



## Knowledge Self-Assessment (KSA)

Self-Assessment is designed to help family physicians identify gaps in knowledge through regular participation in self-assessment activities, this component of certification enhances medical skills by reviewing the most up to date clinical content.

The Knowledge Self-Assessment (KSA) assesses physicians' knowledge on common family medicine topics through 60 clinically relevant questions informed by recent literature. Physicians must correctly answer 80% of questions to pass. For an accurate assessment, we recommend completing the KSA without references on the first attempt. Detailed feedback, references, and opportunities for comment are provided after each question. Incorrect answers can be reviewed and resubmitted.

Successful completion fulfills 10 Family Medicine Certification Points, 8 CME credits, and satisfies the minimum self-assessment requirement.

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# Asthma Knowledge Self-Assessment

The Asthma ABFM-developed KSA activity focuses on understanding and identifying the pathogenesis of asthma, diagnosing asthma, managing chronic asthma, recognizing, and managing co-morbidities of asthma, managing exercise-induced asthma, and recognizing and managing complications of asthma therapy.

## Learning Objectives

After successful completion of the Asthma KSA, the physician will have been exposed to up to date content as it relates to Asthma and have an opportunity to close knowledge gaps that existed prior to participation in the Asthma KSA activity. Learning objectives for the Asthma KSA are as follows:

1. After completing the Asthma KSA, the physician will be able to close knowledge gaps and have a better understanding of the pathogenesis of asthma.
2. After completing the Asthma KSA, the physician will be able to close knowledge gaps, and be able to identify and diagnosis asthma and exercise induced asthma.
3. After completing the Asthma KSA, the physician will be able to close knowledge gaps, and be able to manage chronic asthma and emergency cases of asthma.
4. After completing the Asthma KSA, the physician will be able to close knowledge gaps and be able to recognize and manage co-morbidities of asthma and complications of asthma therapy.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Asthma.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Behavioral Health Care Knowledge Self-Assessment

The new Behavioral Health Care ABFM-developed KSA activity combines content from both the current Depression and the Mental Health in the Community KSA activities. This new activity focuses on diagnosis and management of depressive disorders, bipolar disorder, anxiety disorders, substance abuse disorders, autism, ADHD, and comorbid behavioral health conditions.

## Learning Objectives

After successful completion of the Behavioral Health Care KSA, the physician will have been exposed to up to date content as it relates to Behavioral Health Care and have an opportunity to close knowledge gaps that existed prior to participation in the Behavioral Health Care KSA activity. Learning objectives for the Behavioral Health Care KSA are as follows:

1. After completing the Behavioral Health Care KSA, the physician will be able to close knowledge gaps and have a better understating of the behavioral health care in family medicine.
2. After completing the Behavioral Health Care KSA, the physician will be able to close knowledge gaps, and be able to identify different models of delivering behavioral health services in the primary care setting.
3. After completing the Behavioral Health Care KSA, the physician will be able to close knowledge gaps, and be able to diagnose and manage depressive disorders, bipolar disorder, anxiety disorders, substance abuse disorders, Autism, ADHD, and comorbid behavioral health conditions.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Behavioral Health Care.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

## Care of Children Knowledge Self-Assessment

The new Care of Children ABFM-developed KSA activity focuses on normal child growth and development, surveillance and prevention recommendations, congenital and hereditary illness, chronic illness, trauma, toxicity, infections, and behavioral health conditions for children ages newborn to 18 years old.

### Learning Objectives

After successful completion of the Care of Children KSA, the physician will have been exposed to up to date content as it relates to Care of Children and have an opportunity to close knowledge gaps that existed prior to participation in the Care of Children KSA activity. Learning objectives for the Care of Children KSA are as follows:

1. After completing the Care of Children KSA, the physician will be able to close knowledge gaps and have a better understanding Normal growth and development in children from newborn to age 18.
2. After completing the Care of Children KSA, the physician will be able to close knowledge gaps, and be able to identify and diagnosis acute, chronic, trauma and toxic, and infectious illnesses in childhood.
3. After completing the Care of Children KSA, the physician will be able to close knowledge gaps, and be able to identify and diagnosis Congenital and hereditary illness and Psychiatric or behavioral illnesses in childhood.
4. After completing the Care of Children KSA, the physician will be able to close knowledge gaps and will have a better understanding of prevention activities and schedules important to caring for children.

### Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Care of Children.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Care of Hospitalized Patients Knowledge Self-Assessment

This activity focuses on all aspects of hospital care, including diagnosis and management of conditions requiring hospitalization; diagnostic testing during admission; prevention of complications; and discharge planning and systems-based care issues.

