



## On-Boarding for Podiatry Residents with the Boston Area Foot and Ankle Council on Teaching (BAFACT)

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On-boarding is an annual rite of passage for all residents starting their post graduate training program. In most institutions where there are many post-graduate residency or fellowship programs, podiatry residents are often integrated into an institutional wide orientation. The general on-boarding presentation usually covers the basics of functioning within the facility with training on the electronic medical record system, and proper documentation, in addition to presentations regarding proper code of conduct, hospital compliance, and risk management. Other components of the general hospital on-boarding orientation typically include BLS/ACLS training, human resource presentations on house staff benefits, and wellness discussions on sleep deprivation and stress mitigation.

Although the integration of first-year podiatry residents into the general on-boarding orientation with other house officers provides an excellent overview, it does not prepare them for the specific expectations and issues that a podiatry resident may encounter on day one of their residency training program. The task of getting the first-year resident up to speed in a rapid fashion is the responsibility of the program director, with the assistance of teaching faculty and senior podiatry residents at the institution. The residency training programs in the Boston area have had a long history of collaboration with didactic activities, journal clubs and workshops, and recently developed the Boston Area Foot and Ankle Council on Teaching (BAFACT). BAFACT's charter definition is - adding to post graduate medical education value by a collaboration of institutions. Therefore, in an attempt to augment the resident's preparation, several of the Boston based residency training programs who are charter members of BAFACT trialed a focused on-boarding program last June.



The on-boarding agenda was developed by several of the residency directors and teaching staff with the assistance of senior residents. A series of presentations were delivered over 4 hours on the Saturday morning prior to the formal start of the academic year. The agenda was structured around the basic tenets that all of the programs needed to instill in the first-years residents. It also provided pearls from the senior residents on items that they wished they had known when they started their residency training.

Photo: St. Elizabeth's Medical Center Residents Sarah Cullen (PGY-2) and Drennan Josey (PGY-2) participate in the Casting/Strapping workshop.

The presentations included:

- Appropriate Opioid Prescribing/Prescription Monitoring Program
- Handling Post-operative Phone Calls
- Dealing With the Difficult Patient
- Journal Club
- PRR Logging
- General Expectations - From the Attending Perspective
- General Expectations - From the Senior Resident Perspective
- Hospital Protocol/Professionalism
- Appropriate Behavior in the Workplace
- OR Protocol, From the Surgical Tech Perspective
- Living in Boston

And the workshops included:

- Casting/Strapping
- Basic Suturing Skills

The multi-institutional on-boarding program for first-year podiatry residents was a resounding success due to the collaboration of the faculty and staff of many different institutions. Not only did it help lay the necessary foundation for these residents as they began their post graduate training but it also allowed them to meet, socialize, and network with the other residents from neighboring institutions. The premise of this on-boarding program was to continue the collaboration amongst the institutions and provide a value added educational experience for all the first year residents without having each institution duplicating the same work. The residency programs in the area look forward to continuing the on-boarding orientation as well as the continued collaboration on didactic lectures, workshops and journal clubs under the umbrella of BAFACT.

Residency Programs involved in this on-boarding event are:

- Beth Israel Deaconess Medical Center
- Boston Medical Center
- Cambridge Health Alliance
- MetroWest Medical Center
- Mount Auburn Hospital
- St. Elizabeth's Medical Center
- St. Vincent Hospital
- Southwestern Vermont Medical Center and what to expect on exam day.

## The Value of ABFAS Certification

### Certification is a Frequent Prerequisite

- Many US hospitals mandate surgical qualification and/or certification for surgical privileges and require physicians to obtain surgical board certification (some within five years of residency) in order to continue credentials at their hospital.
- Many insurance companies require that physicians have specialty board certification before they can be on insurance panels.

### It Matters to Patients

- In a [recent survey](#), patients rated board certification the most important criterion for choosing a foot and ankle surgeon.

### It Can Help Further Your Career

- Many large medical groups require certification to become a shareholder/partner.
- Income is higher for foot and ankle specialists - Median salary\*:
  - Podiatry - General \$244,496
  - Podiatry - Surgical - Foot and Ankle \$261,245
- ABFAS certified doctors are eligible to become fellows of the American College of Foot and Ankle Surgeons (ACFAS).
- Of the 236 residency directors in the United States, 200 of them are ABFAS Board Certified.

\*MGMA WRVU 2014

## Preparing for Your CBPS Exams

Spring 2020 ABFAS Part I exam registration is open. You can now register for the Part I CBPS Board Certification exams. In order to prepare for this exam, here are a few tools ABFAS provides to candidates.

### Take the Online CBPS Practice Exam

The [CBPS practice exam](#) is designed to help you become more familiar with the functions and navigation of the exam. However, waiting until test day to learn how the exam functions could result in lost time and frustration.

