

## Maintenance of Certification® Frequently Asked Questions

### What is Maintenance of Certification® (MOC®)?

- Maintenance of Certification (MOC) was developed by the American Board of Medical Specialties (ABMS) to improve patient care by ensuring continuous lifelong learning and professional development throughout a physician's medical career.

### What is the difference between the American Board of PM&R (ABPMR) and the American Academy of PM&R (AAPM&R)?

- ABPMR sets MOC requirements that are customized to the specialty and monitors and tracks the MOC process to ensure all standards are met.
- AAPM&R develops resources that meet MOC requirements and helps members navigate the MOC process.

### How do I know if I'm required to participate in MOC?

- All ABPMR diplomates certified in 1993 and beyond must complete all applicable requirements within the 10-year MOC cycle to maintain their certification.

### How can I verify what MOC requirements I've completed and still need to meet?

- ABPMR maintains official record on what MOC requirements physicians completed and what they still have to meet before their MOC cycle ends.

### If I only want to maintain my subspecialty certificate and decide to drop my primary certification, can I get it back later?

- Yes. If you decide to regain primary certification later, you first must be up-to-date with requirements for MOC Parts I, II, and IV, including fees, medical license attestation, CME and self-assessments, and practice improvement projects. To get a new certificate, you will need to pass the primary MOC Examination. At that time, your primary certificate will be reissued with a new expiration date.

### If I plan to drop my primary certification, do I need to keep participating in MOC activities?

- Yes. In order to drop primary certification, all requirements for MOC Parts I, II, and IV must be current and up-to-date.

### Can I just let my primary certification lapse?

- No. Dropping primary certification isn't the same as letting it lapse. A lapsed primary certification will negatively affect your subspecialty certification through the ABPMR.

In order to officially drop primary certification and maintain subspecialty certification only, you'll need to be current and up-to-date with requirements for MOC Parts I, II, and IV by the end of your primary certificate expiration year. Then, in the year your current primary certificate expires, you'll also be required to submit an attestation form on your ABPMR Online Services portal. If all steps are completed, your primary certification will officially drop at the end of that year.

### **My primary certificate expires in 5 years. When can I drop primary certification?**

- As long as your MOC requirements and fees are current and up-to-date, you will be able to drop your primary certification in the year your current primary certificate expires.

At the beginning of your expiration year, a new link will appear in your ABPMR Online Services portal on the ABPMR website. You'll be able to fill out and submit an official attestation form to let us know your intention of dropping primary certification and, as long as you meet the requirements, your certification will drop at the end of that year.

### **What does MOC involve?**

- MOC includes four components:
  - Part I: Professional Standing
  - Part II: Lifelong Learning and Self-Assessment
  - Part III: Cognitive Expertise
  - Part IV: Practice Performance

### **How do I meet the Part I requirement?**

- You must hold a valid, unrestricted medical license to practice medicine.

### **What is the Part II: Lifelong Learning requirement?**

- If you were (re)certified before 2012 - Complete and report a total of 300 Category 1 CME credits by year 10.
- If you were (re)certified in 2012 or beyond - Complete and report 150 Category 1 CME credits in years 1-5 and 150 in years 6-10 of your MOC cycle (for a total of 300 Category 1 CME credits).

### **What is the Part II: Self-Assessment requirement?**

- If you were (re)certified before 2012 - Complete a total of 4 ABPMR-approved self-assessments during the 10-year MOC cycle.
- If you were (re)certified in 2012 or beyond - Complete an average of 8 CME credits per year involving ABPMR-approved self-assessments for a total of 40 CME credits in years 1-5 and 40 CME credits in years 6-10.
- Don't forget - AAPM&R members receive 1 complimentary SAE-P with their membership.

### **What resources does AAPM&R have to help meet the Part II: Self-Assessment requirement?**

- AAPM&R offers Self Assessment Examinations for Practitioners (SAE-Ps) on a variety of clinical topics that help meet the Part II: Self-Assessment requirement.
- AAPM&R members receive 1 complimentary SAE-P with their membership.
- SAE-Ps are valuable tools that help learners identify their knowledge gaps and provide learning through comprehensive commentary.

- Earn up to 8 Category 1 credits for completing an AAPM&R SAE-P
  - If you were (re)certified in 2012 or beyond, complete one (1) SAE-P each year to meet all your Part II: Self Assessment requirement by year 10 of your MOC cycle.

