

Learn As You Test!

Thanks to the FMCLA Exam Alternative

FMCLA

Family Medicine Certification
LONGITUDINAL ASSESSMENT

The Family Medicine Certification Longitudinal Assessment (FMCLA) is the alternative to the one-day examination requirement for Family Medicine Certification. Launched in December 2018 as a pilot to study the feasibility and validity of this approach, FMCLA quickly earned an overwhelmingly positive reputation as the preferred option for most Diplomates and was approved for permanent implementation in April of 2021.

A longitudinal approach like FMCLA promotes enduring learning and retention. This has been endorsed by those who participated, with the predominant feedback being that physicians are learning as they go. Participants have also reported that FMCLA has reduced their stress, eliminated travel, and minimized preparation time as compared to the one-day examination. To date, over 70% of eligible physicians have chosen the FMCLA option, which becomes available for current Diplomates to select in the year prior to when their next examination is due.

As a participating physician, you would complete 25 quarterly questions over three to four years until you complete 300 questions. Clinical references can be used during the exam and you have five minutes to complete each question. Immediate feedback is provided, and you choose the time and location that's convenient for you. You'll remain certified throughout your participation as long as you meet other ABFM requirements.

There is no additional cost for participating in FMCLA, and you may earn up to 30 Division 1 CME and up to 10 certification points upon completion of the exam.

Feedback from Participating Physicians

- Nearly all felt that the FMCLA platform was reliable and easy to navigate.
- Over 90% report less anxiety with FMCLA.
- Over 80% report positive changes to their practice due to participating in FMCLA.
- The majority say that they have integrated FMCLA into their process of keeping up with medical knowledge.





How It Works

- You will begin in the first quarter of the year when your exam requirement is due.
- You will answer 25 timed questions each quarter for a total of 300 questions over 3 to 4 years.
- Questions can be answered all at one time, or you may space out completing questions during the quarter.
- Answering a minimum of 75 questions is required in year one to meet meaningful participation.
- Immediate feedback and critiques are provided for each question answered.
- Quarterly performance summaries will be available at the end of the first year, so you can continually assess your performance and identify focused areas for future study.
- Final results will be provided at the end of the quarter in which you complete 300 questions.
- ABFM will provide regular updates on key deadlines to help you remain on track with completion of the questions needed for FMCLA to meet your exam requirement



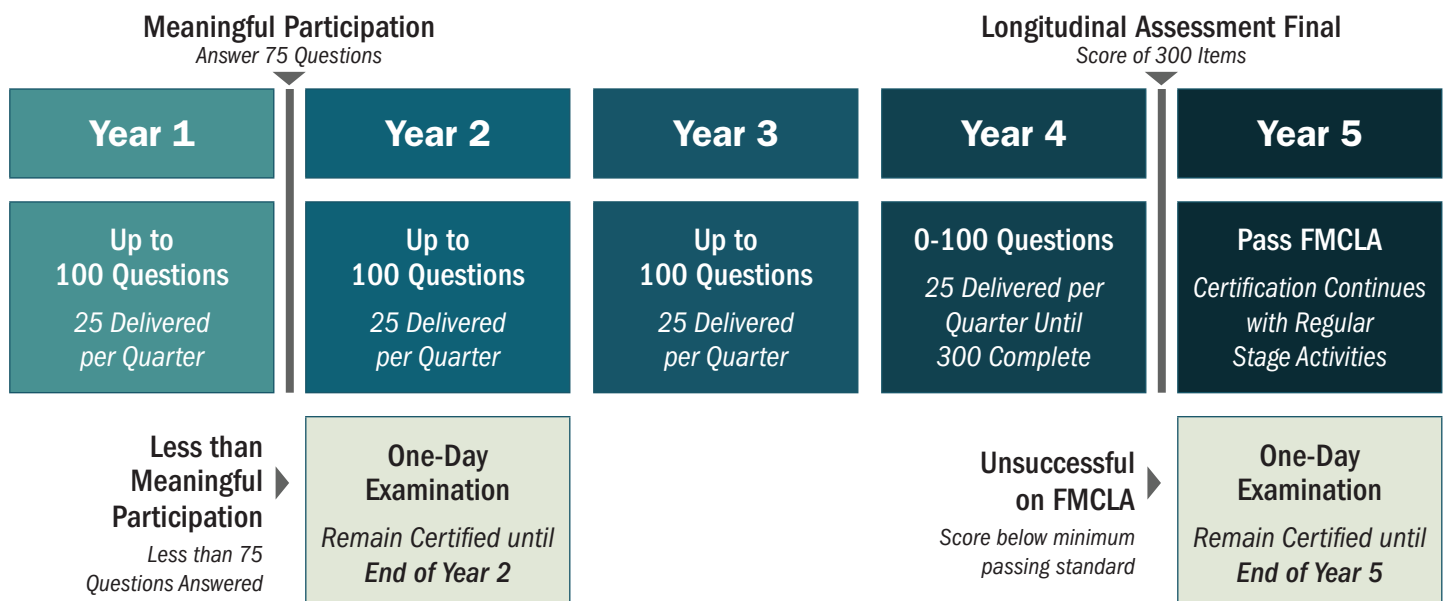
How To Prepare

FMCLA has the same content blueprint as the one-day examination. The blueprint outlines the targeted percentage of questions you will receive in each category over the 300 questions.