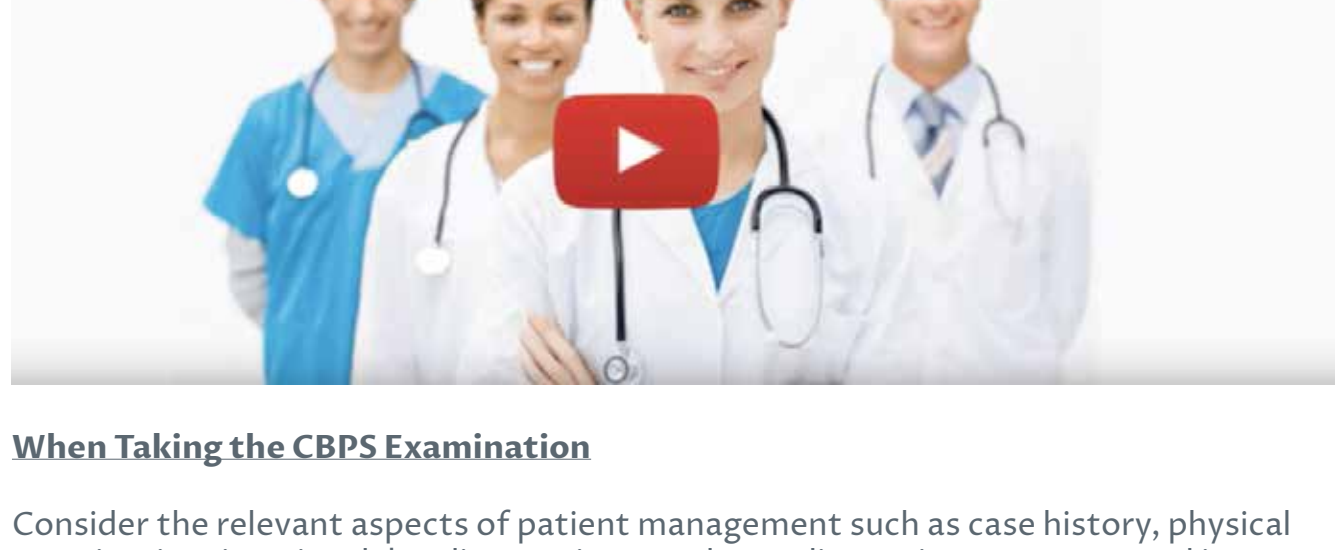
It is very important to become familiar with the following functions before test day:

- Searching the list of selections.
- Making selections.
- Navigating from tab to tab.
- Viewing and zooming images.

Access to the [CBPS practice exam](#) is unlimited and the more times you practice, the more familiar you will become with the user interface and how the CBPS system responds to entries. This will save you time on each case and will allow you to focus on the content of the case and not how the exam works.

### Watch the CBPS Exam Video

ABFAS has developed a video with tips on [navigating the CBPS exam](#), answers to common questions, and how to approach the exam. Be sure to watch this video, "[Navigating the CBPS Exam](#)" before exam day.



### When Taking the CBPS Examination

Consider the relevant aspects of patient management such as case history, physical examination, imaging, labs, diagnostic procedures, diagnosis, treatment, and in some cases, follow-up diagnoses and treatments. For example, if you are hesitant about whether a procedure is warranted, you should make the decision based on clinical indications.

Case-focused physical examinations and patient work-ups are as important as diagnosis and treatment. While collecting patient information, you must balance thoroughness with efficiency, as well as balancing quality versus quantity. You should select information that is specific to the problem that is presented in the case. Since there are a limited number of choices, it is important to be very specific to demonstrate that you have the ability and knowledge to manage the case in an appropriate manner.

### Common CBPS Mistakes to Avoid

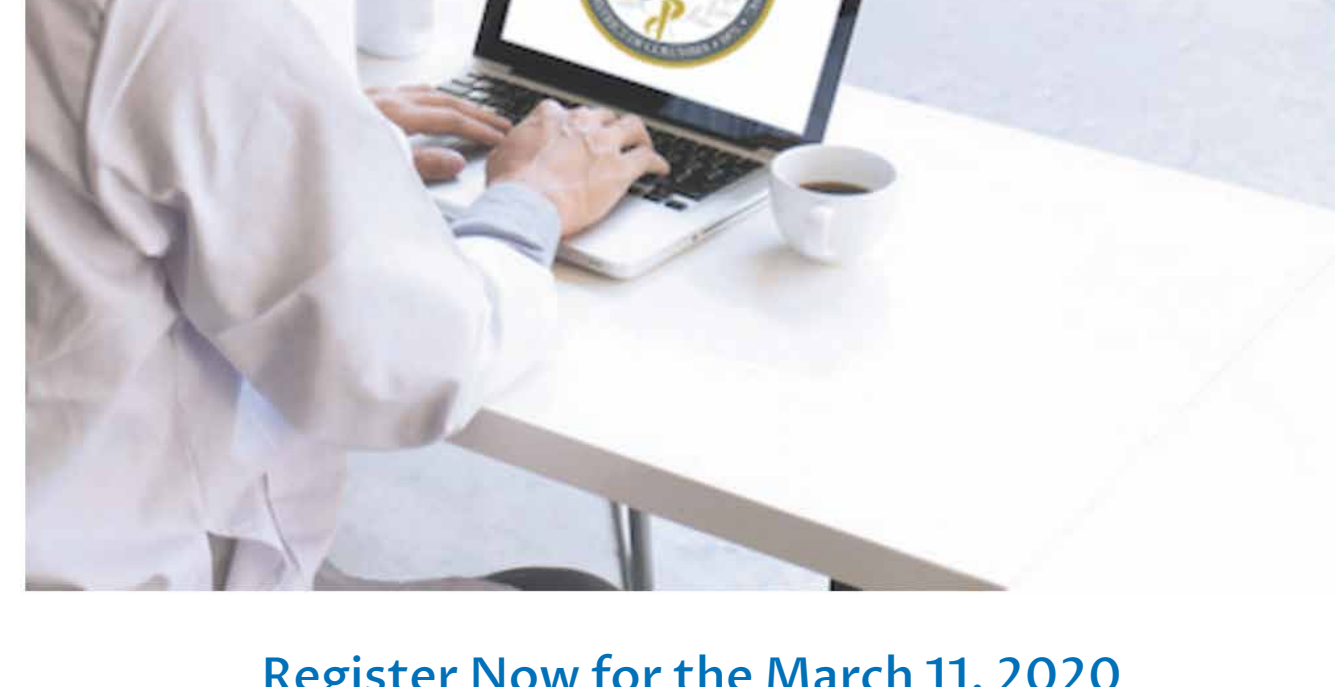
#### Jumping to a Diagnosis and Treatment

