Maintaining Board Certification in Occupational Medicine

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Conflicts of Interest Disclosure

I, Eric Wood, MD, MPH, hereby declare that the content for this activity, including any presentation of therapeutic options, is well balanced, unbiased, and to the extent possible, evidence-based.

My partner/spouse and I have no financial relationships with commercial entities producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients relevant to the content I am planning, developing, presenting, or evaluating.
OBJECTIVES

• Review the origins and evolving nature of Maintenance of Certification
• Review Pathways to Board Certification
• Describe and define the Four Parts of Continuous Certification
• Identify timelines to meet MOC requirements
• Provide resources for achieving MOC requirements

American Board of Medical Specialties (ABMS) Program for MOC

• Implemented in 2001
• ABMS sets standards for individual board certified physicians (i.e. Diplomates) who have achieved Initial Certification
  • Assessment
  • Ongoing learning
  • Practice improvement
• MOC is a continuous professional development process for individual Diplomates
Standards for the ABMS Program for Maintenance of Certification (updated 2015)

“The ABMS Program for Maintenance of Certification serves the patients, families, and communities of the United States (the Public) and improves patient care by establishing high standards for ongoing learning, practice improvement, and assessment activities of diplomates who have achieved initial certification from one or more of the 24 ABMS Member Boards.”

http://www.abms.org/board-certification/a-trusted-credential/built-upon-professional-standards/

Why Maintenance of Certification?

- Provides structured way for Diplomates to plan, implement, and verify process of staying current in their specialty
- Responds to growing concerns about quality of medical care by:
  - Public
  - Employers
  - Payers
- Required by ABMS for all (24) Specialty Boards
American Board of Preventive Medicine (ABPM)

- **Mission:**
  - To grant certificates of special knowledge in Preventive Medicine and in one of the specialty areas of Aerospace Medicine, Occupational Medicine or Public Health and General Preventive Medicine (and subspecialties)
  - To advance the study and cause of Preventive Medicine

- **Specialty Areas**
  - Occupational Medicine
  - Aerospace Medicine
  - Public Health and General Preventive Medicine

- **Subspecialty Areas**
  - Clinical Informatics
  - Addiction Medicine
  - Medical Toxicology
  - Undersea & Hyperbaric Medicine

ABPM Board Certification

**The Board Certificate:**
- Attests all requirements of certification process have been met
- **Dated** January 1 of the year after passing exam
- **Expires** January 31 ten years later
  - For those passing exam in 2017, new certification became valid January 1, 2018 through January 31, 2028

**Who Must Participate in MOC?**
- **All** ABPM certified physicians with time limited board certification **must** participate
  - Physicians who were certified starting in 1998 and beyond
- Some ABPM certified physicians with time unlimited certification may need to participate in MOC for their employer organization or state medical license
  - **Time unlimited** refers to those physicians who were board certified in 1997 and earlier
ABPM Pathways to Board Certification

https://www.theabpm.org/am-i-eligible/

Maintenance of Certification

• Four Parts of Continuous Certification
  
  Part 1: Professionalism & Professional Standing
  
  Part 2: Lifelong Learning and Self-Assessment
  
  Part 3: Assessment of Cognitive Expertise
  
  Part 4: Assessment of Practice Performance

• All Four Parts must be completed prior to expiration of a board certificate
  
  • ABPM uses 10 year certification cycle
  
  • ABPM maintains Diplomates’ status on Dashboard
    
    • https://www.theabpm.org/ see “View Credit History”
MOC - Part 1: Professionalism and Professional Standing

An active, valid and unrestricted medical license in all States, US territories, or Canadian Provinces in which the diplomate is licensed to practice medicine

MOC – Part 2: Life Long Learning and Self-Assessment (LLSA)

A total of 250 hours of CME over the 10-year span of certification

- A minimum of 100 hours of the CME must be ABPM-approved LLSA activities
  - Available in multiple venues (e.g. AOHC, WOHC, ACPM, etc.)
  - Earning MOC Credits: The majority of ACOEM’s educational offerings have been approved for MOC credit and are accessible via the ACOEM Continuing Education Center http://www.acoem.org/ACOEMsRole.aspx
- An additional 150 hours of any Category 1 ACCME approved CME to be completed over the 10 year MOC cycle
- Three year increments:
  - 30 hours of ABPM-approved LLSA credits every 3 years
  - 45 hours of other Category 1 ACCME approved CME every 3 years
- Complete list of LLSA courses at ABPM website
MOC – Part 2: LLSA

- If you maintain certification with another ABMS specialty board (e.g. FM, IM, etc.):
  - 150 hours of CME earned to meet MOC Part 2 requirements of the other ABMS specialty board may be applied to ABPM requirements, so that only the 100 LLSA/MOC credits need to be completed
- **Attestation Statement**
  

**NOTE:** Requirements of this timeline are effective for Diplomates recertifying in 2022 or later (see next slide for prior to 2022)
Patient Safety

