

How to Navigate Maintenance of Certification (MOC) and Meet Requirements

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2 Different Organizations

American Board of PM&R (ABPMR)

- ABPMR sets MOC requirements for board certified physiatrists
- Monitor and track the MOC process to ensure all standards are met

American Academy of PM&R (AAPM&R)

- AAPM&R develops resources that meet MOC requirements
- Helps members navigate the MOC process

Maintenance of Certification

- Developed by the American Board of Medical Specialties (ABMS) to ensure a continuous cycle of lifelong learning for a physician's professional development throughout his or her medical career.
- By following MOC, physicians live the standards by which medical care is evaluated and demonstrate their leadership in the national movement for healthcare quality.
- Provides documentation for public accountability and credibility that can be used to verify that physicians are maintaining appropriate knowledge and training to practice PM&R.

Maintenance of Certification

The American Board of PM&R (ABPMR)

- One of 24 member of the ABMS
- Sets MOC requirements for board certified physiatrists
- Creates certification examinations
- Monitors and tracks the MOC process to ensure all standards are being met

Maintenance of Certification

- All ABPMR diplomates certified in 1993 and beyond must complete all applicable requirements within the 10-year MOC cycle to maintain their certification.
- ABPMR maintains official record on what MOC requirements physicians completed and what they still have to meet before their MOC cycle ends.

MOC Components

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

ABPMR MOC Program

MOC Part I: Professional Standing

- Hold a valid, unrestricted medical license to practice medicine
 - Restricted license: a license which is revoked, suspended or surrendered
- Agree to notify ABPMR of any change in licensure status

ABPMR MOC Program

MOC Part II: Lifelong Learning and Self-Assessment

- Ensures new information and knowledge are incorporated into professional development
- **CME Requirement**
 - Complete and report a minimum of 300 Category 1 CME credits to ABPMR by year 10 of MOC cycle
 - Recommended – report 30 CME hours yearly
 - 50% of the 300 total CME should be related to the physician's specialty and/or subspecialty certification

Certificates Issued Before 2012

Complete and report a total of 300 Category 1 CME credits by year 10.

Certificates Issued In 2012 or Beyond

Complete and report 150 Category 1 CME credits in years 1-5 and 150 in years 6-10 of their MOC cycle (for a total of 300 Category 1 CME credits).

ABPMR MOC Program

MOC Part II: Lifelong Learning and Self-Assessment

- **Self-Assessment (SA) Requirement**
 - Complete ABPMR-approved self-assessments
 - AAPM&R
 - Completion data is transferred to ABPMR from approved organizations

Certificates Issued Before 2012

Complete a total of 4 ABPMR-approved self-assessments during the 10-year MOC cycle.

Certificates Issued 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.

ABPMR MOC Program

MOC Part III: Cognitive Expertise

- Consists of a secure MOC examination covering all aspects of the specialty.
- Computer-based, closed-book exam with MCQ related to clinical practice
- Required every 10 years but may be taken in years 7-10 of 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.

ABPMR MOC Program

MOC Part IV: Practice Performance

- Designed to address quality improvement in practice
- Complete ABPMR-approved Practice Performance projects:
 - ABPMR Clinical Care PIP (self-directed) - development of your own PIP must follow ABPMR PIP standards (see Practice Performance Standards page of ABPMR website)
 - AAPM&R Practice Improvement Projects (PIPs)
- Completion data is transferred to ABPMR from approved organizations

Certificates Issued Before 2012

Complete a total of 1 ABPMR-approved practice performance project during the 10-year MOC cycle.

Certificates Issued 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.

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Maintaining Primary and Subspecialty Certification

- Time-limited primary certificate holders must complete all MOC requirements in their 10 year cycle to maintain their MOC participation “active”.
- As of 2015, subspecialty certificate holders are no longer required to maintain their primary certification in PM&R.
- Subspecialty certificate holders may choose to maintain both primary and subspecialty certificates or maintain only the subspecialty certification(s).

