

mē[®] Resource Guide

**Your guide to mē[®]—
AAPM&R's home for
the essential clinical
and practice resources
physiatrists need for
continuing education.**

Explore your Academy's wide
range of educational resources
designed to advance your skills
and career.

me.aapmr.org

aapm&r

American Academy of
Physical Medicine and Rehabilitation

Focused Education

AAPM&R's Focused Education resources include our most diverse group of clinical topics and learning formats. From the robust Annual Assembly Rewind, to the intensive Nonclinical Career Options and Regenerative Medicine courses, to the helpful Abridged SAE-R exams, these resources dive deep into the specific clinical and practice topics physiatrists need.

KEY TOPICS:

- ⊗ Cancer Rehabilitation Medicine
- ⊗ Career & Practice
- ⊗ Concussion
- ⊗ In-Training/Early-Career
- ⊗ Leadership
- ⊗ New Technologies
- ⊗ Pain Management
- ⊗ Pediatric Rehabilitation
- ⊗ Ultrasound
- ⊗ And more!

DID YOU KNOW?

2019 Annual Assembly sessions are being recorded! Head to the registration desk to add the 2019 Annual Assembly Rewind to your conference registration for just \$99—that's 75% off the regular price! This offer is available until November 17, 2019.

CME: Up to 125 *AMA PRA Category 1 Credits*™

MEMBER PRICE: \$0-450

NONMEMBER PRICE: \$0-550

WATCHmē® Instructional Videos

The WATCHmē® collection of 30-50 minute instructional videos features expert demonstrations from PM&R thought-leaders and covers several topics—with more on the way! These videos are unique in that you can watch (and re-watch) an expert complete a procedure, giving you the chance to study the techniques to apply in your own practice.

KEY TOPICS:

- ⊗ Sports Medicine: Physical Examination of the Ankle, Hip, Knee, and Shoulder
- ⊗ Ultrasound-Guided Botulinum Toxin Injections: Upper Limb
- ⊗ Ultrasound-Guided Botulinum Toxin Injections: Lower Limb
- ⊗ And more coming soon!

CME: Up to 1.5 *AMA PRA Category 1 Credits*™

MEMBER PRICE: \$35-150

NONMEMBER PRICE: \$45-215

Journal CME

Journal-based CME is available every month through the study of designated articles within *PM&R*, the Academy's official scientific journal. Learners need to read the designated article in their journal or online at pmrjournal.org and then log in to me.aapmr.org to answer an assessment question and claim their CME.

KEY TOPICS:

- ⊗ Musculoskeletal Medicine
- ⊗ Pain Management
- ⊗ Spinal Cord Injury
- ⊗ Sports Medicine
- ⊗ Telemedicine
- ⊗ Technology
- ⊗ And more!

CME: 1 *AMA PRA Category 1 Credit*™ per designated article

MEMBER PRICE: \$0

NONMEMBER PRICE: \$25

Self-Assessments for Practitioners (SAE-Ps)

SAE-Ps are educational resources that help you identify your knowledge gaps and provide feedback with explanation and references for each question, upon completion. Learners will read a series of articles about a particular topic and then assess what they've learned with a 25-30 question exam.

KEY TOPICS:

- ⊗ Bone Health
- ⊗ Concussion
- ⊗ Geriatrics
- ⊗ Opioid Management
- ⊗ Osteoarthritis
- ⊗ Spasticity
- ⊗ Spinal Cord Injury
- ⊗ Stroke
- ⊗ Ultrasound
- ⊗ And more!

CME: 8 *AMA PRA Category 1 Credits*™

MEMBER PRICE: \$115

NONMEMBER PRICE: \$165

DID YOU KNOW?

One complimentary SAE-P is included with Fellow and Associate membership! Use the coupon code you received with your membership renewal to meet your annual American Board of Physical Medicine and Rehabilitation (ABPMR) Maintenance of Certification® (MOC®) Part II requirement!

Focused Review Courses

Focused Review Courses provide a deep dive into some of the most popular PM&R clinical areas of care to help you assess and improve your knowledge. Featuring a helpful chapter format that breaks down the content into easily manageable sections, these resources allow you to complete the review at your own pace.

