

AB220. SOH21AS105. A systematic review of the effectiveness of stellate ganglion blocks for the management of symptoms in patients with post-traumatic stress disorder

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Background: Post-traumatic stress disorder (PTSD) is a well-recognized condition. The current evidence-based therapies for this condition appears to be inadequate. Stellate ganglion blocks (SGB) have received attention as a possible adjunct therapy for PTSD and show some promise from evidence in case studies/series. The purpose of this review was to investigate and assess the literature to determine the efficacy of stellate ganglion blocks in the treatment of PTSD.

Methods: To find any potentially relevant articles to review, the terms (“post-traumatic stress disorder” or “PTSD”) and (“stellate ganglion block” or “SGB”) were used as a Boolean function to search the online databases MEDLINE, Academic Search Complete, APA PsycInfo, CINAHL Complete, AMED, and Cochrane Central Register of Controlled Trials (CENTRAL), between 10/08/1990–10/08/2020. The results were then filtered with further exclusion criteria.

Results: To date, two controlled trials have been completed on the subject. The first pilot trial showed inconclusive results regarding primary outcomes but had several strong

criticisms regarding its methodology. The second trial addressed some of the criticisms of the initial trial and showed both statistically and clinically relevant positive outcomes regarding use of SGB in PTSD patients.

Conclusions: Stellate ganglion blocks show promise for use as symptomatic management for the treatment of PTSD and warrants further investigation. Further investigation should try also to determine long term efficacy and safety.

Keywords: Post-traumatic stress disorder (PTSD); stellate ganglion block (SGB); sympathetic ganglion block

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Footnote

Conflicts of Interest: The author has no conflicts of interest to declare.

Ethical Statement: The author is accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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