

In the name of God

Appendix No. 1: Informed consent form to participate in the research project

Research group:

Subject name:

Date: / /

The Effect of Foot Reflexology in the Fourth Stage of Labor on Postpartum Hemorrhage and After Pain: A Randomized Controlled Trial	Authors:Neda Sharifi,Narjes Bahri,Fateme Hadizade Talasaz,Hoda Azizi
Research Introduction	This study aimed to investigate The Effect of Foot Reflexology in the Fourth Stage of Labor on Postpartum Hemorrhage and After Pain. If you wish to participate in the study, you will first answer a few questions, and if you are eligible, you will be asked to continue the questions. Immediately after the placenta comes out, you may massage 2 times on each leg for 10 minutes and apply rotational pressures in certain places, and then the bleeding will be measured in the first, second, third and fourth hours after delivery by weighing your pads. In the first, second, third and fourth hours, you will determine the amount of postpartum pain by marking it on a chart.
Benefit	If the effect of plantar reflexology on Postpartum Hemorrhage and After Pain is confirmed, this method can be mentioned as an aid in reducing the complications of Postpartum Hemorrhage and After Pain.
Damaging	According to scientific sources and books, this study will not have any side effects.
Compensation	In case of any side effects during the research, you will be visited by a specialist for free and you will be treated.
Sampling and other services	After obtaining consent and if you meet the entry criteria, you are randomly placed in one of the acupressure groups.
Confidential	All your information will be confidential and will be generally considered
Answer the question	During the research, all your questions will be answered in person or call the researcher at 09156234624.
The right to cancel and withdraw from the study	Your participation in the study is completely optional and you will be free to refuse to participate in the study or to leave the study at any time without any change in the behavior of the treating physician or the way you treat and care for your illness.
(Consent)	
<p>I am..... with full knowledge of the above, agree to participate in the study of the effect of foot reflexology in the fourth stage of labor on Postpartum Hemorrhage and After Pain, under the supervision of Narjes Bahri-Neda Sharifi. All information obtained from me as well as my name will remain confidential. The research results will be published in general and in the form of information of the study group, and individual results will be provided without mentioning their names and personal details, if necessary. I also declare the innocence of the doctor or doctors of this plan from all the actions mentioned in the information sheet, if she is not at fault in presenting the measures. This agreement will not prevent me from taking legal action against Gonabad University of Medical Sciences if something wrong and inhumane is done.</p>	
Signature of the participant: Contact number and address:	Researcher signature:

Appendix No. 2: Research Unit Selection Questionnaire

Hello dear mother

I am Neda Sharifi, Master of Midwifery Student, School of Medicine, Gonabad University of Medical Sciences. I intend to conduct research on the effect of foot reflexology in the fourth stage of labor on Postpartum Hemorrhage and After Pain. If you want to participate in the study, you first need to answer a few questions. The answers to these questions will remain strictly confidential and the overall results will be made available to others. You can leave the study whenever you want and if you want to know the results of this research, you can refer to the library of Gonabad University of Medical Sciences. Thank you

A) This section is completed according to the examination and the file.	Yes	No
1- Completing the informed consent form		
2. Age between 18 to 35 years		
3. Taking a drug that affects the psyche or anticoagulant		
4. Has a history of postpartum hemorrhage		
5. Second or third pregnancy		
6- Gestational age between 42 to 37 weeks of pregnancy		
7. High-risk current pregnancy		
8- The uterus is too dilated		
9-Healthy single fetus		
10-Vertex presentation		
11- Spontaneous onset of labor pains		
12-Has a normal vaginal delivery (without using the device)		
13. The second stage of prolonged labor		
14. The duration of the third stage of labor is more than 30 minutes		
15. First-degree rupture upwards		
16. Has a quick delivery		
17. Has a ruptured uterus or cervix		
18- Receiving regional anesthesia		
19. Receiving inhalation analgesia		
20- Complete removal of placenta and amniotic sac		
21-Manual exit of placenta and amniotic sac		
22. The baby weighs more than 4 kg		
23. Presence of ulcers, burns, varicose veins, warts, corns, numbness, scabies, jaundice, chicken pox in reflexology		
24. Has unusual sensitivity in the sole of the foot		

B) Exclusion criteria for participants	Yes	No
1- The mother's desire to continue cooperation		
2- The need for additional measures to control bleeding		
3. Maternal urinary incontinence after childbirth (according to the mother)		
4. Postpartum hemorrhage more than 500 cc		
5. The presence of a hematoma in the valve or pelvic floor during the study		
6. The need for chemical drugs to control labor pain		

Appendix No. 3: Demographic and fertility information form

Research group:

Subject code:

Date: / /

Dear mother, thank you very much for your cooperation, because you have the conditions to participate in this research, a few more questions will be asked of you, if you want to continue cooperation, we will continue the interview. Thank you for your patience in answering the questions