Working up the patient to prepare the patient for surgery is not the purpose of the examination. The purpose is to come up with a diagnosis and a treatment plan that is pertinent to the case itself. Concentrate on the case-specific information presented to determine if you need any additional evidence for the diagnosis and treatment of the case. It is important to focus on the management of the case, not the surgical work-up.

#### Not Providing a Case-focused Work-up

Working up the patient to prepare the patient for surgery is not the purpose of the examination. The purpose is to come up with a diagnosis and a treatment plan that is pertinent to the case itself. Concentrate on the case-specific information presented to determine if you need any additional evidence for the diagnosis and treatment of the case. It is important to focus on the management of the case, not the surgical work-up.

For additional CBPS resources, including instructions for the CBPS Practice Exam [click here](#).



## Register Now for the March 11, 2020 Board Qualification Exams

The March 11, 2020 Part I Qualification exam registration is open. Available exams are Part I RRA Surgery Didactic, Part I Foot Surgery CBPS, Part I RRA Surgery Didactic, and Part I Foot Surgery CBPS Part I exams.

Register and pay for your exam now. To get started, [log in](#) to the ABFAS website with your ABFAS username and password. If you have forgotten your username or password, please [click here](#).

### Important Dates:

- February 26, 2020** - Registration Closes
- March 4, 2020** - Last Day to Withdraw w/o Penalty
- March 11, 2020** - Exam Date

## Join us!

In 2020, ABFAS will be attending conferences across the country. If you're attending, we welcome you to stop by our booth where you can ask questions about ABFAS exams and the certification process and pick up a special gift!

ABFAS will also be presenting at many of these conferences. Please follow us on [Facebook](#) and [LinkedIn](#) for more information about these special presentations.

We hope to see you at the following conferences:

### Florida Podiatric Medical Association Science & Management Symposium

January 15 - 18, 2020  
Disney's Coronado Springs Resort  
Lake Buena Vista, Florida

### New York State Podiatric Medical Association/ Foundation for Podiatric Medicine

January 24 - 26, 2020  
New York Marriott Marquis  
New York, New York

### American College of Foot and Ankle Surgeons (ACFAS) Scientific Conference

February 19 - 22, 2020  
Henry B. Gonzalez Convention Center  
San Antonio, TX

### Midwest Podiatry Conference

April 29 - May 2, 2020  
Hyatt Regency Chicago  
Chicago, IL

### The Western Foot and Ankle Conference

June 25 - 28, 2020  
Disneyland Hotel and Convention Center  
Anaheim, CA

### APMA - The National

July 23 - 25, 2020  
Hynes Veterans Memorial Convention Center  
Boston, MA

### American Society of Podiatric Surgeons (ASPS)

September 25 - 26, 2020  
Chicago, IL

## ABFAS is Looking for Residents and Residency Directors That Are #footfirst

Send in your photos of residents studying, performing cases, interacting with feet, performing on feet, or even just hanging out with other residents.

Send your best photos to [footfirst@abfas.org](mailto:footfirst@abfas.org) so we can share them on social media, in our newsletters, AND our website! We will select a winner with the best photo who will receive a great ABFAS prize and recognition on our Facebook page. Don't forget to share your photos using #footfirstABFAS

## Safe Sender

ABFAS would like all communication to find it to your inbox. Please add [info@abfas.org](mailto:info@abfas.org), [updates@abfas.org](mailto:updates@abfas.org), and [scheduling@abfas.org](mailto:scheduling@abfas.org) to your safe sender list to assure that all of our emails arrive in your "new emails" inbox and not in "spam."

