

Becoming Certified: Pathways, Insights and Preparation Strategies

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Becoming Certified in Addiction Medicine through ABPM

ASAM Review Course

July 23, 2022

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Objectives

- Describe the requirements for achieving certification by the American Board of Preventive Medicine (ABPM).
- Highlight Exam Registration and Pass Rates for the Initial Certification Exam in Addiction Medicine
- Describe the process for maintaining certification during ABPM's transition to a new Continuing Certification Program.

Eligibility Requirements & Pathways to Certification

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Key Eligibility Requirements for Addiction Medicine Exam

- Current certification by any of the ABMS Member Boards.
- ABPM will accept current certification by the AOA for the Fellowship pathway only.
- Medical degree or equivalent
- Medical licensure: current, unrestricted and valid in US or Canada in all jurisdictions where the physician is licensed
- Training or experience in Addiction Medicine
 - Practice Pathway
 - ACGME-Accredited Fellowship in Addiction Medicine

Practice Pathway

- Provides opportunity for physicians who have significant Addiction Medicine practice experience or training but who have not completed an ACGME-accredited Addiction Medicine fellowship to qualify for the certification exam
- Practice Pathway will be open through 2025 Exam Cycle
 - Original Expiration Date was at the conclusion of the 2021 Exam Cycle
 - ABPM sought and received a 4-year extension of the Practice Pathway
- Two pathway tracks:
 - Time in practice
 - Non-ACGME-Accredited Fellowship training

Practice Pathway: Time in Practice

- 1,920 hours of relevant practice in ADM at the subspecialty level
 - Completed over at least 24 months
 - Need not be continuous, but must be within 60 months immediately preceding June 30 of the application year
- Broad-based, professional activity with significant addiction medicine responsibility
 - Clinical care including prevention and treatment of individuals at risk for substance use disorders (minimum 480 hours)
 - Teaching, research and/or administration activities (maximum 1,440 hours)

Practice Pathway: Non-ACGME-Accredited Fellowship

- Successful completion of at least 12 months of fellowship training accredited by the American Board of Addiction Medicine (ABAM)
 - Documentation of the training curriculum
 - Description of applicant training experience
 - Verification by Program Director
- If fellowship training is less than 12 months, training time may be applied to the “Time in Practice” track

ACGME-Accredited Fellowship Pathway

- Successful completion of a minimum of 12 months of ACGME-accredited fellowship training
 - If fellowship program is approved for more than 12 months of training, successful completion of all years of training for which the fellowship program is accredited
- Addiction Medicine fellowship programs began accreditation process through ACGME in February 2018

Examination Content, Questions & Timeline



Exam Content

- Assesses ability to apply knowledge rather than recall of isolated facts
- Focuses on high-frequency and/or high-impact patient problems
- Emphasizes clinical situations and decisions arising in the experienced addiction medicine specialist's practice

Core Content Areas

Core Content Areas	
25%	01 Definitions
	02 Genetics
	03 Pharmacokinetic and Pharmacodynamic Principles
	04 Pharmacology
	05 Neurobiology of Addiction
20%	06 Epidemiological Concepts
	07 Epidemiological Trends of Substance Use Disorders
	08 Prevention
40%	09 Screening, Assessment, and Brief Intervention
	10 Overview of Addiction Treatment
	11 Management of Inpatient and Outpatient Intoxication and Withdrawal
	12 Pharmacologic Interventions for Addictions
	13 Behavioral Interventions
	14 Co-Occurring and Medical Disorders among Patients with Alcohol and Other Drug Use and Addiction
	15 Co-Occurring Psychiatric Disorders among Patients with Alcohol and Other Drug Use and Addiction
	16 Pain and Addiction
15%	17 Ethical, Legal and Liability Issues in Addiction Practice

Exam Content

Addiction		Target Percentage
01	Alcohol	15-20%
02	Sedatives	7-10%
03	Stimulants	7-10%
04	Opioids	10-15%
05	Cannabinoids	7-10%
06	Nicotine	15-20%
07	Hallucinogens	.5-3%
08	Dissociatives	.5-3%
09	Inhalants	.5-3%
10	Anabolic steroids	.5-3%
11	Other substances	1-3%
12	Nonsubstance addiction	1-3%
13	General/All substances combined	1-5%

Exam Questions

- Multiple choice questions; single-best answer
- Types of Multiple-Choice Questions
 - **Recall:** specific important facts
 - **Interpretation:** e.g., identify a fatal study flaw, diagnose a patient
 - **Problem Solving:** e.g., judgment about clinical treatment, healthcare administration, study design, 2x2 tables, etc.
- Calculator, drug name list, and normal range values provided

What is NOT on the Exam?

