

ABFM Update

What's New to Support Your Certification Journey?

2023 Kentucky Academy of Family Physicians Annual Meeting
Presented By: Ashley Webb, MSM, ABFM Director of Outreach



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

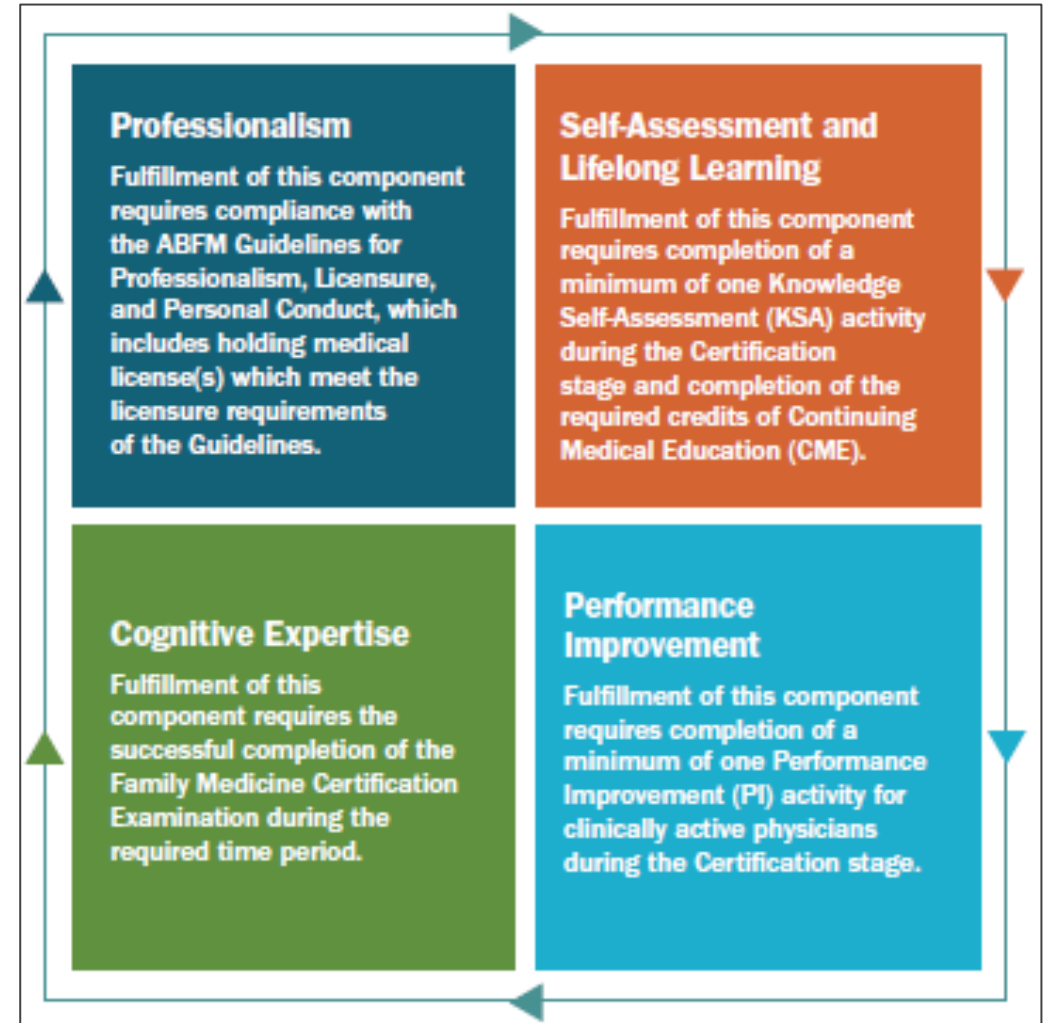


Present new MyABFM Portfolio for enhanced experience



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?



American Board
of Medical Specialties

Higher standards. Better care.®

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

Conceptual Foundations

for Designing Continuing Certification
Assessments for Physicians

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?



