

Passing Your Boards

“You Don’t Want To Be THAT Chief”

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(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



The Basics

Registration for the General Pediatrics Certification Exam:

- Regular Registration: December 1, 2011 – February 23, 2012
 - I have some bad news... It's March
- Late Registration: February 24, 2012 – May 3, 2012.
 - This will cost an extra \$330

The Basics

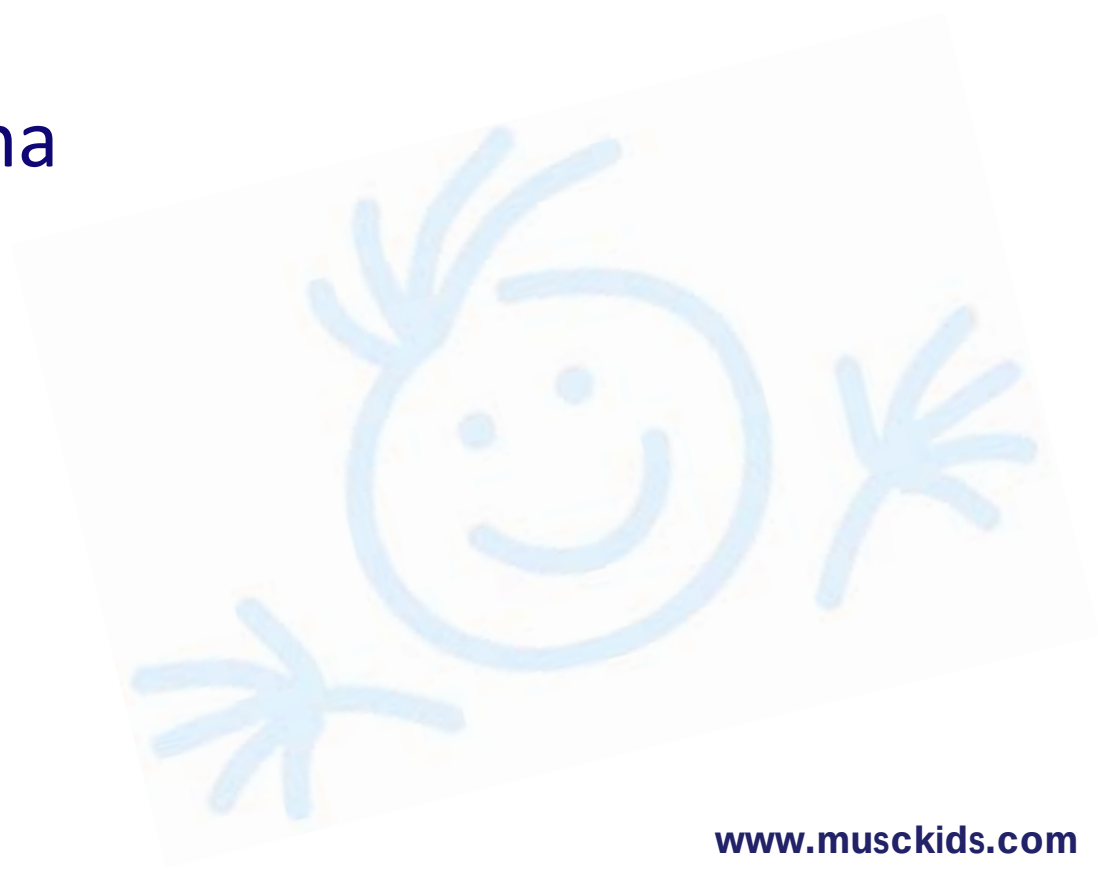
- You must have a permanent license to take the test
 - You don't have to have it when you register.
 - You must send them proof by October 1st



