

ASAM VIRTUAL
REVIEW COURSE
in Addiction Medicine

2023



**BOARD EXAM
STUDY GUIDE**

<https://elearning.asam.org/review-course>

ABOUT THE STUDY GUIDE

Preparing for board exams can be challenging, and each learner has unique needs. Whether you are looking for a refresher after the live course or completing the course entirely on-demand, this complimentary study guide was designed to help you make the most of your 2023 Review Course experience.



ASAM is dedicated to providing you with the support and resources you need to excel in your board exams.

Let this study guide be your companion on your journey towards certification!

In this guide, you will find:

- A suggested breakdown of topics aligned with the Review Course Weekly Office Hours, where you can interact with expert faculty, ask questions, and access additional practice questions.
- An overview of important dates relevant to the Board Certification Exams, ensuring you stay informed and on track.
- A list of topics with associated textbook chapters for optional further reading.
- Additional tips and suggestions to optimize your studying plan.

STUDY TIP:

Consider adjusting this study plan to better fit your needs by focusing on topics you are least familiar with first and saving more familiar topics to the end, or skipping topics you are confident in.

REFERENCED RESOURCES



LECTURES AND OFFICE HOURS

<https://elearning.asam.org/review-course>

Access all recorded lectures, post-test questions, and weekly office hours by visiting the 2023 Virtual Review Course product in the ASAM eLearning Center.



BOARD EXAM STUDY TOOL (BEST)

<https://elearning.asam.org/board-exam-study-tool>

Looking for additional practice? Test your knowledge with over 500 practice questions mapped to the exam blueprint by registering for the BEST.



ASAM PUBLICATIONS

<https://www.asam.org/publications-resources/textbooks>

For a more in-depth overview, purchase ASAM's textbooks, often cited by test-takers as their go-to reference text: *The ASAM Essentials of Addiction Medicine, 3rd Edition* and *The ASAM Principles of Addiction Medicine, 6th Edition*.

TIMELINE

TIMEFRAME

ACTION

Week 0

Preparation & Live Review Course:

- Attend the Virtual Review Course **July 27 – 28, 2023**
- Watch *Becoming Certified: Pathways, Insights and Preparation Strategies*
- Determine study plan
- Test your knowledge with BEST mock exam (*separate registration*)

Week 1

Neurobiology & Stimulants:

- Watch *Neurobiology of Addiction: Key Concepts and Models*
- Watch *Stimulant Use Disorder: From Neurobiology to Public Health*
- Test your knowledge by completing the post-test questions
- Attend Review Course office **Thursday, August 3rd at 5:00 pm ET**

Week 2

Co-Morbidities:

- Watch *Psychiatric Co-Morbidities: Complexities of Diagnosis and Care*
- Watch *Medical Co-Morbidities: Diagnosis, Prevention and Complications*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, August 10th at 11:00 am ET**

Week 3

Other Classes of Drugs & Behavioral Addiction:

- Watch *Other Classes of Drugs: Pharmacology and Epidemiology*
- Watch *Behavioral Addiction: Criteria, Challenges and Considerations*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, August 17th at 5:00 pm ET**

Week 4

Pharmacology & Toxicology:

- Watch *Pharmacology and Toxicology: Principles, Applications, and Limitations*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, August 24th at 11:00 am ET**

Study Tip: Reviewing on the go? Download audio-only lecture files from the eLC to listen to while you commute or work on other tasks.

TIMELINE

TIMEFRAME

ACTION

Week 5

Cannabis, Opioids & Pain:

- Watch *Cannabis Use Disorder: Science, Trends, and Clinical Implications*
- Watch *Opioid Use Disorder: Science, History, and Clinical Implications*
- Watch *Pain and Addiction: Trends and Treatments*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, August 31st at 5:00 pm ET**

Week 6

Alcohol & Sedatives:

- Watch *Alcohol Use Disorder: Neurobiology, Diagnosis and Treatment*
- Watch *Sedative Use Disorder: Research and Practice*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, September 7th at 11:00 am ET**

Week 7

Non-Pharmacological Interventions:

- Watch *Psychosocial Interventions: Cognitive Behavioral Therapy and Motivational Interviewing*
- Watch *Psychosocial Interventions: Mutual Help, Psychotherapy, and Social Support*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, September 14th at 5:00 pm ET**

Week 8

Youth, Elderly & Ethics:

- Watch *Treatment for Different Stages of Life: Adolescents, Young Adults, and the Elderly*
- Watch *Ethics and the Law: Principles and Implications*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, September 21st at 11:00 am ET**

Study Tip: For additional support and accountability, consider finding a study buddy by connecting with other Review Course attendees or organize a study group with colleagues also preparing for the exam.

