

Guide for Examination Preparation

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EFMS, Dubai
March 2023

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Learning Objectives

1. Explain the examination process for certification/recertification in Family Medicine.
2. Develop an individual plan of study for the certification/recertification examination in Family Medicine.
3. Demonstrate specific test-taking techniques.
4. Manage anxiety in the anticipation of an important examination.

AAFP & ABFM

www.TheABFM.org

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Lexington, Kentucky 40505-4294
Phone: 859-269-5626 or 888-995-5700
Support Center: 877-233-7437**

theabfm.org.

Physician Login

My Requirements

<
CURRENT STAGE
>
 01/01/2020 to 12/31/2022

Continuing Medical Education 138.75 / 150 Credits ✕

Certification Activities 10 / 50 Points >

Need assistance getting started on your Certification Activity point requirement? [Learn More](#)

Certification Fees \$400 of \$600 Fees >

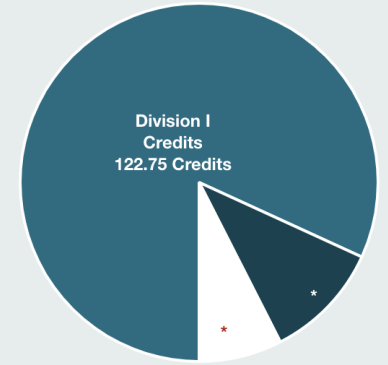
Professionalism & Licensure Up to Date >

Family Medicine Examination
Due 12/31/2026 >
 Your next opportunity to enroll in an examination will be in **2025**.

Continuing Medical Education (CME)

The AAFP reports you have completed **138.75** of the **150** required continuing medical education credits for your current stage.

No more than 75 Division II credits can be used to complete this requirement.



Division I
 Division II
 Incomplete CME

What is the difference between Division I and Division II credit?

[View and Report CME](#) →

[Frequently Asked Questions](#) →

My Activities

Activities for completing your Certification Points requirement that you have recently started or bookmarked are listed below. Select a row to continue working on an activity.

My Messages

Soon your message history will be available here in your inbox!

11/10/19 ✉ Beginning of the message would go here... →

Cognitive Assessment

Demonstrates that you possess the cognitive expertise that a patient should expect from any board-certified family physician, regardless of age, experience, work context, or scope of practice.

▪ One-Day Exam, Every 10 years

- 300 MCQ
- Pooled Flexible Break Time
- 90% Pass Rate
- Past Performance Predicts Future Performance

▪ Longitudinal Exam

- 25 Questions Per Quarter; 300 Needed Over Four Years for Pass/Fail Decision
- Done at Your Own Pace, Own Time, at Location of Your Choice
- Ability to use References
- Timed Questions – 5 mins each
- Critique and References provided

Keep in mind...

- This is an EXAM
- This will require systematic preparation
 - a small amount of review daily/weekly
- Anticipate what is to come
- Be aware each question is timed
- Learn from each 25-question installment of the examination



