



The American Board of Family Medicine

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

Elizabeth G. (Libby) Baxley, MD

Executive Vice President

American Board of Family Medicine





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





The Continuous Certification Process

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

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!!**

< Home Question 1

A 69-year-old female with advanced dementia is unable to communicate and is completely dependent for all activities of daily living. Her family has expressed an interest in hospice but is uncertain about some aspects of her care, such as whether they can care for her at home or whether attempts at resuscitation should be made.

Which one of the following would be accurate advice to the family?

There is no benefit to using hospice at this time

The patient is not a candidate for hospice without a cancer diagnosis

The patient cannot be referred for hospice without a do-not-resuscitate order

Hospice services may include hospitalizations for advanced symptom management or respite care

The patient would lose hospice services if she entered a nursing home



ABFM
NATIONAL
JOURNAL CLUB

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

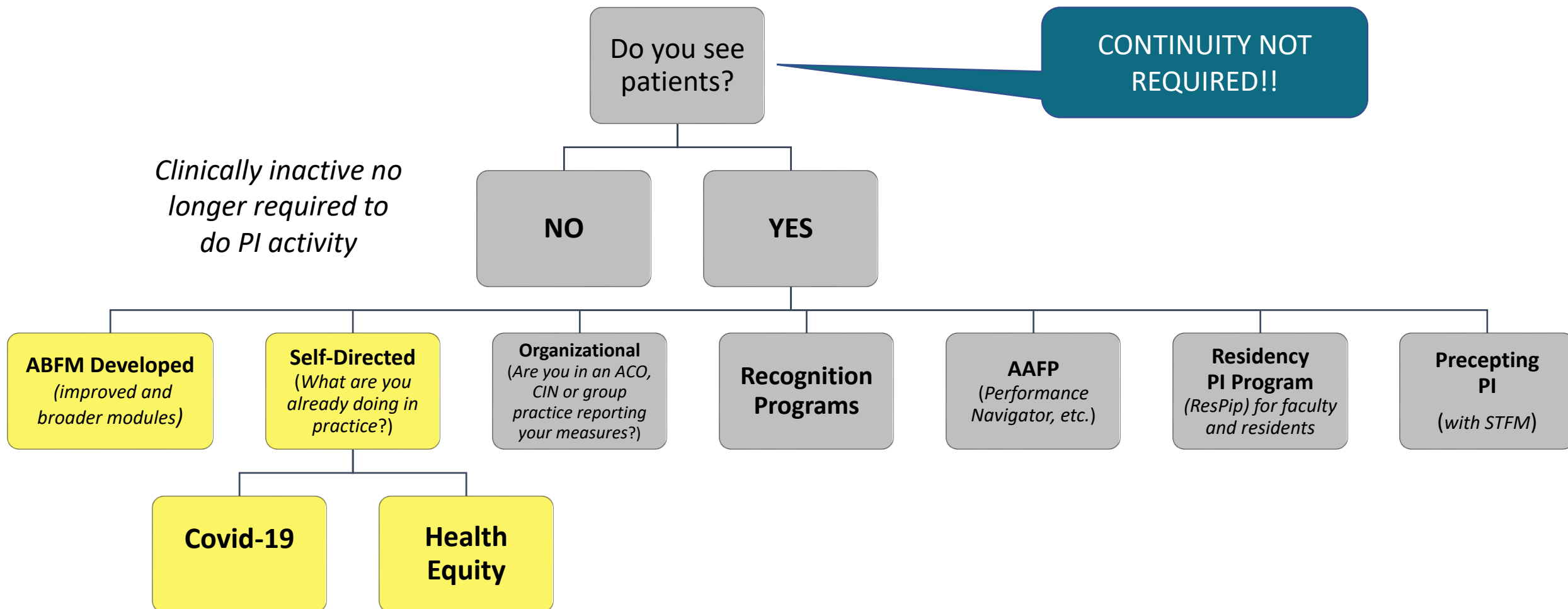
- Designed to support family physicians keeping up to date with important, relevant, methodologically strong and practice-changing peer-reviewed literature
- Initial Pilot: summer 2021 – December 2021
- 45 articles accessed through the Physician Portfolio
- Each article and question set completed = 1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





Performance Improvement Activities

Major Upgrades!!





