

Pain Clinic

PAIN MANAGEMENT SERVICES AT GMHC

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Meet Our Providers



W. Keith Barnhill
*PhD, ARNP,
CRNA, DAAPM*



Mark Odden
*BSN, MBA, ARNP,
CRNA*

Our providers and pain management staff have a unique understanding of pain and how it affects your life.

For more information, call 563-252-5597.



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200 Main St. | Guttenberg, IA 52052 | 563-252-1121

guttenberghospital.org



Our pain experts
will help you manage
pain that affects
your daily life



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Does pain interfere with your ability to work and enjoy life?

Our pain experts can help you manage your pain better, so you feel stronger and able to live to your fullest potential.

If you suffer from recurring pain lasting 6 to 8 weeks, you may be a candidate for referral to the Pain Clinic. Call the clinic for an appointment or speak to your provider to obtain a referral.

Although pain may be impossible to cure, the Pain Clinic provides hope by helping patients manage their pain for better quality of life.



Understanding your Pain

We want to help you understand the difference between acute and chronic pain.

Acute pain is short-term, and normally attributed to a recent illness, injury, or surgery. The level of pain intensity gradually improves with the healing process.

Conditions

Back pain	Spinal stenosis
Shingles	Knee pain
Compression fractures	Shoulder pain
Disc herniation/fissures	Chronic regional pain syndrome
Neck pain	Sciatica
Fibromyalgia	Diabetic nerve pain/neuropathy

Treatment Plans

Following your initial consultation with our pain management provider, a treatment plan will be identified which may include the following:

- Rehabilitation services
- Medication management
- Non-Pharmacological Pain Remedies
- Epidural Steroid Injections
- Nerve Blocks
- Trigger Point Injections
- Radiofrequency Ablation

Chronic pain is described as prolonged pain that ranges from mild to severe and may be constant