- Must be completed in **first two years** of certification cycle
- Patient Safety sessions available at AOHC
- Additional modules listed online at ABPM
- ABPM maintains Diplomates’ status on **Dashboard**
  - [https://www.theabpm.org/](https://www.theabpm.org/) see “View Credit History”
MOC Part 3: **Assessment of Cognitive Expertise (Exam)**

- **Assessment of Knowledge, Judgment, & Skills**
  - Written (paper) exam*
    - Administered at specialty society meetings
    - Meeting registration not required
  - **Exam Content Outlines:** Exams follow same outline as initial certification exams, but do not include core portion.
    - Shorter (100 questions) and more directly practice-relevant in comparison to initial certification examination
  - Specialty examination only

**Part 3 – Assessment of Cognitive Expertise**

- Taken anytime within the 3 years prior to expiration of board certificate

- Could be taken after 10 year certification cycle ended,
  - **BUT** there would be a gap in certification in permanent record

- Note: If you have not yet registered for the MOC process, you must register with ABPM before you can apply to take the MOC Examination
MOC Part 4 - Assessment of Practice Performance

- Complete **two practice assessment and improvement activities** during each 10-year certification cycle (>2022)
- One assessment to be completed in first 5 years of cycle and second in last 5 years
  - **One** must be from Specialty Societies
- May complete Part 4 through any of the three Preventive Medicine specialty societies (ACOEM, ACPM, AsMA)
- For Diplomates maintaining **certification with another ABMS specialty board or a Canadian specialty board**, one Part 4 requirements may be satisfied by completing MOC requirements of that specialty board

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<tr>
<td>Part 4 Completion of an Improvement in Medical Practice project.</td>
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Part 4 – Assessment of Practice Performance

- Practice Performance Assessment
  - A quality improvement self assessment of a Diplomate’s medical practice
  - ACPM, ACOEM, and ASMA provide the programs for completion of the Part 4 (**ACOEM program slides follow**)
  - Other methods to complete Part 4 are (or will be) available but the specialty society programs will need to be completed at least once in 10 year cycle
  - ABMS Portfolio Program
    - [http://mocportfolioprogram.org/](http://mocportfolioprogram.org/)
ABPM or ACOEM?

- **American Board of Preventive Medicine (ABPM)**
  - Grants physicians certificates in the specialty/subspecialty areas of Preventive Medicine

- **American College of Occupational and Environmental Medicine (ACOEM)**
  - **Specialty Societies**: organizations that are composed of practitioners of that specialty that promote the advancement of that specialty

- ACOEM provides collaboration with ABPM in certain areas, such as providing the MOC Part 4 program

ACOEM Part 4: Assessment of Practice Performance

- ACOEM developed a program (2008) outlined in booklet form to assist diplomates in completing MOC Part 4 requirements
  - Required for ABPM diplomates with time-limited board certificates

  NOTE: Plan on completing booklet over the course of at least 6 months

https://www.acoem.org/ProductDetails.aspx?productid={0EFC3CF8-E712-DD11-A4AE-0014222258BA}
ACOEM Part 4 Booklet

The ACOEM booklet guides diplomates through the required self-assessment of a practice performance:

1. Identify area in current practice for target improvement:
   • Direct Patient Care OR
   • Teaching, Administration/ Management, or Research
2. Design and implement a quality improvement plan
3. Complete one cycle of
   “Assessment—Improvement—Re-assessment”

ACOEM Part 4: Patient Care

1. Select Primary Practice Theme:
   a. Musculoskeletal Disorders
   b. Work Ability (e.g. RTW, pre-placement, IME, etc.)
   c. Environmental Health/Toxicology (chemical exp., IAQ, air pollution, etc.)
   d. Clinical Preventive Medicine (e.g. tobacco, seat belt, vaccination, etc.)
2. Complete Medical Chart Review (10 charts, random selection)
3. Identify Target Area for Improvement
4. Develop Quality Improvement Plan (e.g. PDSA, PDCA, Six Sigma, etc)
5. Implement Action Plan
6. Measurement of Improvement: 2nd Chart Review (min. 4 months)
7. Identification of ABMS Core Competencies in Practice
8. Continuous Quality Improvement
MOC Part 4: Patient Care Assessment Method

- Diplomate reviews 10 patient charts (random selection) in practice category chosen
- Diplomate compares documentation to ACOEM workbook template of core items for that selected practice category
  - Patient chart review templates are divided into items labeled “essential” and “recommended” documentation
  - Example: date of injury is considered essential for MSK disorders
- Diplomate identifies if each area of medical record documentation is present, absent, or not applicable in their own chart
MOC Part 4 Patient Care Assessment Method (example)

Example excerpt from the patient chart review template

• Area with the lowest percent selected for an improvement plan: “Treatment provided prior to arrival”

