Osteopathic Certification
How To D.O. It Right

FM SCS Educational Day - January 6, 2021
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Core Faculty - Ascension Macomb-Oakland Hospital
Disclosures

• I currently serve on the ACOFP Board of Governors (ACOFP) which interacts with the American Osteopathic Board of Family Physicians (AOBFP)

• I have previously served as Chair of the Committee on Osteopathic Recognition & Development (CORD) for the ACOFP

• I am a Sagittarius and do NOT like long walks on the beach (sand gets everywhere)🤣
What Today Is - Goals & Objectives

• Review how we got to where we are today (timeline)

• Review ‘The Letters’ relevant to your training and certification process

• Discuss the ACOFP/AOBFP In-Service Exam and In-Service Exam Plus (ISEP)

• Review Osteopathic Certification Process including Early Entry Initial Certification

• Identify the 4 components of Osteopathic Continuous Certification

• Discuss CME requirements for residents
What Today Is And Is Not

- I will **not** try to convince you to follow one pathway or another - that’s your choice
- I will **not** disparage any organization (AOA, ACOFP, AOBFP, ABFM, CIA, NASA, etc.!!)
- I **will** try to offer some of my own thoughts on what you may consider as you choose
- I **will** ask you to become a knowledgable resource for other DOs, MDs and students
- **I WILL (ATTEMPT TO) END ON TIME** (you can still ask questions though!)
Why Should You Trust Me?

• I have been a **program director** for almost 20 years

• I have worked closely with the ACGME, the AOA, the ACOFP, the AOBFP, the ABFM and the AAFP

• (This means I know a little stuff)

• My daughters will kill me if I’m not nice (true story!)
What I Believe As Osteopathic Faculty

- I believe you should understand why we are where we are today in terms of training and certification.
- I believe you have the right to choose your pathway based on your knowledge & your needs.
- I believe you have a responsibility to educate others.
- I believe it is my responsibility to help educate you.
So How Did We Get Here?

2014

The ACGME, AOA and AACOM agree to create a **single accreditation system**

2015

Previously AOA-accredited programs/new programs can **apply** to ACGME
ACGME added people from AOA and AACOM to **Review Committees**
ACGME establishes an Osteopathic Principles Committee and a designation that may be applied for called **Osteopathic Recognition**

2022

All residents will be eligible for ABMS Board Certification
All AOA-accredited programs will 'sunset'
And Now For Something Completely Different

The ‘Letters’ - The various acronyms that should matter to you concerning training, certification and licensure

- **AOA** - American Osteopathic Association
- **BOS** - Board of Osteopathic Specialties
- **ACOFP** - American College of Osteopathic Physicians
- **AOBFP** - American Osteopathic Board of Family Physicians
- **AMA** - American Medical Association
- **ABMS** - American Board of Medical Specialties
- **ABFM** - American Board of Family Medicine
- **AAFP** - American Academy of Family Physicians

**LARA** - MI Department of Licensing and Regulatory Affairs
And Now For Something Completely Different

**The ‘Letters’** - The various acronyms that should matter to you concerning training, certification and licensure

<table>
<thead>
<tr>
<th><strong>ACOFP/AOBFP/BOS</strong></th>
<th><strong>ABFM/ABMS</strong></th>
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<tbody>
<tr>
<td>· ISE - In-Service Exam</td>
<td>· ITE - In-Training Exam</td>
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<tr>
<td>· CORTEX - Clinical Osteopathic Recognition Training EXam</td>
<td>· MOC - Maintenance of Certification</td>
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<tr>
<td>· ISEP - In-service Exam Plus</td>
<td></td>
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<tr>
<td>· OCC - Osteopathic Continuous Certification</td>
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Residency Training

- Needed to become board eligible
- **Overseen** by the ACGME
- **Formative Assessment** managed by the ACOFP/AOBFP and/or the ABFM
- **Approved** by the AOBFP and/or ABFM
Certification

• Needed to allow you to get full state licensure to practice medicine (board certified)

• Includes Initial Certification, Recertification and Osteopathic Continuous Certification (Maintenance of Certification)

• Overseen by the AOBFP and/or the ABFM
Licensure

• Needed to actually practice medicine

• **Overseen** by the **state organization and state medical board**

• In Michigan - LARA and Michigan Board of Medicine
Points To Remember

• Your training is **only** under the oversight of the ACGME

• You may **choose** to board certify via the AOBFP, the ABFM or both

• You must complete **maintenance requirements** for your certifying organization(s)

• Your state organization may have **additional requirements** to maintain licensure
  
  • Attendance to presentations on: opioid abuse, human trafficking, etc.
In-Service Exams

- The ACGME requires some form of formative evaluation during your training period.
- If you are in an OR program (or OR spot wishing a program), you must have formative evaluation of osteopathic principles and practice as well.
- Easiest approach is an in-service exam to meet all requirements.
In-Service Exams

- **ABFM ITE (In-Training Exam)**
  - Administered by certifying organization - allows for correlation to certifying exam
  - Has content outline which provides blueprint of all content areas covered
  - 245 MCQs
In-Service Exams

- **AOBFP/ACOFP ISE/ISEP/CORTEx**
  - Administered by certifying organization - will correlate with certifying exam
  - ISE doesn’t include the formative OPP elements; ISEP does
  - ISE - 220 MCQs (20 pretest items)
  - ISEP - 265 MCQs (75 OPP MCQs)
  - CORTEx - 75 OPP MCQs
## Comparison