Completion Requirements

Professionalism

Self-Assessment and
Lifelong Learning

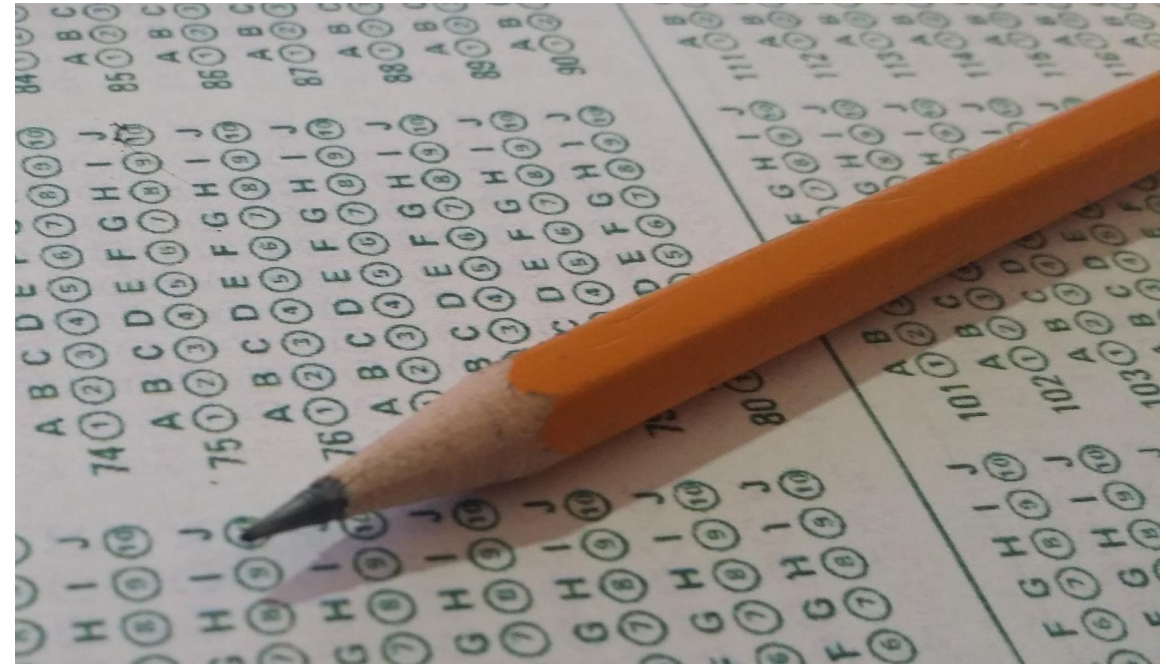
Cognitive Expertise

Performance Improvement

Foundation of Family
Medicine Certification

- In order to complete FMCLA so that it satisfies ones examination requirement (MOC, Part III), answer 300 questions over a **four-year time period** AND achieve a passing score.
- Since the platform delivers 25 questions each quarter, FMCLA provides one with flexibility to complete the entire process in three years or extend to a maximum of four years.

THE EXAM



Family Medicine Certification Process

My Requirements



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01/01/2020 to 12/31/2022

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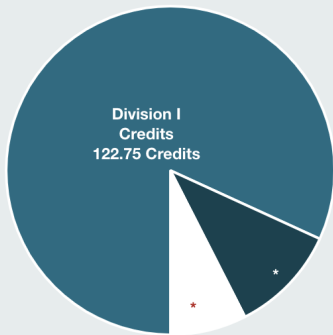
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What is the difference between Division I and Division II credit?



| | |
|----------------|--|
| Division I | |
| Division II | |
| Incomplete CME | |

View and Report CME →

Frequently Asked Questions →

Family Medicine Examination

You are currently caught up with your examination requirement!

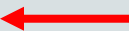
Your Family Medicine Examination requirement is due by **December 31, 2026**.

Previous Exam Results →

Family Medicine Examination **Due 12/31/2026** ✕

Your next opportunity to enroll in an examination will be in **2025**.

Related Resources



- [Key Dates](#)
- [Candidate Booklet](#)
- [Exam Preparation](#)

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Key dates

FMCE (One-Day Exam) Important Dates

FMCE (One-Day Exam) – Key Dates

Fall 2022 Important Dates



Spring 2023 Important Dates



Fall 2023 Important Dates



Candidate Booklet

FMCE (One-Day Exam) Candidate Information Booklets

To assist you with the application, the One-Day Family Medicine Certification Examination and results process, ABFM provides you with a Candidate Information Booklet that includes a comprehensive description of your requirements and policies. We recommend that you read this thoroughly before beginning the application process.

The FMCE Candidate Information Booklet





**Homework
#1**

**CANDIDATE INFORMATION BOOKLET
FAMILY MEDICINE CERTIFICATION EXAMINATION**

**CANDIDATE INFORMATION BOOKLET
FAMILY MEDICINE CERTIFICATION
LONGITUDINAL ASSESSMENT (FMCLA)
2022**

EXAMINATION DATES

APRIL 12, 13, 14, 15, 16, 18, 19, 20, 21, 22, 23, 25, 26, 27, 28, 29 & 30, 2022

AND MAY 2 & 3, 2022

NOVEMBER 7, 8, 9, 10, 11 & 12, 2022

Exam Preparation

FMCE



FMCE (One-Day Exam) Exam Preparation

The following are exam preparation items for the FMCE (One-Day Exam)

What do I need on exam day?



What are some key details to be aware of on my exam day?



Can I visit my testing center prior to my appointment for a “test drive?”



Does ABFM offer exam preparation materials?



