Maintaining Board Certification in Occupational Medicine

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PLEASE STAND BY – WEBINAR WILL BEGIN AT 12:00 PM PST
FOR AUDIO: CALL 866-740-1260 / ACCESS CODE: 764-4915#

Conflict 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.

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OBJECTIVES

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

History of Board Certification

• First Medical Specialty Board established (1916)
  – American Board of Ophthalmology
• American Board of Medical Specialties (1933)
  – American Board of Dermatology
  – American Board of Obstetrics and Gynecology
  – American Board of Ophthalmology
  – American Board of Otolaryngology
• American Board of Preventive Medicine (1949)
• 24 ABMS Specialties currently
Increased Concern for Accountability in Physician Assessment

- To Err is Human: Building a Safer Health System, Institute of Medicine (2000)
- Crossing the Quality Chasm: A New Health System for the 21st Century, Institute of Medicine (2001)
  - “Overuse” of low-value services that do not materially improve the health of persons and populations
  - “Underuse” of care recommended by evidence-based clinical guidelines
  - “Misuse” or errors of omission or commission that result in substantial preventable morbidity, mortality and cost

Medical error—the third leading cause of death in the US (BMJ, 2016)

“We calculated a mean rate of death from medical error of 251,454 a year using the studies reported since the 1999 IOM report and extrapolating to the total number of US hospital admissions in 2013.”
“When doctors prescribe medicine, more than just their patients count on them to get it right. Society as a whole has an interest in keeping certain drugs under control -- and the evidence shows that when it comes to opioid pain relievers and antibiotics, some doctors are failing to do so.”

“Doctors say they resent government interference in the practice of medicine -- but more training would benefit doctors and society alike. Perhaps incentives can be designed to get more doctors to sign up. If not, training may have to be mandatory. One way or another, doctors need to set aside the time to learn how to better perform this essential part of their jobs.”

American Board of Medical Specialties (ABMS) Program for MOC

- Implemented in 2001
- Set standards for Diplomates who have achieved Initial Certification
  - Assessment
  - Ongoing learning
  - Practice improvement
Goals of Certification

• **Primary Goal**: Assurance to public
  Providing voluntary standard of assessment recognizable as designating high level of knowledge in field

• **Secondary Goals**:
  – Define/Advance Specialty
  – Peer Recognition
  – Coherent scope of knowledge/practice
  – Coherent education/evaluation process
  – Continued relevance to needs

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 diplomats 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/
“ABMS, in partnership with its 24 certifying Member Boards, serves the public and the medical profession by improving the quality of health care through setting professional and educational standards for medical specialty practice and certification.”


The ABMS Program for MOC involves ongoing measurement of six core competencies defined by ABMS and ACGME:

- Practice-based Learning and Improvement
- Patient Care and Procedural Skills
- Systems-based Practice
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism
ABMS Professional Standards (2015) greater emphasis on:

• Professionalism - how physicians carry out their responsibilities safely and ethically
• Patient Safety - how physicians use patient safety knowledge to reduce harm and complications
• Performance Improvement - how physicians use the best evidence and practices compared with peers and national benchmarks to treat patients
• Incorporating Judgment into Examinations – assessing not just what the physicians know but what they do with that knowledge

American Board of Preventive Medicine (ABPM)

• Specialty Areas
  – Occupational Medicine
  – Aerospace Medicine
  – Public Health and General Preventive Medicine

• Subspecialty Areas
  – Clinical Informatics
  – Medical Toxicology
  – Undersea & Hyperbaric Medicine
Pathways to Certification

- Four Pathways:
  - Residency Pathway
  - Special Pathway (second certification for only ABPM Diplomates)
  - Alternative Pathway (only if graduated from medical school before 1984)
  - Complementary Pathway (2 years of ACGME-approved non-PM residency AND 1 year in PM residency AND five specific graduate courses AND specialty practice in 2 of last 5 years)

- Full information on requirements for each of pathway is available in ABPM Booklet of Information at: www.theabpm.org/publications/infobook.pdf

ABPM Board Certification

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
  - e.g., for those passing exam in 2016, new certification becomes valid January 1, 2017 through January 31, 2027
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 by public, employers, and payers about quality of medical care
- Required by ABMS for all Specialty Boards

Continuous Certification continues to evolve:

- Changes are under direction and guidance of ABMS
  - Composed of all 24 Member Boards
- MOC is included in Affordable Care Act
- MOC is included in recently approved Maintenance of Licensure (MOL) standards for the Federation of State Medical Boards
Maintenance of Certification

- Four Parts of Continuous Certification:
  - Part 1: Professional Standing
  - Part 2: Lifelong Learning and Self-Assessment (LLSA)
  - Part 3: Assessment of Cognitive Expertise
  - Part 4: Assessment of Practice Performance

- All Four Parts must be completed prior to the expiration of a board certificate

- ABPM uses a 10 year certification cycle
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
  – Note: Available in multiple venues (many offered at Specialty Society meetings)
• 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
  – https://www.theabpm.org/moc/modules.cfm
MOC – Part 2

- If you maintain certification with another ABMS specialty board:
  - 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

Maintenance of Certification (MOC) Participation

Diplomates complete MOC requirements according to this schedule during each ten-year certification cycle. Diplomates who do not complete the requirements in the timelines defined in the MOC program are not certified but will be listed as "not participating" in MOC on the ABMS website. The ABMS website lists only certification status, not MOC status.

