

Welcome!

Thank you ABFM!

- The OAFP was awarded an American Board of Family Medicine AAFP Constituent Chapter Pilot Grant to execute an initiative to provide up-to-date information and specified assistance to resident members who are entering the ABFM FMC process as well as targeting new-to-practice physicians that will be navigating certification requirements on their own, possibly for the first time.

Housekeeping Announcements:

1. Everyone is currently muted. If you have questions as we get started, please use the chat box and our staff behind the scenes will facilitate those. For general questions, please share with everyone so we can all stay together but we have enabled private chat if you'd like to say hello to any friends on the call!
2. **Today's live session has been approved for 1.5 AAFP live, Prescribed credits. The session will be recorded and posted to the OAFP website for you to review again later, but there will not be enduring credit for the recorded version.**
3. An online evaluation link will be shared in the chat during tonight's session and will be emailed to attendees after the webinar. There will also be a link posted on the website. Please submit your feedback as it provides valuable insight into future programming. **Those that submit an evaluation by Monday, June 21 at Noon, will be entered to win one of TWO Amazon gift cards.**
4. Once your evaluation is submitted, Kaitlin will send you a CME certificate for your file. Individuals are responsible for reporting their own credit to AAFP.
5. If you have questions as we get started, please send those in the chat box and OAFP staff will do their best to assist you.
6. Also on the session today is Ashley Webb, Director of Outreach at ABFM. Feel free to message her as needed too.

Learning Objectives & Speakers

Tonight's Speakers:

Ryan Kauffman, MD, FAAFP

Elizabeth (Libby) Baxley, MD, Executive Vice President, ABFM

Haley Coleman, MD, PGY-2, Summa Health System – Akron Campus

Thomas Macabobby, MD, Program Director, St. Elizabeth Boardman

Heidi Yount, MD, family physician, Family Health Services of Darke County

Learning Objectives:

- Understand the purpose of certification and its impact on patient care
- Describe the stages in the certification process and activities within each
- Explain the differences between the Family Medicine Certification Longitudinal Assessment and the one-day exam
- Discuss the best ways to review current processes and find a certification activity to fill gaps in patient care
- Understand the importance of mapping out certification requirements in order to have the most positive impact on patient care possible
- Review best practices to keep certification goals organized and stay on track to complete stage requirements on time and with purpose

Additional ABFM Representative here today:

Ashley Webb, Director of Outreach



The American Board of Family Medicine

Family Medicine Certification:

What is it?

Why Is It Important?

What Do I Need to Know?





Objectives for Today



- Discuss purpose and value of ABFM certification
- Review eligibility and certification requirements
- Share what's new with ABFM certification activities
- Engage residents as active participants in providing feedback to help ABFM continuously improve Family Medicine Certification



Role of Board Certification

UME

4 years

GME

3 years

Professional Career

30-40 years



Family Medicine Certification

A voluntary specialty credential that:

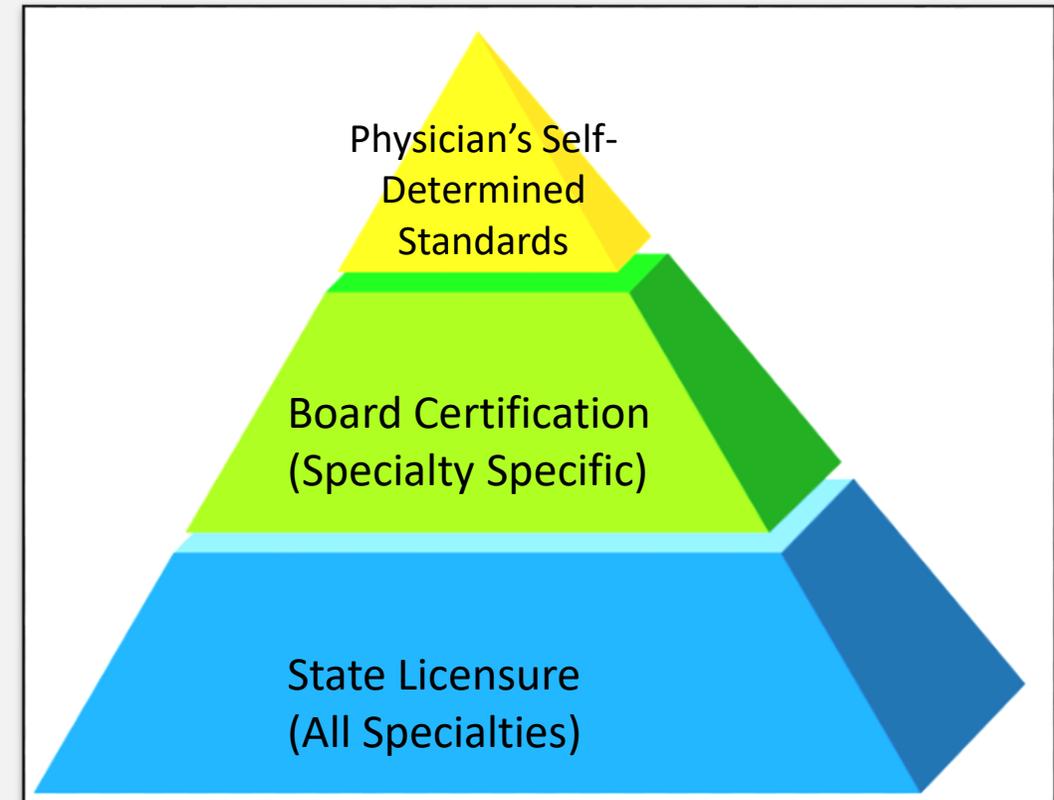
- Conveys that you have met the specific residency training requirements for a family physician
- Ensures your patients and the public that you are maintaining ongoing proficiency in the competencies required of a family physician
- Demonstrates that you are committed to maintaining high professional standards.





Why Should I Be Board Certified?

- Recognized by patients, the public, your peers as a higher standard than medical licensure alone
- Demonstrates your commitment to:
 - Ongoing self-assessment of knowledge gaps and needs
 - Evidence of adherence to professional values and behavior
 - Commitment to improving care in practice
 - Independent assessment of cognitive expertise
- Certification associated with knowledge competence, higher quality of care, and fewer adverse license actions





What Does it Take to Become ABFM Certified?

1. Completion of 50 FMC points through participation in Knowledge Self-Assessment and Performance Improvement Activities
2. Successful performance on the initial ABFM certification exam
3. Possession of a currently valid, full and unrestricted license to practice medicine in the U.S. or Canada
4. Compliance with the Guidelines on Professionalism, Licensure and Personal Conduct
5. Completion of training & verification from the program director that all ACGME requirements have been met and you are ready for autonomous practice



What is the Board Eligibility Period?

- A 7-year period from the date of graduation from an ACGME-accredited Family Medicine residency program
- If attempting certification within 3 years after training, you can use the pre-requisite activities completed in residency + exam
- If longer than 3 years after training completed:
 - Must restart new Certification Entry Process + exam to gain initial certification status.
 - Requirements found on website and in Physician Portfolio

Home - Become Certified

AM I BOARD ELIGIBLE?

The American Board of Family Medicine (ABFM) Board Eligibility Policy defines "Board Eligible" as having completed residency training but not yet attained initial certification.

- Your board eligibility period begins the day after verified completion of ACGME-accredited residency training, and it expires exactly seven years from that date, unless you achieve initial certification before that time.
- The designation "Board Eligible" applies to those seeking initial certification following the verified completion of ACGME-accredited Family Medicine residency training.
- In order to maintain board eligible status during the seven-year window, you must be engaged in the Certification Entry or Resident Entry Process and continuously adhere to the ABFM Guidelines for Professionalism, Licensure, and Personal Conduct.
- There are no extensions of the seven-year board eligibility period. If your seven-year period of board eligibility has expired, there is one pathway to regain an additional seven-year board eligibility period and to qualify for the Family Medicine Certification Examination. This requires that you complete one year of additional training in an ACGME-accredited Family Medicine residency program.