<table>
<thead>
<tr>
<th>Please identify if documentation pertaining to numbers 1-17 below are present in your medical chart entries using the appropriate column.</th>
<th>Number of charts where requested documentation is present (P)</th>
<th>Number of charts where requested documentation is absent (A)</th>
<th>Number of charts where documentation is not applicable (N/A)**</th>
<th>RESULTS: Percent of charts with appropriate documentation P/(P+A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. REASON FOR ASSESSMENT: HPI ESSENTIAL:</td>
<td>10</td>
<td>0</td>
<td>1</td>
<td>100%</td>
</tr>
<tr>
<td>1. Date of injury (or disease onset)</td>
<td>9</td>
<td>0</td>
<td>1</td>
<td>100%</td>
</tr>
<tr>
<td>2. Mechanism of injury (or symptom onset)</td>
<td>7</td>
<td>3</td>
<td></td>
<td>70%</td>
</tr>
<tr>
<td>RECOMMENDED:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Treatment prior to arrival</td>
<td></td>
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</tbody>
</table>

ACOEM Part 4: Teaching, Research, or Administration/Management

1. Verify Non-Clinical as Primary Practice Focus
2. Compile Baseline Documentation

**CV, PLUS (2) of the following:**

• Most recent annual evaluation
• A completed letter of opinion from a supervisor
• Feedback from one of your grant submissions
• Feedback from one of your publication submissions
• Feedback from one of your educational sessions
  • ideally at least 10 reviews, if not able to submit 10, explain why)
• A letter of opinion from a customer, learner, or someone under your supervision or previously obtained feedback from such a source
ACOEM Part 4: Teaching, Research, or Administration/Management

3. Identify Target Area for Improvement
   A: Based on Step #2, choose 1 area for improvement (or)
   B. Select an ACOEM Competency
4. Design a Quality Improvement Plan
   Choose method (e.g. PDSA, PDCA, 6 sigma, etc...)
   Select specific target goal
5. Implement Action Plan
6. Conduct 2nd Review to Measure Improvement
7. Describe Continuous Quality Improvement Plan

ACOEM MOC Committee

Current Members of the MOC Committee:
Denece Kesler (Chair)
   i.e. Your Peers. Volunteers.

Special Thanks to Denece Kessler, MD, MPH
ABPM Board of Directors
Occupational Medicine Directors

• Tonette Krousel-Wood- ABPM Chair
• Eric Wood- OM Vice Chair
• Jeffrey Levin
• Beth Baker
• Tim Mallon

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Thank You - QUESTIONS?

Maintaining Board Certification in Occupational Medicine

ADDENDUM SLIDES:
ACOEM FAQs
ACOEM FAQs

- **How Can ACOEM help me meet the Part 4: Assessment of Practice Performance requirement?**

  At the request of the American Board of Preventive Medicine (ABPM), ACOEM has developed the program outlined within a booklet to assist you in completing MOC Part 4 requirements.

http://www.acoem.org/ACOEMsRole.aspx

ACOEM FAQs (Part 4)

- **What is the cost?**

  ACOEM members will be charged $295 and non members will be charged $395. The Part 4 booklet may be purchased online through the ACOEM Product Catalog.

- **How long will it take?**

  While the time required to complete the activities are minimal, the program should be completed over a minimum of a 6-month time period. Please note that the review process of completed modules may take up to an additional 60 days.

http://www.acoem.org/ACOEMsRole.aspx
ACOEM FAQs

• How does ABPM know I earned MOC Credits through ACOEM?

Upon completion of the educational program, ACOEM will provide you with information to complete and return to our office that verifies your attendance. ACOEM will then submit your credit information to ABPM. Credit information is submitted to ABPM on a weekly basis.

http://www.acoem.org/ACOEMsRole.aspx

ACOEM FAQs

• How do I track my MOC Credits?

The ABPM Maintenance of Certification (MOC) Online Center allows you to track your activities and view the LLSA/MOC activities you have completed toward meeting the Lifelong Learning and Self-assessment requirement.

http://www.acoem.org/ACOEMsRole.aspx
ACOEM FAQs

• Can ACOEM help me prepare for the MOC (Re-certification) exam?

Yes! Twice a year ACOEM holds its popular Occupational Medicine Board Review course. This two day, in-person offering covers topics relevant to the rigorous ABPM occupational medicine examination and provides sample questions and guidance for preparation and test-taking strategies.

http://www.acoem.org/ACOEMsRole.aspx

Board Review and the Middle-Aged Doctor

(4/2/17)

“Little did they know about the unexpected perks of studying for the board exam 20 years post-residency: mitgefühl* aplenty, a validation of witnessing (and abiding with) the pain of those close to me and, from my middle-aged perspective, a certain comfort.”

-Anna Reisman, M.D.

*The German word mitgefühl, “with feeling,” marries compassion with condolences, commiseration, and sympathy; the prefix “mit,” or “with,” avows the togetherness, the accompaniment... abiding with patients.”