How Does FMCLA Work?



Begin participation
in your next exam
year

Answer 25
questions/quarter

Complete 300
questions over four
years

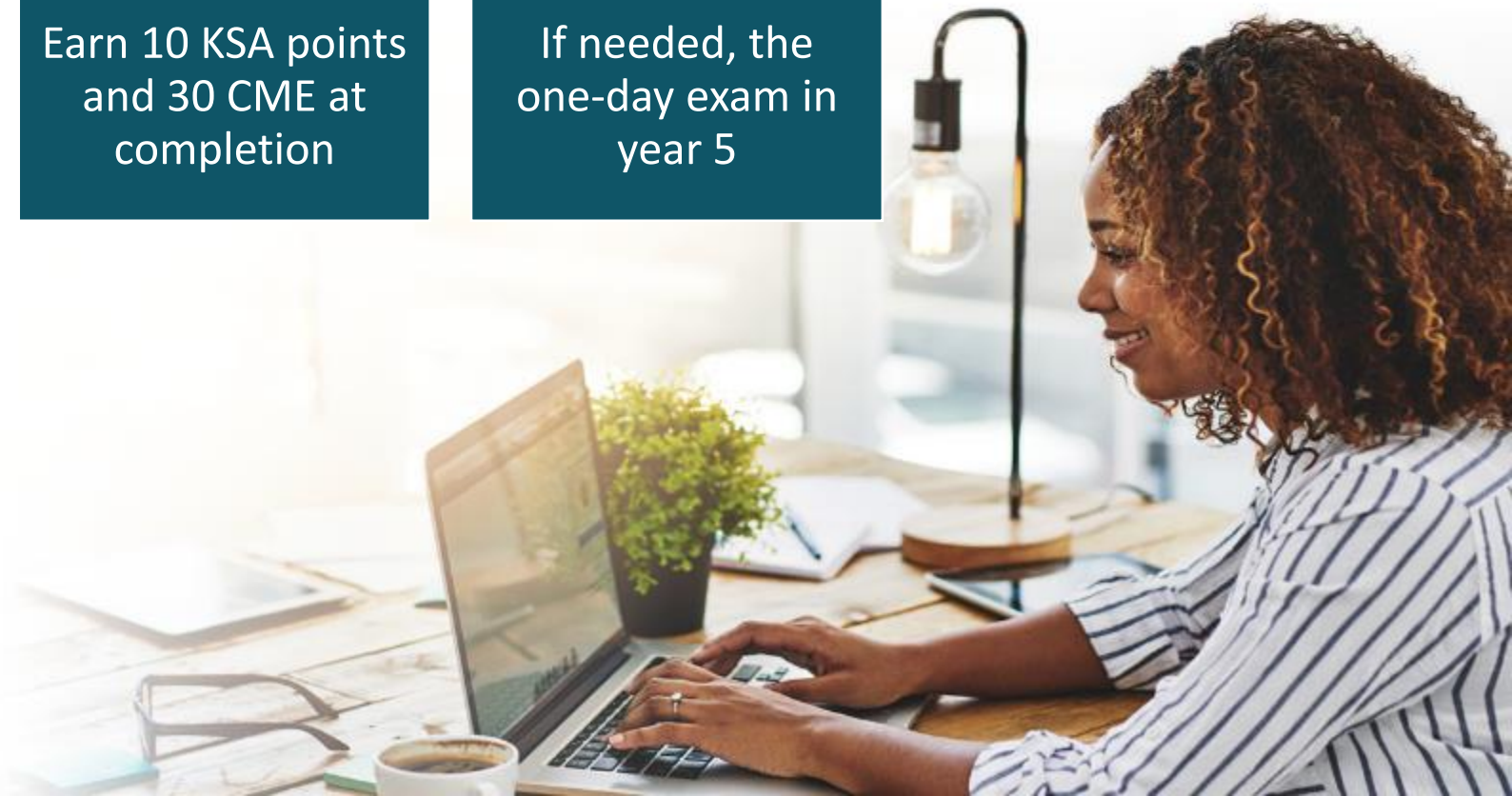
Receive immediate
feedback and
critiques