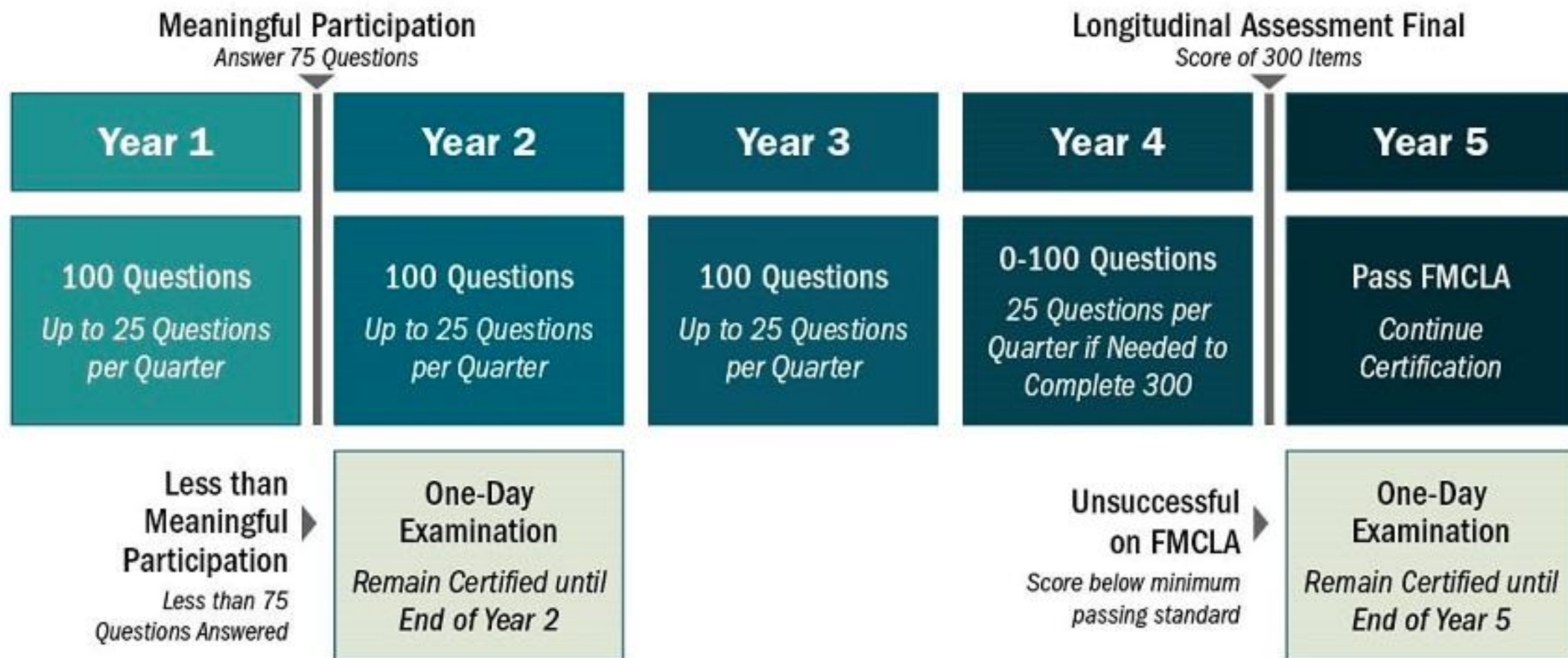
What is the format of the examination?



What is the content blueprint of the examination?



Family Medicine Certification Longitudinal Assessment (FMCLA)



Recertification Examination - 2022

■ Exam Format

- All multiple choice questions (MCQ) – 4 **OR** 5 answers
 - Stem and options (A, B, C, D, +/-E)
- Four Sections
 - **75 MCQ/section (Total exam – 300 questions)**
 - **95 minutes** allocated per section (Time per question has been increased for each item)
- ~~**ONE** module choice – during section two of examination (One-day secure exam)
 - 40 topic-focused MCQs
 - Selected on exam day during the exam
 - *Reducing the number of content-specific modules would likely benefit more examinees than it would harm (in terms of passing the examination) by a 4:1 ratio*~~

Understanding the Exam You Will Be Taking...

A 38-year-old female sees you for a routine evaluation. She asks you what strategies you would recommend to help her improve her overall health. She says she usually has coffee and a couple of doughnuts for breakfast, and usually eats lunch and dinner at fast food restaurants. Her only activity consists of a few household chores performed for a couple of hours on the weekend. She has gained approximately 15 kg (33 lb) over the past 10 years.

Which one of the following would be the best recommendation?

- A. Increasing her intake of saturated fat
- B. Increasing her intake of caffeine
- C. Decreasing her level of physical activity
- D. Improving her diet and exercising more

Scheduled Breaks in Exam

- Customizable in length
- 100 minutes of pooled break time
- Choose how much of the 100-minute allotment you use during each scheduled break that occurs between EACH exam section.

Computer-Based Testing Format

- Enhanced testing format – Prometric has upgraded their exam delivery platform
 - Easier navigation
 - More efficient testing experience
- Familiarize yourself with new look and feel of exam – Interactive demonstration

ONE-DAY FAMILY MEDICINE CERTIFICATION EXAMINATION INFORMATION



FORMAT

The One-Day Family Medicine Certification Examination is divided into four separate sections of equal length and 100 minutes of pooled break time is available to be used between sections.

| Exam Section | Exam Section Format | Time Allotted |
|--------------|------------------------------|---------------|
| Section 1 | 75 Multiple Choice Questions | 95 Minutes |
| Section 2 | 75 Multiple Choice Questions | 95 Minutes |
| Section 3 | 75 Multiple Choice Questions | 95 Minutes |
| Section 4 | 75 Multiple Choice Questions | 95 Minutes |

It is administered and proctored by staff at **Prometric** in approximately 350 locations around the United States and 180 international locations.

You do not need to have extensive familiarity with computers, but you should have experience with the use of a computer keyboard and mouse. Computer-based testing functions include the ability to navigate forward and backward through the examination, mark items for further review, highlight/strikeout question content, review answered, unanswered and marked items. A listing of completed questions, incomplete questions, and marked items may be accessed at any time during the examination for the currently active section. You must review or change items prior to the time expiration for each section. Once you end an exam section, or the exam has timed out, you cannot return to the questions in that section. The computer-based examination contains a clock showing the time remaining in the top center of the exam screen.

