

**Triple-target Regimen for Treatment of Chronic Pain following  
Post Herpic Neuralgia (CPPHN): A Prospective Trial  
at Jordan University Hospital (JUH) Pain Unit**

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**Background:** Chronic pain post herpic neuralgia (CPPHN) is one of the most difficult chronic pain problems. It has been recognized that CPPHN has three components: central, emotional and peripheral. Several studies have addressed the management of these components individually<sup>1-3</sup>. The purpose of this study was to determine the effect of manging these three components together in the same patient.

**Design:** A prospective study.

**Setting:** Jordan University hospital, Department of Anaesthesia, Pain Unit.

**Methods:** Prospective evaluation of 50 patients with chronic (CPPHN) from March 1990-June 1997. All patients had pain for more than 6 months upon entry to the study. All patients were given Tramadol, amitryptaline and steroids for 6 months. Subcostal block using Ethanol and Lignocaine was used once on day 5. Pain assessment was performed according to visual analogue sequar (VAS).

**Result:** Complete cure was achieved in 70% of the patients at the end of 6 months therapy, mild tolerable pain continued in 10%, moderate to severe intolerable in 20%.

**Conclusion:** Combined management for the three components of (CPPHN) by using drugs and local block appear to improve the outcome of these patients.