- True/False items
- K-type questions: choose appropriate set of correct answers
- Trick questions
- “Experimental” questions

Exam Timeline

- Late October – early November: all exams administered
- November/December: all exams scored
- December/January: Key validation process
 - Each question's performance reviewed
 - Focus on low-performing question
 - Questions may be retained, re-keyed, or dropped based on performance
 - Each candidate's exam is then rescored
- January: Board reviews exam results and characteristics
 - Scores equated to a standardized score so passing standard represents the same level of proficiency year after year
 - Eliminates effects of variance in exam difficulty from year to year

Certificate

- Attests that all requirements of Certification in the Specialty/Subspecialty have been met.
- Dated January 1 of the year after the exam.
 - Subject to continuing compliance with Continuing Certification Program (CCP) requirements, Certificate will expire December 31, ten years after issuance
 - E.g., for those passing the 2022 examination, the effective date of the Certification will be January 1, 2023 through December 31, 2032.
- All Addiction Medicine Diplomates Certified by the ABPM are subject to the Annual Fee

Important Dates

Application Window Opens - March 14

Exam Registration Opens - May 25

Application Window Closes – June 30

Late Application Window Opens - July 1

Late Application Window Closes - July 15

Exam Registration Closes - September 16

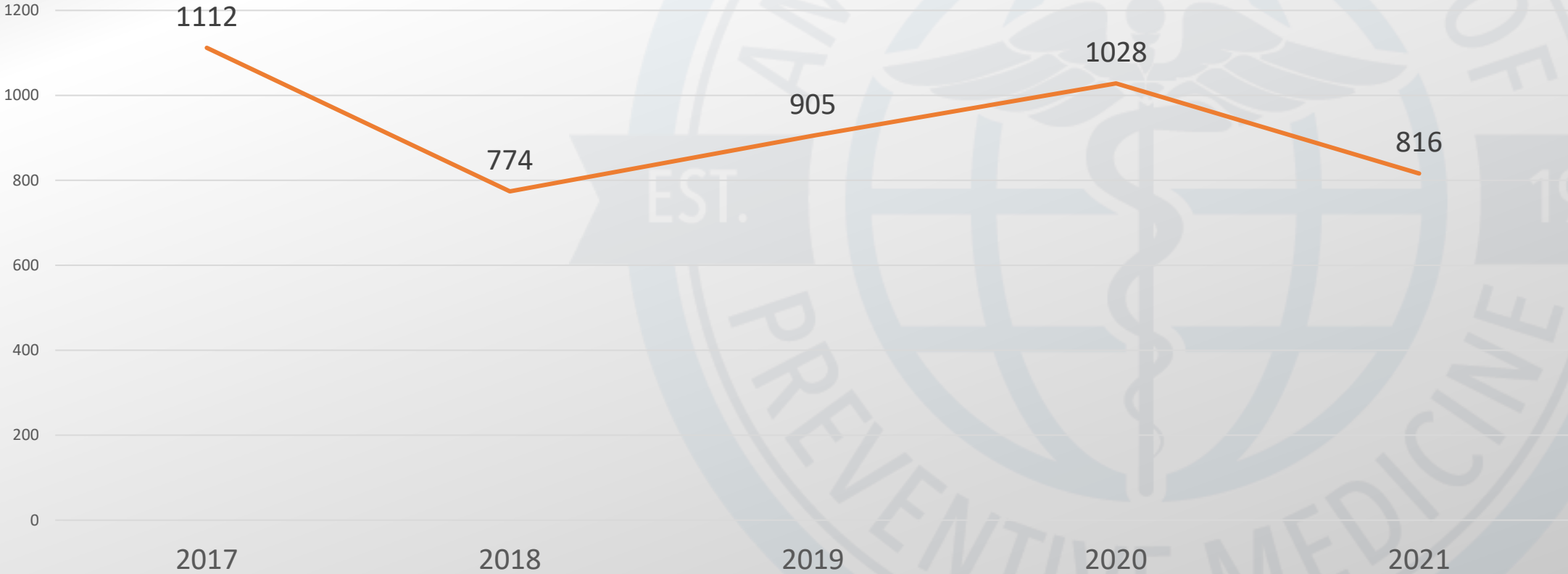
Exam Administration – October 10-30

Exam Results – Early February 2023

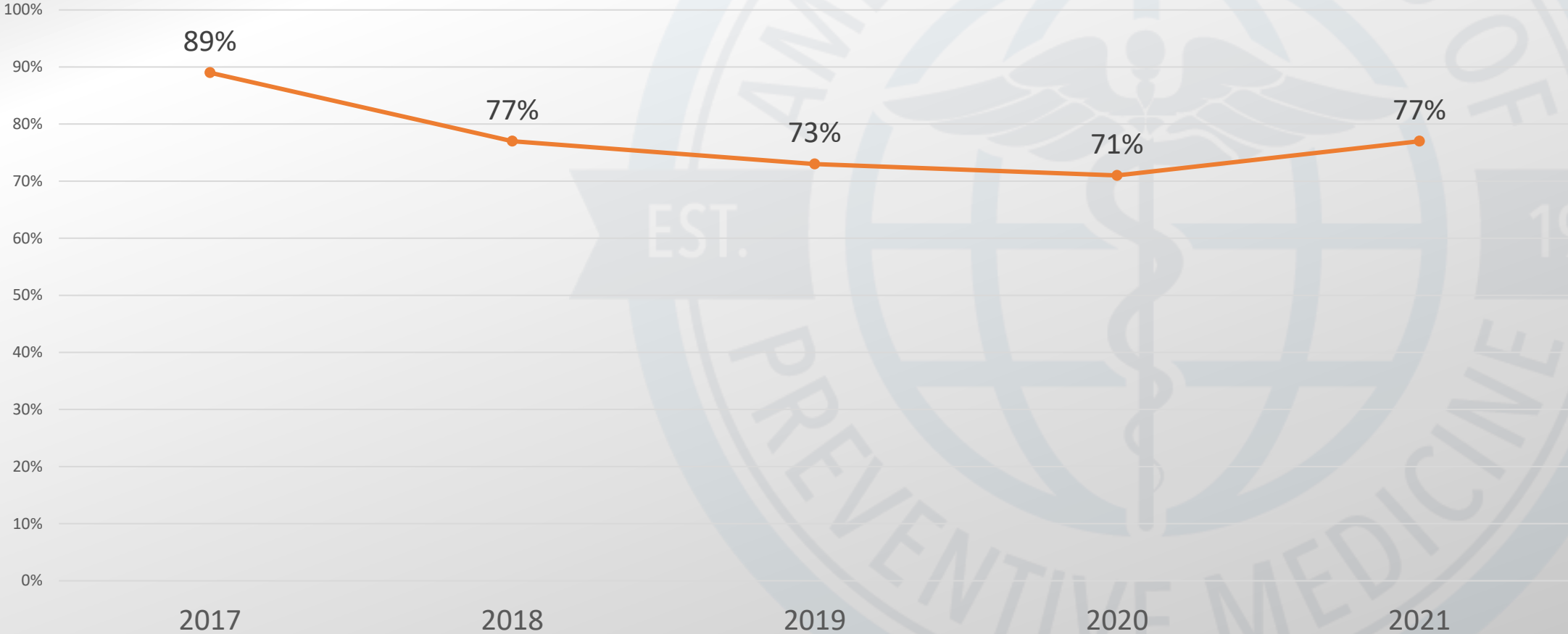
Exam Registration & Pass Rate Data



Addiction Medicine Exam Registrations, 2017-2021



Addiction Medicine Exam Pass Rates by Pathway



Continuing Certification Program Update



Updated ABMS Standards for Continuing Certification

- ABMS approved updated Standards for Continuing Certification in October 2021
 - Provides framework for a meaningful process of ongoing professional development and assessment
 - All ABMS Member Boards, including ABPM, are obligated to implement the updated standards in their continuing certification programs, using a phased approach