CONTENT

The test plan specifications for the current Secure One-Day Family Medicine Certification Examination administered in a test center, provides you with the targeted percentage of questions in each content category of your examination. The test plan specifications outline also includes the list of available modules that will be available during your examination. You will have the opportunity to select one of these modules prior to starting section two of your examination.

Test Plan Specifications:

2020 [PDF, 39KB]

2019 [PDF, 60KB]

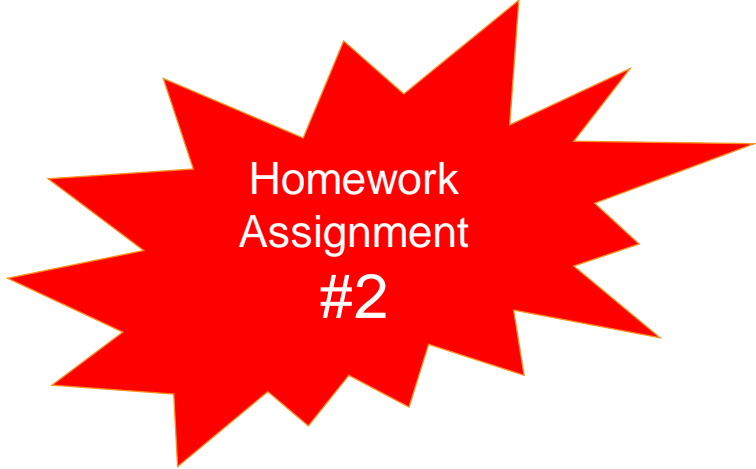


ONLINE TUTORIAL



You may access an **Online Tutorial** to help you gain helpful insights into the computer-based testing system and to review the exam functionality before you take the exam. Please note that while the online tutorial may show various question formats, the One-Day Family Medicine Certification Examination consists only of single best response, multiple-choice questions. On exam day there will be a brief orientation/tutorial prior to starting, which will allow you to re-familiarize yourself with the exam process.

Exam Tutorial



Homework
Assignment
#2

- *Questions in the exam tutorial are generic and NOT specific to the ABFM examination.*
- [Online Tutorial](#)

Scoring

- No penalty for incorrect answers
 - Leave no question unanswered
 - Guess if you don't know
- Setting a passing score
 - Angoff Method – using a group of peers to estimate the percentage of family physicians who would answer each question correctly

Angoff Method

Standard Setting Approach in Test Development

- Passing grade for the Certification Examination
- Panel of more than 24 diplomates who recently took the exam and did well are enlisted as Subject Matter Experts (SMEs)
- Each SME individually rates each test item based on whether or not a minimally-qualified candidate would answer the item correctly or incorrectly
- Once the first round of ratings has been conducted, everyone on the panel is given access to the ratings of the other SMEs so that they could compare what they determined about a particular item

Angoff Method

Standard Setting Approach in Test Development

- SMEs are asked to rate the items **again** for a second round
- The second round of ratings would give the SMEs the opportunity to review their initial rating of an item and decide whether or not they might change their decision based on the expert judgments of the other SMEs
- The second round of ratings are averaged across SMEs to determine the cut score for the test

Pass Rates

(Combined Spring/Fall)

| Year | Recerts (First/Total) | Certs (First/Total) | Score |
|-----------------|-----------------------|---------------------|-------|
| 2015 | 91.1%/80.6%* | 95.6%/90.6% | 380 |
| 2016 | 91.1%/85.5%* | 97.8%/94.4% | 380* |
| 2017 | 94.1%/89.3% | 98.1%/94.3% | 380 |
| 2018 | 93.9%/89.7% | 98.7%/92.7% | 380 |
| 2019 | 88.7%/78.3% | 98.6%/97.4% | 380 |
| 2020 | 84.4%/82.2% | 98.3%/98.3% | 380 |
| 2021 | 82.7%/71% | 98.6%/97.6% | 380 |
| * Initial/Total | | | |

NOTE First-time takers (Certs) can be applying for initial certification or maintaining their certification, but they are not testing on this occasion due to an immediate prior failure.

** Correlates with about 60% correct on the 2016 ITE.*

Release of Results – *One-Day Examination*

- 6-8 weeks from the last date in the examination window (one-day examination) for candidates to receive their final and official examination results, which may be accessed in your Physician Portfolio when available.
- Preliminary Result
 - ABFM is able to release scores more quickly (typically within a few days of the last date of the examination) in cases where there is high certainty that the pass or fail result is accurate. If you receive a pending review, that means that a preliminary result is unable to be determined based on your initial exam results data. Reasons why a preliminary score may be pending include:
 - A score is too close to the minimum passing standard to provide a preliminary result at this time. The complete scoring process must be conducted in order to determine the final outcome.
 - An exam day incident was reported and requires additional investigation to determine the impact the incident had on the exam performance. Exam incidents take time to review the exam log information, video/audio recordings and exam day details.
 - Findings in the preliminary exam data review indicate a detailed examination review is required. For example, an exam with multiple unanswered questions will result in a detailed examination review to ensure there wasn't an exam incident.

