ABFM Update: What's New to Support Your Certification Journey

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Disclosures

- I have nothing to disclose

Objectives for Today

- Describe longitudinal assessment as an option for the exam
- Discuss ways to tailor the PI requirement to your practice
- Describe the new KSA revision process
- Preview ABFM's new National Journal Club
- Utilize MyABFM Portfolio to facilitate your certification efforts
- Share ABFM's goals of redefining its relationship with participating physicians

Why Be Board Certified?

- Recognized by patients, the public, and peers as a marker of a high-quality physician
- A Standard Beyond Licensure
  - Ongoing assessment of knowledge gaps and needs
  - Demonstration of professional values and behavior
  - Demonstration of commitment to improve care in practice
  - Periodic assessment of cognitive expertise
- Associated with higher quality of care and fewer adverse license actions

Sources: https://www.certificationmatters.org/
https://www.theabfm.org/value-certification

The Continuous Certification Process

Continuous Certification Requirements		Continuous Stage Cycles Every 3 Years	Cognitive Expertise Every 10 Years
Points *(50 points required per 3-year stage)*	**Knowledge Self-Assessment** *Minimum 1 KSA or 4 CKSAs*	10 points	**Complete One-Day Examination** — OR — **Enroll in FMCLA** *(Quarterly Longitudinal Assessment)*
	Performance Improvement *Minimum 1 PI activity*	20 points	
	Additional Self-Assessment and PI Activities *Your choice*	20 points	
CME	**Continuing Medical Education** *Minimum 50% from Division 1 Credit*	150 CME	
Professionalism, Licensure, and Personal Conduct	**Comply with ABFM Guidelines for Professionalism, Licensure, and Personal Conduct** *Continually hold a valid and unlimited medical license.*	✔	
Annual Certification Fee	**Submit an Annual $200 Certification Fee** *(or $600 per 3-year stage)*	✔	

CERTIFICATION PROCESS CONTINUES

Self-Assessment and Lifelong Learning

Goal: To Identify Knowledge Gaps

Formative, not summative

KSA Redesign Initiative

- All single best answer
- Updated questions, critiques and references
- 80% correct overall, not within sections
- Improved platform with better user experience

New 2021 Releases

Current Topic Title	New Topic Title
(New)	Palliative Medicine
Childhood Illness	Care of Children
Well Child Care	
Hypertension	Hypertension
Coronary Artery Disease	Heart Disease
Heart Failure	
Preventive Medicine	Health Counseling and Preventive Care
Health Behaviors	
Depression	Behavioral Health Care
Mental Health	
Diabetes	Diabetes
Asthma	Asthma