Maintaining Primary and Subspecialty Certification

- In order to officially drop primary certification and maintain subspecialty certification only, physicians need to be current and up to date with requirements for MOC Parts I, II, and IV by the end of their primary certificate expiration year.
- At the beginning of their expiration year, a new link will appear in the Online Services portal on the ABPMR website where they'll be able to fill out and submit an official attestation form to let ABPMR know their intention of dropping primary certification. As long as they have met the requirements, their certification will drop at the end of that year.

Maintaining Primary and Subspecialty Certification

- Physicians holding lifetime primary certification who become subspecialty certified must actively participate in Parts I-IV of the MOC Program in order to maintain their subspecialty certification.
- Maintenance of both certificates have been streamlined via common MOC components and there is reciprocity for parts I, II, IV
- ABPMR reserves the right to alter the MOC requirements – always look to ABPMR for the most current requirements that are specific to you.

Contact ABPMR for

- Questions about MOC requirements
- To know what MOC requirements physicians have left to meet before their cycle is up
- Website: www.abpmr.org
- Email: moc@abpmr.org
- Call: (507) 282-1776
 - Ask for Brittney L. Gengler, MOC Assistant



AAPM&R MOC Resources



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Self Assessment Examinations for Practitioners (SAE-Ps)

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MOC Exam Study Tools:

- Online Mock Exam
- Online Review Courses

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Practice Improvement Projects (PIPs)

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Self Assessment Examinations for Practitioners (SAE-Ps)

- Help meet the MOC Part II Self Assessment requirement
- Valuable tools that help learners identify their knowledge gaps and provide learning through comprehensive commentary
- Earn up to 8 *AMA PRA Category 1 Credits*[™]
- Receive 1 complimentary SAE-P each year with your AAPM&R membership

SAE-P topics include:

- Sports Medicine
- Brain Injury
- Spinal Cord Injury Medicine
- Stroke Rehabilitation
- Spasticity
- Pain Management
- Geriatrics

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MOC Exam Study Tools

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

- Resources to help you prepare for the ABPMR Primary MOC Examination (MOC Part III Component)
- **MOC|3 Study Tools include:**
 - Online Mock Examination – includes 800+ questions covering 12 core PM&R clinical areas
 - Online Review Courses – Topics include:
 - Electrodiagnosis
 - Stroke Rehabilitation
 - Pediatric Rehabilitation
 - Industrial Medicine
 - Spinal Cord Injury
 - Pain Management
 - Cardiac and Cancer Rehabilitation
 - Joint and Connective Tissue Disorders
 - Prosthetics, Orthotics and Assistive Devices

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Practice Improvement Projects (PIPs)

- Help meet the MOC Part IV requirement
- 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.

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Practice Improvement Projects (PIPs)

- Earn 20 *AMA PRA Category 1 Credits*[™]
- Complimentary with your AAPM&R membership
- PIP topics include:
 - Low Back Pain
 - Stroke Rehabilitation
 - Osteoporosis
 - Deep Vein Thrombosis

Do You Know Your MOC Requirements?

- Access the Personal MOC Plan tool on the AAPM&R web site at www.aapmr.org to gauge your progress and see suggestions for where you should be in meeting the MOC requirements.

MOC YEAR	1	2	3	4	5	6	7	8	9	10
	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
LIFELONG LEARNING	300 CREDITS REQUIRED							SUGGESTED	240	
MOC ² SELF ASSESSMENT	4 SAC-PS REQUIRED							SUGGESTED	3	
MOC ³ COGNITIVE EXPERTISE	AAPM&R ONLINE REVIEW COURSES AND MOCK EXAM AVAILABLE							REQUIRED ABPMR PRIMARY EXAM		
MOC ⁴ PRACTICE PERFORMANCE	1 PRACTICE IMPROVEMENT PROJECT (PIP) REQUIRED									

Personalized Transcript

- Free online, personal CME transcript 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
- CME and MOC completion data is electronically transferred weekly from AAPM&R to the American Board of PM&R and will appear in your ABPMR portfolio within 7 business days



Find all of the Academy's
MOC resources on **mē[®]**



me.aapmr.org

Contact AAPM&R for

- Questions about Academy MOC resources
- A record of what Academy MOC resources physicians have completed