Results – 3 stages

FMCLA

| Stage | What is expected |
|---------------------------|---|
| Immediate Feedback | <ul style="list-style-type: none">• Once an answer submitted for a question, immediate response indicating whether the answer is correct or incorrect and percentage of participants who selected each option.• Critique explaining why the answer is correct or incorrect provided. Opportunity to provide comments about any question that only ABFM sees; feedback used to to evaluate items. |
| Annual/Quarterly Feedback | <ul style="list-style-type: none">• First year of Meaningful Participation (75 questions met), receive a performance report at the start of the following quarter that reflects what one's estimated score would be if one had completed the examination at that point.• Estimated score updated at the end of each subsequent quarter.• Use scores to monitor progress towards achieving the minimum passing standard; determine need to alter continuing education/study plan.• Score report provides information on percentage of questions answered correctly in each blueprint content category and some item descriptors so one can identify knowledge gaps. |
| Final Score | <ul style="list-style-type: none">• Final score and detailed report provided once completed 300 scorable items. If one does not complete a total of 300 questions at the end of four years, any unanswered questions will be counted as incorrect. |

Unsuccessful on the FMCLA?

- **One calendar year** to take the one-day examination **without** losing your certification.
- Details about how to register for the examination can be found in your Physician Portfolio.
- You will need to be current on all certification requirements before registering and an examination fee of \$1300 is required for the attempt.

Learning Objectives

1. Explain the examination process for certification/recertification in Family Medicine.
- 2. Develop an individual plan of study for the certification/recertification examination in Family Medicine.**
3. Demonstrate specific test-taking techniques.
4. Manage anxiety in the anticipation of an important examination.



Preparing Yourself Prior to the Examination

- *Manage Your Stress*

Summary

Steps to Creating an Effective Study Plan

| Step | Action |
|------|---|
| 1 | Know what material is going to be on the exam in what proportions |
| 2 | Identify your level of need for study <ul style="list-style-type: none">• How did you perform on last standardized ABFM exam?• Do you practice broad-based family medicine? |
| 3 | Identify how many hours you will need, would like, or will be able to study (Consider a minimum 3-month lead time – if seeking serious score improvement [> 100 points, or if you are retaking the examination]) |
| 4 | Evaluate how the designated amount of study will fit into your weekly schedule |
| 5 | Identify and obtain the materials you plan to use |
| 6 | Focus on relevant material with which you are least comfortable and familiar |
| 7 | Divide up the material into your schedule as specifically as is reasonable |

Adapted from The ABFM.org

ABFM Examination Test Plan Specifications

- **Cardiovascular** 12%
- Endocrine 8%
- Gastrointestinal 7%
- Heme/Immune 3%
- Integumentary 6%
- **Musculoskeletal** 12%
- Nephrologic 3%
- Neurologic 3%
- Nonspecific 9%
- Psychogenic 7%
- Reprod – Female 4%
- Reprod – Male 1%
- **Respiratory** 13%
- Special Sensory 2%
- Population-based Care 5%
 - *Epidemiology, EBM, prevention, health policy & legal issues, bioterror, quality improvement, geographic/urban/rural issues*
- Patient-based Systems 5%
 - *Clinical decision-making, communication and doctor-patient interaction, family & cultural issues, ethics, palliative care, end-of-life care*

1. Know what material is going to be on the exam

2. Identify your level of need for study

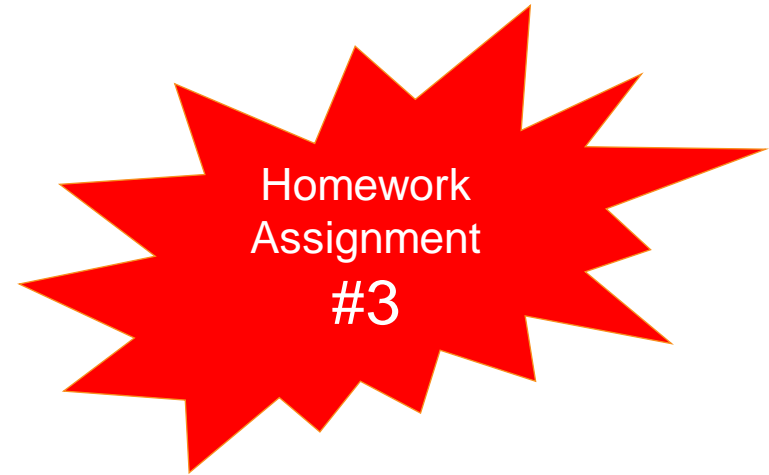
- **Broad population of practice**
 - Studying is most likely to be effective (memorable) if you keep specific clinical practice cases in mind while studying material that applies to those cases
 - Referring back to an article or study resource after seeing a complex patient aids retention
- **Narrowly defined population of practice**
 - Systematic approach to reviewing the spectrum
 - Medical knowledge fades without periodic re-exposure
 - Include those areas not included in practice any longer, as well as common entities seen every day