KEY TOPICS:

- ⊗ Cardiac and Cancer Rehabilitation
- ⊗ Electrodiagnosis
- ⊗ Joint and Connective Tissue Disorders
- ⊗ Spinal Cord Injury
- ⊗ Stroke Rehabilitation

CME: Up to 2 AMA PRA Category 1 Credits™

MEMBER PRICE: \$99

NONMEMBER PRICE: \$199

Practice Improvement Projects (PIPs)

The self-guided PIPs allow you to assess your knowledge and current implementation of evidence-based treatments in your practice through a systematic chart review, identifying areas for improvement and implementing an improvement plan.

KEY TOPICS:

- ⊗ Deep Vein Thrombosis
- ⊗ Low Back Pain
- ⊗ Osteoporosis
- ⊗ Stroke Rehabilitation

CME: 20 AMA PRA Category 1 Credits™

MEMBER PRICE: \$0

NONMEMBER PRICE: \$275



All PIPs are included with AAPM&R membership and meet your American Board of Physical Medicine and Rehabilitation (ABPMR) Maintenance of Certification® (MOC®) Part IV requirement.

Career and Practice Resources

From podcasts to slide lectures to full online courses, the Academy's collection of career and practice resources has something for every physiatrist at every stage of their career. Learn how to make the most of your career and establish efficient practice management and leadership skills.

KEY TOPICS:

- ⊗ Career Diversification
- ⊗ Coding and Documentation
- ⊗ Early-Career
- ⊗ Practice Management
- ⊗ And more!

CME: Up to 18.75 AMA PRA Category 1 Credits™

MEMBER PRICE: \$0-299

NONMEMBER PRICE: \$0-399



In 2016, the Academy conducted an in-depth PM&R Compensation Survey. The 250+ page summary document is available on me.aapmr.org to help physiatrists with job negotiations and important career decisions, and it is free for members!

More for Members

AAPM&R provides members with the education and training to set physiatric practice apart in competitive landscapes. We do this by offering cutting-edge clinical and practice management resources, which help you stay current on hot-button topics and equip you for success. From live courses to online training, the Academy has resources to suit every learning style and educational need—all with significant savings for members!

Visit www.aapmr.org/membership to renew or join today.

My Education

My Education (ME) is where you will find activities you are enrolled in and the tools you need to claim and manage your continuing medical education (CME) credits.

My Enrollments

My Enrollments is where you will find the educational activities that you have enrolled in and are in the process of completing. Once you have completed the activities, they will appear on the My Transcript tab.

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My Transcript

My Transcript is where you can claim CME credit and find data for all of the educational activities that you have completed with AAPM&R in the last 10 years. The PDF of your transcript is sufficient documentation for proof of credit for a variety of organizations, including American Board of Physical Medicine and Rehabilitation (ABPMR), state licensure, the American Medical Association (AMA), and more.

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To claim CME Credits: Click on [Claim](#).

To print your transcript: Click on .

Enter non-AAPM&R Credits

Use this members-only service to stay organized and manage your CME history. This tab allows you to enter and add *AMA PRA Category 1 Credits*™ earned from other organizations to your transcript—making mē® your personal CME repository. AAPM&R automatically transfers CME activity data on a weekly basis, including non-AAPM&R credits entered, to the ABPMR. Just click Add CME Activity to get started.

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A Special Thanks

All AAPM&R educational resources are planned and developed by volunteer members of the Medical Education Committee (MEC) and related subcommittees. To all of our clinical and practice volunteer experts—thank you!

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Annual Assembly Program Planning Committee

CME Committee

GME Committee

Self-Assessment Committee

Practice Preparedness Committee

STEP Certificate Programs Workgroups

PM&R Knowledge NOW® Workgroup

Beyond **mē**[®]

The Academy's education doesn't stop at **me.aapmr.org**! Head to **www.aapmr.org** to learn about these other popular educational opportunities:

- ④ STEP Certificate Programs in Ultrasound and Interventional Spasticity
- ④ NEW! Leadership Institute
- ④ Navigating Early-Career Decisions for Success in Physiatry Practice courses
- ④ Navigating the Opioid Crisis: Perils, Pitfalls, and Practical Solutions course

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