essence on anxiety, physiological indices and post-operative nausea & vomiting in patients undergoing lower limb fractures surgeries

Public title
The effect of lemon essence on patients undergoing lower limb fractures surgeries

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Having Lower Limb Fracture Surgery Hospitalization in orthopedic surgery Wards for 24 hours before surgery Being 18 years old or above Being oriented to time, person and place
Exclusion criteria:
Patient has an asthma, a respiratory allergy or be sensitive to extracts of the plant The patient has olfactory problems, and nasal injury Being known case of psychological diseases (major depression, anxiety, psychosis, etc.) Participated in previous studies received complementary and alternative interventions from a week before the intervention Transfer to ICU after surgery Requires postoperative ventilator Death of the patient

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description
Firstly, Rajai and Namazi hospitals are selected as two separate strata. Then, using Winpepi software and balanced randomization of separate strata, a list of random allocation is set for 90 patients. Therefore, according to the list in each stratum (hospital), 45 patients are randomly divided into the intervention or control groups.

Blinding (investigator's opinion)
Single blinded

Blinding description
To conducting blinding, assistant researcher who collects data, as well as statistician who analyzes the data, are blinded to the groups and the assignment of individuals in the groups.

Placebo

Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committees of School of Nursing and Midwifery, Management and Medical Information Sc
Street address
Vice chancellor for research affairs, seven floor, Shiraz University of Medical Science, beside Helal Ahmar, Zand Ave, Shiraz, Iran
City
Shiraz
Province
Fars
Postal code
۱۴۳۳۶ - ۷۱۳۴۸

Approval date
2021-06-08, 1400/03/18

Ethics committee reference number
IR.SUMS.NUMIMG.REC.1400.001

Health conditions studied

1

Description of health condition studied
Lower limb fracture surgery

ICD-10 code
T84.11

ICD-10 code description
Breakdown (mechanical) of internal fixation device of bones of limb

Primary outcomes

1

Description
Anxiety

Timepoint
In the morning of the surgery and the day after surgery at 8 A.M.

Method of measurement
State-Trait Anxiety Inventory

2

Description
Physiological indices (blood pressure, SPO2, respiration, temperature and pain)

Timepoint

In the morning of surgery, In the post-operative anesthesia care unit, after entering the orthopedic ward, and 4, 8, 12 and 16 hours after surgery

Method of measurement

Digital blood pressure monitors, Pulse Oximeter, Chronometer, MASTECH Non Contact Infrared Medical Thermometer and numeric analogue pain

3

Description

Neurovascular assessment of lower limb

Timepoint

In the morning of surgery, after entering the orthopedic ward, and 4, 8, 12 and 16 hours after surgery

Method of measurement

WACHS Neurovascular Observation Charts

4

Description

Post-operative nausea and vomiting

Timepoint

In the post-operative anesthesia care unit, 4, 8, 12 and 16 hours after surgery

Method of measurement

Rhodes Index of Nausea, Vomiting and Retching and Numeric Analogue scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Take five drops of lemon essence on a cotton pad and attached to the patient's collar with a pin at a distance of 20 cm from the head. Aromatherapy starts in the morning of the lower limb fracture surgery and will be extended at two-hour intervals until the end of the surgery, in recovery room and 16 hours after surgery.

Category

Prevention

2

Description

Control group: Bitter almond oil, which is odorless, will be used in a similar way of the intervention group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Rajai hospitals

Full name of responsible person

Masoume Rambod

Street address

Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4258

Email

rambodma@yahoo.com

2

Recruitment center

Name of recruitment center

Namazi hospital

Full name of responsible person

Masoume Rambod

Street address

Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4258

Email

rambodma@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Abbas Rezaieanzadeh

Street address

Vice chancellor for research affairs of Shiraz University of Medical Sciences, Zand Street, Shiraz, Iran

City

Shiraz

Province

Fars

Postal code

71348-14336

Phone

+98 71 3235 7282

Email

vcrdep@sums.ac.ir

Grant name

23210

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Shiraz University of Medical Sciences

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

Shiraz University of Medical Sciences

Full name of responsible person

Masoume Rambod

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

Shiraz. Zand Street, Namazi Square. School of Nursing Midwifery, Shiraz

City

Shiraz

Province

Fars

Postal code

71936-13119

Phone

+98 71 3677 4254

Email

rambodma@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Masoume Rambod

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4258

Email

rambodma@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Masoume Rambod

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4258

Email

rambodma@yahoo.com

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Primary outcomes would be shared.

When the data will become available and for how long

Starting 6 months after publication article

To whom data/document is available

People and researchers working in academic institutions

Under which criteria data/document could be used

Data are provided for information only.

From where data/document is obtainable

Data is available via email rambodma@yahoo.com.

What processes are involved for a request to access

data/document

Data is available via email rambodma@yahoo.com.

Comments