Essentials of MC-FP (MOC):
What Family Physicians Need to Know Now

Joseph W. Tollison, M.D.
Senior Advisor to the ABFM President

DISCLOSURE: Dr. Tollison has no financial conflicts related to his presentation.
Part I: Evidence of professional standing
Part II: Evidence of a commitment to lifelong learning and involvement in a periodic self-assessment process
Part III: Evidence of cognitive expertise
Part IV: Evidence of evaluation of performance in practice

Unchanged Since Our Inception in 1969
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ABFM’s OVERARCHING APPROACH

ALIGNMENT

REDUNDANCY
• PART IV (PERFORMANCE IN PRACTICE)
  - GENERATION 1 → 5
• PART III (COGNITIVE EXAM)
A Message from the President

James P. Phillips, M.D.

In my previous message for this newsletter, I outlined our use of the American Board of Family Medicine (ABFM) examinations in quality improvement projects. Our examination reports are used to identify areas for improvement and to set goals for future examination development. In this message, I will discuss the results of an analysis of examination items that was conducted to identify areas for improvement in the ABFM's Knowledge Self-Assessment (KSA) examination.

The ABFM's KSA examination is a self-assessment tool that is used to help family physicians identify areas for improvement in their knowledge and skills. The examination consists of 200 multiple-choice questions, and the results are reported as a percentage of correct responses. In the past, the ABFM has used the examination results to identify areas for improvement in the Knowledge Self-Assessment (KSA) examination, and to develop new examination questions that are more relevant to the practice of medicine.

The ABFM has recently conducted an analysis of the examination items that were used in the KSA examination. The analysis was conducted to identify areas for improvement in the examination questions, and to develop new examination questions that are more relevant to the practice of medicine.

The results of the analysis showed that many of the examination questions were not relevant to the practice of medicine. The ABFM has recently developed new examination questions that are more relevant to the practice of medicine, and these new examination questions will be included in the next edition of the KSA examination.

The ABFM is committed to providing the best possible examination questions to help family physicians identify areas for improvement in their knowledge and skills. The ABFM is also committed to developing new examination questions that are more relevant to the practice of medicine, and to providing family physicians with the best possible tools to help them improve their knowledge and skills.
MODIFIED/ENHANCED (NEW) REQUIREMENTS (PER 3-YEAR STAGE)

2016 – Unlinking of SAMs
  • KSA (Knowledge Self-Assessment)
  • CSA (Clinical Simulation/ClinSim)
2016 – 50 points
2016 – Discount (50%) – Age 70 and over

2017 – CKSA (Continuous Knowledge Self-Assessment) (Part II)
SAM Divided into **TWO Parts:**

**KSA (Knowledge Assessment) – Required – 10 points**
- Consists of 60 knowledge assessment questions in a particular domain
- Must achieve at least 80% or above level in each competency in order to complete the Knowledge Assessment component of the SAM.

**CSA – (Clinical Simulation) – Optional – 5 points**
- Patient Care Scenarios corresponding to the topic chosen in the Knowledge Assessment
- Simulated patients evolve in response to therapeutic interventions, investigations, and the passage of time, providing an opportunity for Diplomates to demonstrate proficiency in patient management skills.
SAM
(UNLINKING)

KNOWLEDGE SELF-ASSESSMENT (KSA) – 10 points

CLINICAL SELF-ASSESSMENT (CSA) – 5 points
(OPTIONAL)
REQUIREMENTS PER 3-YEAR STAGE

1 KSA (Knowledge Self-Assessment) (10 points)  
   plus  
   1 PART IV (PPM, PPM Alternative, MIMM)

THEN, YOUR CHOICE
(MIX & MATCH TO REACH A TOTAL OF 50 POINTS)
Self-Assessment Modules (SAMs) to Become Two Separate Activities  
(10-year Pathway)

<table>
<thead>
<tr>
<th>Options</th>
<th>Part II**</th>
<th>Part IV</th>
<th>MC-FP Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Knowledge Self-Assessment (10 MC-FP pts)</td>
<td>Clinical Self-Assessment (5 MC-FP pts)</td>
<td>PPM, MIMM, etc. (20 pts)</td>
</tr>
<tr>
<td>Option 1*</td>
<td>2 KSA</td>
<td>2 CSA</td>
<td>1 Part IV</td>
</tr>
<tr>
<td>Option 2</td>
<td>3 KSA</td>
<td>0 CSA</td>
<td>1 Part IV</td>
</tr>
<tr>
<td>Option 3</td>
<td>1 KSA</td>
<td>0 CSA</td>
<td>2 Part IV</td>
</tr>
</tbody>
</table>