WHY BECOME CERTIFIED
RESIDENCY TRAINING GUIDELINES
I AM IN AN ACGME RESIDENCY PROGRAM
I AM AOA RESIDENCY TRAINED
AM I BOARD ELIGIBLE?
I AM CERTIFIED IN A COUNTRY OUTSIDE THE UNITED STATES

Entry Process

IMPORTANT: Your Entry Process end date is December 31, 2022 if you start now.

The Entry process is designed for those physicians who have not been certified and/or who have been out of residency three years or more. The Family Medicine Certification points, CME requirements and one (1) process payment (in addition to the examination fee) are prerequisites to sit for the examination. Listed below are the requirements.

Once you start the Entry process you must complete all components before your Board Eligibility period ends on June 30, 2022. If you do not complete the Entry process and gain certification by this date you will have to successfully complete at least 1 year of additional training in an accredited family medicine residency training program (or an ABFM-approved alternative) to regain Board Eligible status.

Once you click "Start", you will officially begin your timeline for the Entry process. Click "Start" if you wish to begin the Entry process now. If you wish to wait and begin the Entry process at a later point, you may click "Cancel", however, you must successfully complete the Entry process in order to become certified.

The process consists of:

- **Medical License**
 - must meet ABFM Professionalism Guidelines
 - Complete 150 CME Credits
 - with a required 50% in Division I
 - may include a maximum 50% in Division II
- **Self-Assessment & Performance Improvement - Complete 50 Family Medicine Certification Points**
 - Minimum of 1 KSA activity (Knowledge Self-Assessment)
 - Minimum of 1 Performance Improvement activity (based on patient population)
 - Minimum of 50 Family Medicine points from completion of Self-Assessment and Performance Improvement Activities
- **One (1) Family Medicine Certification Process Payment**
 - Submission of application and accompanying full examination fee for the Family Medicine Certification Examination
 - Successful completion of the Family Medicine Certification Examination

[Start](#) [Cancel](#)



Four Components of ABFM Certification



Each signifies an important aspect of the commitment you make toward demonstrating the higher standard of board certification



The ABFM Continuous Certification Process

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

CERTIFICATION PROCESS CONTINUES

Screenshot



Self-Assessment and Lifelong Learning



Goal: To Identify Knowledge Gaps and Enhance Ongoing Learning



Knowledge Self-Assessment (KSAs)

- All single best answer
- Updated questions, critiques and references
- 80% correct overall, not within sections
- A useful study tool for residents – can take as many as you want!

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
- 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
- Another excellent study tool with estimate of passing score on exam

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[App Store](#)

[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

SUBMIT



ABFM
NATIONAL
JOURNAL CLUB

- Support family physicians keeping up with important, practice-changing literature relevant to family medicine
- Initial Pilot: summer 2021 – December 2021
- 45 articles selected from over 120 journals accessed through MyABFM Portfolio; all free and full pdf provided
- Each article and question set completed = 1 certification point
- Completion of 10 articles will fulfill the KSA requirement for the stage





Performance Improvement Activities

ABFM Developed Activities
(Topic specific activities)

Organizational PI Activities
(Are you in an ACO, CIN or group practice reporting your measures?)

Residency PI Program (ResPip) *for faculty and residents*

Self-Directed PI Activity
(What are you already doing in practice?)

COVID-19 PI Activity
Health Equity PI Activity

Recognition Programs –
(e.g. NCQA)

AAFP PI-CME Activities
(Performance Navigator)

Precepting PI Activity
(with STFM)