One way to prepare is by regularly reviewing clinical conditions and topics that are commonly seen in family medicine practice. You can do this in many ways, including reading articles such as those found in the American Family Physician and other journals which publish high-quality clinical review articles. Board review courses may also be helpful for those who would benefit from a concentrated, broader review of topics. Topic-specific CME is also helpful when there are areas of clinical medicine that need updating.

Another way to prepare is to utilize ABFM's knowledge self-assessment activities such as KSAs or CKSA for a clinical review of the most prevalent diagnoses seen in family medicine practice. The new ABFM National Journal Club articles may also be selected by topic, to address any identified gaps in knowledge. Physicians who have participated in CKSA and FMCLA simultaneously noted that CKSA was a great practice opportunity for the longitudinal assessment.

FMCLA At a Glance



Participation Requirements

Meaningful Participation

Beginning in year one, you are required to meet meaningful participation by answering a minimum of 75 of the 100 questions delivered. Note that 75 correct responses are not needed, you simply need to answer 75 questions. You will also be asked to complete short surveys during year one to provide feedback on your experience – this helps us continually improve the process. Once meaningful participation is met, you will be eligible to complete the remainder of the 300 questions to meet your exam requirement. If you do not meet meaningful participation, you will be withdrawn from FMCLA and will have until the end of year two to complete the one-day examination in order to remain certified. Your certification will remain active until the end of year two.

Deferred Questions

To allow for unexpected life events or unusual practice demands, participants can defer up to 100 questions after they have met meaningful participation. Any questions that are not opened during the quarter they are delivered will be marked as deferred. At the end of year four, any questions that are not answered will be marked as incorrect.

Withdraw

If you begin FMCLA and do not wish to continue, you can withdraw from FMCLA up to the end of your sixth quarter. If you decide to do this, you will have until the end of the year after your withdrawal to complete the one-day examination and retain your certification.

Performance Feedback

Feedback regarding each question is provided immediately after you answer it, whether your answer is correct or incorrect. In year two, and once you have answered at least 75 questions, the report will include an estimated scaled score based upon your responses through the end of the most recent completed quarter.

At the end of year four you will receive a final performance score. All 300 questions will be scored as correct or incorrect. Similar to the one-day exam, these scores will be transferred to a scaled score ranging from 200-800, which adjusts for difficulty of each question in addition to percent answered correctly. Your pass-fail decision is based on a scaled score greater than the minimum passing standard (MPS) – set to the same high standard as the one-day exam.

One of the key benefits of FMCLA is that regular performance feedback is provided to help you learn along the way.



What are physicians saying about FMCLA?

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When FMCLA started, I had a young child. I didn't know where I'd have time to do a board review class and sit for the one-day exam. FMCLA was more beneficial to me so I could take care of my child at the same time.

Dr. Lise Greenberg
ABFM Diplomate, *Certified 20 Years*

”

I didn't see this as an exam but more of a learning opportunity.

Dr. Anne Montgomery
ABFM Diplomate, *Certified 32 Years*

”

FMCLA kept me informed and up to date on medicine.

Dr. Gary Turner
ABFM Diplomate, *Certified 12 Years*

Technical Recommendations

We highly recommend you use a desktop computer or tablet with a good internet connection. FMCLA works with most browsers, but occasionally you may encounter an issue with an unsupported browser. FMCLA has been optimized for the current versions of the following browsers:

Windows:

Microsoft Edge
Google Chrome
Mozilla Firefox

Mac:

Safari
Google Chrome
Mozilla Firefox

We're Here to Help

Our expert and knowledgeable Support Center team is eager to assist you. They are available to help answer your questions via phone, email, fax or live chat.

PHONE: 877-223-7437

FAX: 859-335-7516

EMAIL: help@theabfm.org

LIVE CHAT: theabfm.org
Locate live chat at top of page

HOURS: Monday–Friday: 8 AM – 9 PM (Eastern)
Saturday: 9 AM – 5 PM (Eastern)



**American Board
of Family Medicine**

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