The Basics

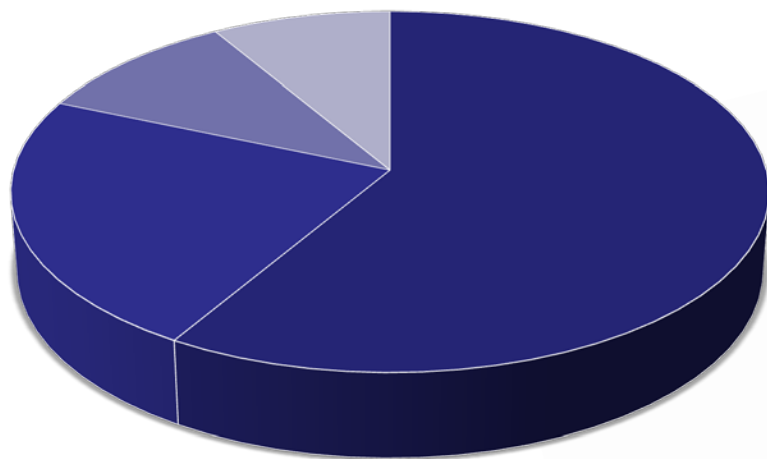
Cost:

- \$2,160
- Yes, that's a comma



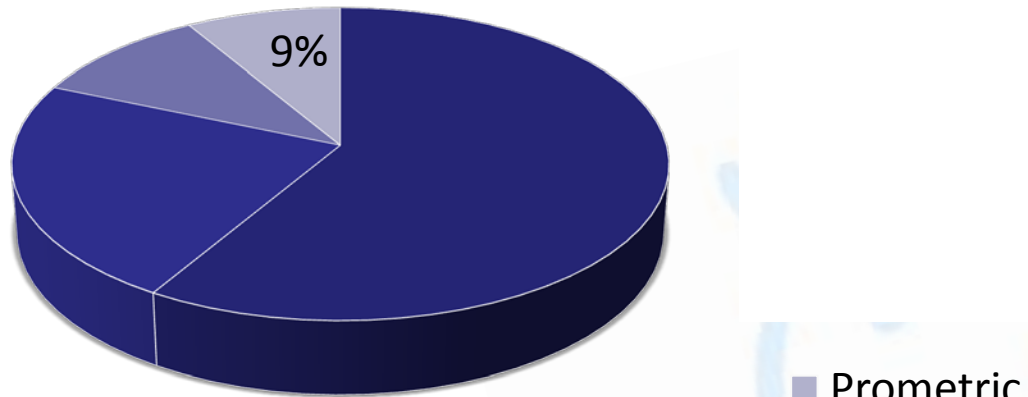
The Basics

Cost Breakdown ABP Certification Exam



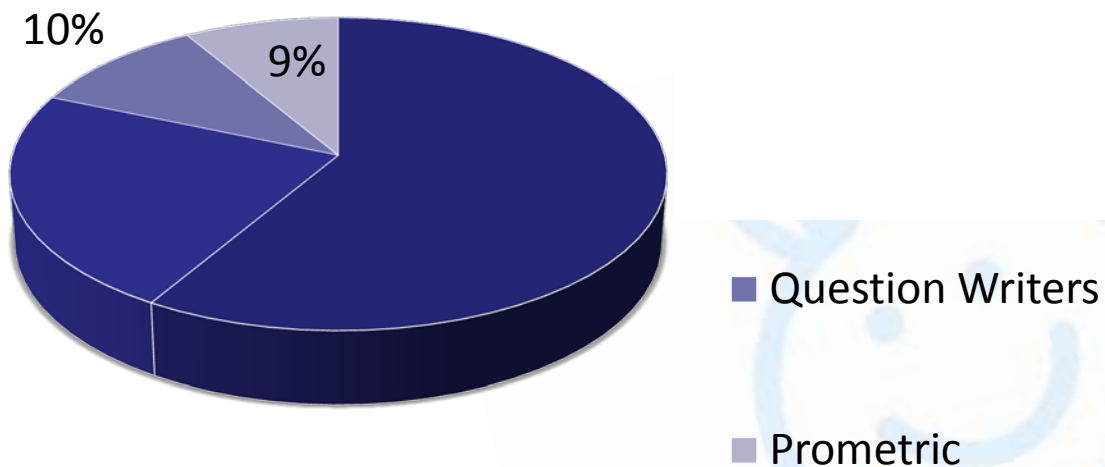
The Basics

Cost Breakdown ABP Certification Exam



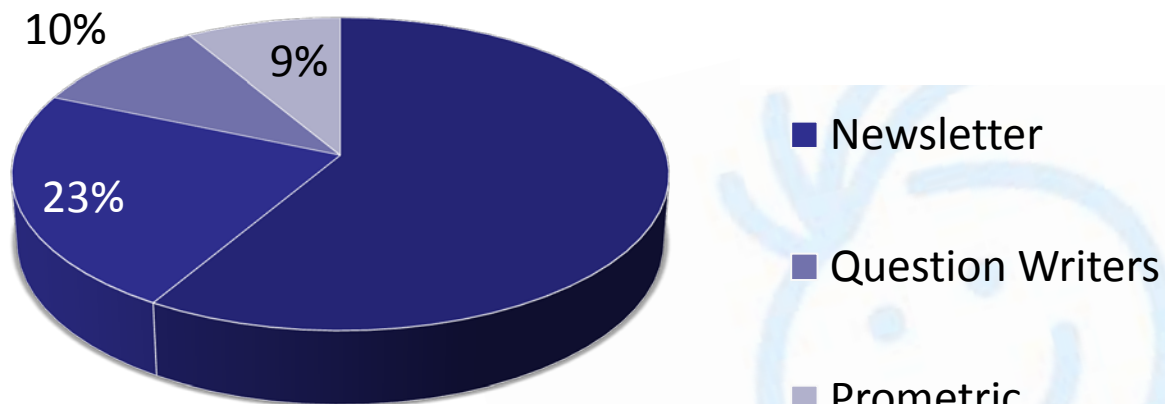
The Basics

Cost Breakdown ABP Certification Exam