## Learning Objectives

After successful completion of the Care of Hospitalized Patients KSA, the physician will have been exposed to up to date content as it relates to hospitalized patients and have an opportunity to close knowledge gaps that existed prior to participation in the Care of Hospitalized Patients KSA activity. Learning objectives for the Care of Hospitalized Patients KSA are as follows:

1. After completing the Care of Hospitalized Patients KSA, the physician will be able to close knowledge gaps and have a better understating of common medical conditions related to hospitalized patients.
2. After completing the Care of Hospitalized Patients KSA, the physician will be able to close knowledge gaps, and be able to manage, diagnosis and treat common conditions of hospitalized patients.
3. After completing the Care of Hospitalized Patients KSA, the physician will be able to close knowledge gaps and to prevent and manage common complications related to medical conditions of hospitalized patients.
4. After completing the Care of Hospitalized Patients, the physician will be able to close knowledge gaps and have a better understanding of appropriate use of diagnostic testing.
5. After completing the Care of Hospitalized Patients, the physician will be able to close knowledge gaps and have a better understanding in areas of discharge planning and systems-based care.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the treating hospitalized patients.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

## Care of Older Adults Knowledge Self-Assessment

This activity will focus on diagnosis and management of common and uncommon medical conditions that occur in older adults. Topics also include disease prevention, rehabilitation, geriatric psychiatry, and health policy and systems issues as they relate to older adults.

### Learning Objectives

After successful completion of the Care of Older Adults KSA, the physician will have been exposed to up to date content as it relates to older adult patients and have an opportunity to close knowledge gaps that existed prior to participation in the Care of Older Adults KSA activity. Learning objectives for the Care of Older Adults KSA are as follows:

1. After completing the Care of Older Adults Knowledge Self-Assessment (KSA), the physician will be able to assess their knowledge gaps in care of older adults and demonstrate improved understating in the diagnosis and management of common and some uncommon medical conditions that occur in older adults, including geriatric psychiatry
2. After completing the Care of Older Adults KSA, the physician will be able to provide evidence-based medical guidance to older adult patients in areas of prevention of disease and rehabilitation from disease.
3. After completing the Care of Older Adults KSA, the physician will have a better understanding of health systems, policies and issues as it relates to older adult patients.

### Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the treating older adult patients.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

## Care of Women Knowledge Self-Assessment

The Care of Women KSA will focus on having a better understanding of the unique health care needs as well as common medical conditions experienced by gender-identified women including gynecologic conditions and reproductive health, diagnosis and treat behavioral and mental health conditions in female patients, increasing knowledge and understanding of pre-conception care and prenatal care and being better prepared to diagnose and manage conditions experienced during and after pregnancy.

### Learning Objectives

After successful completion of the Care of Women KSA, the physician will have been exposed to up to date content as it relates to hospitalized patients and have an opportunity to close knowledge gaps that existed prior to participation in the Care of Women KSA activity. Learning objectives for the Care of Women KSA are as follows:

1. After completing the Care of Women KSA, the physician will be able to close knowledge gaps and have a better understanding of the unique health care needs as well as common medical conditions experienced by gender-identified women.
2. After completing the Care of Women KSA, the physician will be able to close knowledge gaps, and will have increased their knowledge of the current evidence related to gynecologic conditions and reproductive health.
3. After completing the Care of Women KSA, the physician will be able to close knowledge gaps and will be better prepared to manage, diagnosis and treat behavioral and mental health conditions in female patients.
4. After completing the Care of Women KSA, the physician will be able to close knowledge gaps and have a better understanding of pre-conception care and prenatal care.
5. After completing the Care of Women KSA, the physician will be able to close knowledge gaps and will be able to diagnosis and manage conditions experienced during and after pregnancy.

### Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the treating Women patients.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Diabetes Knowledge Self-Assessment

The Diabetes ABFM-developed KSA activity focuses on preventing and diagnosing diabetes mellitus, recognizing the clinical implications of insulin-resistance syndromes, recognizing, and managing microvascular complications of diabetes mellitus, managing diabetic ketoacidosis and non-ketotic hyperosmolar coma, nonpharmacologic management of diabetes mellitus, and pharmacologic management of diabetes mellitus.

## Learning Objectives

After successful completion of the Diabetes KSA, the physician will have been exposed to up to date content as it relates to hospitalized patients and have an opportunity to close knowledge gaps that existed prior to participation in the Diabetes KSA activity. Learning objectives for the Diabetes KSA are as follows:

1. After completing the Diabetes KSA, the physician will be able to close knowledge gaps and have a better understanding of pharmacologic and nonpharmacologic management of diabetes mellitus.
2. After completing the Diabetes KSA, the physician will be able to close knowledge gaps, and have a better understanding of how to recognize and manage microvascular complications of diabetes mellitus.
3. After completing the Diabetes KSA, the physician will be able to close knowledge gaps, and be able to diagnose and manage diabetic ketoacidosis and nonketotic hyperosmolar coma.
4. After completing the Diabetes KSA, the physician will be able to close knowledge gaps and will be able to recognize clinical implications of insulin-resistance syndromes.
5. After completing the Diabetes KSA, the physician will be able to close knowledge gaps and have a better understanding of how to diagnose diabetes mellitus.
6. After completing the Diabetes KSA, the physician will be able to close knowledge gaps and will have a better understanding of how to prevent of diabetes mellitus.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the treating diabetic patients.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.



