ABFM Update

What’s New to Support Your Certification Journey?
Objectives for this Session

- Discuss purpose and value of continuous board certification
- Share information about improvements to the certification process
  - FMCLA – Permanent Alternative to 1-Day Exam
  - KSA Revision Process
  - National Journal Club
  - Performance Improvement: broader scope and increased relevance
- Update on Professionalism
- Present new MyABFM Portfolio for enhanced experience
Four Components of Certification

Each signifies an important aspect of the commitment you make toward demonstrating the higher standard of board certification.
How is Certification Changing?

New ABMS Standards

- 4-Year process, extensive stakeholder engagement
- Foundational Concepts:
  - Ensure that certification provides value to Diplomates, patients, and others
  - Acknowledge that professional self-regulation is a collective responsibility requiring broad collaboration
- Significant Changes for All Boards
  - Longitudinal assessment to assess knowledge
  - More feedback and linking to learning opportunities
  - Development of a specialty-relevant quality agenda
  - Integration of activities, reducing burden
  - Engage Diplomates in ongoing process improvement
The Evidence Behind Continuing Certification

1. Cognitive Skills Need to be Kept Current
2. Individual Self-Assessment is Not Enough
3. Testing Enhances Learning & Motivation
4. Goals and Consequences are Important Motivators
How Does ABFM Provide Value?

VALUE = QUALITY + EXPERIENCE - COST
How Does FMCLA Work?

- **Begin participation in your next exam year**
- **Answer 25 questions/quarter**
- **Complete 300 questions over four years**
- **Receive immediate feedback and critiques**
- **5 mins allowed per question**
- **Estimated scaled score after initial 100 questions**
- **Earn 10 KSA points and 30 CME at completion**
- **If needed, the one-day exam in year 5**

**FMCLA**

*Family Medicine Certification*  
*Longitudinal Assessment*
FMCLA By the Numbers

**Participation**
- 15,169 Enrolled
- 75% Choose FMCLA
- Retention Rate 98%

**References/Critiques**
- 95% Use References and Critiques
- Sought More Information 85%

**Test Anxiety**
- 92% Report less anxiety

**Relevancy**
- 99% Relevant to Family Medicine
- Relevant to their Current Practice 95%

**Impact**
- 84% report making changes in their practice
What are We Hearing about FMCLA?

Platform is great and easy to navigate. After going through a few questions, I felt comfortable taking the test.

Very convenient to do at my own time and pace, in the comfort of my home.

I could really feel a sense of control over my test anxiety. This format really allowed me to focus on the questions and materials rather than my heart rate.

When FMCLA started, I had a young child. I didn’t know where I’d have time to do a board review class and sit for the one-day exam. FMCLA was more beneficial to me so I could take care of my child at the same time.

I didn’t see this as an exam, but more of a learning opportunity.
Self-Assessment and Lifelong Learning

- New activity types to choose from – can mix and match based on interest and learning style
- Broader topics to support all types of practice and scope
- Best to do without look-up so gaps can be identified
Knowledge Self-Assessments (KSA)

- Platform updates to improve navigation
- Conversion to single best answer format
- Updated questions and critiques
- Updated evidence and references
- Require 80% correct overall: not for each blueprint category
- Unlimited attempts allowed

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<tr>
<th>Hypertension</th>
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- Palliative Medicine
- AAFP ALSO® Provider Course added for practicing physicians
- Pain Management Coming Soon!
- Musculoskeletal Health Coming Soon!
- Care of Children
- Behavioral Health
- Care of Older Adults
- Care of Hospitalized Patients
- Health Counseling and Prevention
- Care of Women
- Asthma
- Diabetes
Continuous Knowledge Self-Assessment

“CKSA”

- Most popular, >30,000 physicians utilizing each quarter
- 25 questions quarterly
- Covers breadth of family medicine
- Answer and critique provided for each item
- Performance report available
- Mobile application available
- Allows for commenting about questions
- Phase repetition study underway
- Don’t confuse with FMCLA!!
Keep up to date with evidence-based articles relevant to your practice

- Articles that are relevant, methodologically strong, and practice-changing
- 45 articles twice annually to choose from / year to choose from; PDF provided
- Completion of 4 question per article earns 1 KSA point and 1 CME; completion of 10 articles fulfills KSA requirement

**Experience To Date:**

- >95% satisfaction
  - User friendly
  - Highly relevant
  - Indicated intention to change practice
Alternative Self-Assessment Activities

- Institute for Healthcare Improvement
- AAFP’s Health Equity: Leading the Change
- Pediatric topics from ABP
- Emergency Medicine topics from ABEM
Continuing Medical Education (CME)

150 Hours CME / 3-Year Stage

- You customize to your own learning needs
- ≥ 50% from activities leading to Division I credits
  - Visit ABFM website for description of Division 1 vs Division 2 credits
- AAFP Member: Credits automatically transfer to MyABFM Portfolio
- Non-AAFP Member: Manually enter into MyABFM Portfolio
Performance Improvement

Demonstrates commitment to identify opportunities for improvement, making changes in practice, and determining if the change(s) made a difference

Key Changes

- Reduced burden of activities
- Report on activities you’re already doing
- Expansion of practice relevant activities
- Continuity is not required
- Clinically-inactive? PI not required
- Activity preferences in MyABFM Portfolio allow for narrowing of relevant activities
Performance Improvement

Activity Options

ABFM Directed
Self-Directed
Organizational
Recognition Programs
Residency PI
Preceptor PI

COVID-19
Health Equity
Professionalism:

The Foundation of Medicine’s Social Contract with Society – a declaration we make to each other, and the public, regarding the shared competency standards and ethical values we promise to uphold in our work.

ABFM establishes a 3-part framework and utilizes Guidelines for assessing whether family physicians have satisfied the responsibilities of professionalism necessary to seek or maintain Diplomate status.

1. Care that is safe
2. Honest, ethical, trustworthy behavior with patients, colleagues, coworkers, the public
3. Practice at level expected of a board-certified family physician
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 April 2021

- Provides increased flexibility for case review by Professionalism Committee under Special Circumstances
Common Professionalism Issues

- Controlled substance prescribing concerns
- Boundary violations with patients
- Personal substance use impacting patient care

Note: If a physician has questions about a governing body sanction or consent agreement, ABFM offers to review draft language first in case a change in language might help them retain certification.
My ABFM Portfolio

A User-Centered Design Approach
New in Communications & Engagement

- Redesigned Phoenix newsletter, with enduring articles on ABFM website
- Updated and easy-to-understand handouts on aspects of certification
- New resources for residents and residency Programs
- Enhanced Social Media – Follow Us!
What About Cost?

Stable annual fee and newly reduced fees

Annual Fee of $200/Year
- Reduced in 2012 from $235/year
- No fee increases since that time

Recent changes reduce costs:
- Eliminate $200 Fee payment for first year after initial certification
- Eliminate $250 exam application fee
- Provide one free retake after unsuccessful exam attempt ($1300)
- Reduce any subsequent retakes by 50% to $650 (From $1300)
What About Time as a Cost?

FMCLA
- Additional self-assessment credit for completing

KSA
- Streamlined platform, more efficient
- Single best answer less frustrating, easier to move through

CKSA
- Provides short periods of activity on quarterly basis

National Journal Club
- Credit per article supports incremental time investment

PI Activity
- Simply report on what you are already doing
### ABFM Board of Directors 2022-2023

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We are all working for the same purpose:

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