The requirements, shown on this timeline, are effective for diplomates recertifying in 2022 or later. Please use the list of MOC requirements by year of certification for diplomates recertifying before 2022.

Please note this schedule may change to maintain consistency with MOC requirements; the ABPM will notify all diplomates of any changes.

Part 1
An active, valid and unrestricted medical license in all States, US territories, or Canadian Provinces in which the diplomate is licensed to practice medicine.

Part 2
75 AMA PRA Category 1 continuing medical education credits for all 10 years of which must be ABPM-approved MOC LLSA activities.

Part 3
Completion of an Improvement in Medical Practice project.

Part 4
Completion of an Improvement in Medical Practice project.
Patient Safety

- New Part 2 Component—Required by ABMS
- Must be completed in **first two years** of certification cycle
- Diplomates certified by ABPM through Residency Pathway do **not** need to complete a Foundation Patient Safety Course during their first ten-year certification cycle, if they completed residency training in 2012 and later
MOC Part 3
Assessment of Cognitive Expertise (Examination)

- Assessment of Knowledge, Judgment, & Skills
  - Paper exam
    - administered at specialty society meetings
    - meeting registration not required
  - 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
  - Also open to lifetime certificate holders who choose to participate in MOC process voluntarily

- 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
- 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

**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/)
ACOEM’s Role in the MOC Program

• ACOEM’s objective is to guide ABPM Diplomates in completing the four components of MOC

• 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

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 Part 4: Assessment of Practice Performance

- ACOEM developed a program outlined in booklet form to assist diplomates in completing MOC Part 4 requirements
  - Required for ABPM diplomates with time-limited board certificates expiring in 2011 and beyond
  - Plan on completing booklet over the course of at least 6 months.


ACOEM Part 4 Booklet

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

1. Identify area in current practice for target improvement:
   - **Patient Care, Teaching, Administration/Management, or Research**
   - **NOTE:** If over 10% of time is spent in patient care then diplomate must complete self assessment in patient care

2. Design and implement a quality improvement plan

3. Complete one cycle of “assessment—improvement—assessment”
### ACOEM Part 4: Patient Care

1. Select Primary Practice Theme:
   a. Musculoskeletal Disorders
   b. Work Ability
   c. Environmental Health/Toxicology
   d. Clinical Preventive Medicine

2. Complete Medical Chart Review (10 charts)

3. Identify Target Area for Improvement

4. Develop Quality Improvement Plan (e.g. PDSA, etc)

5. Implement Action Plan

6. Conduct 2nd Review to Measure Improvement (min. 4 months)

7. Identification of ABMS Core Competencies in Practice

8. Continuous Quality Improvement

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#### Quality Improvement Worksheet: Workability Evaluations

<table>
<thead>
<tr>
<th>What are we trying to accomplish?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How will we know that a change is an improvement?</td>
</tr>
<tr>
<td>What changes can we make that will result in improvement?</td>
</tr>
</tbody>
</table>

### Workability Evaluations

<table>
<thead>
<tr>
<th>Essential</th>
<th>Recommended</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Statement of reason for assessment</td>
<td>- Description of workplace physical demands</td>
<td>- Significant source history</td>
</tr>
<tr>
<td>- Medical history of injury or exposure</td>
<td>- Previous history of injury or exposure</td>
<td>- Significant source history in</td>
</tr>
<tr>
<td>- Description of workplace physical demands</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

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### Do-Act-Plan-Study Cycle

- **Do**: Implement changes
- **Act**: Evaluate outcomes
- **Plan**: Adjust as needed
- **Study**: Analyze results
ACOEM Part 4: Teaching, Research, Administration/Management

1. Verify Non-Clinical as Primary Practice Focus
2. Compile Baseline Documentation
   CV + 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, Administration/Management (cont.)

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 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](http://www.acoem.org).

- **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](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](http://www.acoem.org/ACOEMsRole.aspx)
ACOEM FAQs

• **How do I track my MOC Credits?**

The [ABPM Maintenance of Certification (MOC) Online Center](http://www.acoem.org/ACOEMsRole.aspx) allows you to track your activities and view the LLSA/MOC activities you have completed toward meeting the Lifelong Learning and Self-assessment requirement.

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](http://www.acoem.org/ACOEMsRole.aspx)
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www.woema.org