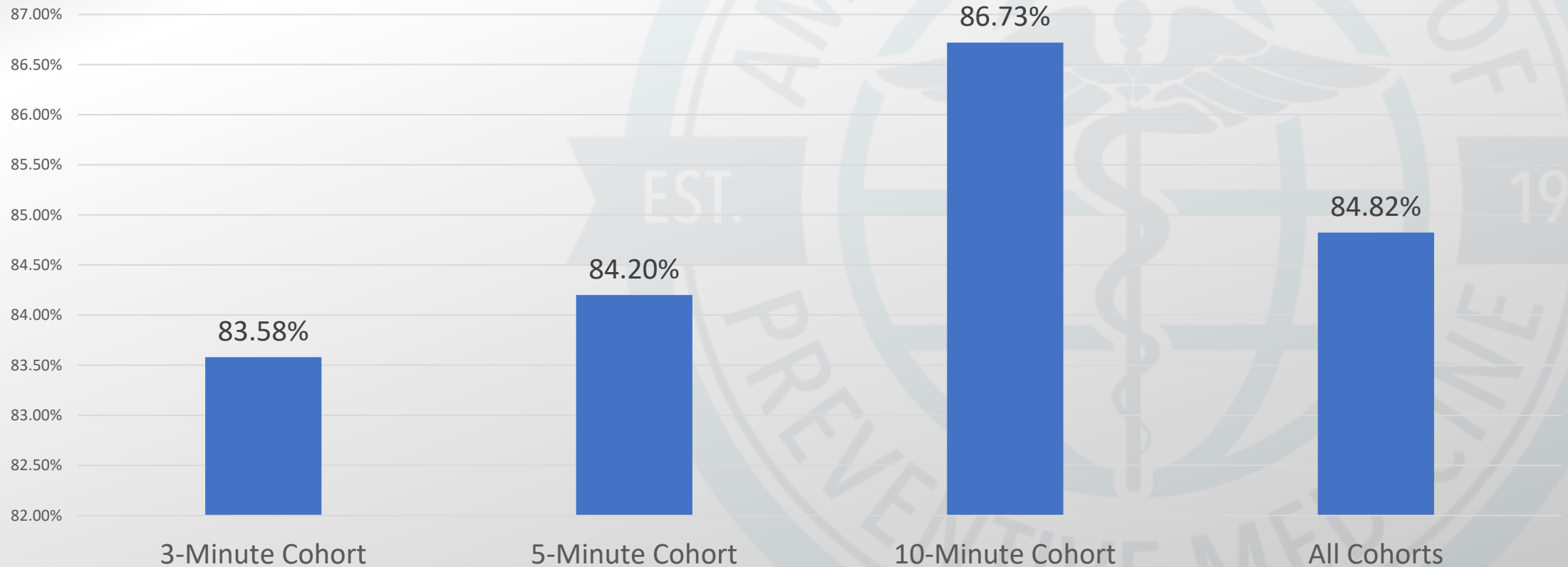
Transitioning to Continuing Certification

- Phase 1 of the ABPM's CCP launches January 1, 2023, when all Time-Limited Diplomates will be required to:
 - Attest online to earning 20 CME credits per year
 - 6 CME Credits MUST BE Certificate Specific
 - Pay the annual fee of \$175
- Phase 2 of the ABPM's CCP, including a Longitudinal Assessment Program (LAP) is expected to launch for all Specialties & Subspecialties on January 1, 2025

LAP Pilot in Clinical Informatics

- ABPM's LAP Pilot includes all Diplomates Certified by the ABPM in Clinical Informatics
- Cohorts broken down into separate groups having 3, 5, or 10 minutes to answer each MCQ
- Every six-months required to answer 12 MCQs using the ABPM's on-line assessment tool
- Open-book Exam
- Pilot launched April 1, 2021 and will conclude March 31, 2023
- Segment 1 Results very promising

Percentage of Questions Rated “Somewhat” or “Very Relevant” by Cohort*



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*For those CI Diplomates who answered all 12 Items in Segment 1 of the LAP - Pilot

AOA Certification in Addiction Medicine

Jonathan Yelton, PMP

Certification Assessment Manager



AMERICAN
OSTEOPATHIC
ASSOCIATION

AOA Board Certification Overview



AOA established first osteopathic certification board in 1939



Primary certifying body for DOs for **80+ years**



Today - **16 boards** offering certification in **27 specialties** & **48 subspecialties**.



Developed by and for practicing physicians



Nationally recognized indicator of clinical excellence

AOA | BOARD CERTIFICATION
More than 80 Years of Excellence

Preferred certification for DOs

- **Nationally recognized**
- **Competitive career advantage**
- **Affordable process**
- **Remote and virtual exam options**
- **Flexible scheduling**
- **Innovation driven**

16 Specialty Certifying Boards | 27 Primary Specialties | 48 Subspecialties

AOA Certification in Addiction Medicine

- There are 260 diplomates who hold the certification in addiction medicine
- 97% pass rate for initial exam
- Exam is offered every year in November
 - Registration for the Nov. 7-9, 2022 exams is now open.
- Remotely, proctored delivery platform
 - ~90% examinee satisfaction with the platform
- Fees:
 - Initial: \$2000
 - OCC: \$1500



AOA Conjoint Committee on Addiction Medicine

- Comprised of representatives from the following boards:
 - American Osteopathic Board of Anesthesiology
 - American Osteopathic Board of Emergency Medicine
 - American Osteopathic Board of Family Physicians
 - American Osteopathic Board of Internal Medicine
 - American Osteopathic Board of Neuromusculoskeletal Medicine
 - American Osteopathic Board of Neurology & Psychiatry
 - American Osteopathic Board of Obstetrics & Gynecology
 - American Osteopathic Board of Pediatrics
 - American Osteopathic Board of Preventive Medicine
 - American Osteopathic Board of Physical Medicine & Rehabilitation
 - American Osteopathic Board of Surgery



Achieving Certification

1



Hold an active primary certification in an AOA or ABMS specialty.

2



Maintain a valid, unrestricted license to practice

3



Adhere to the AOA Code of Ethics

4



Take the Addiction Medicine written certification exam administered annually

- 200 items
- 4-hour exam, 15-minute break

Pathways to Certification

Pathway 1: Complete an AOA or ACGME Fellowship in Addiction Medicine.

Pathway 2: Clinical Pathway

- Complete 1000 hours of practice time within a 2-year period
 - May be a combination of direct patient care and published research, teaching activities within an accredited medical school or ACGME residency, and/or live or recorded live ACCME and/or AOA CME activities.
 - No more than 500 hours may come from CME activities.
- An active ABAM certificate will waive the need for the 1000-hour attestation.
- Certificate of completion of an ACAAM (formerly TAMF and ABAM) fellowship within the five years prior to the application start date for that year will waive the need for the 1000-hour attestation.



Addiction Medicine Exam Content

CONTENT	PERCENT RANGE ON EXAM
1. Pharmacology	24%
2. Epidemiology and Genetics	18%
3. Treatment	15%
4. Legal Aspects	14%
5. Diagnosis	12%
6. Special Populations	11%
7. Prevention	6%



Osteopathic Continuous Certification (OCC) Requirements

COMPONENT 1: LICENSURE

AOA board-certified physicians must hold a valid, active license to practice medicine in a U.S. state, commonwealth, District of Columbia, or U.S. territory.

COMPONENT 2: LIFE-LONG LEARNING

A diplomate must complete the CME requirements in their primary specialty/subspecialty. No additional CME is required to maintain the Addiction Medicine certification at this time.

COMPONENT 3: COGNITIVE ASSESSMENT

To complete Component 3 requirements OCC in the subspecialty of Addiction Medicine, a physician must pass a written examination once per 10-year OCC cycle.

COMPONENT 4: PRACTICE PERFORMANCE ASSESSMENT AND IMPROVEMENT

Engage in continuous quality improvement activities (requirements vary by specialty).



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Financial Disclosures

The ASAM Review Course in Addiction Medicine

July 2022

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- ◆ No Disclosures



Content

- ◆ Assessment of the ability to apply knowledge rather than recall of isolated facts
- ◆ Focus on high-frequency and/or high-impact patient problems
- ◆ Focus of clinical situations and decisions arising in the experienced addiction medicine specialist's practice

Content (MOST IMPORTANT SLIDE!)

Core Content Areas

25%	01	Definitions
	02	Genetics
	03	Pharmacokinetic and Pharmacodynamic Principles
	04	Pharmacology
	05	Neurobiology of Addiction
20%	06	Epidemiological Concepts
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The Questions

- ◆ Multiple choice
 - ◆ Single best answer
 - ◆ Some matching
 - ◆ Some multi-part items
- ◆ **NOT ON THE TEST:** true/false, K-type, “trick”, “experimental”
 - ◆ “All questions are scored”
- ◆ Clinical vignettes
- ◆ Provided to you:
 - ◆ Calculator (electronic)
 - ◆ Drug name list
 - ◆ Normal laboratory values

THAT FACE



**WHEN YOU DON'T UNDERSTAND
THE QUESTION IN AN EXAM**

Some quick suggestions

- ◆ Focus studying on topics and material you don't see regularly in your clinical work
 - ◆ e.g., the Hallucinogens and Dissociatives—in each applicable section, i.e, pharmacology, intoxication, withdrawal, treatment.
- ◆ Review/skim the topics you know well
- ◆ **Do Not Neglect “Soft Topics,”**
 - ◆ Ethical, Legal, Liability ;Harm Reduction; Non-Pharmacologic Treatments (MI, CBT, DBT)
- ◆ May be expected to know “classic” articles, e.g. MOTHER study

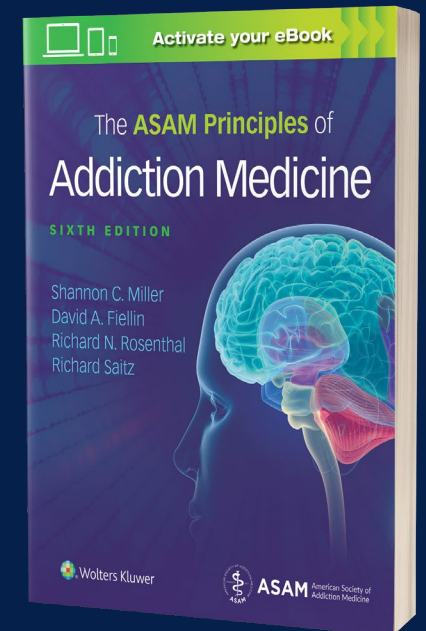
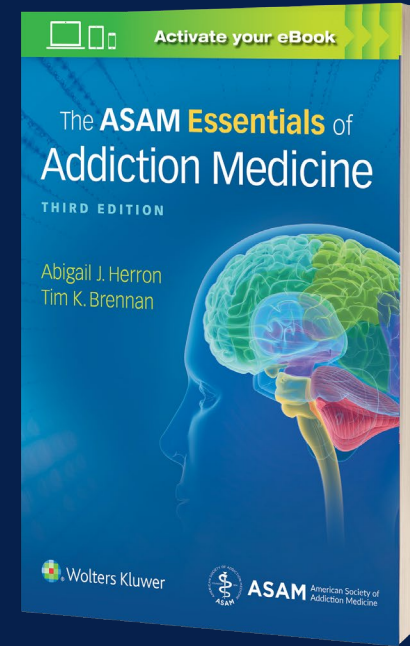
Additional Tips

- ◆ High yield topics include *neurotransmitters, receptors, neurobiology*
- ◆ Read questions carefully before answering
- ◆ Work with a study partner to keep oneself accountable to a study plan – especially helpful for those in the Practice Pathway

Study Tools

- ◆ Publications

The ASAM Principles of Addiction Medicine Textbook and The ASAM Essentials of Addiction Medicine (condensed version) – *if you have time to read this book, and complete the questions at the end of each chapter, you will have confidence for the board exam.*



Study Tools

- ◆ ASAM Board Exam Study Tool (BEST)
 - ◆ 500+ board exam-style questions
 - ◆ 40 *AMA PRA Category 1 Credits*TM
- ◆ Board Exam Preparation Cohort
 - ◆ Complimentary to Review Course attendees
 - ◆ Connect with faculty and fellow exam takers, ask questions, find study buddies

Tips from Other Faculty

- ◆ Don't wait until the last minute to study
- ◆ Have confidence in your answers
- ◆ Know how to calculate NNT, etc.
- ◆ Understand the studies for substance use/misuse (NSUDH), and epidemiology for different substances.
- ◆ Do at least one practice exam – and then retake it if possible.
- ◆ Results do not arrive until February.

Questions?