# Health Counseling and Preventive Care Knowledge Self-Assessment

The new Health Counseling and Preventive Care ABFM-developed KSA activity combines content from both the current Health Behaviors and Preventive Care KSA activities. This new activity focuses on management of nutrition, sexual health, exercise, smoking avoidance and cessation, substance abuse, cancer screening, screening for medical conditions, chemoprevention, and immunizations.

## Learning Objectives

After successful completion of the Health Counseling and Preventive Care KSA, the physician will have been exposed to up to date content as it relates to hospitalized patients and have an opportunity to close knowledge gaps that existed prior to participation in the Health Counseling and Preventive Care KSA activity. Learning objectives for the Health Counseling and Preventive Care KSA are as follows:

1. After completing the Health Counseling and Preventive Care KSA, the physician will be able to close knowledge gaps and have a better understating of educate patients on nutrition, sexual health, smoking avoidance and cessation and exercise.
2. After completing the Health Counseling and Preventive Care KSA, the physician will be able to close knowledge gaps, and able to diagnose and treat substance abuse.
3. After completing the Health Counseling and Preventive Care KSA, the physician will be able to close knowledge gaps, and be able to screen for cancer and provide education on chemoprevention.
4. After completing the Health Counseling and Preventive Care KSA, the physician will be able to close knowledge gaps and will be able to screen for other medical conditions.
5. After completing the Health Counseling and Preventive Care KSA, the physician will be able to close knowledge gaps and have a better understanding of how to educate the patient on proper immunizations.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Health Counseling and Preventive Care.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Heart Disease Knowledge Self-Assessment

The new Heart Disease ABFM-developed KSA activity focuses on diagnosis and management of acute coronary syndrome and other manifestations of ischemic heart disease, as well as stable and acute decompensated heart failure. Topics include pathophysiology, EKG interpretation, pharmacologic and non-pharmacologic treatment, and disease progression and outcomes

## Learning Objectives

After successful completion of the Heart Disease KSA, the physician will have been exposed to up to date content as it relates to Heart Disease and have an opportunity to close knowledge gaps that existed prior to participation in the Heart Disease KSA activity. Learning objectives for the Heart Disease KSA are as follows:

1. After completing the Heart Disease KSA, the physician will be able to close knowledge gaps and have a better understating of management of chronic coronary artery disease, chronic compensated heart failure.
2. After completing the Heart Disease KSA, the physician will be able to close knowledge gaps, and be able to identify and diagnosis of ischemic heart disease, classification of various types of heart disease.
3. After completing the Heart Disease KSA, the physician will be able to close knowledge gaps, and be able to evaluate and manage acute coronary syndrome and acute decompensated heart failure.
4. After completing the Heart Disease KSA, the physician will be able to close knowledge gaps and have a better understanding of EKG Interpretation and pharmacologic management of various types of heart disease.
5. After completing the Heart Disease KSA, the physician will be able to close knowledge gaps and will have a better understanding of the complications of treatment.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Heart Disease.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Hypertension Knowledge Self-Assessment

The newly revised Hypertension ABFM-developed KSA activity focuses on diagnosis and risk stratification of a hypertensive patient, recognizing and managing hypertensive crisis and secondary causes of hypertension, managing hypertensive patients with both pharmacologic and non-pharmacologic methods, managing hypertensive patients with comorbid illness, and consideration of hypertension evaluation and management in special population.

## Learning Objectives

After successful completion of the Hypertension KSA, the physician will have been exposed to up to date content as it relates to Hypertension and have an opportunity to close knowledge gaps that existed prior to participation in the Hypertension KSA activity. Learning objectives for the Hypertension KSA are as follows:

1. After completing the Hypertension KSA, the physician will be able to close knowledge gaps and will be able to diagnose the hypertensive patient and be able to recognize and evaluating the secondary causes of hypertension.
2. After completing the Hypertension KSA, the physician will be able to close knowledge gaps, and be able to identify and manage a hypertensive crisis.
3. After completing the Hypertension KSA, the physician will be able to close knowledge gaps, and will have a better understanding of risk stratification of the hypertensive patient.
4. After completing the Hypertension KSA, the physician will be able to close knowledge gaps and have a better understanding of pharmacologic and nonpharmacologic management of hypertension
5. After completing the Hypertension KSA, the physician will be able to close knowledge gaps and will have a better understanding of how to manage hypertension in patients with comorbid illness and those in special populations.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Hypertension.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Musculoskeletal Knowledge Self-Assessment

