

# 4PCP Teaching Team Started in 1994

**Dr. T Chelimsky** directed the Case chronic pain program for a decade and started 4PCP in 2006.

**Dr. Janata**, directs behavioral health at Case and co-directed the pain program & the 4PCP pilot.

**Dr. Parran** directs addiction medicine and works nationally on practitioner-patient communications.

**Dr. G Chelimsky** devotes both practice and teaching to chronic overlapping pain conditions in children.

**Drs. Bain and Musa** embedded the 4PCP approach into their internal medicine practices.

**Dr. Hilton** applies psychological strategies to PT to help patients recover function and teaches these concepts through movement.



## 4PCP: **REVOLUTIONIZE** YOUR APPROACH TO CHRONIC PAIN

Several months in 2024

1-6 pm via Zoom

Virtual Immersion Workshop For Doctors, APPs, PTs, Nurses, Behaviorists, and others

Available: 34 Hours CME/CEU & MOC



## 4PCP Parts

### Online Enduring CME Videos

Key Principles Behind the Skillsets  
Watch the videos; journal your reflections



Drs. Thomas Chelimsky, Gisela Chelimsky, Jeffrey Janata and Ted Parran have ownership interest in PainSTAKERS, LLC, the company associated with the 4PCP curriculum used in the AHRQ-funded project. See next pages for information.

### 3 Half-Day Immersion Workshop Practice

the New Skills with Colleagues  
Drill the concepts in real or virtual roundtables

### Online Enduring CME Practicum

Your Clinic, Your Patients, for 12 weeks  
Practice new skills in clinic, journal outcomes (MOC)

### *How the parts work together:*

Each of the three 4PCP workshops immerses you in role-playing drills based on the principles learned in the pre-workshop videos. These drills cement both a new paradigm and a new language. The live patient practicum then helps you incorporate this new language and paradigm into your practice.



## The Primary Practice Practitioner Program for Chronic Pain

Take the “heart-sink” out of chronic pain with 4 simple game-changing skillsets you never learned in medical or graduate school. 4PCP revolutionizes your approach to become as confident and skilled in managing chronic pain as any other chronic condition you treat.

## 4PCP Virtual Workshop

*4PCP emphasizes active learning through immersion. Participants work in interdisciplinary teams. By attending with the physicians, APPs, psychologists and physical therapists with whom you work, you will maximize both learning and practice effectiveness.*

**HALF-DAY 1: Stages of Readiness to Change Framework (SOC)**  
*SKILL: Shorten the visit by diagnosing the stage and selecting the appropriate practitioner role.*  
*TEAM TOOLS: Pain-informed tools for Behaviorists*

**HALF-DAY 2: Demystifying Opioids (Op)**  
*SKILL: The two-diagnosis conceptualization and explanation; De-Escalating the Tense Visit – Patient Communication Tips.* *TEAM TOOLS: 1. Pain-informed drug choice for Practitioners TEAM TOOLS: 2. Pain-Informed PT*

**4PCP-wide CASE CONFERENCE during session 2 or 3.**

**HALF-DAY 3: The BioBehavioral Foundation (BBF)**  
*SKILL: Reconceptualizing chronic pain as a brain disorder – the new science of chronic pain.*  
*TEAM TOOLS: Practical team tools for community care*



### Available in two ways:

Starting in 2023, an AHRQ-supported study provides the course at no cost; practitioners and their patients complete surveys to evaluate program outcomes.

**Contact us: [4PCP@vcuhealth.org](mailto:4PCP@vcuhealth.org) or (804)-827-4727 (4PCP)**

OR

Pay the standard CME fee scaled to your profession. See the 4PCP website ([www.4PCP.org](http://www.4PCP.org)) to register.

## The Four Tenets of 4PCP



**From drugs to behavior**  
change your paradigm, change your language.



**Cut time, cut burnout** assess stage of readiness for change to shape your plan.



**Learn novel tools** to reframe the role of opioids.



**Build your patient-centered team** with PCPs, PTs, and behavioral medicine.

## 4PCP Program Faculty



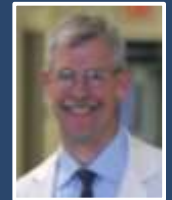
Tom Chelimsky MD  
Neurology, Program Director



Jeff Janata PhD  
Medical Psychology



Gisela Chelimsky MD  
Pediatric Gastroenterology



Ted Parran MD  
Addiction Medicine



Sandy Hilton, PT, DPT  
Physical Therapy



Philip Bain MD  
Internal Medicine



Al Musa MD  
Internal Medicine