### **What is the Part III: Cognitive Expertise requirement?**

- This component consists of a cognitive computer-based examination covering all aspects of the specialty.
- It is required every 10 years but may be taken in years 7-10 of your MOC cycle:
  - If taken before certificate expires, CME credits, self-assessment, practice assessment, and annual fee for each of the remaining years of the 10-year program are still required.
  - If exam is taken before year 10, the new time-limited certificate is then in effect for 10 years from the year in which the previous certificate expires, not from the date the MOC exam is taken.

*Study tools offered by the Academy are not endorsed by ABPMR and ABPMR did not participate in the development of these study tools.*

### **What resources does AAPM&R have to help me prepare for the Primary MOC exam?**

- [MOC|3 Online Mock Examination](#) – this study resource has 800+ practice questions addressing 12 core PM&R clinical areas
- [MOC|3 Online Review Courses](#) – brush up on clinical areas addressed on the ABPMR Primary MOC exam with these narrated slide lectures developed by experts in the field.

### **What is the Part IV: Practice Performance requirement?**

- If you were (re)certified before 2012 - Complete a total of 1 ABPMR-approved practice performance project during the 10-year MOC cycle.
- If you were (re)certified in 2012 or beyond - Complete one ABPMR-approved practice performance project in years 1-5 and one in years 6-10 during the MOC cycle.

### **What resources does AAPM&R have to help meet the Part IV: Practice Performance requirement?**

- AAPM&R offers self-guides, easy-to-use Practice Improvement Projects (PIPs) that:
  - Are self-guided, easy to use, and provides you with everything you need and walks you through the process step-by-step
  - Helps you identify areas for improvement and helps you create an action plan to implement measurable quality improvements in your practice.
- PIP topics include:
  - Low Back Pain
  - Stroke Rehabilitation

- Osteoporosis
- Deep Vein Thrombosis
- PIPs are complimentary with Academy membership

#### **How can I tell what CME and MOC resources I've completed with AAPM&R?**

- Physicians can obtain a free online, personal CME transcript through the mē® website ([www.me.aapmr.org](http://www.me.aapmr.org)) that includes data for all educational activities you have completed with AAPM&R
  - **Member benefit** – enter non-AAPM&R CME credit obtained from other accredited organizations

#### **Do I need to inform the ABPMR of CME and MOC requirements I completed through AAPM&R?**

- No, CME and MOC completion data is electronically transferred weekly from AAPM&R to the ABPMR and will appear in your ABPMR portfolio within 7 business days.

#### **When do I contact ABPMR?**

- Contact ABPMR if you have questions about MOC requirements or to know what MOC requirements you have left to meet before your cycle is up.
  - **Website:** [www.abpmr.org](http://www.abpmr.org)
  - **Email:** [moc@abpmr.org](mailto:moc@abpmr.org)

#### **When do I contact AAPM&R?**

- Contact AAPM&R if you have questions about Academy MOC resources or need a record of what Academy MOC resources you have completed.
  - **Website:** [www.aapmr.org](http://www.aapmr.org)
  - **Email:** [info@aapmr.org](mailto:info@aapmr.org)

#### **How Do I Obtain My Complimentary MOC Resources from the Academy?**

Upon joining the Academy or renewing 2016 membership, members will receive one free online Self-Assessment for Practitioners (SAE-P) of their choosing from the [mē® website](http://me.com). Members will receive an access code\* (via the email provided upon joining/renewing) for an SAE-P that they can use at any time until it expires on December 31, 2016.

We recognize the current MOC Part IV process places significant burdens on physicians without achieving its intended objectives. To ease this burden for members, AAPM&R now offers all of its Part IV resources at no cost to help you meet this requirement.

As members have different preferences for when and what they wish to study for the MOC Part III exam, the study tools AAPM&R offers (MOC|3 Courses and Mock Exam\*\*) are not included in the membership bundle.

\* SAE-P access codes expire on December 31, 2016. Members can redeem SAE-Ps after the expiration date as long as they maintain their membership. No refunds will be given on SAE-Ps purchased during dues renewal (November 17-December 31, 2015) as the free SAE-P is part of 2016 membership.

\*\* PIP refunds and/or credits will only be given to those members who purchased a PIP between October 31 and November 17, 2015. PIPs cannot be refunded if completed and CME has already been claimed.

\*\*\*The MOC|3 Online Review Courses and the MOC|3 Online Mock Examination are not endorsed by ABPMR nor was ABPMR involved in the creation of these study tools.