

Academy Tools to Help Complete MOC		
Component	ABPMR (Board) Requirement	AAPM&R (Academy) Tools
Part I: Professional Standing	Maintain medical license throughout the 10-year cycle	Residents can access the abridged version of the Self-Assessment Examination for Residents (SAE-R) via academe (www.me.aapmr.org) to help prepare for their board exams; the SAE-R is not available for CME credit or to help meet part II of MOC, but it is a helpful study tool.
Part II: Lifelong Learning	Complete 300 Category 1 CME credits in the 10-year cycle (recommended: 30 CME credits each year) 50% must be within the physician's specialty area or practice	The Academy offers a variety of Category 1 CME opportunities including: <ul style="list-style-type: none"> • Online CME through academe (courses, case studies, slide lectures, and podcasts) • Live courses (the Annual Assembly, the Spinal Procedures Workshops, the Sports Medicine Board Examination Review Course, etc.) • Journal-based CME (via <i>PM&R</i> and academe) • And more on academe
Part II: Self Assessment	Diplomates with certificates expiring in 2010 and beyond must complete 4 self assessments in the 10-year cycle (recommended: two in first 5 years, two in last 5 years); Self-Assessment Examinations (SAEs) carry Category 1 CME, so SAEs help meet both the Lifelong Learning and Self Assessment requirements	Physicians can complete the following Self-Assessment Examinations for Practitioners (SAE-P) on academe to help meet part II: <ul style="list-style-type: none"> • Industrial Medicine & Acute Musculoskeletal Rehabilitation (CME credit expires March 2010) • Spinal Cord Injury Medicine (CME credit expires in March 2010) • Congenital and Acquired Brain Injury • Interventions in Chronic Pain Management • Rehabilitation of Stroke and Neurodegenerative Disorders • Sports and Performing Arts Medicine • Inpatient Rehabilitation • General Outpatient Physical Medicine & Rehabilitation • Sports Medicine (Subspecialty Board Review) • Coming in Spring 2010: Pediatric Rehabilitation
Part III: Cognitive Expertise	Take MOC examination (may be taken in years 7-10 of cycle)	Academy products such as the SAE-R and SAE-Ps can be used as practice exam tools to test knowledge and help identify knowledge gaps for exam preparation.
Part IV: Practice Performance	Complete 1 PIP in the 10-year cycle	The Academy provides several courses related to PIPs at its Annual Assembly each fall.
Fees	Pay yearly fee to ABPMR to keep MOC participation active	The Academy offers many CME products for free while others have fees to corner costs – visit academe to access these products.

Last updated: August 2009

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