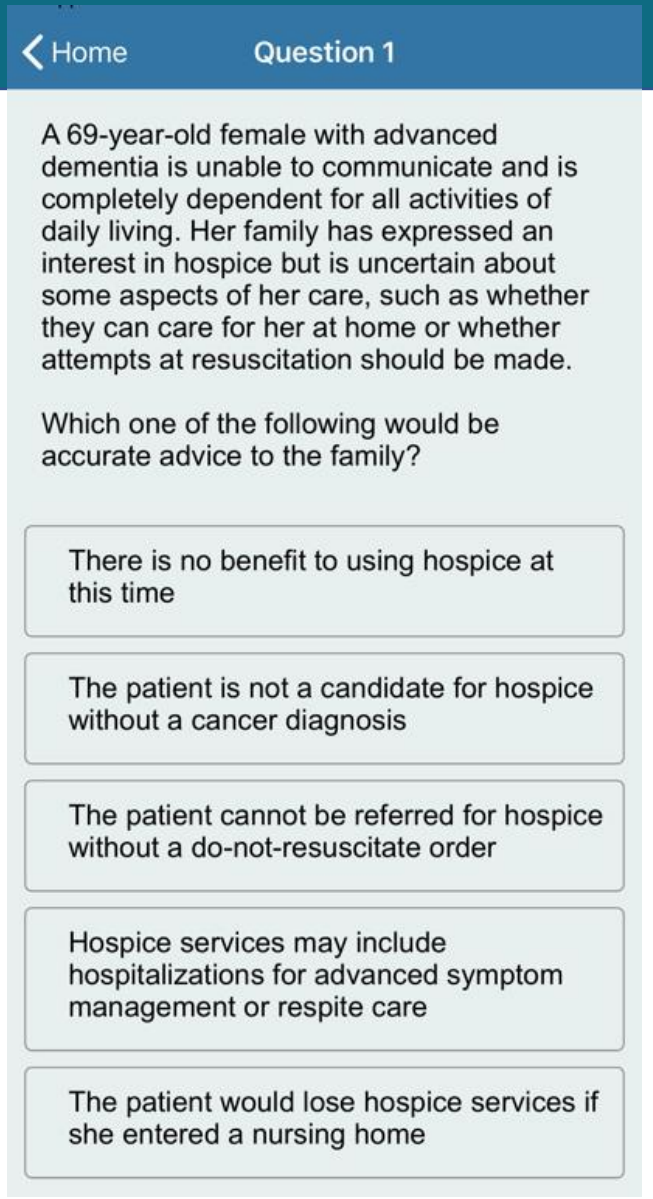
Coming in Late 2021/Early 2022

Current Topic Title	New Topic Title
Care of Vulnerable Elderly	Care of Older Adults
Cerebrovascular Disease	
Maternity Care	Care of Women
Women's Health	
Hospital Medicine	Care of Hospitalized Patients
Pain Management	Pain Management

CKSA: Continuous Knowledge Self-Assessment

- 25 single best answer questions
- Covers breadth of family medicine
- 2.5 points / quarter
- Can use any resources
- Correct answer & critique provided after answering item
- Opportunity to compare to other physicians
- Option to leave comments about the question
- Performance report to help you target learning
- Mobile App available