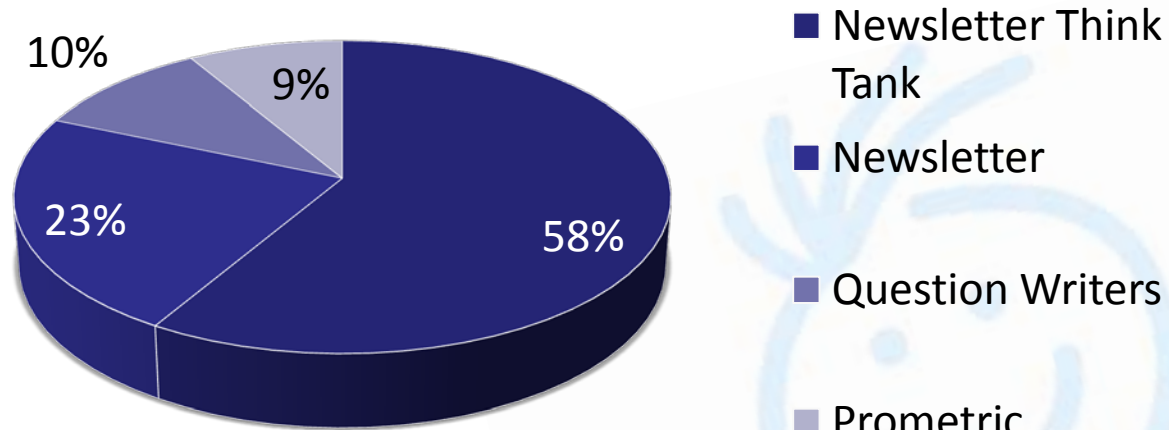
The Basics

Cost Breakdown ABP Certification Exam



The Basics

Cost Breakdown ABP Certification Exam



The Basics

- A one day test
 - October 16th – 18th
- Prometric
 - The first year for this
- 4 sections to the test
- Total of 7 hours
- “Optional” break time



The Basics

Could I be THAT chief?