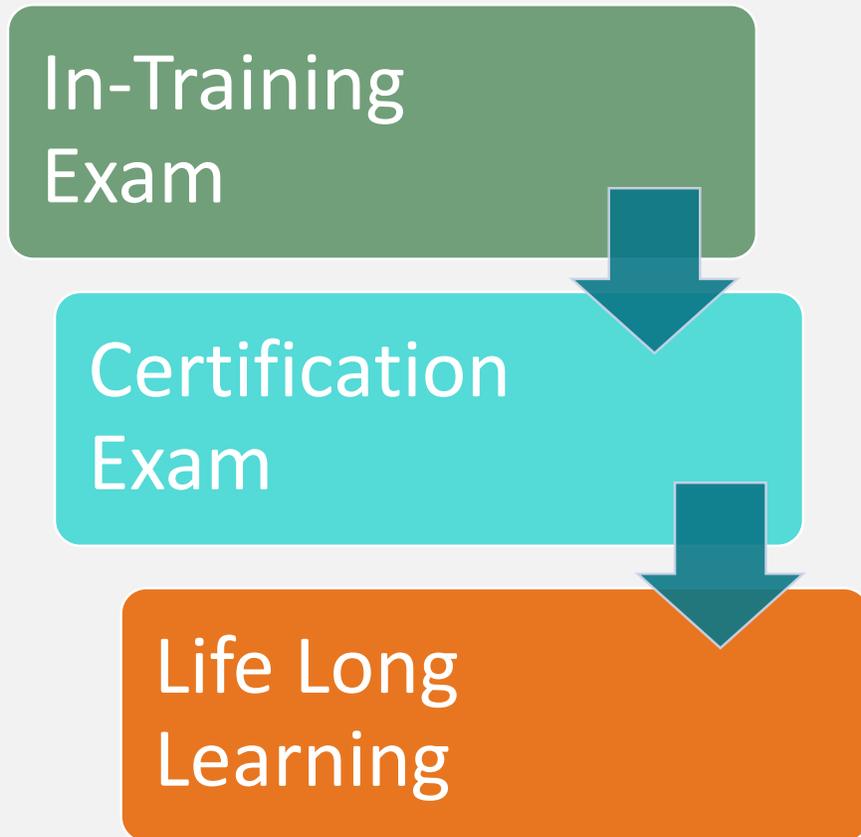
ABFM Sponsored PI Activities:

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



ABFM Annual In-Training Exam



- Taken annually during training
- Questions written by family physicians
- Helpful to identify knowledge gaps and areas of needed study
- Scored with statistical analysis similar to Certification Exam
 - ✓ Helps predict how you will do on your exam
 - ✓ Results go to Residency Directors to help improve curriculum



The One Day Certification Examination



One Day Exam – **for all Initial Certifiers**

300 Multiple Choice Questions

Four sections of 75 items, 95 mins for each

100 mins of pooled flexible break time between sections



FMC Longitudinal Assessment: An Option for Ongoing Cognitive Assessment

25 Questions Per Quarter;

Your Pace, Your Time, Your Location

Ability to use References

Timed Questions – 5 mins each

Critique and References provided

300 Questions Over Four Years

Long-Term Implementation Approved!



Primary feedback:

I am learning as I go!



MyABFM Portfolio

- Personalized log of certification requirements and needs
- Easy access to activities
- Encourages setting of personal preferences
- Abundant FAQs

The screenshot shows the MyABFM Portfolio interface for user Nikki Manning (ABFM ID: 103582). The interface includes a search bar, a navigation menu with 'My Activities' and 'Knowledge Center', and a main content area. The 'My Requirements' section shows the current stage from 01/01/2018 to 12/31/2020, with 40/50 points completed. Below this, there are four requirement categories: Professionalism & Licensure (Up to Date), Continuing Medical Education (COMPLETE), Certification Fees (COMPLETE), and Family Medicine Examination (Due 12/31/2027). The 'Certification Activities' section provides a pie chart showing 40 points completed and 10 points remaining. The pie chart is divided into COVID-19 Self-Dire... (20 Points) and CKSA (20 Points). A legend indicates Knowledge Self-Assessment (dark blue), Performance Improvement (medium blue), and Remaining Points Needed (white). Below the pie chart, there are two boxes: 'Self-Assessment & Lifelong Learning' (1 KSA activity for 10 points) and 'Performance Improvement' (1 PI activity for 20 points). The 'Added Qualifications' section at the bottom provides information on how to request specific requirements and includes a 'Learn More' button.

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...

► **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

Continuing Medical Education

Certification Fees

Family Medicine Examination

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

CKSA 20 Points

Knowledge Self-Assessment

Performance Improvement

Remaining Points Needed

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).



What about Professionalism?