*****NOT TO BE CONFUSED WITH FMCLA!!***



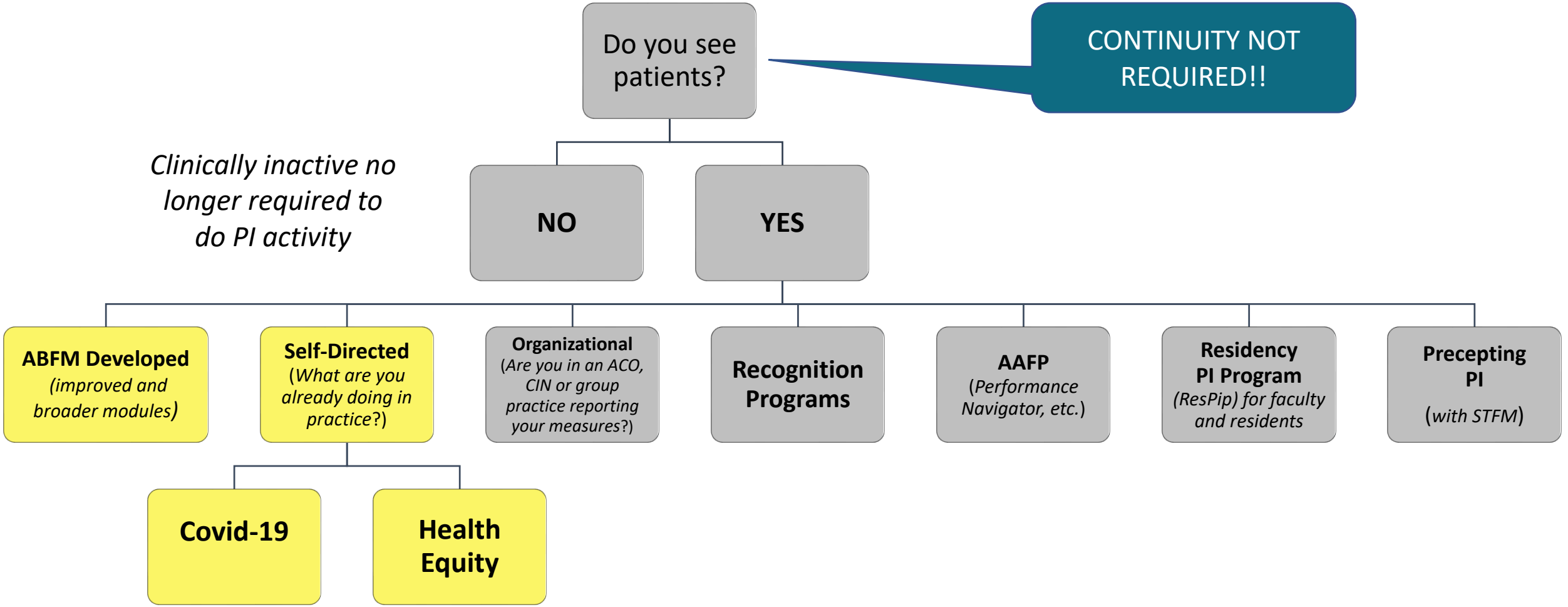
ABFM NATIONAL JOURNAL CLUB

An opportunity for development of innovative educational models by family medicine residencies, departments, AAFP and state chapters, and other partners

- Designed to support family physicians keeping up to date with important, relevant, methodologically strong and practice-changing peer-reviewed literature
- Initial Pilot: summer 2021 – December 2021
- 45 articles accessed through the Physician Portfolio
- Each article and question set completed = 1 certification point
- Completion of 10 articles will fulfill the KSA requirement for the stage

Performance Improvement Activities

Major Upgrades!!



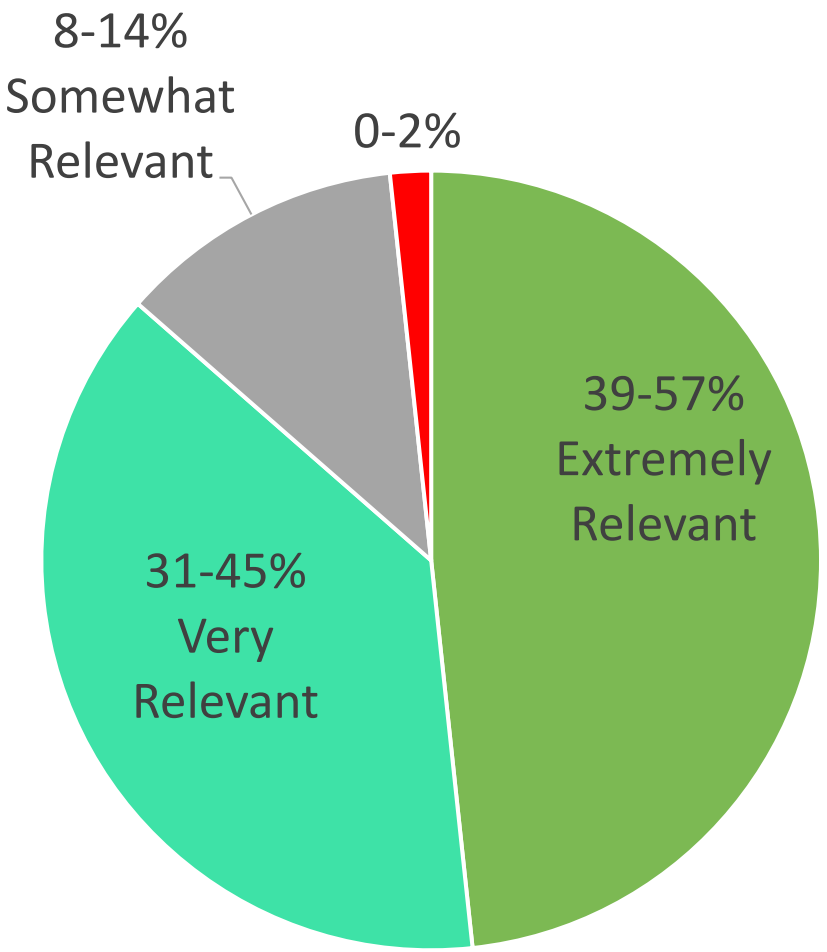
ABFM Sponsored PI Activities:

