

Efficacy of Radio Frequency Nerve Ablation (RFNA) in Trigeminal Neuralgia and its Comparison with Injection Triamcinolone! A Randomized Controlled Trial

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ABSTRACT

BACKGROUND: Trigeminal neuralgia (TN) is a neuropathic pain condition affecting the face. It has a significant impact on the quality of life and physical functions of patients.

OBJECTIVES: To evaluate the efficacy and safety of radio frequency rhizotomy in patients suffering from TN.

SUBJECTS AND INTERVENTIONS: A randomized control trial (RCT) was opted and a total of 116 patients were chosen using Non-probability purposive sampling technique. Pain was graded by using a patient friendly Visual Analogue Score (VAS), scoring from 0 to 10. Patients were randomly separated into two groups one receiving Radio Frequency (A) group (n=60) and the other control (B) group (n=56) matched by age and severity of symptoms. The group A received thermal radio frequency ablations of the affected branches followed by Injection of Triamcinolone (40 mg) at the site of lesion. The patients in group B were given Injection of Triamcinolone (40 mg).

RESULTS: The average pain score in patients who received radio frequency was 7.65 ± 0.91 before treatment, whereas after treatment it was 2.31 ± 0.98 . The mean pain score in patients who were given injection triamcinolone before starting the treatment was 7.47 ± 0.71 and after treatment, it was 6.23 ± 0.98 . The mean score for daily life activities in subjects who received radio frequency was 9.56 ± 2.37 before treatment, while after treatment it was 7.56 ± 1.54 . The average score for daily life activities in patients who were given injection triamcinolone before starting the treatment was 9.05 ± 1.93 and after treatment, it was 8.11 ± 1.71 . Average depression and anxiety score in patients receiving radio frequency was 9.29 ± 2.28 before treatment, whereas after treatment it was found to be 7.42 ± 1.91 . Similarly, the mean depression and anxiety score in patients who were given injection triamcinolone before starting the treatment was 9.38 ± 2.21 and after treatment, it was 8.38 ± 2.14 .

CONCLUSION: The mean score in our study reveals that radio frequency shows much better outcomes in improvement of pain relief, depression, anxiety and daily life activities compared to injection triamcinolone in patients suffering from trigeminal neuralgia.

Keywords: Trigeminal Neuralgia, Radio Frequency Nerve Ablation, Neuralgic Pain, Interventional Pain Management.