- Basis of medicine's contract with society
 - Demands placing interests of patients above those of the physician
 - Demands setting and maintaining standards of competence and integrity
- Self-regulation: explicit standards of behavior, shared with the public, and enforced within the house of medicine
- Medical license boards specify and regulate behaviors and adjudicate cases
- Certifying boards determine if consistent with being recognized as a board-certified physician





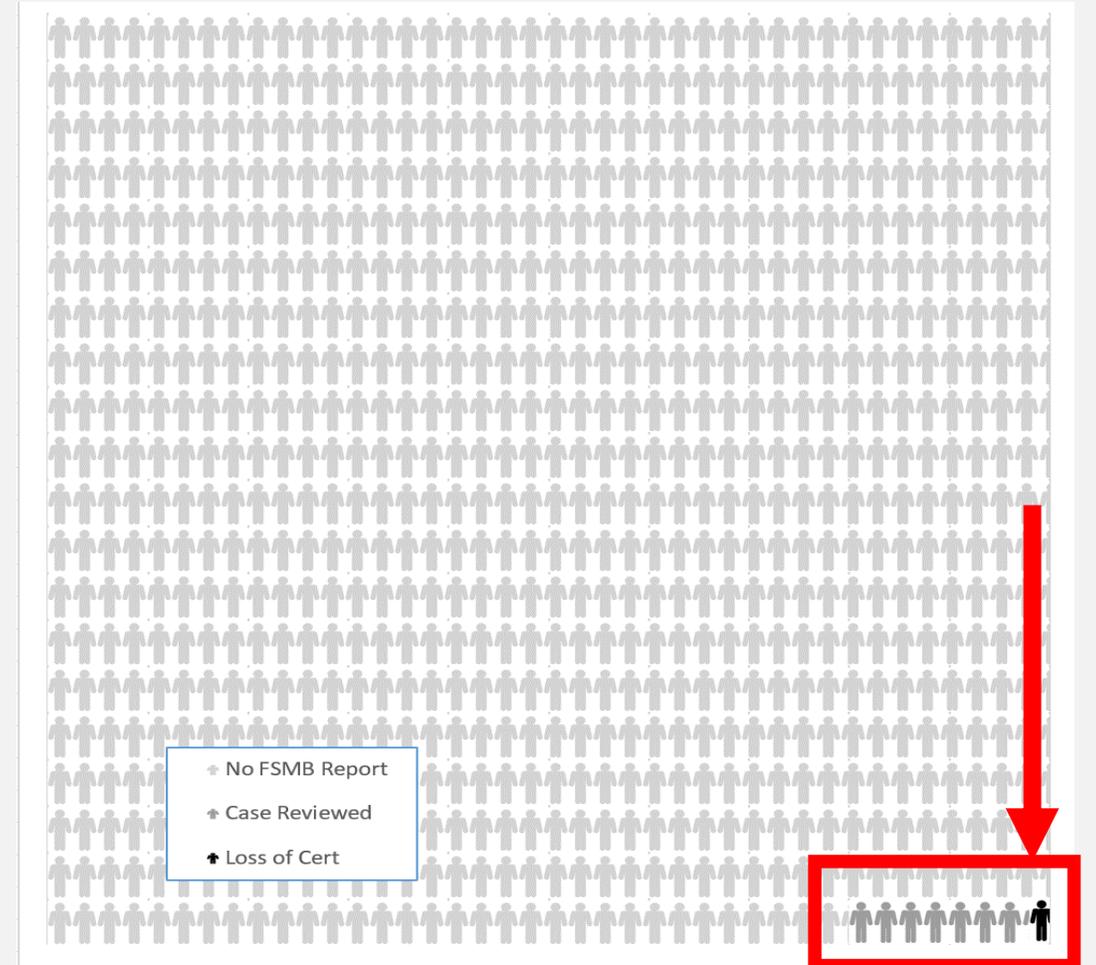
Three-Part Framework Used by ABFM Professionalism Committee

- ABFM considers a three-part framework in assessing professionalism of Diplomates or those seeking to become Diplomates:
 1. Does the physician provide care that is safe?
 2. Does the physician demonstrate honest, ethical and non-disruptive behavior that is competent and trustworthy to patients, colleagues, coworkers and the public?
 3. Does the physician practice at the level expected of a board-certified family physician?