Something for family physicians in a variety of practice settings!

- Acute Care
- Asthma
- Behavioral Health
- Cardiovascular
- Chronic Care
- Diabetes
- Efficiency and Cost Reduction
- Emergency Department/Urgent Care
- Hospice and Palliative Care
- Hospitalist
- Hypertension
- Patient Safety
- Pediatrics (Care of Children)
- Preventive Care
- Sports Medicine

New platform deployed fall 2019 with vastly improved user-experience

Relevance of ABFM PI Activities to Diplomate Practice



Across 16 ABFM PI Activities not including Self-Directed

Use Activity Preferences

Tailoring PI Activities for Practice Relevance

Uses your personal information to help filter and identify relevant choices for your PI activity.

FMC Longitudinal Assessment (FMCLA)

- 25 Questions Per Quarter
- Your Time, Your Location, Your Own Pace
- Ability to Use Written References
- Critique and References Provided
- Timed Questions – 5 mins Each
- 300 items over 3-4 Years for Scoring
- NOW A LONG-TERM OPTION!

FMCLA By The Numbers

- Over 70% chose FMCLA in 2019-2021
  - *> 98% retention rate*
- > 95% found online platform reliable, web interface easy to navigate, and # of questions to be right amount
- 90% reported less anxiety with FMCLA
- 99.5% of items answered in <5 mins (avg 2 min, 21 secs)
- 99% rated the items as being relevant to Family Medicine; 94% perceived relevance to their current practice

FMCLA: *"I am Learning As I Go!"*

- 95% take advantage of reference use
- Majority review the critiques, irrespective of whether they answered the items correctly. They found them helpful for learning.
- 84% sought more information about a clinical topic after completing their quarter.
- 82% reported having changed their practice as a result of participating in FMCLA.
- 89% reported integrating FMCLA into their process of keeping up with medical knowledge.

