

## **ABOIM Recertification Requirements & Examples of Category 1 and Alternate CME**

### Requirements:

- ❖ 30 hours integrative medicine CME every 2 years (or a total of 120 hours over the 8-year certification period)
  - Integrative medicine content refers specifically to content covered by the ABOIM exam as shown in the current blueprint, available on the website
  - At least 16 hours every 2 years (or a minimum of 56 hours over the 8-year certification period) must be AMA PRA Category 1 or AOA Category 1-A Credit through an accredited provider (see examples below)
  - Up to 14 hours every 2 years may be ABOIM Alternate CME Credit (see examples below)
- ❖ 4 hours of ethics CME every 8 years
- ❖ Each physician is responsible for maintaining a record of their ABOIM CME credits from all sources. There is currently no centralized tracking of CME credits. The application for ABOIM recertification will require submission of:
  - Certificates or other suitable forms of evidence of completion for AMA/AOA accredited activities
  - Submission of a list of alternate sources of CME

### Allowed AMA PRA Category 1 and or AOA Category 1-A Credit

At least 16 hours every 2 years (or a minimum of 56 hours over the 8-year certification period)

### Examples include:

- ❖ **Live activities** - Participation may be in person or remotely as is the case of teleconferences or live Internet webinars. These may be offered through a variety of delivery mechanisms; examples include, but are not limited to, national, regional or local conferences, workshops, seminars, regularly scheduled conferences, journal clubs, simulation workshops, structured learning activities presented during a committee meeting and live Internet webinars.
- ❖ **Enduring materials** – CME activities that endure over a specified time such as print, audio, video and Internet materials, such as monographs, podcasts, CD-ROMs, DVDs, archived webinars, as well as other web-based activities.
- ❖ **Journal-based CME** - CME activity in which an article, within a peer-reviewed, professional journal, is certified for AMA PRA Category 1 Credit or AOA Category 1-A Credit prior to publication of the journal.
- ❖ **Test item writing** – CME activity wherein physicians learn through their contribution to the development of the integrative medicine board examination by researching, drafting and defending potential questions for examinations given by the ABOIM member board of the American Board of Physician Specialties (ABPS).

### *Claiming AMA PRA Category 1 or AOA Category 1-A Credit:*

Only claim credits related to integrative medicine. For example, if claiming a nutrition credit hour from a general cardiology conference, only claim the CME for the single lecture. Provide certificates as evidence of completion of activities.

## ABOIM Alternate CME Credit

Up to 14 hours every 2 years may be via alternate learning experiences.

ABOIM-permitted alternate credit is CME credit which is self-designated and claimed by individual physicians for participation in activities not certified for AMA PRA Category 1 or AOA Category 1-A Credit that:

- ❖ Complies with the following definition of CME: CME consists of educational activities which serve to maintain, develop, or increase the knowledge, skills, and professional performance and relationships that a physician uses to provide services for patients, the public or the profession. The content of accepted CME is the body of knowledge and skills generally recognized and accepted by the integrative medicine profession.
- ❖ Are **not** promotional (e.g. education on the use of a particular dietary supplement brand or test); and
- ❖ A physician finds to be a worthwhile learning experience related to clinical practice.

*Examples include:*

- ❖ **Manuscript review for journals** – CME activity in which a physician learns through the critical review of an assigned journal manuscript. The review must be of an original contribution for publication in a medical journal indexed by MEDLINE which requires multiple reviewers, and must be deemed acceptable by the editor.
- ❖ **Internet point of care learning** - CME activity in which a physician engages in self-directed, online learning on topics relevant to their clinical practice. Learning for this activity includes a reflective process in which a physician must document their clinical question, the sources consulted and the application to practice.
- ❖ **Presentations, posters and oral abstracts at scientific integrative medicine conferences intended for healthcare professional audiences** - Physician faculty may claim credit based on a 2-to-1 ratio to presentation time. For example, faculty may be awarded 2 credits for a one-hour presentation. Credit should be rounded to the nearest one-quarter credit. Credit may only be claimed once for an original presentation; credit may not be claimed for subsequent presentations of the same material.
- ❖ **Teaching integrative medicine content** - education of trainees (medical students, residents, fellows) and other healthcare professionals in integrative medicine.
- ❖ **Precepting** - supervision of medical students, residents and fellows in integrative medicine clinical care.
- ❖ **Authorship in scientific publications for professionals**- Publishing a peer-reviewed article in a journal, book chapter, textbook, development of online modules or instructional materials. Credit is not available for blogs, websites, or publications intended for lay audiences.
- ❖ **Integrative medicine related advanced degrees** – Obtaining a medically related advanced degree or certification in an academic program related to the domains of the ABOIM exam
- ❖ **Integrative medicine conferences not offering AMA PRA Category 1 Credits, including international conferences**
- ❖ **Reading authoritative integrative medicine literature** - for example textbooks, white papers
- ❖ **Consultation with peers and medical experts** regarding integrative medicine patient cases
- ❖ **Research in integrative medicine**
- ❖ **Peer review and quality assurance participation of integrative medicine clinical practices**

*Claiming ABOIM Alternate CME Credits:*

A physician must individually assess the educational value for each learning experience in which he or she participates to determine if it is appropriate to claim ABOIM Alternate CME Credit. The physician should self-claim credit for appropriate activities and document the activity title or description, ABOIM domain content area, date(s) of participation and number of credits claimed. To calculate how much ABOIM Alternate CME Credit should be claimed, physicians should claim credit based on their participation time with 60 minutes of participation equal to one (1) Credit; this credit is claimed in 15 minute or 0.25 credit increments, and physicians must round to the nearest quarter hour.

**Follow instructions in the Recertification Application section of the recertification requirements page of the website for reporting and uploading documentation of CME.**