Professionalism: Losing Certification is Uncommon

- <math><1\%</math> of Diplomates ever 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**
 - Predicated on full, valid medical license without limitations
 - Also considers specific professional behaviors





License Limitations and Loss of Certification

Most Common Reasons

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

Additional Reasons for Action Based on Professionalism

- Unethical, unprofessional, dishonest or immoral behavior
- Not providing honest, accurate responses on applications or other forms regarding past actions
- Misrepresenting medical license status, Board Eligible status, or certification status
- Cheating or attempting to subvert an ABFM exam
- Significant competency issues



Use Time in Residency to Focus On...



- Interpersonal communication skills
- Appropriate opioid prescribing
- Setting and observing boundaries; use of chaperones
- How to handle state medical board inquiries, hearings, requests for information
- Dealing with patient complaints
- ABFM Guidelines for Professionalism, Licensure and Personal Conduct



ABFM Research

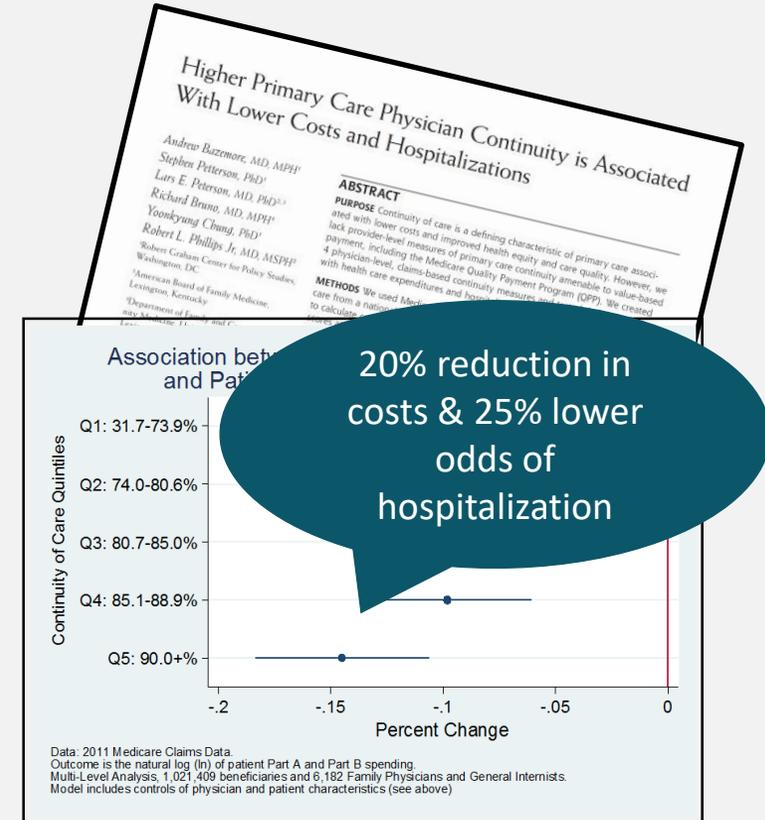
Areas of Focus

- Family Medicine Certification
- Scope of Practice
- Primary Care Health Services Organization and Delivery
- Educational Research
- Health Care Quality