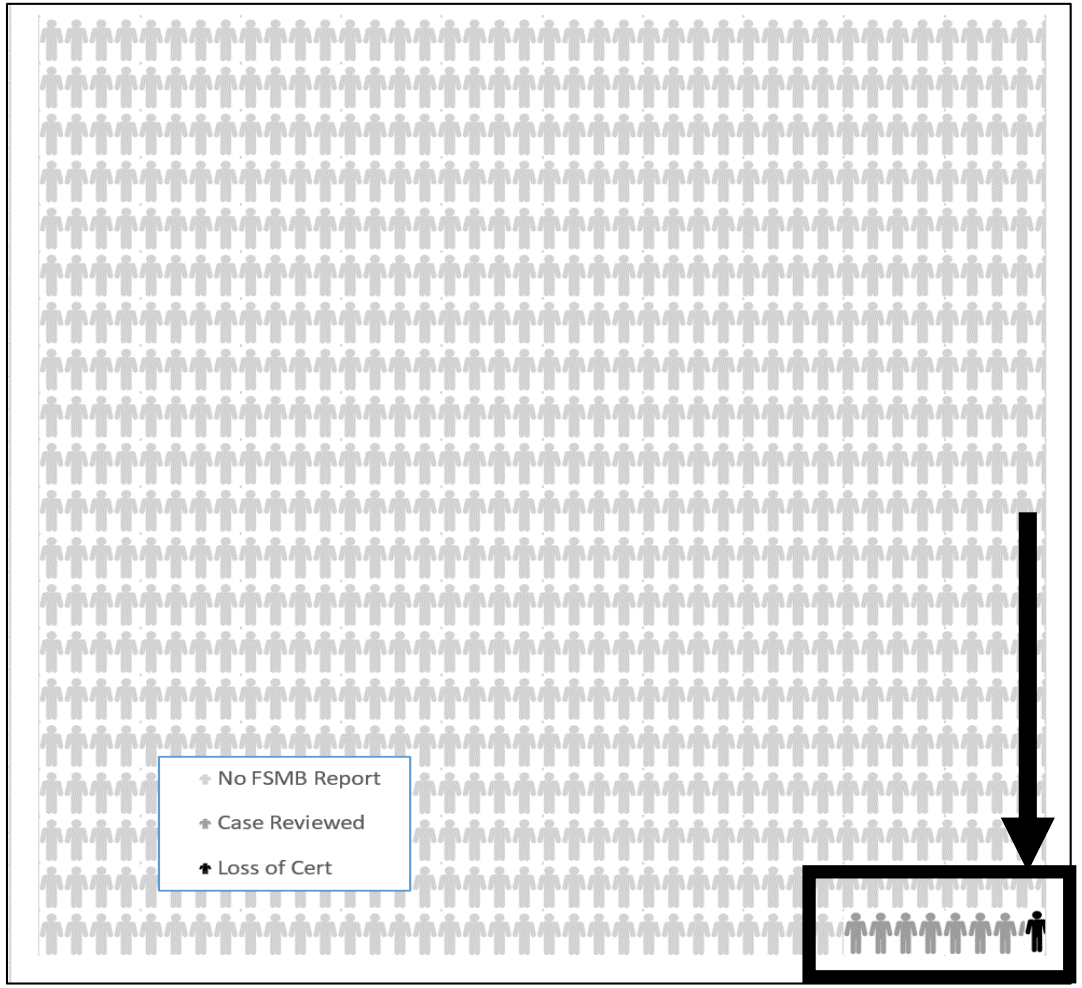
Cognitive Assessment – The Exam

- One Day Exam, currently every 10 Years
- Now only 300 Multiple Choice Questions
- Four sections of 75 items, 95 mins for each
- 100 mins of pooled flexible break time between sections
- NO LONGER topic focused modules

Professionalism: Losing Certification is Uncommon

Average Annual Rates of Certification Actions:

- 0.9% of Diplomates have case reviewed by Professionalism Committee
- Only 0.09% lose certification
  - > 50% of these are restored when license limitations removed
- New Professionalism Guidelines approved in April 2021
  - Provides increased flexibility for case review by Professionalism Committee for Special Circumstances



Common Reasons for License Limitations

- Boundary issues
- Substance abuse
- Substandard controlled substance prescribing
- Substandard medical practice
- Physician impairment

Consent Agreements

- Not understanding license limitation may result in loss of board certification
- ***If you have any questions, before negotiating any consent agreement, you may access free consultation with ABFM legal counsel if desired***

