LIFE AFTER RESIDENCY: THE HIDDEN CURRICULUM OF YOUR LIFE AS A PROFESSIONAL

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WELCOME TO THE OSTEOPATHIC FAMILY: ENGAGEMENT IN THE PROFESSION AFTER GRADUATION

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DISCLOSURES

I have no financial disclosures or conflict of interest with the material provided in this presentation

I am, or have been, a member of:
MAOFP, ACOFP, MAFP, AAFP, MOA, AOA, MSMS
OBJECTIVES

• Identify the benefits of joining and remaining active in a professional organization
• Understand the meaning of health advocacy
• Recognize ways physicians can engage in advocacy
• Become acquainted with the CME requirements for AOBFP and the State of Michigan

WHY VALUE ADVOCACY?

• It effects the way we practice medicine
• It effects how we get paid
• It effects patient care
• It effects population health

I TOOK AN OATH!
First do no harm

HEALTH ADVOCACY DEFINED

“In the medical profession, activities related to ensuring access to care, navigating the system, mobilizing resources, addressing health inequities, influencing health policy and creating system change are known as health advocacy.”
STAYING ACTIVE IN YOUR PROFESSION

HOW YOU CAN CONTRIBUTE

- Be active in your organization
- Committees
- Family Medicine Advocacy Day
- Use your voice
- Letters to Legislators
- Resolution writing
- Stay up to date
- Advocacy update emails
- Newsletter / Social Media
- Read current legislature that effects you

ADVOCACY IN ACTION

- Michigan is one of the most powerful states in the osteopathic profession
- Counties are represented at MOA, MOA represents our state at AOA
- Similar to the House of Representatives in the US government

ONE VOICE CAN MAKE A DIFFERENCE!

STAYING ACTIVE IN YOUR PROFESSION

- Member Benefits
- CME
- Leadership opportunities
- Mentoring/Networking
- Vacation/Travel
- Serve as a delegate or speaker
- Free registration / travel
- Advocacy opportunities
- Serve on a committee
- Work stipend
CME REQUIREMENTS

AOA
- Dues no longer required
- 120 hours per 3 year cycle
- 30 AOA Category 1-A
- 30 AOA Category 1-A or 1-B
- 60 of any category, includes AOA or ACCME approved credits

AOBFP
- 150 hours in a 3 year cycle
- 75 must be category 1 credits
- 25 of those must be 1A live CME
- Maximum 75 category 2

CME REQUIREMENTS

1-A: Formal face-to-face or interactive online AOA approved programs
- Judging posters
- Presentations
- ALS/BLS
- 1-B: Osteopathic Teaching and learning
  - Precepting (20%)
  - Board exams
  - Publishing scientific papers
  - JAOA reading and questions

2-A: Allopathic approved formal education (live ACCME sponsored events)
- 2-B: Non-osteopathic learning
  - Journal/textbook reading (1 journal = half hour CME)
  - Home study courses/board prep
  - Internet based learning

MICHIGAN REQUIRED CME

- Michigan State License
  - Renewed every 3 years
  - 150 credits per 3 year cycle
  - 60 live credits (Category 1)
  - 40 must be osteopathic (AOA/OMA approved)
  - 110 can be allopathic (AMA/MSMS approved)
- Submission of the renewal application and fee is considered a statement that the CME requirement has been met
- Failure to complete the CME requirement is considered a violation of the Public Health Code
MICHIGAN REQUIRED CME

- Education on Pain and Symptom Management
  - Minimum of 3 hours (per cycle)
- Training Standards for Identifying Victims of Human Trafficking
  - Minimum of 1 hour (once)
- Opioid Training
  - Minimum of 1 hour (once)
- NEW: Implicit Bias Training (no official guidelines yet)


QUESTIONS?

READING SUGGESTIONS

- Financial
  - White Coat Investor
  - The Physician Philosopher's Guide to Personal Finance
  - Unshakable

- Spiritual
  - Essentialism
  - The Tools
  - Stress Less Accomplish More

- Leadership
  - Multipliers
  - Lean In
  - Dare to Lead
  - Good to Great
  - Emotional Intelligence
  - How to Win Friends and Influence People