ABFM Sponsored PI Activities:

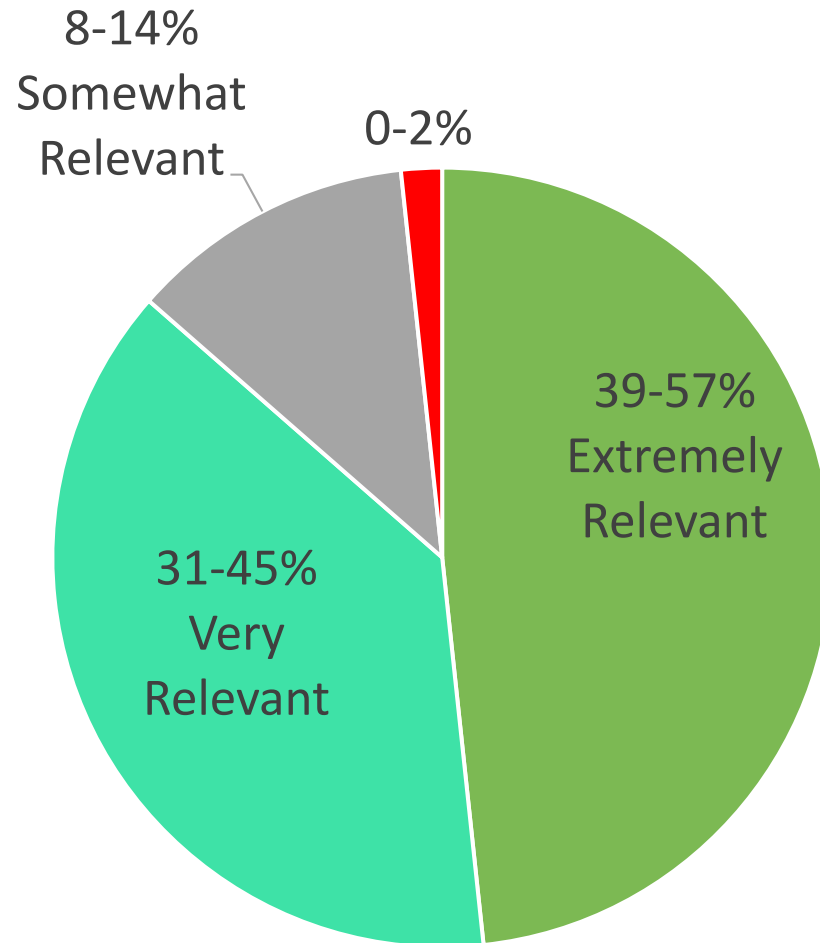
Something for family physicians in a variety of practice settings!

- 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.

Activity Preferences and Requirement Status

Activity Preferences

Let us help you find an activity that works best for you and your practice. Activity Preferences can be updated at any time and are used to assist with identifying activities most relevant to your practice setting and areas of interest.

You have direct and/or consultative patient care.

As a **clinically active** physician you must complete a minimum of one (1) PI activity with patient data as part of your certification requirements.

Practice Information

- Delivery: I currently provide continuity care for patients
- Setting: Emergency Room, Urgent Care Clinic
- Primary Practice Site: Hospital-/health system-owned medical practice (not including managed care or HMO)
- Practice Size: Large Group Practice (greater than 10)
- Practice Location: Virginia

Areas of Interest

Urgent/Emergent Care

Activity Types

- Delivery Method: I have no preference on the delivery method
- CME: I prefer activities where I can also earn CME. I have no preference regarding CME

[View & Edit My Preferences →](#)

Certification Activities

You have completed 50 of the 50 required certification points for your current stage.

Receive certification points by completing knowledge self-assessment (KSA) activities, performance improvement (PI) activities, and/or alternative activities listed on the Activities page of your portfolio.

How can I complete my activity requirements?

[View completed activities](#)



Self-Assessment & Lifelong Learning →

You have completed the requirement of 1 KSA activity for 10 certification points

Performance Improvement →

You have completed the requirement of 1 PI activity for 20 certification points.



