

# Stellate Ganglion Block

## Case Report

August 25, 2016

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### Diagnosis

Post-Traumatic Stress Disorder

### Intro

Patient is a 69-year-old female who has anxiety and fibromyalgia-related pain. She is taking Norco four times a day, and thinks she is addicted to it, because she has been taking it for so long. She is hopeful that the injection will provide her with the ability to stop taking it. Patient was screened for PTSD using the PCL-C form. The PCL is a standardized self-report rating scale for PTSD comprising 17 items that correspond to the key symptoms of PTSD.

The patient's score on the PCL was 57 prior to the Stellate Ganglion Block on August 3, 2016.

After discussing the procedure with our staff, the patient requested to receive the stellate ganglion block, and on August 3, 2016, she was scheduled for the procedure.

### Treatment

Needle approach planned by Dr. Shawn Tierney, who examined the anatomy around Chassaignac's tubercle and the path of the vertebral artery, which is posterior to the C6 anterior tubercle, over the stellate ganglion and radicular arteries, and about the C6 anterior tubercle. Dr. Tierney also confirmed the location of the fascial plane

between the longus capitus and longus coli, just anterior to Chassaignac's tubercle, as well as the path of the C5 and C6 nerve roots.

Through ultrasound guidance, 7cc 0.5% Ropivacaine was injected by Dr. Jeremiah Maloney, Anesthesiologist, around the stellate ganglion on the right side of the neck. Anticipated Horner's syndrome was achieved within 5 minutes of completion of the block. Patient was observed for any post procedural complications and none were noted.

#### Follow-up

Patient reported no adverse effects from the procedure. She called the office one week afterwards and asked them to help her to wean herself off of the Norco. She has also been noticing less anxiety. Her score on the PCL on her follow up appointment was 19 post Stellate Ganglion Block on September 29, 2016, decreasing by 38 points.

Figure 1. Patient's Self-Reported PCL-C, before and after the Stellate Ganglion Block

PCL Score	Pre- Stellate	Post- Stellate
	58	19
% Reduction in PTSD Symptoms	67%	

References: PCL-M for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division