TIMELINE

TIMEFRAME

ACTION

Week 9

Epidemiology, Pregnancy & Genetics:

- Watch *Epidemiology: Core Concepts and Applications*
- Watch *Genetics and Gender: Impacts on Diagnosis and Care*
- Watch *Pregnancy and Newborns: Considerations from Science to Systems*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, September 28th at 5:00 pm ET**

Week 10

History & Prevention:

- Watch *Evolution of Addiction and Treatment: History and Impact*
- Watch *Prevention and Public Health: From Theory to Practice*
- Test your knowledge by completing the post-test questions
- Attend Review Course office hour **Thursday, October 5th at 11:00 am ET**

Week 11

Tobacco & Final Review:

- Watch *Tobacco Use Disorder: Public Health and Practice*
- Review high-yield topics
- Test your knowledge with the BEST mock exam (*separate registration*)
- Attend Review Course office hour **Thursday, October 12th at 5:00 pm ET**
- ABPM Exam Dates: October 16 – November 5, 2023
- AOA Exam Dates: November 8 – 10, 2023

BOARD EXAM CERTIFICATION INFORMATION

American Board of Preventive Medicine (ABPM)

To learn more about the addiction medicine subspecialty and exam, visit:

<https://www.theabpm.org/>

American Osteopathic Association (AOA)

To learn more about the addiction medicine subspecialty and exam, visit:

<https://certification.osteopathic.org/addiction-medicine/certification-process/>

Study Tip: Need additional guidance on the ABPM Exam? Reach out to MI Cares for help preparing for certification. Visit: <https://micaresed.org/>

FURTHER READING

If you would like to explore the content covered in this course in greater depth, see the list of topics with their associated chapters in *The ASAM Essentials of Addiction Medicine, 3rd Edition* and *The ASAM Principles of Addiction Medicine, 6th Edition*.

TOPIC	ESSENTIALS	PRINCIPLES
Week 1		
Neurobiology of Addiction	1, 5	1, 4, 5, 62, 108
Stimulant Use Disorder	12, 13, 54, 59	12, 59
Week 2		
Psychiatric Co-Morbidities	92-99	29, 31, 40, 92-99
Medical Co-Morbidities	79-89	29, 31, 39, 79-89, 91
Week 3		
Other Classes of Drugs	16-19, 21, 61	13, 16-19, 21, 61
Behavioral Addiction	44-46, 48	44-48
Week 4		
Pharmacology and Toxicology	8, 23	8, 23, 34, 50, 119
Week 5		
Cannabis Use Disorder	15	15, 118
Opioid Use Disorder	11, 53, 57, 58	11, 53, 57, 58
Pain and Addiction	91, 100-105	100-105
Week 6		
Alcohol Use Disorder	9, 27, 51, 55	9, 27, 41, 51, 55, 90
Sedative Use Disorder	10, 52, 56	10, 52, 56
Week 7		
Cognitive Behavioral Therapy and Motivational Interviewing	63, 66, 74	63, 65, 66, 71
Mutual Help, Psychotherapy, and Social Support	32, 64, 68, 69, 71, 72, 76-78	32, 64, 68-70, 72, 74-78
Week 8		
Treatment for Different Stages of Life	22, 41, 43, 107-114	43, 54, 107, 109-114
Ethics and the Law	106, 111, 115-121	6, 49, 106, 115-117, 120
Week 9		
Epidemiology	3	3
Pregnancy and Newborns	22, 38, 90	38, 90
Genetics and Gender	38	38
Week 10		
Evolution of Addiction and Treatment	26, 28-30	2, 7, 26, 30, 35, 36
Prevention and Public Health	7, 25, 33, 37	22, 24, 25, 28, 36, 37, 42, 73, 107, 121
Week 11		
Tobacco Use Disorder	14, 20, 60, 67	14, 20, 60

Study Tip: Any reading assignment will look a whole lot easier when you break it down into small chunks. Just focus on reading a little bit at a time.