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

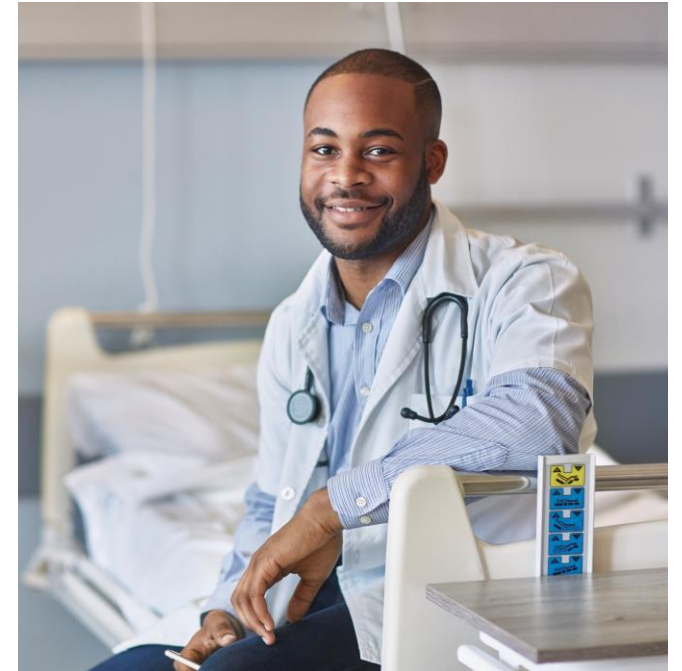
NOW A LONG-TERM OPTION!