*Option 1 reflects completing the 3-year Stage with two (2) SAMs and one (1) PPM.  
**Part II requirement also includes completing continuing medical education activities equaling 300 CME hours in the last six years prior to the examination year. Part II SAMs, KSAs and CSAs, as well as Part IV activities that have CME credits, can be applied toward the CME requirement.
Requirements for 7-year Pathway

<table>
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<tr>
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<td>PPM, MIMM, etc. (20 pts)</td>
</tr>
<tr>
<td>Option 1*</td>
<td>6 KSA</td>
<td>6 CSA</td>
<td>1 Part IV</td>
</tr>
<tr>
<td>Option 2</td>
<td>9 KSA</td>
<td>0 CSA</td>
<td>1 Part IV</td>
</tr>
<tr>
<td>Option 3</td>
<td>3 KSA</td>
<td>0 CSA</td>
<td>4 Part IV</td>
</tr>
</tbody>
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*Option 1 reflects completing the 7-year cycle as most have done to date with six (6) SAMs and one (1) PPM.

**Part II requirement also includes completing continuing medical education activities equaling 300 CME hours in the last six years prior to the examination year. Part II SAMs, KSAs, and CSAs, as well as Part IV activities, include CME credits which can be applied toward the Part II CME requirement.
### What Exactly are the MC-FP Requirements?

#### 2003-2010

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>7 Year Option</strong></td>
<td>7 Year MC-FP Cycle (Exam in Year 7)</td>
</tr>
<tr>
<td></td>
<td>Minimum of 3 Part II Modules (KSAs); CSAs Optional</td>
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<tr>
<td></td>
<td>Minimum of 1 Part IV Module (PPM or Approved Alternative)</td>
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<tr>
<td></td>
<td>Additional Modules (KSAs, CSAs, Part IVs) to reach 110 points</td>
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#### 2003-2010

<table>
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<tbody>
<tr>
<td><strong>10 Year Option</strong></td>
<td>10-Year MC-FP Cycle in three 3-year MC-FP stages (Exam in Year 10)</td>
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<tr>
<td></td>
<td>Minimum of 1 Part II Module (KSA) Per 3-Year MC-FP Stage</td>
</tr>
<tr>
<td></td>
<td>Minimum of 1 Part IV Module (PPM or Approved Alternative) Per 3-year MC-FP Stage</td>
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<tr>
<td></td>
<td>Additional Modules to reach 50 points per 3-Year MC-FP Stage</td>
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</table>

#### 2011-Beyond

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
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<tr>
<td><strong>Continuous</strong></td>
<td>Continuous Process in 3-Year MC-FP Stages</td>
</tr>
<tr>
<td></td>
<td>Minimum of 1 Part II Module (KSA) = 10 MC-FP Points Per 3-Year MC-FP Stage</td>
</tr>
<tr>
<td></td>
<td>Minimum of 1 Part IV Module (PPM or Approved Part IV) = 20 MC-FP Points</td>
</tr>
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<td></td>
<td>Per 3-Year MC-FP Stage</td>
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<tr>
<td></td>
<td>Additional Modules (KSAs, CSAs, Part IVs) to reach 50 points Per 3-Year MC-FP Stage</td>
</tr>
<tr>
<td></td>
<td>Minimum of 50 MC-FP points per 3-Year MC-FP Stage</td>
</tr>
</tbody>
</table>
Continuous MC-FP

Changes Effective with Continuous MC-FP
(2011 and Beyond)

• 10-year examination requirement
• 7-year certification plan no longer available
• Point system in place - 50 points required per 3-year Stage
  • KSA = 10 points
  • CSA (Optional) = 5 points
  • PPMs, PPM Alternatives, MIMMs = 20 points
• Certification status contingent on meeting MC-FP requirement WITHIN each 3-year Stage (deadline December 31st of year 3 of each Stage)
• Simplified financial plan

• CME requirement per 3-year Stage – 150 credits (Unchanged)
Self Assessment Modules (KSAs): Knowledge Assessment

- A longitudinal educational initiative—**NOT** a test
- Completion/progression (80%) is the expectation
- Goal of mastery of current information (revised every 5 years)

- “Open Book”- Multiple retakes as needed
- Discussion with colleagues, consultants **encouraged**
- Multiple resource “tools” are available inside each module
It’s Not Too Late!