Comprehensiveness



Continuity

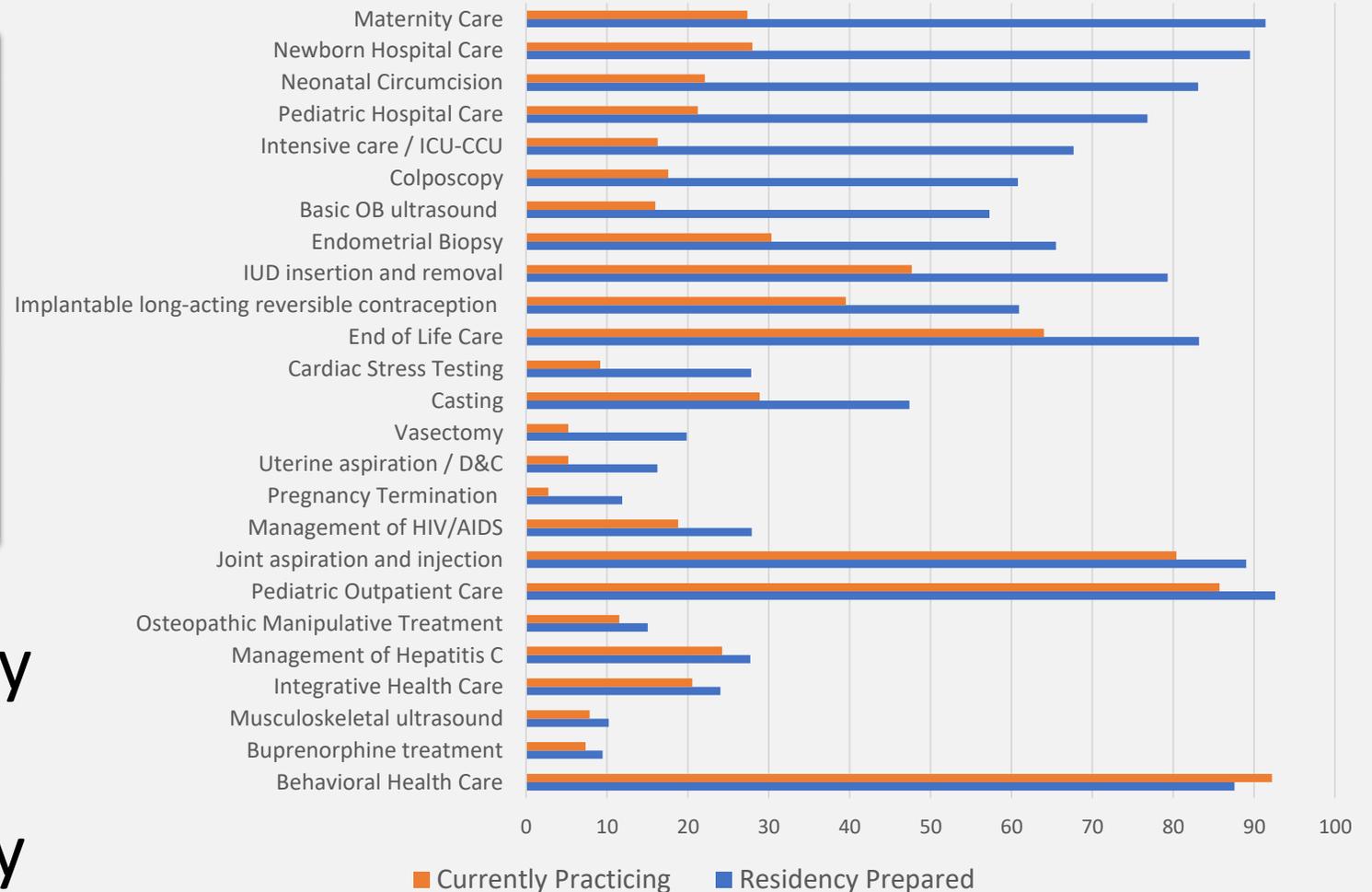




Resident Prepared to Practice vs Actual Practice



Residents trained broadly
but...
practicing more narrowly





ABFM Family Leave and Time Away From Training Policy

- Addresses maximum allowable time away from training for a resident to be board-eligible without requiring a training extension.
- Includes:
 - Birth and care of a newborn for both birth- and non-birth parents
 - Includes adoption and fostering
 - Care of a family member with a serious health condition
 - A resident's own serious health condition
- Does not:
 - Replace or override local leave policies as defined by your program.
 - Include time needed to meet academic or professional performance standards.
 - Dictate decisions regarding extending a resident's graduation.



ABFM Family Leave Policy Parameters

**Effective July 1, 2020, retroactive for current residents*

Family Leave Within a Training Year

- Up to 8 weeks in a given academic year
- Total time away in a year may be up to 12 weeks, when including program allowed leave for vacation, sick leave, holidays, etc.
- Encourages preserving at least one week of vacation outside of the Family Leave for the time off in same year as Family Leave.
- Must still achieve 40 weeks of continuity experience in each PGY year.

