

Can exhalation while rising from bed relieve motion-induced pain after abdominal surgery?

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
12/02/2019	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
01/03/2019	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
20/09/2021	Other	

Plain English summary of protocol

Background and study aims

Wound pain interferes with the movement of post-operative patients, especially when they try to rise from the bed. Exhalation may release the tension of the abdominal wall and may reduce the motion pain due to rising.

Who can participate?

Post-operative patients of open renal biopsy or inguinal hernia repair surgery within 3 days after surgery.

What does the study involve?

The intervention involves patients breathing out while rising from bed.

What are the possible benefits and risks of participating?

Relieving motion-induced pain of post-operative wound may facilitate the physical activity of patients and may accelerate functional recovery.

Where is the study run from?

Sendai Social Insurance Hospital.

When is the study starting and how long is it expected to run for?

August 2011 until January 2012.

Who is funding the study?

Tohoku University School of Medicine.

Who is the main contact?

Hisao Sakagami

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

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Study information

Scientific Title

Rising from the bed with exhalation to relieve motion-induced pain of post-operative wound after abdominal surgery: a non-randomised study

Study objectives

Rising from the bed with exhalation may relieve motion-induced pain of post-operative wound after abdominal surgery

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 01/11/2011, The Ethical Review Committee of Sendai Social Insurance Hospital (Currently JCHO Hospital) (Tsutumi-machi 3-16-1, Aoba-ku, Sendai, Japan; soumu@sendai.jcho.go.jp), ref: 2011-13.

Study design

Interventional non-randomised study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Pain after open renal biopsy or inguinal hernia repair surgery

Interventions

The intervention involves telling patients to breath out while rising from bed. Self-rated pain (measured using the visual analogue scale) is reported after rising and is compared to the pain while rising without exhalation. There is no follow up.

Intervention Type

Behavioural

Primary outcome(s)

Subjective pain assessed by visual analog scale immediately after rising up with or without exhalation

Key secondary outcome(s)

There are no secondary outcome measures

Completion date

31/01/2012

Eligibility

Key inclusion criteria

Patients who have undergone open renal biopsy or inguinal hernia repair surgery within the past 3 days.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

77

Key exclusion criteria

1. Post-operative patients without wound pain
2. Incapable of rising up from their bed due to motor deficit.

Date of first enrolment

01/11/2011

Date of final enrolment

28/01/2012

Locations

Countries of recruitment

Japan

Study participating centre

Sendai Social Insurance Hospital
Tsutumi-machi 3-16-1, Aoba-ku
Sendai
Japan
981-8501

Sponsor information

Organisation

Tohoku University School of Medicine

ROR

<https://ror.org/01dq60k83>

Funder(s)

Funder type

University/education

Funder Name

Tohoku University School of Medicine

Results and Publications

Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<u>Participant information sheet</u>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<u>Preprint results</u>		26/05/2020	20/09/2021	No	No