**The American Board of Pediatrics
Passing Rates for First-time Takers**

Certification Examination	2007		2008		2009		2010		2011	
	#	%	#	%	#	%	#	%	#	%
General Pediatrics	3009	76.5	2916	77.7	2950	79.1	3092	76.1	3079	75.7
Adolescent Medicine*	--	--	53(47)	84.9	--	--	40(34)	85.0	--	--
Cardiology	--	--	209	77.5	--	--	226	79.2	--	--
Child Abuse Pediatrics	--	--	--	--	216	85.2	--	--	75	85.3
Critical Care Medicine	--	--	236	83.1	--	--	234	80.3	--	--
Developmental-Behavioral Pediatrics	--	--	--	--	98	74.5	--	--	44	86.4
Emergency Medicine*	--	--	--	--	213(192)	85.4	--	--	232(202)	81.9
Endocrinology	141	80.9	--	--	137	79.6	--	--	151	83.4
Gastroenterology	123	82.1	--	--	147	84.4	--	--	156	80.8
Hematology-Oncology	--	--	--	--	237	84.4	--	--	241	82.2
Hospice and Palliative Medicine*	--	--	1455(52)	87.0	--	--	2021(56)	83.0	--	--
Infectious Diseases	103	80.6	--	--	111	80.2	--	--	106	87.7
Medical Toxicology*	--	--	39(4)	76.9	--	--	46(3)	83.0	--	--
Neonatal-Perinatal Medicine	--	--	357	82.9	--	--	374	81.6	--	--
Nephrology	--	--	62	82.3	--	--	56	76.8	--	--
Neurodevelopmental Disabilities*	26(12)	73.1	--	--	n/a	n/a	--	--	n/a	n/a
Pulmonology	--	--	83	77.1	--	--	100	81.0	--	--
Rheumatology	--	--	--	--	38	78.9	--	--	39	92.3
Sleep Medicine*	1881(83)	77.1	--	--	2141(83)	78.0	--	--	2457(71)	65.0
Sports Medicine*	191(12)	86.9	247(21)	85.8	90(11)	93.3	148(14)	85.8	297(15)	71.7
Pediatric Transplant Hepatology	--	--	23	73.9	--	--	22	81.8	--	--

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

2007		2008		2009	
#	%	#	%	#	%
3009	76.5	2916	77.7	2950	79.1

2010		2011	
#	%	#	%
3092	76.1	3079	75.7

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

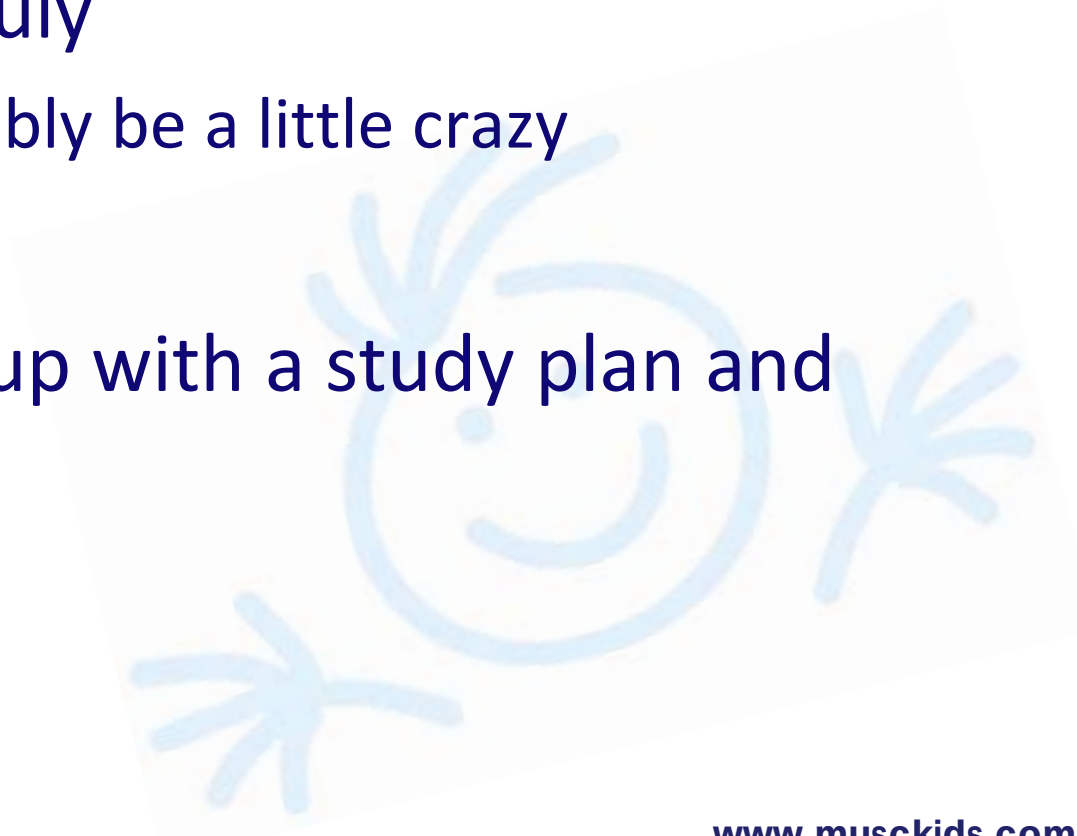
- Me
 - Read most of the review series by the end of June
- Lauren (my co-chief)
 - Goal was to have the review series read by May



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

August 2011 *printablecalendars.resources2u.com*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GEN PEDS	2	3	4	5 ID	6
7	8	9	10	11	12 CARDS	13
14	15	16	17 RENAL	18	19	20
21	22	23	24 ER	25	26	27
28	29 RHEUM	30	31			

Plan of Attack

Calendar Tips

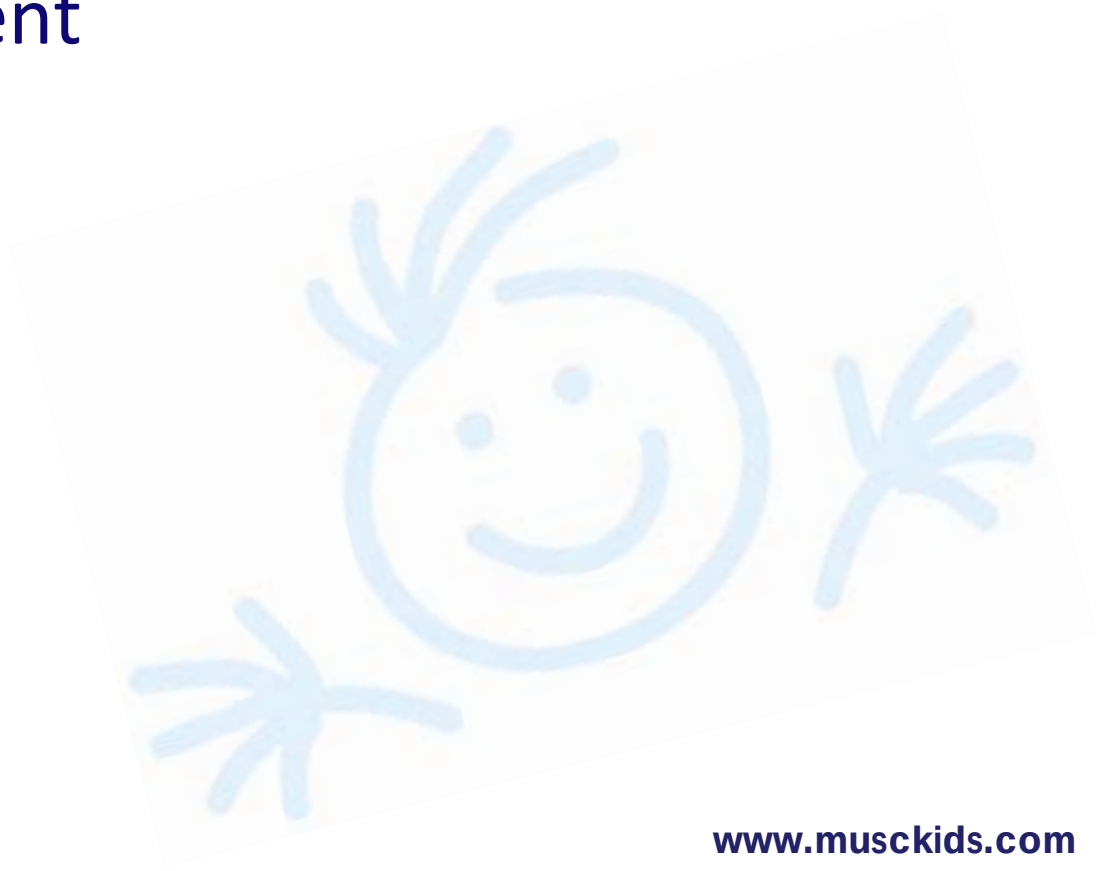
- Put the harder things closer to the test
- Leave some wiggle room



