

## American Board <sup>of</sup> Family Medicine

Resident Certification Entry Process



# Your Guide to Becoming Board Certified



Established by family physicians, board certification is a **voluntary** credential beyond your state medical licensure.

# ABFM Certification – The Higher Standard

As the mark of excellence, board certification demonstrates to your patients and the public that you are committed to lifelong learning, staying up to date and continuing to improve care. Board certification is the higher standard and is what sets you apart from non-boardcertified physicians and other clinicians.

With more than 100,000 board-certified family physicians nationwide, and over 50 years of experience certifying family physicians, becoming a Diplomate of the American Board of Family Medicine offers the following benefits.

- National recognition by employers, insurers, hospitals, peers, patients, and the public
- Support for the self-regulation within the specialty of family medicine
- Access to a broad range of the most up to date self-assessment and improvement activities to support your lifelong learning.
- Sets you apart from other non-board-certified physicians and clinicians.

#### Physician Promise

ABFM promises that the certificate you earn is a meaningful measure of your professionalism, cognitive expertise, excellence, and commitment to a higher standard of care.

# Certification Components



### Professionalism

Designed to assess professional standing, family physicians seeking board certification are subject to compliance with the ABFM Guidelines for Professionalism, Licensure and Personal Conduct and general adherence to professional standards.



## Self-Assessment and Lifelong Learning

Designed to help family physicians identify gaps in knowledge through participation in self-assessment activities, this component enhances medical knowledge by reviewing the most up-to-date clinical content.



#### **Performance Improvement**

Designed to support high-quality patient care, this component will help family physicians identify an improvement opportunity or a performance gap, implement a change in care delivery, and measure the impact of that change to their patients/practice.



### **Cognitive Expertise**

Designed to assess and measure clinical knowledge, the Family Medicine Certification Examination (one-day exam) and the Family Medicine Certification Longitudinal Assessment (longitudinal assessment) serve to assure the public that you are up-to-date and aware of the best practices in medical care across the wide spectrum of conditions treated by family physicians.



# **How It Works**

The process for becoming a board-certified physician begins when you receive an M.D. degree from a US or Canadian medical school that is accredited by the Liaison Committee on Medical Education or the Committee for Accreditation of Canadian Medical Schools, or a D.O. degree from a college of osteopathic medicine accredited by the American Osteopathic Association.

If you are a current resident in an ACGME-accredited family medicine training program and are interested in becoming a board-certified family physician at the end of your training, you are required to complete the Resident Certification Entry Process to obtain initial certification. The Resident Certification Entry Process consists of the following five requirements and must be completed before certification is awarded.

## **Resident Certification Entry Process**

## In-Training Examination

If you are a resident in an ACGMEaccredited family medicine program, you are eligible to take the annual In-Training Examination (ITE). The purpose of the ITE is to provide an assessment of your progress in acquiring the knowledge you need to be a family physician. The Bayesian Score Predictor (BSP) will provide you and your program with an estimate of the probability of passing the initial certification exam. The ITE is administered annually in late October in an online format.

## **Certification Activities**

Earn a total 50 certification points by completing Self-Assessment and Performance Improvement activities before your certification exam.

### Professionalism

Continuously comply with the ABFM Guidelines for Professionalism, Licensure, and Personal Conduct during training.

## **Pass the Initial Certification Exam**

Pass the one-day certification exam. The certification exam usually takes place in the spring of PGY-3 year.



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## Successfully Complete Residency Training

Complete residency training.

## Medical License

Obtain an active, valid, and full license to practice medicine in the United States or Canada.



To track your progress toward completing certification activities, exam preparation, and more, ABFM provides a personalized dashboard within your **MyABFM Portfolio**. After your program administrator has provided your contact information, you will receive a welcome email to set up your username and password



# **Certification Activities**

The initial certification activity requirement includes earning a total of 50 certification points by completing ABFM Self-Assessment and Performance Improvement activities. Each activity is assigned a point value to help you track your progress toward completing your 50-point requirement.

## Self-Assessment

To regularly assess your knowledge gaps and enhance your clinical knowledge, we provide a variety of self-assessment activities to fit many learning styles.

#### Knowledge Self-Assessment 10 Points Each

Focused on a specific topic area in family medicine, the KSA activity is a 60-question, single best answer, assessment that offers a critique for both correct and incorrect answers. You are required to answer 80% of the questions correctly and may resubmit incorrect questions as many times as needed until this threshold is met.

# Continuous Knowledge Self-Assessment 2.5 Points Each

This activity is a quarterly assessment which consists of 25 questions across a broad scope of family medicine topics. You will receive a critique, a set of references, and the option to comment on each question to help you focus on future CME.

#### ABFM National Journal Club 1 Point Per Article

The National Journal Club offers convenient access to the latest peer-reviewed articles from prominent medical journals. Available at no additional charge, you may choose from approximately 90 articles per year, which have been selected by a national committee of family medicine experts according to relevancy, methodological rigor, and impact on practice.

#### **Alternative Self-Assessment Activities**

For continued learning and to earn additional certification points, there are a variety of alternative self-assessment activities on topics such as Maternity Care, Pediatric Care, Emergency Care, and Health Equity.

## **Performance Improvement**

To help family physicians regularly identify and implement improvement opportunities that impact change to their patients and practice, ABFM offers a variety of Performance Improvement activities to choose from as a resident.

#### **ABFM** Directed Activities

Organized by Chronic Care Model categories, this activity is available in 15 topic areas to fit your practice setting and can be completed individually. It also provides feedback regarding performance compared with your peers.

#### **Residency Performance Improvement Program**

The Residency Performance Improvement Program is a means for residency programs to report successful completion of performance improvement group projects developed and overseen by the program and meets ABFM requirements.

#### Self-Directed Activity

Self-Directed Performance Improvement activities allow an individual and up to 9 additional physicians to report customized clinical practice improvement efforts, regardless of the scope of care that is delivered.

## **Board Eligibility Period**

Your board eligibility period begins the day after verified completion of training and expires on December 31 of the seventh calendar year, unless you achieve initial certification before that time. To claim board eligible status, your training must be complete and verified by your Program Director, and you must obtain an approved medical license that meets ABFM's licensure requirement.

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