



# ABFAS NEWSLETTER

for Residents

August, 2019

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## ABFAS Board of Directors Elects New Officers

In July, the ABFAS Board of Directors elected new officers effective September 1, 2019.

The new officers are Keith Jacobson, DPM, President; William Adams, DPM, President-elect; Amberly Paradoa, DPM, Secretary/Treasurer; and Danny Choung, DPM, Immediate Past-president. ABFAS extends its thanks Matthew Williams DPM, current Immediate Past-president as he steps off the board.

These officers join the already announced 2019-2020 Board of Directors. These directors include Nicole Bauerly, DPM; Michelle Butterworth, DPM; Dennis Chaney, DPM; Jeffery Giesking, DPM; John T. Marcoux, DPM; and Michael VanPelt, DPM.

## Be Prepared for Your Upcoming In-training Examination (ITE)

The ITE has two parts – the didactic and the Computer-based Patient Simulation (CBPS) exam. The didactic section of the ITE is composed of 90 multiple choice questions, or items. The CBPS section of the ITE is composed of 8 cases. Each section is 120 minutes in length.

ABFAS provides many resources for residents to prepare for this exam. All of these resources can be found on [ABFAS.org](http://ABFAS.org).

### [In-Training Examination Guide](#)

Originally developed for Residency Directors, [this guide](#) explains the ITE structure, exam preparation, scoring, registration, scheduling, and what to expect on exam day.

### [Online Study Guide](#)

[This resource](#) will help you prepare for the didactic section of the ITE. The guide will walk you through all areas of the didactic exam – scoring, results, and adaptive testing. Included in the Study Guide are Foot Didactic and RRA Didactic practice exams.

### [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. Information that is specific to the problem that is presented in the case should be selected. 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](#)

A common mistake made on the CBPS exam is to jump to a diagnosis and move to treatment without providing evidence that the diagnosis and treatment were selected in a thoughtful manner. For example, seeing an image of a patient with a tumor and deciding to take an x-ray and then do a procedure would be a mistake. We need to know that you performed an appropriate case-focused physical examination. This is demonstrated by selecting the physical examination options that relate specifically to the problem presented and/or support the determination of a diagnosis and treatment plan, where applicable.

#### [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](#).

## In-training Examination Scheduling

### [Important In-training Examination Dates](#)

**July 1** – Registration Opens for Institutions to Enroll Candidates  
**August 30, 2019** – Registration Closes for Institutions to Enroll Candidates  
**September 16 – 21, 2019** – Exam Period

**RESIDENTS:** Once your residency director has registered you for the ABFAS ITE exam, and you have completed your bio in PRR (with your address and phone number), your next step is to schedule your exam with a Pearson VUE testing center.

ABFAS strongly encourages early scheduling as most testing centers do not have more than 15 seats.

Please sign on to your ABFAS profile and click the blue **Schedule/View an Exam with Pearson VUE link**, found on the left-hand side of your profile. Your ABFAS log-in information is the same as PRR. The **Schedule/View an Exam with Pearson VUE link** looks like this (not a live link):



You will then be directed to the Pearson VUE website, where you will be able to select a location, date, and time to take your ITE exam.



## What is CBPS?

The Computer-based Patient Simulation (CBPS) exam evaluates your accumulated knowledge and experience by analyzing information presented in a case and arriving at a diagnosis and treatment plan in a simulated clinical situation.

Candidates complete CBPS by taking into account the relevant aspects of case management (patient history, physical examination, imaging, laboratory tests, diagnostic procedures, diagnosis, and treatment, and, in some cases, follow-up diagnoses and treatments). While collecting patient information, candidates must balance thoroughness with efficiency, as well as quality versus quantity. Because CBPS is a timed examination (each case is 15 minutes in length), candidates need to pace themselves and not take too much time on any one point or decision.

Field-testing has demonstrated that users who have practiced CBPS have ample time to complete each case. While collecting information regarding the simulated case, you should remember that relevancy is paramount to successful resolution of a clinical problem. For example, if you are hesitant about whether a procedure is warranted, their decisions should be based on clinical indications. CBPS scoring is based on the relevancy of the processes or actions performed.

The Part I CBPS exams cover broad subject areas, such as: trauma, deformities/biomechanics, medicine/perioperative management (infection/metabolic disease/arthritis disorders/emergency medicine), complications/revisions, neoplastic disorders, neurovascular disorders, and congenital disorders/pediatrics.

Registration for the Spring 2020 Part I Board Qualification examinations opens in November. There will be two Computer-based Patient Simulation (CBPS) exams offered, Part I Foot Surgery CBPS, and Part I RRA Surgery CBPS.



Sarah Mele, DPM, Director of Podiatric Medicine and Surgery Residency Program at the New Mexico VA Health Care System with the residents and attendings of the program.

## #footfirst

ABFAS would like photos from ABFAS DPMs across the country! We are looking for photos of surgeons performing cases, interacting with feet, performing on feet, or even just hanging out with other DPMs.

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 new website! We will select a monthly 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

## Join us!

ABFAS will be attending the ASPS conference in Chicago this week and the TPMA conference in Frisco, TX in September. If you are attending, we welcome you to stop by our booth and receive a free gift!

### **7th Annual ASPS Surgical Conference**

August 2-3, 2019  
Swissotel  
Chicago, Illinois

### **TPMA Southwest Foot and Ankle Conference**

September 12-14, 2019  
Embassy Suites Hotel & Convention Center  
Frisco, TX

## 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."

Since 1975, ABFAS' mission is to protect and improve the health and welfare of the public by the advancement of the art and science of foot and ankle surgery.

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