

Self-Assessment and Lifelong Learning

The purpose of the Self-Assessment and Lifelong Learning component of Family Medicine Certification is to help you identify your knowledge gaps and enhance your clinical knowledge and skills to provide high quality patient care.

For each completed ABFM-developed Self-Assessment activity, you will earn certification points and CME credits toward each of your 3-Year Stage requirements. Once you have fulfilled your minimum KSA requirement for your stage, you may utilize as many ABFM-developed Self-Assessment activities as you wish, for no additional cost beyond your annual certification fees.

Certification Requirement



Earn 10 points by completing a minimum:

- 1 KSA or
- 4 Quarters CKSA or
- 10 National Journal Club Article Assessments



Self-Assessment Activities

• Knowledge Self-Assessment Activity (KSA) 10 Points | 8 CME Credit

The KSA is focused on evaluating and enhancing your knowledge base in a particular topic area common to family medicine. To successfully complete the assessment, you will need to answer 80% of the total questions in the assessment correctly. After you initially attempt the 60-question assessment, you will enter review mode, where you will be given a critique and a set of references, with the option to comment on each question. You may re-submit new answers to the questions you answered incorrectly.

• Continuous Knowledge Self-Assessment Activity (CKSA) 2.5 Points Per Quarter | 2.5 CME Credit

The CKSA is an assessment intended for periodic participation over time covering a broad base of topics. The CKSA delivers a set of 25 questions each quarter. There is no minimum passing standard for this activity, and you will receive a performance report after completing your first quarter, which will help identify areas for future study and help predict how you will do on the Family Medicine Certification Examination.

• ABFM National Journal Club (NJC) 1 Certification Point | 1 CME Credit

This new service offers a convenient solution to access peer-reviewed articles to help you stay current with advances in medical literature, support shared decision making with patients and families, and advocate for your patients with subspecialists, health systems and payers. As an added value, participation in the service offers the opportunity to earn one (1) CME credit and one (1) certification point for each article activity completed; 10 completed journal article assessments will fulfill the Knowledge Self-Assessment (KSA) requirement for each stage.

• Alternative Self-Assessment Activities Points and CME Credit Vary By Activity

Alternative activities are available and count toward your Family Medicine Certification points; however these activities do not count toward the minimum KSA requirement and may also include an additional cost to participate.

Self-Assessment Activity Options

Knowledge Self-Assessment (KSA) Activities

POINTS	CME	TOPIC
10	*	American Academy of Family Physicians: ALSO® Advanced Life Support in Obstetrics
10	8	Asthma
10	8	Behavioral Health Care
10	8	Care of Children
10	8	Care of Hospitalized Patients
10	8	Care of Older Adults
10	8	Care of Women
10	8	Diabetes
10	8	Health Counseling and Preventive Care
10	8	Heart Disease
10	8	Hypertension
10	8	Musculoskeletal
10	8	Pain Medicine
10	8	Palliative Care

LLSA Activities

Each of these activities requires a \$50 fee. You will earn 10 certification points upon completion. Successful completion of any of these activities will fulfill your minimum KSA requirement.

POINTS	CME	TOPIC
10	*	Emergency Medicine 2020
10	*	Emergency Medicine 2021
10	*	Emergency Medical Services 2020

Alternative Self-Assessment Activities

POINTS	CME	TOPIC
2.5	*	American Academy of Family Physicians Health Equity – Leading the Change: 5 Activities – Addressing Social Determinants of Health – Championing Economics Policy to Reduce Health Disparities – Striving for Health Equity – Supporting Vulnerable Populations – Understanding the Impact of Climate Change on Population Health
5	*	American Board of Pediatrics – Care of Children and Adolescents Self-Assessment: 6 Activities
10	*	Approved ABMS Member Board SA Activity
5	*	Faculty Development (IHI)
15	*	Patient Safety (IHI)
15	*	Quality Improvement (IHI)

* CME may be provided by Sponsoring Organization
** CME for this activity is not yet approved



**American Board
of Family Medicine**

American Board of Family Medicine
1648 McGrathiana Pkwy, Suite 550
Lexington, KY 40511
877-223-7437 • www.theabfm.org



Self-Assessment | October | 2023