3. Identify how many hours you will need, would like, or be able to study

- Be realistic
- Talk with coworkers, friends, and family

4. Evaluate how the designated amount of study will fit into your weekly schedule

- **Schedule your study time – on your calendar**
- Daily time –
 - Key ingredient in exam success is scheduling regular time to study
- Minimize long periods of study just on weekends

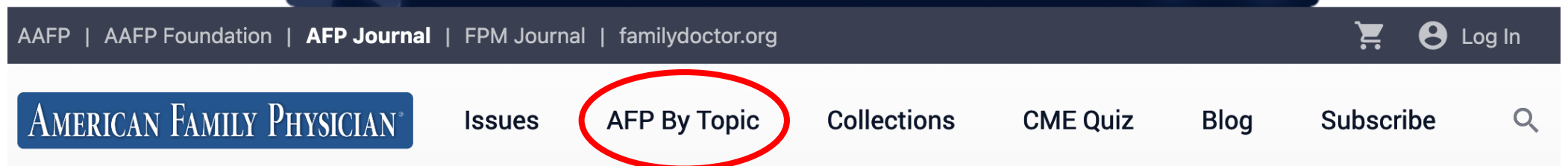


5. Identify and obtain the materials needed

- Nearly any high-quality, comprehensive study material can be used effectively

“Your” Study Materials

- ✓ Board Review Express syllabus
- ✓ [USPSTF](#)
- ✓ ABFM Knowledge Self Assessments
- ✓ [AFP by Topic](#)



Short-Term Study Tips

- Gaining points involves studying medical information – and there is a strong dose-response relationship
- Use the in-training exams or AAFP Board Review CME Questions as a pre- and post-test

In-Training Exams

Once you sign into your ABFM Portfolio – Scroll to the bottom of the page to the “Knowledge Center”

Knowledge Center

Certification Activities →

Locate self assessment and performance improvement activities that are relevant to your practice or interests and satisfy your certification requirements.

Additional Qualifications →

Learn more about specific requirements and how to request an online application for a Designation or Certificate of Added Qualification (CAQ).

Volunteer Opportunities →

We are excited to work with you and learn about new ways to improve the certification process for you and your peers.

Check out our volunteer opportunities here.

Help & Support →

Have a question or need assistance completing one or more of your requirements?

Find answers to frequently asked questions or connect with our support staff for assistance.

Help and Support

| CATEGORY | TITLE | |
|---------------------------------|---|--------------------|
| Resident Training | Historic In-Training Examination | Updated 12/09/22 → |
| CME | Continuing Medical Education (CME) | → |
| FMCLA | Family Medicine Certification Longitudinal Assessment (FMCLA) | → |
| Certification (incl pts + fees) | Continuous Certification - Requirements and the Points System | → |
| FMCE | FMCE (One-Day Exam) Important Dates | → |

[GO TO CME >](#)

[Report CME](#)

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[Access Purchased CME](#)

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Family Medicine Board Review Questions



Prepare for the ABFM exam with the AAFP's Family Medicine Board Review Express Livestream, February 18-21 and get the same in-depth Board review but with all the conveniences of your home or office.

[LEARN MORE >](#)

Pre- and Post-Test

- Mark your starting point prior to studying and then to see if your study schedule is effective
- Try to take it according to the standardized timing and instructions
- Promotes focus on study
 - Allows one to actually SEE improvement

Using the AAFP Family Medicine Board Review Questions for Pre- and Post-Tests - *an example.*

| Date | Exam Questions | Time |
|-----------------------------------|---|------------|
| Monday following course (Pretest) | Mixed Review – 30 questions (3 “tests”) | 30 minutes |
| One week later (Post-test 1) | Mixed Review – 30 questions (3 “tests”) | 30 minutes |
| One week later (Post-test 2) | Mixed Review – 30 questions (3 “tests”) | 30 minutes |

✓ *Goal is a minimum of 70% correct?*

6. Focus on the relevant material with which you are least comfortable and familiar

- Focus on established medicine
- Answer the question using THE MOST CURRENT information
- 9-month development cycle for the examinations, so **brand new information**, no matter how reliable, is unlikely to appear as an item

7. Divide Up the Study Material Into Your Schedule, as Specifically as Is Reasonable

- Lectures(??)/Number of days until exam = number of lectures reviewed each day
 - Schedule regular time to study
 - Start with those content areas that you find more challenging
 - Keep a “**fact sheet**” for last-minute review
 - *Second attempt at examination*
 - *Serious score improvement needs 10-14 hours of study time per week (100 points)*
 - *Doing a lot of review questions is secondary (30 points)*

Using the In-Training exams for Pre and post tests and “additional questions.”