## Learning Objectives

After successful completion of the Musculoskeletal KSA, the physician will have been exposed to up to date content as it relates to Musculoskeletal and have an opportunity to close knowledge gaps that existed prior to participation in the Musculoskeletal KSA activity. Learning objectives for the Musculoskeletal KSA are as follows:

1. After completing the Musculoskeletal KSA, the physician will be able to close knowledge gaps and have a better understanding of treatment for musculoskeletal conditions of the spine, and upper and lower extremities to maximize restoration of function.
2. After completing the Musculoskeletal KSA, the physician will be able to close knowledge gaps, and be able to identify common presentations and clinical features of musculoskeletal traumatic overuse injuries seen in clinical practice.
3. After completing the Musculoskeletal KSA, the physician will be able to close knowledge gaps, and be able to identify critical aspects of musculoskeletal care that include proper imaging modalities, infections, child abuse, and malignancy.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Musculoskeletal.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

## Pain Medicine Knowledge Self-Assessment

This activity will focus on diagnosing chronic pain syndromes in family medicine, identify pharmacologic appropriate therapy for specific conditions, including painful diabetic neuropathy, osteoarthritis, trigeminal neuralgia, and fibromyalgia, describe the use of active modalities such as exercise and physical therapy in the treatment of chronic pain, recommend appropriate pharmacologic and non-pharmacologic options for the treatment of functional chronic pain conditions, explain the indications, risks, and monitoring recommendations for long-term opioid pain medications.

Medication Access and Training Expansion (MATE) Act – Individuals who need to self-report time spent training to fulfill the requirement should note that the ABFM Pain Medicine KSA has approximately two-thirds of the 60 total questions which address the topics of appropriate opioid prescribing, substance use disorders in those with concurrent pain, effective pain treatment planning, and substance misuse. The ABFM Pain Medicine KSA offers up to 8 credits of accredited CME. Hours reported should reflect the time spent in the activity.

### Learning Objectives

After successful completion of the Pain Medicine KSA, the physician will have been exposed to up to date content as it relates to Pain Medicine and have an opportunity to close knowledge gaps that existed prior to participation in the Pain Medicine KSA activity. Learning objectives for the Pain Medicine KSA are as follows:

1. After completing the Pain Medicine KSA, the physician will be able to close knowledge gaps and have a better understating of common pain syndromes in family medicine.
2. After completing the Pain Medicine KSA, the physician will be able to close knowledge gaps, and be able to identify pharmacologic appropriate therapy for specific conditions, including painful diabetic neuropathy, osteoarthritis, trigeminal neuralgia, and fibromyalgia.
3. After completing the Pain Medicine KSA, the physician will be able to close knowledge gaps, and be able to describe the use of active modalities such as exercise and physical therapy in the treatment of chronic pain.
4. After completing the Pain Medicine KSA, the physician will be able to close knowledge gaps and be able to recommend appropriate pharmacologic and non-pharmacologic options for the treatment of functional chronic pain conditions.
5. After completing the Pain Medicine KSA, the physician will be able to close knowledge gaps and be able to explain the indications, risks, and monitoring recommendations for long-term opioid pain medications.

### Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Pain Medicine.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.

# Palliative Care Knowledge Self-Assessment

The new Palliative Care ABFM-developed KSA activity focuses on communication strategies, shared decision making, and ethical considerations in palliative care. As well as general principals of pain management, legal regulatory, culture and psychological aspects of palliative care. Managing common palliative care syndromes and recognizing and managing palliative care emergencies

## Learning Objectives

After successful completion of the Palliative Care KSA, the physician will have been exposed to up to date content as it relates to Palliative Care and have an opportunity to close knowledge gaps that existed prior to participation in the Palliative Care KSA activity. Learning objectives for the Palliative Care KSA are as follows:

1. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps and have a better understating of communication strategies, shared decision making, and ethical considerations in palliative care.
2. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps, and will have a better understanding of the general principals of pain management.
3. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps, and will have a better understanding of the legal, regulatory, cultural and psychological aspects of palliative care.
4. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps, and will be able to manage common palliative care symptoms.
5. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps, and will have a better understanding of how to care for patients in need of palliative care of special populations.
6. After completing the Palliative Care KSA, the physician will be able to close knowledge gaps, and will have a better understanding of how to recognize and manage palliative care emergencies.

## Measures of Success

1. Participating physicians will identify their knowledge gaps and learning needs in the topic area of Palliative Care.
2. Participants will have greater than or equal to 80% of answers correct for successful completion and receive credit for the KSA.