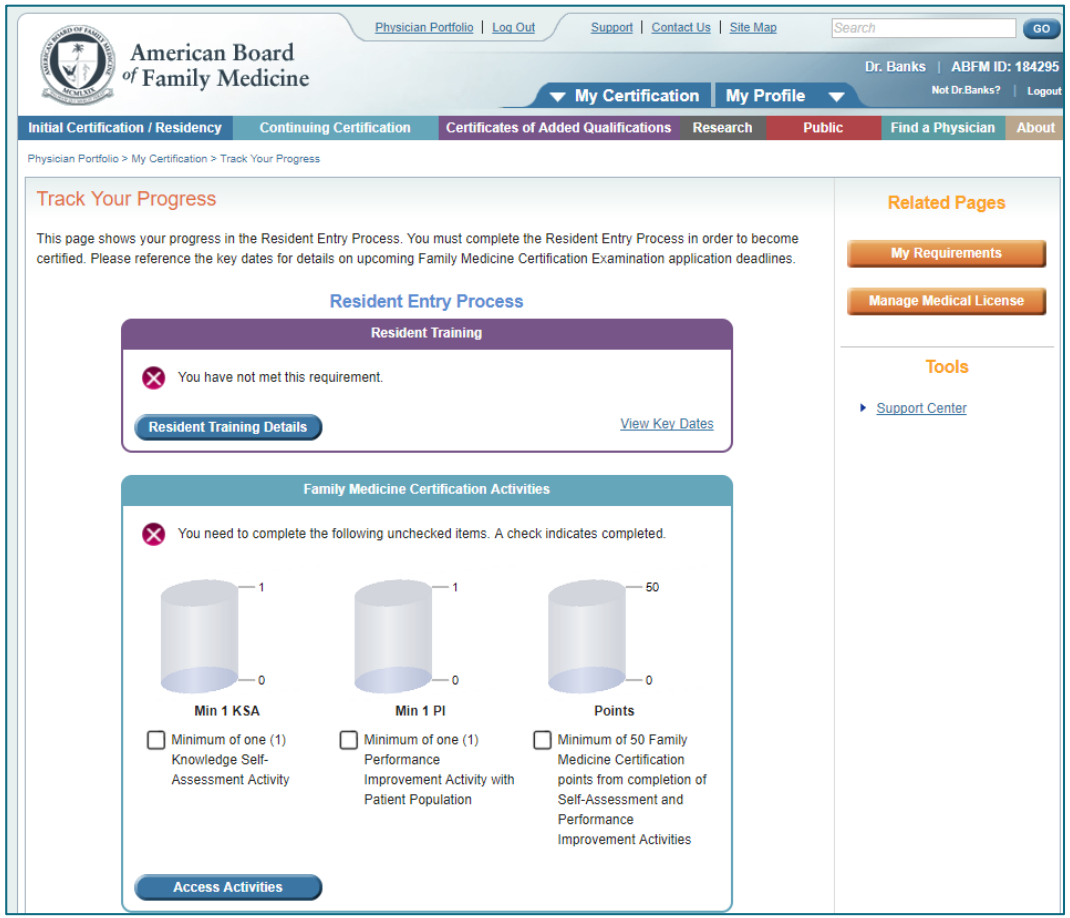
ABFM Communications and Engagement

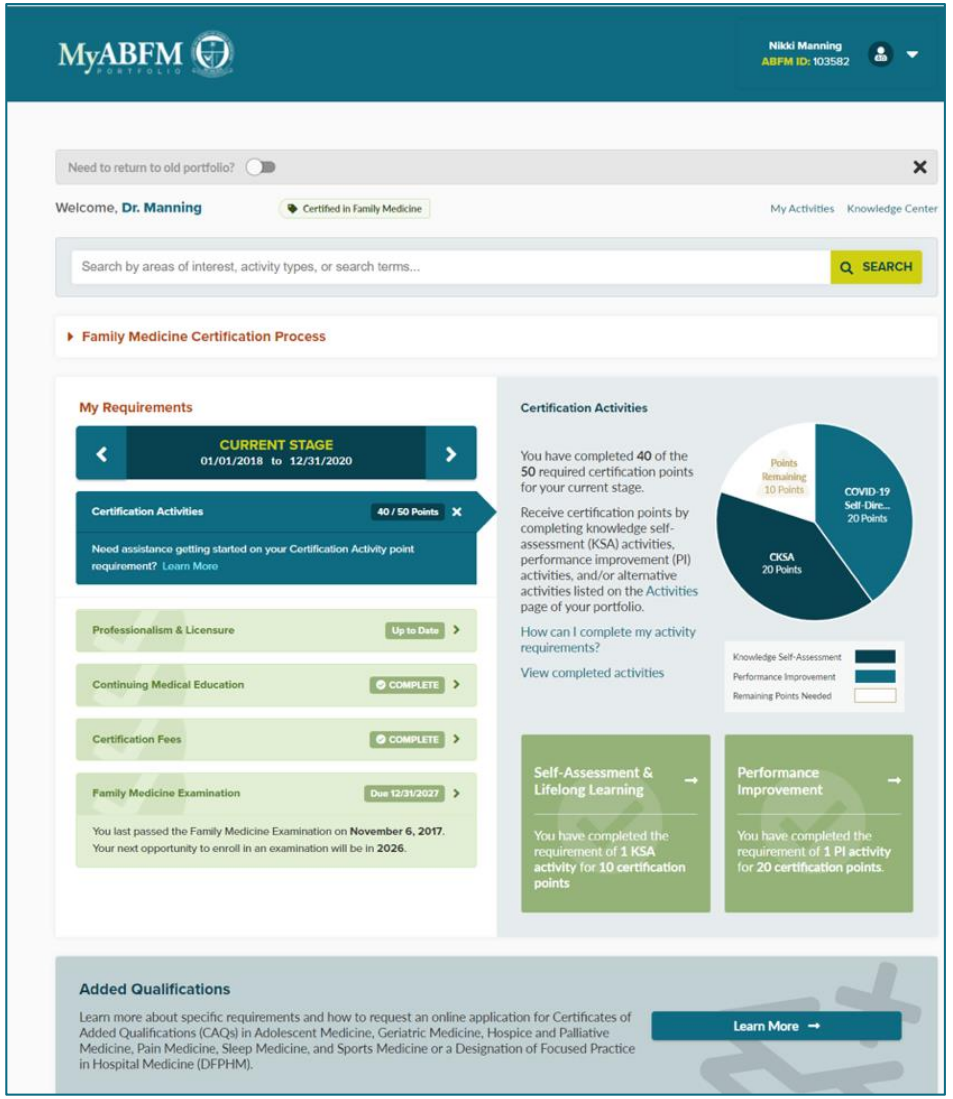
- New website active March 2019
- Expanded state chapter outreach
- Increased collaboration with other family medicine organizations
- MyABFM Portfolio deployed May 2021
- Engagement Network established
- Developing resources for residents and residency programs

ABFM engagement NETWORK

www.theabfm.org/volunteer

My ABFM Portfolio: User Centered Design





ABFM Research – Five Pillars

- The characteristics & value of board certification
- The education & training of an effective primary care workforce
- The scope & dimensions of U.S. primary care practice
- The relationship between primary care & health system organization & delivery
- The attainment of the Quadruple Aim

  (Lower Costs, Higher Quality & Value, Population Health, Clinician Wellbeing)

Key Research Findings To Date

- Shrinking Scope of Practice
  - *Xierali IM, J Am Board Fam Med. 2012; Tong ST, J Am Board Fam Med. 2012; Bazemore AW J Am Board Fam Med. 2012*
- More comprehensive care associated with lower costs and possibly lower burnout
  - *Bazemore AW, Ann Fam Med. 2015; Weidner, Ann Fam Med. 2018*
- Care improves from PI Activity Participation
  - *Peterson LE JCEHP. 2016; Peterson LE, JHQ 2016; Peterson LE, Ann Fam Med. 2014; Peterson LE, JCEHP. 2014*
- Family physician burnout is high, varies by career stage and gender, and is endemic to all practice types
  - *Puffer J Am Board Fam Med 2017; Creager Jann Fam Med 2019; Eden J Am Board Fam Med 2020*

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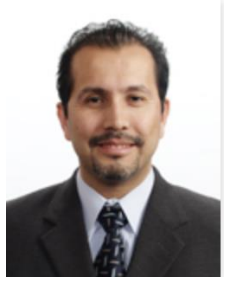

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