Preparation for the Written and Oral Board Exam

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Your Goal

PASS THE TEST
Intelligent Educated Guess Helps

<table>
<thead>
<tr>
<th>How much you know</th>
<th>How well you guess</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>40%</td>
<td>20%</td>
<td>52%</td>
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<tr>
<td>40%</td>
<td>50%</td>
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<td>60%</td>
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<tr>
<td>50%</td>
<td>50%</td>
<td>75%</td>
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</table>
Board Exam Questions

- Written by a Committee
- Most members have to agree on each question
- The questions are based on core information that most of the committee members agree is important
4 Principles in Studying for Standardized Exams

- Better to know half the material well than to know most of the material superficially
- Know differences rather than similarities
- Rehearse out loud
- Think like the question writers
Statistics

Most people pass
### Board Pass Rates (First Time)

<table>
<thead>
<tr>
<th>Year</th>
<th>Part I</th>
<th>Part II</th>
<th>MOC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>86</td>
<td>80</td>
<td>98</td>
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<tr>
<td>2014</td>
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<td>86</td>
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<td>2013</td>
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<td>2012</td>
<td>90</td>
<td>84</td>
<td>98</td>
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<tr>
<td>2011</td>
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<td>86</td>
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<tr>
<td>2010</td>
<td>87</td>
<td>95</td>
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<tr>
<td>2009</td>
<td>90</td>
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<td>2006</td>
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<td>88</td>
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<tr>
<td>2005</td>
<td>87</td>
<td>84</td>
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</table>
Exam Date

- Board Part I  August 09, 2016
- Board Part II  May 21-22, 2016
- MOC October 11, 2016
General Principles

- Evidence Based
  - Major PM&R texts or texts from related fields
  - Primary PM&R journals or major peer reviewed journals from related fields
General Principles

- Answers are clearly correct
- Distractors are plausible but clearly incorrect
- Question is relevant for certification
Item Shells

- Identify Symptoms
- Formulate Diagnoses
- Evaluate Treatments
- Evaluate Causes
- Plan the next step in management
- Identify complications
TOPICS COVERED
TYPE OF PROBLEM/ORGAN SYSTEM

- Neurologic Disorders (30%)
  - Stroke
  - Spinal Cord Injury
  - Traumatic Brain Injury
  - Neuropathies
  - Other Neuro Disorders
- Musculoskeletal Medicine (32%)
  - Arthritis
  - Soft Tissue and Orthopedic Problems

- Amputation (5%)
Medical Rehabilitation (8%)

- Cardiovascular
- Pulmonary Disease
- GU/GI Disorders
- Cancer
- Infectious Disease
- Endocrine/Metabolic
- Transplant
Rehabilitation Problems and Outcomes (15%)
- Physical Complications
- Cognitive/Sensory Dysfunction
- Psychiatric/Psychological Problems
- Pain

Basic Sciences (10%)
FOCUS OF QUESTION/PATIENT MANAGEMENT

- Patient Evaluation and Diagnosis (31%)
  - Physical Exam, Signs, & Symptoms
  - Diagnosis & Etiology
  - Diagnostic Procedures
  - Functional Evaluation
  - Prognosis

- Electrodiagnosis (15%)
Patient Management (32%)
- Clinical Decision Making
- Physical Agents
- Therapeutic Exercise and Manipulation
- Pharmacological Interventions
- Procedural/Interventional
- Behavioral/Psychological Modalities
Equipment & Assistive Technology (10%)
Prosthetics
Orthotics
Other Rehabilitation Technology
- Applied Sciences (12%)
  - Anatomy
  - Physiology
  - Pathology/Pathophysiology
  - Kinesiology/ biomechanics
  - Histology

- Epidemiology/Risk Factors
  - Nutrition
  - Biochemistry
  - Pharmacology
  - Growth and Development
  - Other Basic sciences
Format

- Written
- Oral
Written

- 325 Written Questions (165 ?s AM, 160 ?s PM)
- 360 minutes (180 minutes AM, 180 minutes PM)
- Focus on the stem words in the question
- No penalty for guessing
- Do not rush
Oral Exam

- Three Examiners
- 40 minutes each
- Two 5 minute breaks
- Do not rush
Skills Tested

- Data acquisition
- Systems-based practice
- Patient management
- Problem solving
- Interpersonal and communication skills and professionalism
Present in a precise and concise fashion evidence of their proficiency in the management of various conditions that come within the field of PM&R

Cover diagnostic procedures, therapeutic procedures, and patient management
- Consider the exam as an interview
- Practice succinct oral presentation in mock oral exam
- Do no harm
- Think in terms of impairment, disability, and handicap
- If applicable, use a team approach
- Cite the literature as able
- Demonstrate physical exam skills
- Interpret radiological images, i.e. X-rays, CT, MRI, Myelograms
- Identify clinical problems on a slide
- Set up nerve conduction and EMG studies
- Interpret NCS and EMG findings
- Discuss orthotic and prosthetic models
- Write a prescription for therapy, orthotics and prosthetics
- Consider consulting a specialist if you do not know
# Maintenance of Certificate: MOC

The table below outlines the content specifications for 160 questions, along with the approximate percentage each will make up on the exam. The total time allocated for the exam is 5 hours.

<table>
<thead>
<tr>
<th>Content Specifications (160 Questions)</th>
<th>Approximate % on Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CV, Pulmonary &amp; Cancer Rehabilitation</td>
<td>4</td>
</tr>
<tr>
<td>2 Electrodiagnosis</td>
<td>9</td>
</tr>
<tr>
<td>3 Geriatric Rehabilitation</td>
<td>5</td>
</tr>
<tr>
<td>4 Industrial Rehabilitation</td>
<td>6</td>
</tr>
<tr>
<td>5 Joint &amp; Connective Tissue Disorders</td>
<td>4</td>
</tr>
<tr>
<td>6 Musculoskeletal &amp; Soft Tissue Disorders</td>
<td>8</td>
</tr>
<tr>
<td>7 Nerve &amp; Muscle Disorders</td>
<td>6</td>
</tr>
<tr>
<td>8 Pain Management</td>
<td>13</td>
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<tr>
<td>9 Pediatric Rehabilitation</td>
<td>4</td>
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<tr>
<td>10 Physiatric Therapeutics</td>
<td>4</td>
</tr>
<tr>
<td>11 Prosthetics, Orthotics &amp; Assistive Devices</td>
<td>5</td>
</tr>
<tr>
<td>12 Spinal Cord Injury Medicine</td>
<td>6</td>
</tr>
<tr>
<td>13 Sports Medicine</td>
<td>6</td>
</tr>
<tr>
<td>14 Stroke Rehabilitation</td>
<td>9</td>
</tr>
<tr>
<td>15 Brain Disorders</td>
<td>7</td>
</tr>
<tr>
<td>16 Practice Environment: Ethics, Patient Safety, Healthcare Maintenance/Prevention, Quality Assurance, etc</td>
<td>4</td>
</tr>
</tbody>
</table>

| Total                                                                                               | 100%                  |
MOC

- Practical clinical cases
- Know your anatomy – clinical applications
- MOC Online Mock Exam from AAPMR – Helpful
- MOC 3 (Study Tools for Exam) – Online Review Courses – Helpful
- MOC 2 – (SAE for Physicians) – Identify Knowledge Gap - Somewhat helpful
GOOD LUCK