

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

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

## 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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**Contact details**

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**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

1

**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?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Preprint results</a>		26/05/2020	20/09/2021	No	No