2013 Diplomates must complete the Continuous MC-FP Stage Requirements.
The deadline for 2013 Diplomates to complete MC-FP Stage components in MC-FP Stage is December 31, 2016!

2010 Diplomates who have completed Stage I, may still qualify for the 3-year extension to their certificate.
The deadline for 2010 Diplomates to complete 3 MC-FP components in Stage II is December 31, 2016!

2007 Diplomates who received extension to 10-year certificate.
Need to complete Stage III this year. Prerequisite to be approved for examination.
MC-FP Examination Application Opens December 2016.
Contact the ABFM

• **Support Center**
  • Phone: 877-223-7437
  • Email: help@theabfm.org
  • Live Chat

• **Website**
  • [www.theabfm.org](http://www.theabfm.org)

• **ABFM**
  • Phone: 888-995-5700
  • Fax: 859-335-5701
• Nichole Lainhart, Program Manager MC-FP Alternatives Activities
  • Email: NLainhart@theabfm.org
  • Phone: 877-223-7437, ext 1230

• Support Center
  • Phone: 877-223-7437
  • Email: help@theabfm.org
  • Live Chat
Support Center Assistance

Extended Hours Available!

8:00 am – 9:00 pm (eastern) Monday – Friday
&
9:00 am – 5:00 pm (eastern) Saturday

877-223-7437

- Manned by ABFM Staff located IN the ABFM home office
- Able to answer questions regarding all phases of ABFM business

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Live chat available from ABFM Home page

2 Minute Rule
Have a Question after 2 minutes?
Contact our Support Center!!
ABFM MC-FP Part III: Cognitive Examination
• **All** candidates (Certification & Recertification) take the same examination

• **All** candidates will choose **2 modules** of 45 questions each over which to be tested during the morning exam session

<table>
<thead>
<tr>
<th>Ambulatory Family Medicine</th>
<th>Maternity Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child &amp; Adolescent Care</td>
<td>Emergent/Urgent Care</td>
</tr>
<tr>
<td>Geriatrics</td>
<td>Hospital Medicine</td>
</tr>
<tr>
<td>Women’s Health</td>
<td>Sports Medicine</td>
</tr>
</tbody>
</table>
Exam is offered in **April** and **November** of each year.
BEGIN the formal application **prior to the deadline** to avoid late filing fees

--- to be able to access the application, all required modules must be paid for/and or started (completion of the modules is not required to start the application but all modules must be complete by the deadline for clearing deficiencies)

--- **IMPORTANT!!!** Advance beyond the payment page of the application

--- go back to the application to choose a test date and test center as soon as all deficiencies are cleared (including completion of all modules)
## 2016 Fall Exam Deadlines

<table>
<thead>
<tr>
<th>Fall 2016 Exam Deadline</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Begins</td>
<td>July 22, 2016</td>
</tr>
<tr>
<td>*Deadline to submit application without a late fee</td>
<td>August 22, 2016</td>
</tr>
<tr>
<td>Final Deadline to submit application with a $100 late fee</td>
<td>September 15, 2016</td>
</tr>
<tr>
<td>Exam Dates</td>
<td>November 14,15,16,17,18,19</td>
</tr>
<tr>
<td>Exam Results</td>
<td>To Be Announced</td>
</tr>
</tbody>
</table>
ABFM Mobile Site

American Board of Family Medicine
**Question:**
A 55-year-old white male comes to your office with weakness and a headache. He also describes an annoying pruritus that occurs frequently after he takes a hot shower. The physical examination is remarkable for the presence of an enlarged spleen. He has a hemoglobin level of 21 g/dL (N 12–16) and a hematocrit of 63% (N 36–48). To confirm your clinical diagnosis, you obtain additional studies.