A: Personal profile
1. How old are you?....Year
2. How old is your husband?....Year
3. What is your level of education?.... Year
4. How old is your husband... Year
5- What is your job? Housewife <input type="checkbox"/> Employee <input type="checkbox"/> manual worker <input type="checkbox"/> Home Jobs <input type="checkbox"/>
7. How many kilograms do you weigh?.... kg
8. Have your periods been painful? Yes <input type="checkbox"/> No <input type="checkbox"/>
B: Information about previous pregnancies
9- Do you have a history of pregnancy? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, answer the following questions.
10- How many times have you been pregnant?...
11- How many times have you parturition? ...
12- In your previous parturition / parturition, how was the placenta removed? Spontaneous exit of the placenta <input type="checkbox"/> Manually exit the placenta <input type="checkbox"/>
13. Have you had a history of stillbirth? Yes <input type="checkbox"/> No <input type="checkbox"/> Number...
13. Have you had a history of abortion? Yes <input type="checkbox"/> No <input type="checkbox"/> Number...
15- How many years ago was your last delivery?Year
16. Have you had a history of heavy bleeding after previous deliveries? Yes <input type="checkbox"/> No <input type="checkbox"/>
C: Information about the current pregnancy
17- What is the gestational age (based on the first day of the last menstrual period)?weeks
18. Have you had a history of bleeding during pregnancy? I had in the first trimester <input type="checkbox"/> I had in the first trimester <input type="checkbox"/> I had in the first trimester <input type="checkbox"/>
19. Have you taken iron supplements during pregnancy?

I have not consumed I have consumed it regularly I have consumed irregularly

20. According to the third trimester ultrasound, what is the position of the placenta?

It was not attached fundal-anterior fundal-posterior placenta lower uterine segmen

Appendix No. 4: Information checklist for the first, second, third, and fourth stages of labor and postpartum

Research group:

Subject code:

Date: / /

A) Information of the first stage: This section is completed through the file.	
1. Blood pressure in the first stage	Systolic pressure..... Diastolic pressure....
2. Respiratory rate in the first stage per minute
3. Heart rate in the first stage per minute
4. Body temperature in the first stage C°
5. Dilatation of the cervix at the beginning of admissioncm
6- Cervical effusion at the beginning of admission%
7. Fetal head station at the beginning of admission	-3 <input type="checkbox"/> -2 <input type="checkbox"/> -1 <input type="checkbox"/> 0 <input type="checkbox"/> +1 <input type="checkbox"/> +2 <input type="checkbox"/> +3 <input type="checkbox"/>
8. Start labor	Spontaneously <input type="checkbox"/> Stimulation <input type="checkbox"/>
9- The interval between mother acceptance and the beginning of the active phase of laborMinutes
10- Length of active phase of laborMinutes
11- Augmentation by drug method	Oxytocin <input type="checkbox"/> Misoprostol <input type="checkbox"/> None <input type="checkbox"/>
12- Dosage of the drug consumed	Oxytocin.....unit Misoprostol.... mcg
13- Acceleration by non-pharmacological method	Acupressure <input type="checkbox"/> Massage <input type="checkbox"/> Heat therapy <input type="checkbox"/> Nipple stimulation <input type="checkbox"/> None <input type="checkbox"/>
14. Maternal hemoglobin level after admission
15- Maternal platelet count after admission
16. Maternal hematocrit after hospitalization
17- Medications used	Hyoscine <input type="checkbox"/> Promethazine <input type="checkbox"/> Atropine <input type="checkbox"/> Pethidine <input type="checkbox"/> Magnesium sulfate <input type="checkbox"/> None <input type="checkbox"/>
18- Dosage of the drug	Hyoscine Promethazine Atropine.... Pethidine Magnesium sulfate....
19. Urinary excretion every two hours in the active phase	Yes <input type="checkbox"/> No <input type="checkbox"/>

B) Information of the second stage: This section is completed through the file.	
1. Blood pressure in the second stage	Systolic pressure..... Diastolic pressure....
2. Respiratory rate in the second stage per minute
3. Heart rate in the second stage per minute
4. Body temperature in the second stage C°
5. The length of the second stage of laborminute
6. Oxytocin doseunit None <input type="checkbox"/>
7. Fundamental pressure	Yes <input type="checkbox"/> No <input type="checkbox"/>
8- Improving contraction with non-pharmacological methods	Acupressure <input type="checkbox"/> Massage <input type="checkbox"/> Heat therapy <input type="checkbox"/> Nipple stimulation <input type="checkbox"/> None <input type="checkbox"/>

C) Information of the Third stage: This section is completed by observation.

1. Blood pressure in the third stage	Systolic pressure..... Diastolic pressure....
2. Respiratory rate in the third stage per minute
3. Heart rate in the third stage per minute
4. Body temperature in the third stage C°
5. The length of the third stage of laborminute
6. Oxytocin doseunit None <input type="checkbox"/>
7. Duration of breastfeeding	... minute
8. Placenta weightg

D:Baby information

1. Baby weightg
2. Gender of baby	Girl <input type="checkbox"/> Boy <input type="checkbox"/>
3. Around the baby's headcm
4. Baby heightcm
5-Apgar first minute
6- Apgar fifth minute