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



15,925 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



QUALITY

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

Hypertension

Heart Disease

Pain
Medicine

Asthma

Diabetes

Palliative
Medicine

Care of Children

Behavioral
Health

AAFP ALSO®
Provider Course
*Added for practicing
physicians*

Care of Women

Care of Older
Adults

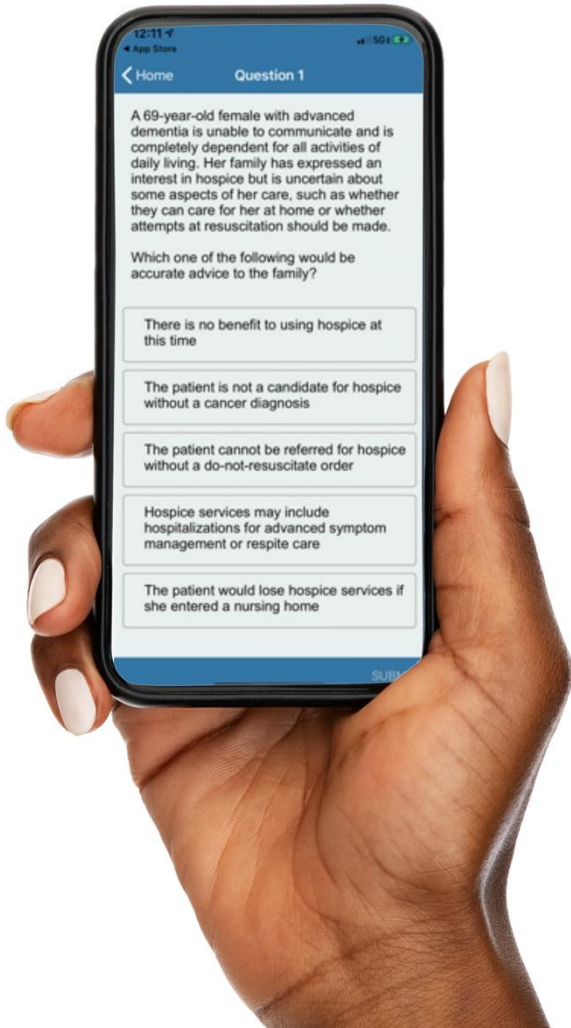
Musculoskeletal
Health
Coming Soon!

Health
Counseling and
Prevention

Care of
Hospitalized
Patients

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!!



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ABFM NATIONAL JOURNAL CLUB

- Keep up to date with evidence-based articles relevant to your practice
- Articles that are relevant, methodologically strong, and practice-changing
- 100+ articles/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
- $\geq 50\%$ 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

The screenshot displays the 'CME Tracking' dashboard. At the top, there is a search bar with the text 'Search by areas of interest, activity types, or search terms...' and a 'SEARCH' button. Below the search bar, the 'CME Tracking' section provides an overview: 'A component of continuous certification requirement is related to participation in continuing medical education (CME). Since the inception of board certification, this has involved a requirement of an average of 50 CME credits annually. CME credit is earned by participating in Continuing Medical Education activities through ABFM, AAFP, AMA and other organizations. All ABFM-developed certification activities such as Knowledge Self-Assessment (KSA) Continuous Knowledge Self-Assessment (CKSA) and Performance Improvement (PI) will earn you CME credit.' A 'Learn More' link is present, and the AAFP ID is listed as 7163127.

The 'Continuing Medical Education (CME)' section features a pie chart showing 'Division I Credits 125.25 Credits'. Text indicates that the AAFP reports 149.25 of the 150 required credits, and no more than 75 Division II credits can be used. A legend identifies the colors for Division I, Division II, and Incomplete CME.

