

Interventional Pain Management clinic is new to Cheyenne County Hospital

Here at Cheyenne County Hospital, we are always looking to expand our services to help serve our community. For the last couple of months, Keith Gist CRNA, APRN, NSPM-C has been coming to Cheyenne County Hospital to teach and implement Interventional Pain Management services in our facility. Alicia Wyatt CRNA has been working alongside with Keith learning the techniques.

Services that are offered at CCH:

- 1. Epidural Steroid Injection**
- 2. Facet Joint Injection**
- 3. Major/Minor Joint Injection**
- 4. Botox for Chronic Migraine**

What are steroid injections?

A steroid injection is an anti-inflammatory medication that is placed directly at the source of the pain. Steroid decrease inflammation and pain producing chemicals in the body while avoiding narcotic like side effects.

Is the procedure painful?

In most cases a steroid injection causes little to no pain. A small amount of numbing medicine is used at the skin before starting the procedure. Fluoroscopy (Live x-ray) is used to guide the needle to its destination.

How does the process work?

A physical exam and medical history evaluation will be performed and a lengthy discussion including goals, expectations, risks, and benefits will occur. Together we will create pain management goals and a treatment plan.

Ask your primary care provider about a referral to Interventional Pain Management Services here at Cheyenne County Hospital.

Pain Management Services strives to increase awareness of healthy lifestyles by educating patients and treating pain based on a holistic approach.

Cheyenne County Hospital recently purchased a new C-arm system to better assist our pain management clinic. The GE OEC One “all in mobile C-arm” provides improved image quality and synchronized imaging with dual monitors. It features low dose capabilities to decrease the amount of radiation directly to the patient as well as scatter radiation for the CRNA, techs, and all others involved. It has artifact reduction capabilities to decrease artifact and make a clearer image. The OEC ONE has multiple collimating features that also allow for a more coned in view of the anatomy and reduction of radiation dose. It is a small compact machine that has everything you need in one unit making it easy to maneuver and allows for more room in the OR.

This has been a huge asset to our Pain Management Clinic, and we are excited for the advancements CCH has made to better care for our patients.