| Date | Exam Questions | Time |
|--|--|--|
| Monday following course (Pretest) | Mixed Review – 30 questions (3 “tests”) | 30 minutes |
| Tuesday following course (Studied for 50 minutes; 10 minutes “remain.”) Time for 5 questions | Next Mixed Review Quiz 5 questions | 5 minutes for questions then 5 minutes to review annotated answers |
| Friday following course (Studied for 40 minutes; 20 minutes “remain.”) Time for 10 questions | Next Mixed Review Quiz 10 questions | 10 minutes for questions then 10 minutes to review annotated answers |
| One week later (Monday) (First post-test) | Mixed Review – 30 questions (next 3 “tests”) | 30 minutes |

Proceed With Studying, Taking Weekly Inventory of Progress

- Reevaluate at end of first week. If schedule is not as accommodating as you anticipated, consider changes to your schedule OR the ambitiousness of your study plan
- Using AAFP mixed-type tests before beginning and weekly to see if performance seems to be improving

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Test-Taking Strategies

- *How can we improve our response strategy in translating our knowledge into the exam's response format...*



ABFM Tips for Test-Taking

- Read the stem carefully
- Read every response option (cross out the wrong ones)
- Consider the tables and images carefully
- Answer only after considering all options
- If you do not know – guess!
- Go with the first thoughtful answer, unless you realize that you actually made a mistake

ABFM Tips for Test-Taking

- Attempt to determine whether general knowledge or patient-specific knowledge is being assessed
- DO NOT try to out-guess the item number
- Don't read the answers first and try to find it in the questions. Knowledge is TOO vast
- Carefully manage exam time
- ALWAYS answer all items before exiting exam

TIP

- Both questions and answers have catch words; look carefully for them
 - **“except”**
 - **“least likely”**
 - **“most likely”**
 - **“all but”**
 - **“never”**
 - **“always”**
 - **“all”**

“Catch Words”

Six-year-old Hillary DeLong is brought to the emergency room by her mother. Half an hour ago she was bitten on her right arm by a neighbor’s dog. The recommended first step in emergency treatment is to:

- A. Thoroughly cleanse the area with soap and water
- B. Report the accident to the police
- C. Encourage free bleeding
- D. Cauterize the wound and suture it

TIP

- Avoid unfamiliar choices
- These are made up by good test writers

“Unfamiliar Choices”

- A pregnant woman at term with a 4-cm dilated cervix is found to have marginal placenta previa with mild bleeding. The appropriate management is:
 - A. Cesarean section
 - B. Rupture of the membrane
 - C. Internal podalic version
 - D. Use of Willett’s scalp traction forceps

TIP

- Analyze similar answers carefully
- If one merely restates the other, both are wrong
- If one is the opposite of the other, one is correct
- If answers look similar, but have different numbers, one is correct

“Similar Answers”

The most appropriate treatment for erythrocytosis associated with polycythemia vera and a hemoglobin of 18.5 g/dL is:

- A. Chlorambucil
- B. Phlebotomy to maintain hemoglobin at 14 g/dL in men and 12 g/dL in women
- C. Phlebotomy to maintain hemoglobin at 16 g/dL in men and 14 g/dL in women
- D. Radioactive phosphorus (^{32}P)

“If answers look similar, but have different numbers, one is correct”

“Similar Answers”

A 55-year-old woman has had pain and swelling of her left calf for 4 days while driving across the country. Physical examination shows slight swelling and tenderness of the left calf, but no other signs of deep venous thrombosis. She reports anaphylaxis after a previous injection of dye for intravenous pyelography. To promptly confirm the suspected deep venous thrombosis of the calf vein, you would now order:

- A. Impedance plethysmography
- B. Doppler ultrasound
- C. Radionuclide venography using 99m Tc macroaggregated albumin
- D. Radionuclide venography using 99m Tc-labeled erythrocytes

“If one merely restates the other, both are wrong”

TIP

- For answers with numbers or percentages
 - Pick mid-range levels
 - Pick values that look like the others

“Numbers or Percentages”

Implantation of the fertilized ovum usually occurs:

- A. 2 to 3 days following ovulation
- B. 6 to 7 days following ovulation
- C. 10 to 12 days following ovulation
- D. Exactly 14 days following ovulation

“Numbers or Percentages”

At the end of 28 weeks of gestation (7 lunar months), the fetus weighs (in grams):

- A. 15
- B. 600
- C. 1000
- D. 1800

TIP

- Choose answers that are consistent with good family medicine values...

