

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# Pain and Its Treatments: Finding the Right Balance

Pain is one of the most common reasons why people seek health care.

Pain can:

- Be brief or last a long time after the healing period
- Be related to illness, injury, or a combination of factors
- Result in harm from the pain itself, its impact, or the effect of treatments

In this presentation, Paul Arnstein, RN, PhD, FAAN, will discuss how one of the best ways to manage pain is through an individualized plan based on the source of pain. Pain management is also modified and treated in a balanced way to help without harming the person.

**This online program is free and open to MGH staff, patients, and the general public.**

**To attend this program, click on this link:**

<https://partners.zoom.us/j/87374798238>



**Date: Friday, September 17, 2021**

**Time: 12:00 PM - 1:00 PM**

For more information,  
call 617-724-7352 or  
email [pflc@partners.org](mailto:pflc@partners.org)



**Featured Speaker:**

**Paul Arnstein, RN, PhD, FAAN**

Paul Arnstein is a Clinical Nurse Specialist for Pain Relief at Massachusetts General Hospital (MGH). He works with patients and health professionals to provide high quality, safe pain control. With over 40 years of experience in the pain field, he has helped patients in pain with different pain types, across the lifespan.