Total Family Leave Across Training

- Up to 20 weeks away over the duration of residency (if combine Family Leave (up to 8 weeks) and Other Leave (up to 4 weeks per year, as allowed by the program).
- If >12 weeks away from the program in a given year, and/or a >20 weeks total, extension of training is required to cover the duration of time in excess of 20 weeks
- Must still achieve 1650 continuity visits by end of residency.



More Information?

ABFM Website

Much of the information you will need can be found here under Become Certified

www.theabfm.org

ABOUT NEWS RESEARCH **SUPPORT CENTER** Search

 American Board of Family Medicine

I am a PATIENT I am a CREDENTIALER PHYSICIAN LOGIN

There are more than **92,000 ABFM Board-Certified** Family Physicians.
Search below to find an ABFM Board-Certified Family Physician in your area.

BY NAME BY LOCATION

Enter name

SUBMIT

WELCOME TO THE ABFM WEBSITE
[ABOUT THE ABFM](#)

We promise that the credential you earn is a meaningful measure of your professionalism, cognitive expertise, and commitment to improvement.

VALUE OF CERTIFICATION	BECOME CERTIFIED	CONTINUE CERTIFICATION	ADDED QUALIFICATIONS
Participating in the Family Medicine Certification assures that you are critically evaluating your practice, acquiring new skills, and adapting your practice to	Family Medicine Certification (FMC) serves to ensure your patients and the public that you are highly skilled and effective at improving their health by having met the	Patients place faith in board certification and expect that it reflects ongoing education and practice improvement. Learn more >	In conjunction with other ABMS member boards, ABFM offers a number of Added Qualifications. Learn more >



More Information?

ABFM Website:

<https://www.theabfm.org/sites/default/files/PDF/ResidentLicensureRequirements.pdf>

Residency Training and Medical Licensure Requirements



How Do I Become Board Certified?

Your pathway to Family Medicine Certification begins during your residency program, as you participate in activities that allow you to assess your own knowledge and learn the process for improving care in your practice. These are called Knowledge Self-Assessment and Performance Improvement activities and you can find out information about these on the ABFM website section [Becoming Certified](#).

Each year, your program will administer an In-training Examination (ITE) that is from ABFM – this helps to prepare you for taking your initial certification exam toward the end of your residency. The ITE results will predict how you will do on the certification exam and highlight areas in which you need further study. In order to become board certified by ABFM, you will have to pass your initial certification examination.

After you have completed the activities described above and successfully passed the exam, there are three additional steps to becoming board certified.

1

First, you must ensure that you have demonstrated professionalism and personal conduct consistent with ABFM's Guidelines for Professionalism, Licensure and Personal Conduct (see *sidebar*).

2

Second, your Program Director must attest that you have satisfactorily completed all requirements established by the Accreditation Council on Graduate Medical Education in your last month of training.

3

Finally, you must possess an active, valid and full license to practice medicine in the United States or Canada.

When you began your training you were likely provided a training license or certificate that allows you to practice medicine under the supervision of your residency program.

This license/certificate does not need to be entered into your ABFM Physician Portfolio, as it is not the one that will be required for your initial certification at the end of residency. Rather, you will need to have an active medical license in order to become board certified. When you are nearing the end of your training, it is advantageous to obtain a medical license in the state in which you intend to practice, as doing so will facilitate receipt of your initial certification.

Professionalism Overview

Professionalism is the basis of medicine's contract with society and demands that you place the interests and welfare of your patients above your own and that you maintain standards of competency and integrity.

ABFM has specific guidelines for all board-certified family physicians that must be met throughout your career in order to remain continuously certified. As one part of these guidelines, you must hold a medical license that is currently active, valid and full in the United States, its territories, or Canada, and is not subject to any practice privilege limitations. This means that a state licensing board has granted you full medical practice privileges and that your license is not subject to practice limitations.

Visit abfm.org for a full copy of ABFM's Guidelines for Professionalism, Licensure and Personal Conduct.

Stay Connected!

It's imperative that you update and maintain your current email address and postal address on file with ABFM. Important messages about your board eligibility, certification requirements, and licensure are often missed when residents do not update their contact information following completion of residency training.



The American Board of Family Medicine



Questions?