The 'CME History' section is divided into 'Automatic Load from AAFP' and 'Manually Entered' categories. It shows the last update from AAFP on 05/24/22 at 01:31 and includes a 'Refresh' button. A text block explains that the record shows all CME credits received by ABFM, and a 'Print CME History' button is available.



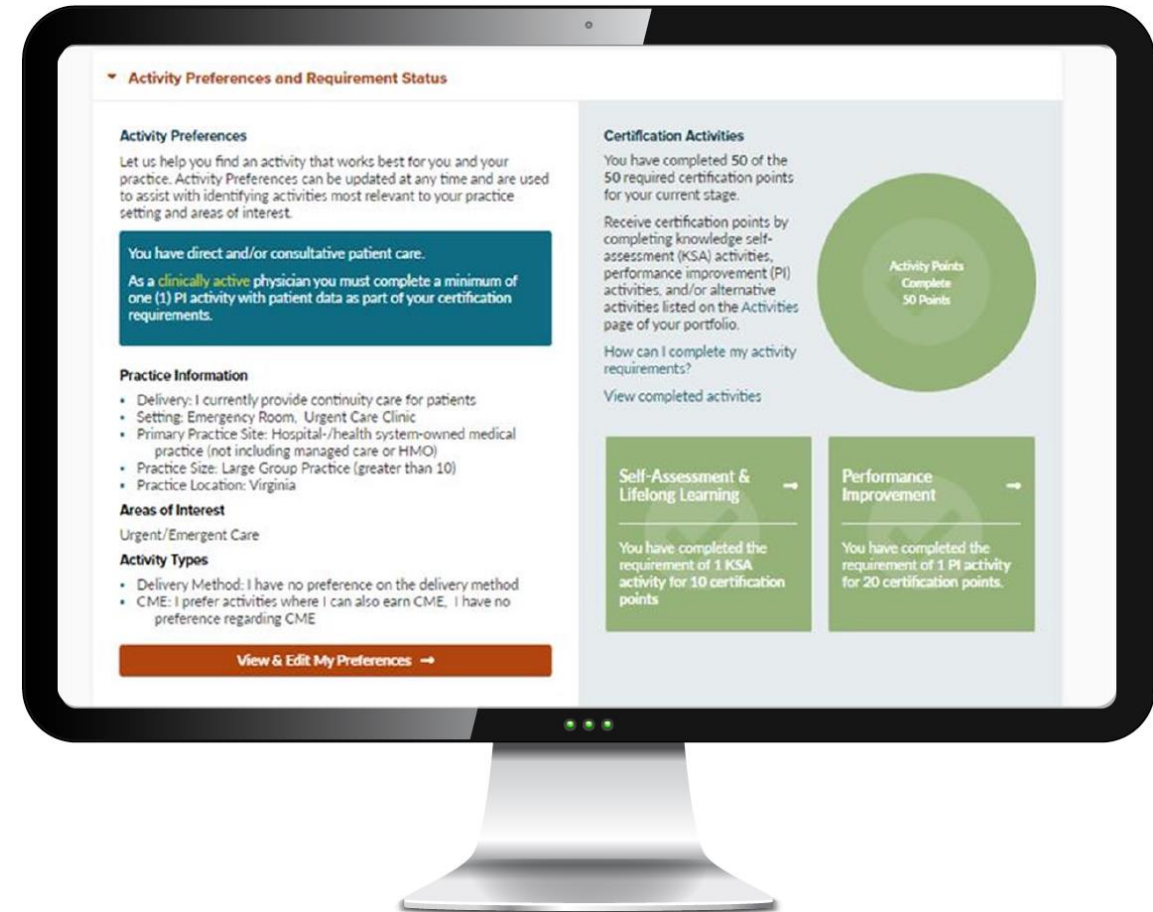
QUALITY

Performance Improvement

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

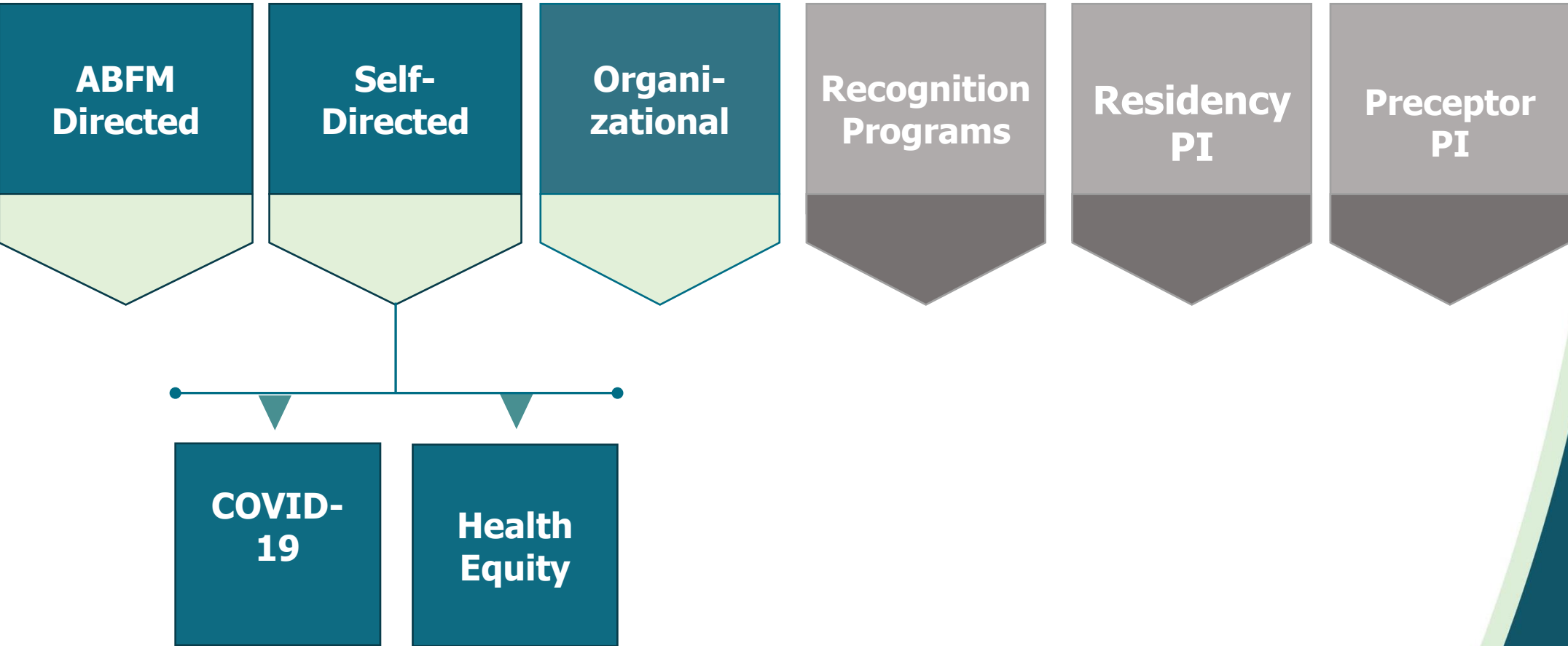
Key Changes

- 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



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

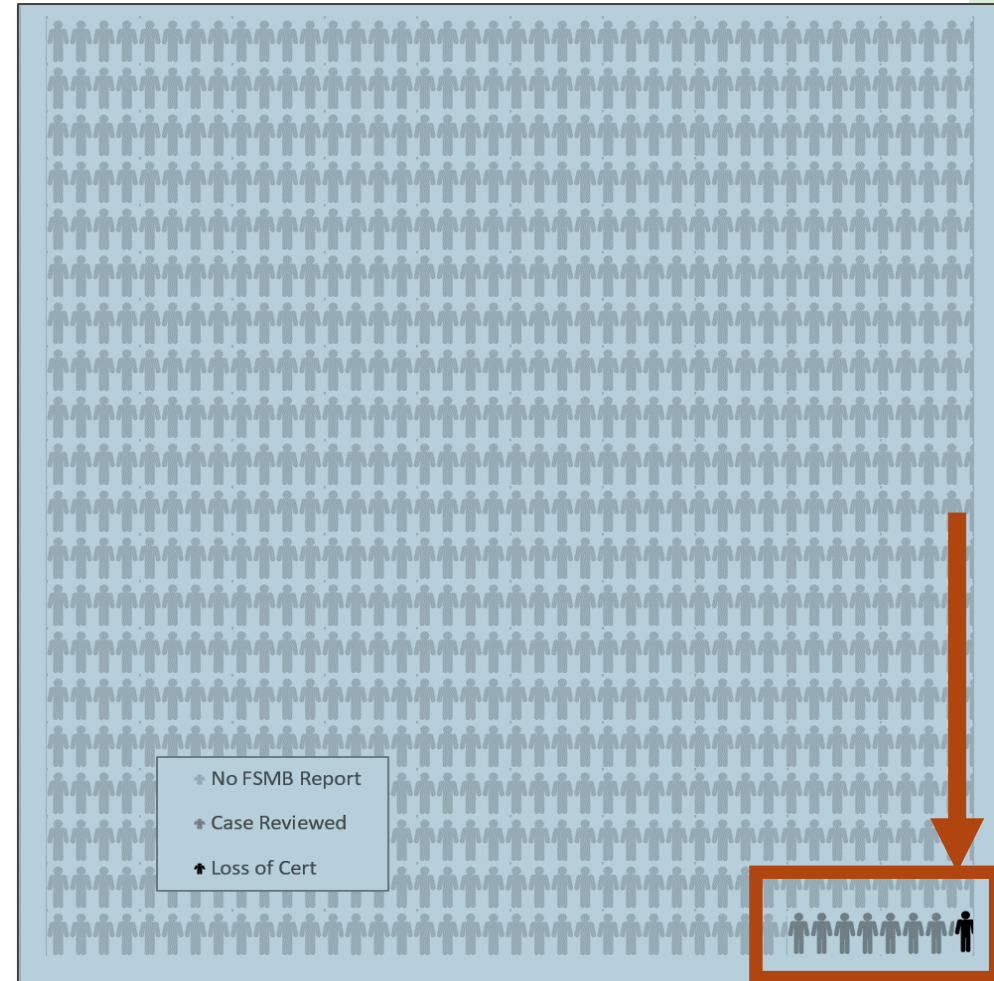
Average Annual Rates of Certification

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.



QUALITY

My ABFM Portfolio

A User-Centered Design Approach

