Passing Your Boards

“You Don’t Want To Be THAT Chief”

Elton Chambers, MD
(Board Certified Pediatrician)
(and Board Certified Internist... but who’s counting?)
Disclaimer

Mensa is not beating down my door
Goals

• Know the basic information about the boards
• Understand the importance of a plan
• Know the resources available to you
• Crush the boards
Registration for the General Pediatrics Certification Exam:

- Regular Registration: December 1, 2011 – February 23, 2012
  - I have some bad news... It’s March

  - This will cost an extra $330
The Basics

• You must have a permanent license to take the test
  – You don’t have to have it when you register.
  – You must send them proof by October 1st
The Basics

Cost:
- $2,160
- Yes, that’s a comma
The Basics

Cost Breakdown ABP Certification Exam
The Basics

Cost Breakdown ABP Certification Exam

- 9%

Prometric
The Basics

Cost Breakdown ABP Certification Exam

- Question Writers (10%)
- Prometric (9%)
Cost Breakdown ABP Certification Exam

- Newsletter: 23%
- Question Writers: 10%
- Prometric: 9%
The Basics

Cost Breakdown ABP Certification Exam

- Newsletter Think Tank: 58%
- Newsletter: 23%
- Question Writers: 9%
- Prometric: 10%
The Basics

- A one day test
  - October 16\textsuperscript{th} – 18\textsuperscript{th}
- Prometric
  - The first year for this
- 4 sections to the test
- Total of 7 hours
- "Optional" break time
Could I be THAT chief?
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Notes: 1. Columns represent the number of candidates taking the certifying examination for the first time (#) and the percent passing (%).
2. Subspecialty examinations are not offered every year. Data are provided for all years in which an examination was administered.
3. Passing rates for examinations with a small number of candidates should be used with caution.
   If the number of candidates is less than 5, results will show n/a to protect anonymity.
4. Joint-board examinations are noted with an asterisk (*). Examinees for all participating boards are included with the number of pediatricians in parentheses. However, only the passing rate for all examinees is included.
# The American Board of Pediatrics Passing Rates for First-time Takers

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Plan of Attack

http://drunkard.com/issues/12_02/images/mot-posters-planning.jpg
Plan of Attack

When should I start?

- 2 ½ years ago

- Everyone should probably be reading some now
  - Come in a little early
  - Do a few questions before you go to bed
Plan of Attack

• Me
  – Read most of the review series by the end of June

• Lauren (my co-chief)
  – Goal was to have the review series read by May
Plan of Attack

When should I get REALLY serious?

• Probably June or July
  – FYI, July will probably be a little crazy

• This means come up with a study plan and start on it
Plan of Attack

Make a calendar
# Plan of Attack

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Plan of Attack

Calendar Tips

• Put the harder things closer to the test

• Leave some wiggle room
Plan of Attack

How should I study?

• Everyone is different

• This is what I did...
Plan of Attack

How I studied

I started the mornings early

– 7:00AM at first, and then 6:00AM closer to test day
  • Hide during this time...
– Read my review series
  • 80% → 50%
– Did practice questions
  • 20% → 50%
Plan of Attack

Secret Weapon – The Gym!

YouTube: http://www.youtube.com/watch?v=R4i8SpNgzA4
Plan of Attack

Secret Weapon
- The Gym!
- This was some of my best studying
- Added bonus – 20lbs weight loss!
Plan of Attack

You are in charge of your schedule

• Kind of

• Make sure to make things light the several days leading up to the test
  – Especially any clinical duties
  – Don’t be shy about letting everyone know when the test is

• Do both of you have to be there?
The Resources

There are several review books available

– We used MedStudy
  • 5 book series

– Laughing Your Way to Passing the Pediatric Boards
The Resources

PREP questions

• You have access to 3 years of questions online (PediaLink)

• Your institution probably has a print collection of older questions as well.
  – Lauren finished all the online plus 2008 in print.
  – I finished half of the online questions.

• Spend a day working on endurance?
The Resources

Images

• Zitelli’s Atlas
  – Test images (at least last year) were very similar to images from this text.

• This can be covered in a few days
The Resources

Others

• Ask around your institution... you’ll be surprised.
  – Audio board reviews
    • Good for your commute
  – DVDs

• Teaching others!
The Resources

Others

• Review courses
  – I have never been to one
  – I haven’t heard great things
  – $$$
  – Most don’t fit the adult learner model
    (this is starting to sound like my slide show)
The Resources

Others

• Wouldn’t it be nice if you could have lecture twice a day on various topics that will appear on your boards?
  – Morning Report
  – Noon Conference
  – Grand Rounds
25. Sketch a human body and locate the following:
   a. Pituitary gland
   b. Thyroid gland
   c. Thymus gland
   d. Adrenal gland
   e. Pancreas
   f. Ovary (females)
   g. Testes (males)
Test Day

• Don’t study the night before

• Don’t study during the breaks

• Celebrate afterwards