Which one of the following would be most consistent with the most likely diagnosis in this patient?
Exam Preparation Assistance

Exam Preparation Tools Available on ABFM Website:

• Videos Outlining Study Plans
• Study Tips
• 2-Week Checklist
• Exam Tutorial

Access these tools on the ABFM website www.theabfm.org
PPM Alternatives
MC-FP Part IV
Approved Part IV Alternatives

*(Examples of Approved Part IV Alternatives)*

- American Academy of Family Physicians (METRIC)
- Multi-Specialty Portfolio Approval Program (MSPP) Sponsor organization activities
- New Jersey Academy of Family Physicians (NJAFP) module Performance in Practice Colorectal Cancer Screening
- National Committee for Quality Assurance (NCQA)
  - Physician Recognition Programs (PRPs)
  - Approved PRPs include: Diabetes, Heart Disease/Stroke, and Patient Centered Medical Home (PCMH)
  - Individual-level certificates of recognition in Diabetes, Heart Disease/Stroke, or PCMH can be submitted for Part IV credit
  - Organization-level certificates of recognition require additional physician attestation to be considered for Part IV credit
Visit the ABFM website for the complete current list of Approved Outside Vendor Activities

www.theabfm.org

(listed under the Maintenance of Certification Section– click the Part IV Performance in Practice)
Part IV Alternatives Support

• Nichole Lainhart, Program Manager MC-FP Alternatives Activities
  • Email: NLainhart@theabfm.org
  • Phone: 877-223-7437, ext 1230

• Support Center
  • Phone: 877-223-7437
  • Email: help@theabfm.org
  • Live Chat
All activities must:

• Be developed using evidence-based criteria and national standards

• Ensure the physician is meaningfully involved

• Incorporate pre- and post-intervention evaluation of the physician’s performance using evidence-based quality indicators

• Include the development and implementation of an individualized plan for improvement
Self-Directed PPM

• The required application can be accessed through the physician portfolio
• Submission of an application does not guarantee Part IV credit
• Approval occurs on a case-by-case basis
• Allow up to 8 weeks for the review process

Specific Information about the Self-Directed activity can be found in your Physician Portfolio
PRIME Support and Alignment Network

• The American Board of Family Medicine (ABFM) has created the PRIME Support and Alignment Network Community to partner with state level organizations through the federal Transforming Clinical Practice Initiative (TCPI) (http://www.healthcarecommunities.org/CommunityNews/TCPI.aspx)

• Practice Transformation Networks (PTN) provide free practice level management and quality improvement assistance to help practices maximize reimbursements, improve quality, and streamline reporting demands under MACRA, MIPS, and Alternative Payment Models.

• Diplomates of the ABFM have a unique opportunity to get free practice transformation assistance through a state level Practice Transformation Network (PTN) and the added benefit of ABFM Maintenance of Certification Part IV credit. The first 6,000 board-certified family physicians who sign up will also get free access to the PRIME Registry for three years (all primary care colleagues, including NPs and PAs, may enroll for a reduced subscription rate of $33/month/provider, with no additional upfront cost).
Step 1:
Email Support@primesan.org with your name, practice location, ABFM ID & NPI, and the same for any practice colleagues you would like to register (please add ABMS specialty for non-family medicine providers).

Step 2:
Join a Practice Transformation Network (PTN) in your state. You will receive an email from us with state-specific PTN enrollment information and confirmation you are in the queue as one of the first 6,000 ABFM board-certified family physicians to get the PRIME Registry for free.

Note: your practice is not eligible to enroll in a PTN if you currently participate in any of the following: Medicare Shared Savings Program (MSSP), Pioneer Accountable Care Organizations (ACOs) including the Next Generation ACO model, the CMS Comprehensive Primary Care Initiative (CPCI), or the CMS Multi-Payer Advanced Primary Care Practice (MAPCP) ACOs. You may, however, join a PTN if you are part of a Medicaid or private payer ACO program.

Step 3:
Join the PRIME Registry
RESOURCES INCLUDE:

- SUPPORT CENTER
- LIVE CHAT ("LIVE HELP")
- THE PHOENIX
- WEBSITE
- EMAILS (PERIODIC)
- APP (EXAM PREP)
- KSA STUDY GROUP SUPPORT
- PQRS SUPPORT
- BOOTH @ AAFP FMX
- PUBLICATIONS (eg: Daily Experience@ AAFP FMX)
- YOUTUBE CHANNEL
- PRESENTATIONS
  - Latest MC-FP Info
  - On-site Discussion
  - Invitations Welcome
  - State Chapter & Review Courses
Continuous MC-FP

Timetable (not required but helpful)

Set a Goal of **15-20 Points Per Year!**

- **Year 1:** 15-20 Points
- **Year 2:** 15-20 Points
- **Year 3:** 15-20 Points

50 Points Total

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ABFM Goal:

LEAVE NO DIPLOMATE BEHIND . . . EVER!