The screenshot shows the 'Track Your Progress' section of the American Board of Family Medicine website. It features a navigation bar with 'My Certification' and 'My Profile' tabs. The main content area is titled 'Resident Entry Process' and includes a 'Resident Training' section with a warning that the user has not met a requirement. Below this is the 'Family Medicine Certification Activities' section, which lists three items: 'Min 1 KSA', 'Min 1 PI', and 'Points'. Each item has a progress bar and a checkbox indicating completion status. The 'Points' item shows a progress bar at 0/50 and a checkbox that is unchecked. A legend on the right explains the requirements for each item.

The screenshot shows the 'MyABFM Portfolio' website. The header includes the MyABFM logo and the user's ABFM ID: 103582. The main content area is titled 'Family Medicine Certification Process' and includes a 'My Requirements' section with a 'CURRENT STAGE' indicator showing '01/01/2018 to 12/31/2020'. Below this is a 'Certification Activities' section with a progress bar showing '40 / 50 Points'. A pie chart on the right shows the distribution of points: 'Points Remaining 10 Points', 'COVID-19 Self-Dire... 20 Points', and 'CKSA 20 Points'. The 'Added Qualifications' section at the bottom provides information about specific requirements and how to request an online application for Certificates of Added Qualifications (CAQs).



EXPERIENCE

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

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American Board *of* Family Medicine

We are all working for the same purpose:

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

