

Five Tips to Avoid the December Rush

Are you an ABFM Diplomate with stage requirements coming due? Before time runs out, we wanted to provide you with some tips to make your final few weeks less stressful! Below are FIVE ideas for how to reduce your burden and complete your activities most efficiently:



1. Are you still in need of a PI activity submission?

Did you know that ABFM awards you credit for improvements you are already working on, or have completed recently, in your own practice? The **ABFM Self-Directed Clinical PI activity** provides you with a concise, easy way to report the necessary information required to be approved for PI credit. Average time to complete this very popular method of receiving PI credit is 15-20 minutes! And, because YOU choose the issue to work on, it guarantees that it is relevant to your daily work.

2. Did you make any changes in your practice in response to the COVID-19 pandemic?

It is hard to imagine any clinically active family physician – answering no to this question! ABFM created a **COVID-19 PI activity** that allows you to describe one of the changes you made to your practice during the pandemic (virtualization, screening, PPE/safety, vaccine administration, treatment protocols, etc.) and what you learned from this process. As of July 1, 2023, baseline data is required to complete this activity.

3. Do you need to meet your KSA requirement?

Check out ABFM's **newly-revised KSAs**, which have undergone substantial updating and have been converted to **all single best answer format**! In addition, there is no longer a requirement for 80% correct in each content category, but only an 80% overall, for completion. The platform is more user-friendly and you can do these on your own at home or the office, at your own pace, or join a group that is being offered at your state chapter. These changes both reduce the time to complete the KSA and enhance the value to your learning. Newly revised topics include: Care of Children, Hypertension, Heart Disease, Asthma, Diabetes, Behavioral Health Care, and Health Counseling and Preventive Care. Additionally, a brand new KSAs on Care of Women and Palliative Care is ready for your use.

4. Have you met your KSA and PI requirements, but need additional points to get to 50?

- If you have done more improvement activities in your clinical practice this year, **submit two PI activities**, for example, one COVID-19 Self-Directed and one Self-Directed Clinical activity! This will give you a total of 40 of your 50 total (or required) points, once approved. This leaves you with only one KSA needed to finish out your stage requirements.
- There are also **Alternative Activities** you can find in your MyABFM Portfolio that are self-assessment in nature and will award points toward your total, if you prefer these.
- In the future, you may want to try the **Continuous Knowledge Self-Assessment (CKSA)**. This continued learning option offers 25 questions per quarter covering the breadth of family medicine, and offering 2.5 certification points with each completion.

5. What about my CME requirement?

Most ABFM activities include CME credit with them, which will automatically be entered into your MyABFM Portfolio and count toward your 150-hour requirement for your stage. If you are a member of the AAFP, the credits that you enter into your CME tracking on their website will transfer over to your ABFM record. And, if not, CME reporting is easy to do electronically within your MyABFM Portfolio. ABFM accepts credit for any online or in person activity that is approved for CME by the AAFP or AMA. For more specific details about accepted CME, go to your **MyABFM Portfolio**.

MyABFM Portfolio Enhancements

With the release of the new **MyABFM Portfolio**, it should be easier than ever for you to understand your requirements and link to the activities you need! Save time by setting your activity preferences to customize activities that are most relevant to you. Don't forget to bookmark your activity so you'll be ready to begin your activity the next time you log in. Our Support Center staff are also ready to support you in this process, so chat, email or call them as needed. It will also prompt you to **update your medical license** information, if needed.



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