

WHAT TO EXPECT

- Pre-procedure instructions will be provided by our nurses 1-2 days prior to procedure & include:
 - ✓ Wear loose, comfortable clothing
 - ✓ If you choose to receive oral sedation, please bring a responsible driver to drive you home.
- Most procedure take approximately 20-40 minutes to complete and you will be allowed to go home approximately 20 minutes post procedure.
- Common side effects may include headache, soreness and/or bruising at the injection site. It can take 2-10 days for the medicine to reach full benefit.
- IF YOU ARE ON ANTICOAGULANTS, PLEASE INFORM US OF USE. FOR SPINE PROCEDURES, WE WILL CONTACT THE PRESCRIBING PROVIDER TO ENSURE IT IS SAFE FOR YOU TO STOP THESE MEDICATIONS FOR THE APPROPRIATE LENGTH OF TIME.
- Depending on the course of treatment, most treatment plans consist of multiple visits.



Michael Goode, CRNA, NSPM-C

Interventional Pain Management Provider,
Nurse Anesthetist

About

Michael is married with four children. He is board certified in Non-surgical Pain Management and has been practicing interventional pain management for 10 years. Some of his Pain management workshops include: American Academy of Pain Management Ultrasonography Level 2, Jack Neary Advanced Pain Management, Neurotherm Pain Management, Jack Neary Advanced Pain Management II, and Stryker Advanced Spine. Michael also has knowledge and experience as a registered respiratory therapist working in a trauma intensive care unit and as a registered nurse working in the vascular intensive care unit.

Education

- Masters of Science in Nurse Anesthesia: Newman University – 2013
- Post Graduate Fellowship in Pain Management: University of South Florida – 2019



Scheduling
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PAIN MANAGEMENT



CITIZENS
HEALTH

Citizens Health
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Interventional Pain Management at Citizens Health

We treat pain that originates from the spine, large joints, or muscles caused by several conditions.

An interventional pain management provider can help when:

- Chronic pain lasts longer than 3 months with little improvement.
- A procedure may be needed to treat pain.
- A significant amount of medication may be required to relieve pain.

Please contact your primary care provider for a referral to interventional pain management at Citizens Health.

COMMON CONDITIONS TREATED

We treat pain that originates from the spine, large joints, or muscles caused by several conditions.



Pain that interferes with your daily activities



Pain that has been on/off for 3 or more months



Pain that interferes with your sleep cycle



Residual pain related to a previous injury or prior illness

How do you work with other health care professionals to treat a patient?

We work with other healthcare professionals by keeping the lines of communication open, whether it is about current treatment plans, results or other recommended treatments.

- Cervical, thoracic, lumbar epidural steroid injections
- Cervical, thoracic, lumbar facet joint injections
- Trigger point injections
- Radiofrequency ablation of the spine regions, hip, knee
- Sacroiliac joint injections
- Large joint/bursa injection
- Stellate ganglion block
- Occipital nerve block
- Cervical, thoracic, lumbar medial branch blocks



EVALUATION

Patients are asked to explain the level and location of their pain and may be asked to perform a variety of movements to best evaluate the origin of the pain.

WE CAN:

- Target the location of the pain
- Understand what is causing the pain & perform the needed procedure
- Perform diagnostic nerve blocks to assess what nerve is causing the pain

Once we determine the origin of the pain, we will discuss a treatment plan that will work for you!

ALL PROCEDURES ARE DONE WITH IMAGE GUIDANCE

SEDATION TECHNIQUES

All procedures are performed under local anesthesia with or without a mild oral sedative.

WHAT IS THE ROLE OF THE PATIENT?

The patient has a vital role in the success of their treatment plan by providing clear, accurate information about their pain. This information helps in determining which treatment plan works best. It is also important to follow all instructions given.