“Values”

Three times in the past month, a 32-year-old woman has arrived unexpectedly for consultation after hours at her family physician’s office. She has also complained about the arrogance of the receptionist. The next time she arrives to see the doctor when he is working alone in the evening, he should:

- A. Tell her family that there is nothing wrong with her and that she should see a psychiatrist
- B. Point out that she needs careful, thorough evaluation and give her the next available appointment during scheduled office hours
- C. Ask her to call the office the next morning
- D. Drive her out of the office

“Values”

In your urban family practice office, you encounter a female patient with features of potential “AIDS.” Your best decision is to:

- A. Immediately refer the patient to an AIDS clinic
- B. Send the patient to a hospital emergency room
- C. Provide concerned comprehensive and continuous care for the patient and the family
- D. Politely ask the patient to see the other family physician located on the next street

Learning Objectives

1. Explain the examination process for certification/recertification in Family Medicine.
2. Develop an individual plan of study for the certification/recertification examination in Family Medicine.
3. Demonstrate specific test-taking techniques.
4. **Manage anxiety in the anticipation of an important examination.**

The Last Week Before the Exam

- Study Notes/Charts/“Fact Sheet”
- Plan to stop studying 48 hours before the exam
- Drive to the testing site before exam day
- Plan exam day



Plan Your Exam Day

- Food
 - Can put in locker for break
- Clothing
 - Comfort
 - Look good, feel good, score good
 - “Lucky clothing”
- Identification – 1 photo identification (government issued)

The Exam Begins

- Write down the seven equations on your “dry erase board”
 - Epidemiology Lecture (Home Study Course)
- Deep breaths; periodically pause and breathe
- Keep a positive attitude
- Read questions carefully

Sitting down to take each 25-question Exam...

- Quiet environment away from distractions and interruptions
- Open Book Resources
 - Organization referenced
 - Trusted Online/Text Resources
 - AFP
 - Journal of Family Practice
- Do not try to out-guess the item writers. Rely simply on your knowledge to respond to the selections
- Be optimistic

HOMework – *BEFORE* Monday

- ✓ ABFM Website
 - ✓ Candidate Information Book
 - ✓ Computer Simulation of Examination
 - ✓ Test Preparation Videos (if you like)

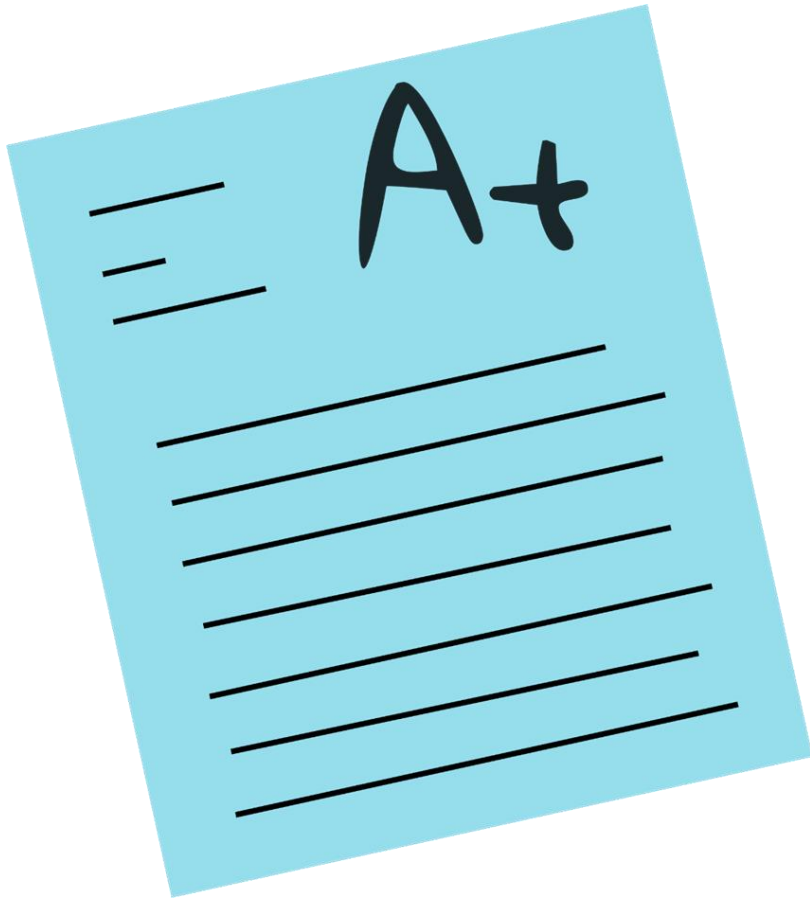
Exam Preparation Guidance

- 6 videos from the ABFM's psychometrician
- <https://www.theabfm.org/moc/exampreparation.aspx>

HOMework – *BEFORE* Monday

- ✓ ABFM Website
 - ✓ Candidate Information Book
 - ✓ Computer Simulation of Examination
 - ✓ Test Preparation Videos (if you like)
- ✓ Set your study time on your calendar

In the End...



Plan to Study
Keep Calm
Be Confident

Summary

- Any high-quality, comprehensive study material can be used effectively
- Key ingredient in exam success is scheduling regular time to study
- Gaining points on the exam involves studying medical information, and there is a strong dose-response relationship
- Use the AAFP Board Review CME Questions as a pre- and post-test
- Do not try to out-guess the item writers. Rely simply on your knowledge to respond to the selections

We Are Done...





AMERICAN ACADEMY OF FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA