

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Effect of Combination of Different Postures and Pursed Lips Breathing on Dyspnea and Pulmonary Parameters among Patients with Asthma

Protocol summary

Study aim

To improve the level of dyspnea, SPO₂, and RR among patients with asthma

Design

An Quasi-experimental (non-equevelant) design will be done to assess the asthmatic-induced dyspnea . and the minimum sample size for each group will be 30 as calculated based on the confidence level of 80% and 5% margin of error. The total sample size would be 90 subjects.

Settings and conduct

Imam hussain medical city

Participants/Inclusion and exclusion criteria

• patient diagnosed with asthma. • male and female .
Exclusion Criteria: • Children under 12 years old. • Elderly people with asthma who cannot tolerate the previous mentioned positions. • Individuals with intellectual disabilities, dementia or mental health disorders. • Patients with severe cardiopulmonary cases such as COPD or heart failure. • Pregnant women. • Patients with fever.

Intervention groups

The study measures respiratory conditions, including oxygen saturation, respiratory rate, and dyspnea, in 30 patients. The first experimental group (tripod position) performs pursed lip breathing exercises three times, followed by a 5-minute rest period. The second group (prostrate position) performs the same exercise three times, followed by a 5-minute rest period. The control group (control) follows traditional hospital interventions without intervention. The respiratory status is measured and re-evaluated after 10 minutes for comparison.

Main outcome variables

improving in dyspnea and pulmonary parameters in asthmatic patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220706055390N1**

Registration date: **2025-03-05, 1403/12/15**

Registration timing: **prospective**

Last update: **2025-03-05, 1403/12/15**

Update count: **0**

Registration date

2025-03-05, 1403/12/15

Registrant information

Name

Haider Nawaf

Name of organization / entity

Kerbala health directorate / al hussain medical city

Country

Iraq

Phone

+964 771 857 5181

Email address

haider84nawaf@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-03-15, 1403/12/25

Expected recruitment end date

2025-05-15, 1404/02/25

Actual recruitment start date

2025-03-20, 1403/12/30

Actual recruitment end date

2025-05-31, 1404/03/10

Trial completion date

2025-08-01, 1404/05/10

Scientific title

Effect of Combination of Different Postures and Pursed Lips Breathing on Dyspnea and Pulmonary Parameters

Public title

Effect of tripod and prostrate on Dyspnea and Pulmonary Parameters among Patients with Asthma

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

A hospitalized patient who were already diagnosed with asthma have dyspnea • Both male and female sex

Exclusion criteria:

Children under 12 years old. Elderly people with asthma who cannot tolerate the previous mentioned positions individuals with intellectual disabilities, dementia or mental health disorders. Patients with severe cardiopulmonary cases such as COPD or heart failure Pregnant women Patients with fever

Age

From **18 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Actual sample size reached: **90**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not 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 in collage of nursing / babylon university

Street address

iraq- karbala city

City

karbala

Postal code

51001

Approval date

2025-02-01, 1403/11/13

Ethics committee reference number**Health conditions studied****1****Description of health condition studied**

dyspnea in asthmatic patient

ICD-10 code

J45

ICD-10 code description

Asthma

Primary outcomes**1****Description**

improving dyspnea and pulmonary in asthmatic patient

Timepoint

10 minnutes after intervention

Method of measurement

binary scale for dyspnea and obsevation for pulmonary parameters

Secondary outcomes

empty

Intervention groups**1****Description**

The first experimental group (tripod position) :- The study measures respiratory conditions, including oxygen saturation, respiratory rate, and dyspnea, in 30 patients before the patients perform pursed lip breathing exercises three times, followed by a 5-minute rest period in tripod position and back to perform pursed lip breathing exercises three times and again measures its.

Category

Treatment - Other

2**Description**

The second experimental group (prostrate position) :- The study measures respiratory conditions, including oxygen saturation, respiratory rate, and dyspnea, in 30 patients before the patients perform pursed lip breathing exercises three times, followed by a 5-minute rest period in tripod position and back to perform pursed lip breathing exercises three times and again measures its.

Category

Treatment - Other

3**Description**

Control group:The control group (control) follows traditional hospital interventions without intervention.

The respiratory status is measured and re-evaluated after 10 minutes for comparison.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

imam al - hussain medical city

Full name of responsible person

karbala Health Directorate

Street address

imam al abbas street

City

karbala

Postal code

56001

Phone

+964 771 857 5181

Email

hayder.nawaf@s.uokerbala.edu.iq

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

babylon university / collage of nursing

Full name of responsible person

Shatha sadi mohammed

Street address

street 40

City

babylon

Postal code

51001

Phone

+964 770 808 2624

Email

nur.shatha.sadeli@uobabylon.edu.iq

Grant name

Grant code / Reference number

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

No

Title of funding source

The author of the trial is the funding source

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

Persons

Person responsible for general inquiries

Contact

Name of organization / entity

babylon university / collage of nursing

Full name of responsible person

Shatha sadi mohammed

Position

professor

Latest degree

Ph.D.

Other areas of specialty/work

adult nursing

Street address

street 40

City

babylon

Province

babylon

Postal code

51001

Phone

+964 770 808 2624

Email

nur.shatha.sadeli@uobabylon.edu.iq

Person responsible for scientific inquiries

Contact

Name of organization / entity

babylon university / collage of nursing

Full name of responsible person

Shatha sadi mohammed

Position

professor

Latest degree

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Other areas of specialty/work

adult nursing

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51001

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+964 770 808 2624

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Person responsible for updating data

Contact

Name of organization / entity

babylon university / collage of nursing

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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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

The data will be the results of the asthmatic patients improvement that measure patients' dyspnea and pulmonary parameters in both control and interventions groups.

When the data will become available and for how long

God Willing, once the article is published, the data will be available after 6 months of publication. If the article will be published in a subscribed journal, the data will be available after one year because of the policy of the subscribed journals.

To whom data/document is available

With post graduate student, academic nurses, and any researcher who is interested in the data.

Under which criteria data/document could be used

The data could be used after getting the permission via email. Also, users need to acknowledge the owner

From where data/document is obtainable

Users can ask for the data and the permission via email. Dr. haider is the corresponding author. He will be in contact with whom ask for the data. His email haider84nawaf@gmail.com. Dr haider works at imam al - hussain medical city

What processes are involved for a request to access data/document

Users can ask for the data and the permission via email. Dr. haider is the corresponding author. He will be in contact with whom ask for the data. His email is haider84nawaf@gmail.com.

Comments