**SEE CHART FOR REQUIREMENTS FULFILLED BY EACH EXAM.**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>ACOFP In-Service Exam Plus (ISE+)</th>
<th>CORTEX</th>
<th>Traditional ACOFP In-Service Exam (ISE)</th>
<th>ABFM In-Training Exam (ITE)</th>
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<tbody>
<tr>
<td>Meets AOA’s Basic Standard for Residency Training in Osteopathic Family Medicine and Manipulative Treatment</td>
<td>X</td>
<td>N/A</td>
<td>X</td>
<td>N/A</td>
</tr>
<tr>
<td>Meets ACGME’s Basic Requirement</td>
<td>X</td>
<td>N/A</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Meets ACGME’s Osteopathic Recognition Requirement</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Number of exam questions</td>
<td>265 (190 ISE &amp; 75 OPP/OMM)</td>
<td>75 (OPP/OMM)</td>
<td>220 (190 ISE &amp; 30 OPP/OMM)</td>
<td>245 (Approximately)</td>
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**PRICE**

- ACOFP In-Service Exam Plus (ISE+): $110 (a $15 Discount)
- CORTEX: $75 (Introductory Price)
- Traditional ACOFP In-Service Exam (ISE): $50
- ABFM In-Training Exam (ITE): $50
What Option Is Best?

- Depends on what your program is offering - what you take will determine what certification pathway you choose:
  - Traditional ABFM Initial Certification - ISE/ISEP or ITE
  - Traditional AOBFP Initial Certification - ISE/ISEP or ITE (+/- CORTEX)
  - If Osteopathic Recognition - ISEP or ITE + CORTEX
  - AOBFP Early Entry Initial Certification - ISEP or ISE
  - If OR and Early Entry Initial Certification - ISEP
Points To Consider

• Programs want to offer the formative exam that best allows residents to prepare for their chosen certification exam

• Not all residents know which certification pathway they want to take at beginning

• Offering both formative exams gives residents the greatest choice and flexibility in choosing a certification pathway

• The cost to do so is (your hospital’s) money and (your) time
Certification Pathways

- 2 different pathways - AOBFP or ABFM

- 3 different ‘entry points’
  - ABFM - Resident Certification Entry Process + Family Medicine Certification Exam
  - AOBFP - Family Medicine Initial Certification Process
  - AOBFP - Early Entry Initial Certification
Osteopathic Certification Pathway

• Traditional pathway has 2 parts

  • Written Cognitive Exam - $500 exam fee, 400 MCQs, 7.5 hours

  • OMT Practical Exam - $500 exam fee, 3 cases with proctored demonstration

• You may (now) opt out of the OMT Practical exam

• If you opt out, certification will be in ‘Osteopathic Family Medicine’ only

• If you take the practical, certification will be in ‘Osteopathic Family Medicine and OMT’
Early Entry Initial Certification

- Required that you take at least 2 ACOFP/AOBFP ISE or ISEP during training
- MDs may also take if at least 50 hours of OPP/OMT training during residency
- MDs may also take if they are in an OR-designated spot
- OMT exam is an ‘opt out’ - Certification will change based on whether taken
- EEIC Written Cognitive Exam - $400, 200 MCQs, 3.5 hours
- EEIC OMT Performance Exam - $500, 3 cases proctored, take at ACOFP Conferences
Comparison Of Certification Pathways

- AOBFP is $300 cheaper, but you still have to travel to conference for OMT practical.
- If not taking OMT practical, AOBFP is approximately $800 cheaper.
- If doing AOBFP EEIC, total cost is approximately $400 cheaper than ABFM process.
- AOBFP is longer (400 MCQs) than ABFM (300 MCQs).
- ABFM has a Certification Entry Process which includes a number of elements to complete prior to taking the written exam (cost?)
Initial Certification Grant

- Developed by the ACOFP Foundation - reduce costs to residents regardless of AOBFP pathway
- Allows residents to apply for a grant which will award up to $1400 for exam fees and travel expenses!
- May receive a partial grant (if part is paid by hospital)
  - **Must** be an ACOFP member (free)
  - **Must** take both cognitive and OMT practical exam
- **Due date is February 7, 2021 (ONE MONTH)**
- [https://sites.google.com/site/foundationacofp/home/campaigns-programs/initial-certification](https://sites.google.com/site/foundationacofp/home/campaigns-programs/initial-certification)
Osteopathic Continuous Certification

• Regardless of which path you take, you will have to participate in continuous certification

• OCC - 4 components
  • Licensure
  • Lifelong Learning/CME
  • Cognitive Assessment
  • Practice Performance Assessment & Improvement (Modules and/or QI Attestation)
Continuing Medical Education Requirements

- **2019-2021 Cycle**
  - Must meet AOBFP CME requirements after you certify (before graduation)
  - 150 total credits, 75 credits of Category 1 (AOA or AAFP) of which 25 Category 1A
  - Prorated based on certification date for the cycle (83-67% for most of you)
  - These are national requirements; you will also have state requirements (and possibly state society requirements) to maintain licensure
Summary

• Osteopathic Recognition is a way to help programs and residents demonstrate support for osteopathic training for themselves and others

• There are formative exams from both ACOFP/AOBFP and ABFM - having the opportunity to take both provides the greatest options for Initial Certification

• The AOBFP certification process may be cheaper than the ABFM one

• You can apply for and receive a grant which can reduce the AOBFP costs to $0

• You will have a continuous certification process regardless of path

• You will have CME requirements regardless of path
Thank You For Listening!

Bright-Eyed, Optimistic Graduate

Cranky, Tired Osteopathic Dad
(But STILL Loving It!)

All Information taken from AOA/ACOFP/AOBFP, ACGME and ABFM sites
Questions Or Comments?