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

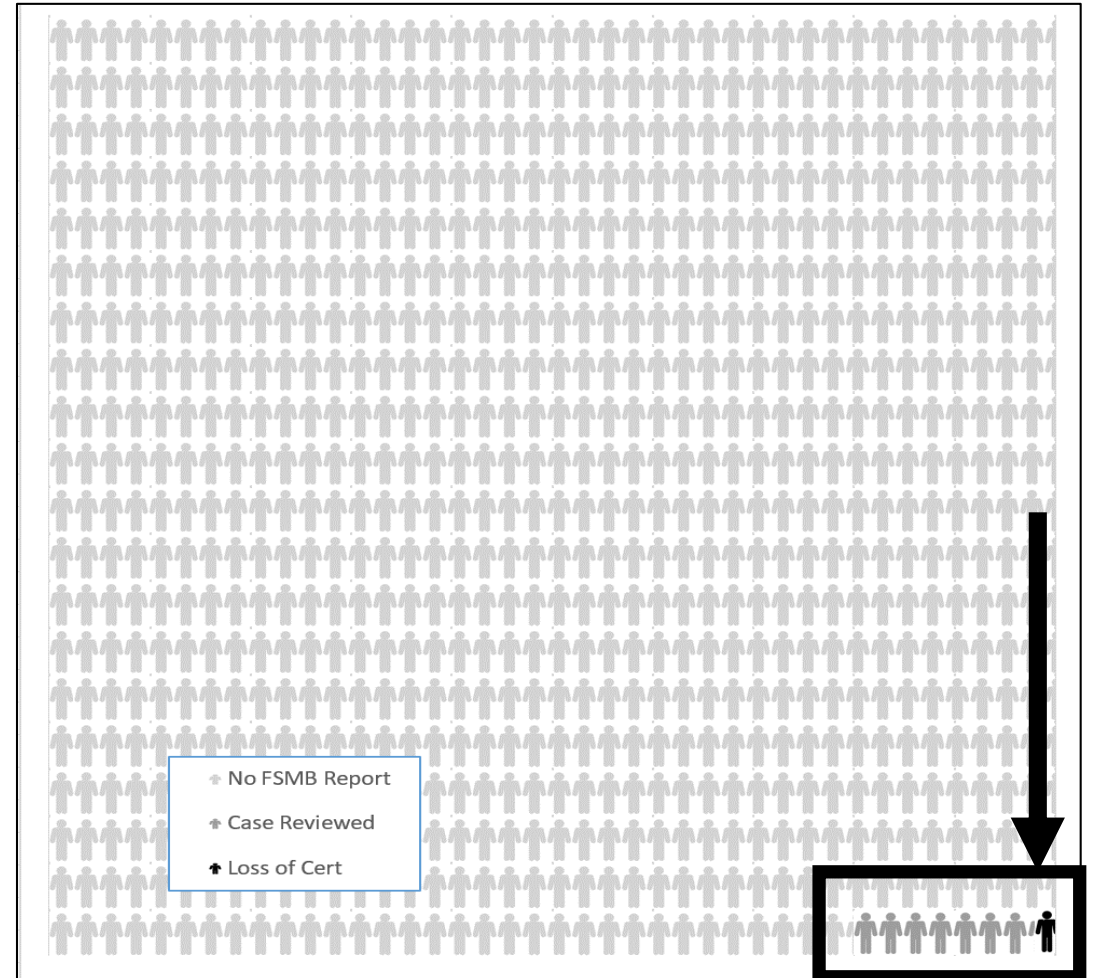
NO LONGER topic focused modules



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



www.theabfm.org/volunteer



My ABFM Portfolio: User Centered Design

Physician Portfolio | Log Out | Support | Contact Us | Site Map | Search

Dr. Banks | ABFM ID: 184295

My Certification | My Profile

Initial Certification / Residency | Continuing Certification | Certificates of Added Qualifications | Research | Public | Find a Physician | About

Physician Portfolio > My Certification > Track Your Progress

Track Your Progress

This page shows your progress in the Resident Entry Process. You must complete the Resident Entry Process in order to become certified. Please reference the key dates for details on upcoming Family Medicine Certification Examination application deadlines.

Resident Entry Process

Resident Training

✗ You have not met this requirement.

[Resident Training Details](#) [View Key Dates](#)

Family Medicine Certification Activities

✗ You need to complete the following unchecked items. A check indicates completed.

Min 1 KSA

☐ Minimum of one (1) Knowledge Self-Assessment Activity

Min 1 PI

☐ Minimum of one (1) Performance Improvement Activity with Patient Population

Points

☐ Minimum of 50 Family Medicine Certification points from completion of Self-Assessment and Performance Improvement Activities

[Access Activities](#)

Related Pages

[My Requirements](#)

[Manage Medical License](#)

Tools

[Support Center](#)



MyABFM PORTFOLIO

Nikki Manning
ABFM ID: 103582

Need to return to old portfolio? ☐

Welcome, Dr. Manning [Certified in Family Medicine](#) [My Activities](#) [Knowledge Center](#)

Search by areas of interest, activity types, or search terms... [SEARCH](#)

Family Medicine Certification Process

My Requirements

CURRENT STAGE
01/01/2018 to 12/31/2020

Certification Activities 40 / 50 Points ✗

Need assistance getting started on your Certification Activity point requirement? [Learn More](#)

- Professionalism & Licensure [Up to Date](#)
- Continuing Medical Education [COMPLETE](#)
- Certification Fees [COMPLETE](#)
- Family Medicine Examination [Due 12/31/2027](#)

You last passed the Family Medicine Examination on **November 6, 2017**. Your next opportunity to enroll in an examination will be in **2026**.

Certification Activities

You have completed 40 of the 50 required certification points for your current stage.

Receive certification points by completing knowledge self-assessment (KSA) activities, performance improvement (PI) activities, and/or alternative activities listed on the Activities page of your portfolio.

How can I complete my activity requirements?
[View completed activities](#)

Points Remaining: 10 Points

COVID-19 Self-Dire... 20 Points

KSA 20 Points

Self-Assessment & Lifelong Learning

You have completed the requirement of 1 KSA activity for 10 certification points

Performance Improvement

You have completed the requirement of 1 PI activity for 20 certification points

Added Qualifications

Learn more about specific requirements and how to request an online application for Certificates of Added Qualifications (CAQs) in Adolescent Medicine, Geriatric Medicine, Hospice and Palliative Medicine, Pain Medicine, Sleep Medicine, and Sports Medicine or a Designation of Focused Practice in Hospital Medicine (DFPHM).

[Learn More](#)



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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The American Board of Family Medicine

Our Vision:

Optimal health and
health care for all
people and
communities that family
physicians serve.