Plan of Attack

How should I study?

- Everyone is different
- This is what I did...

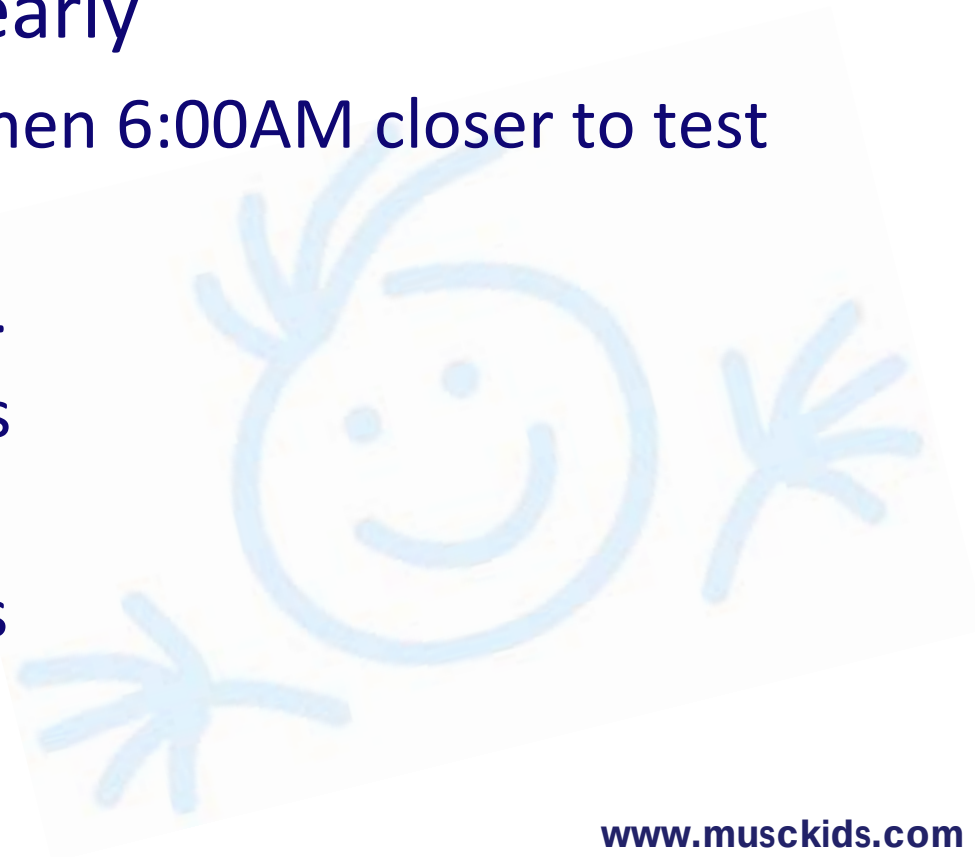


Plan of Attack

How I studied

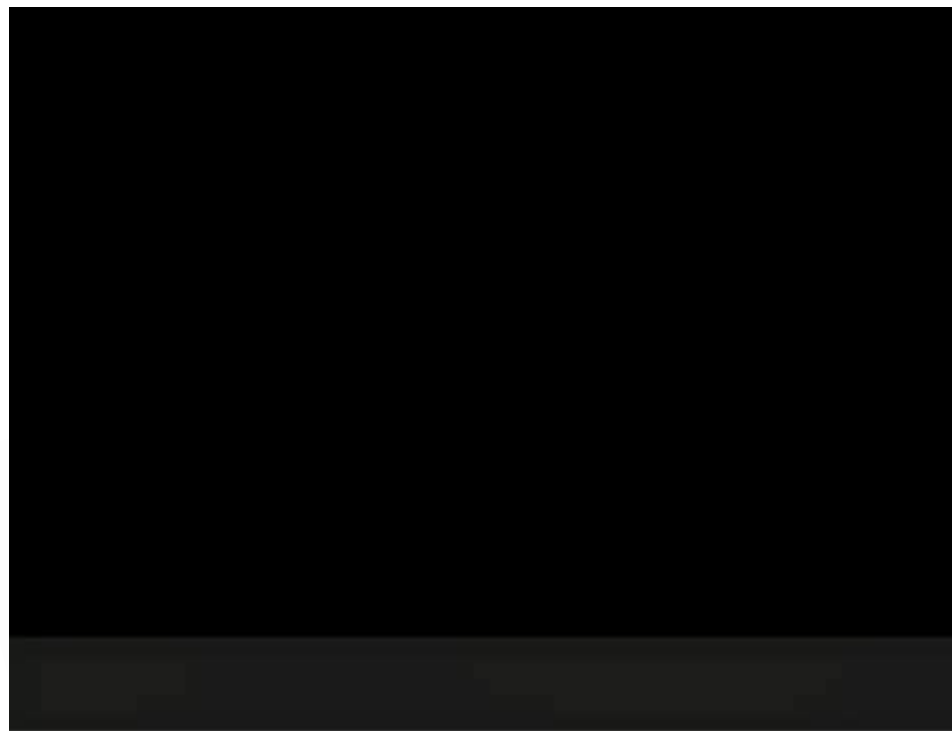
I started the mornings early

- 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

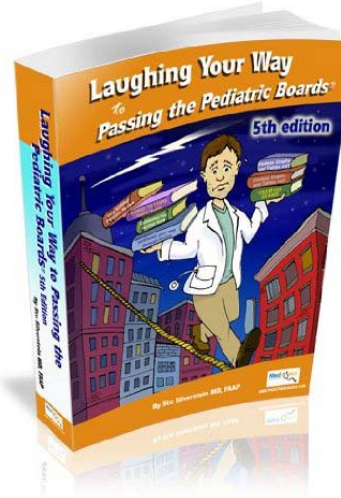
You are in charge of your schedule

- 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

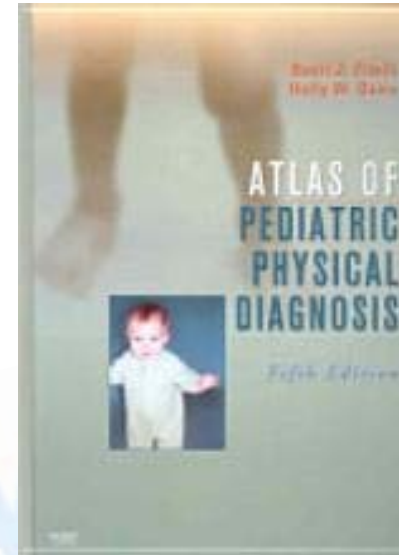
PREP questions

- 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)

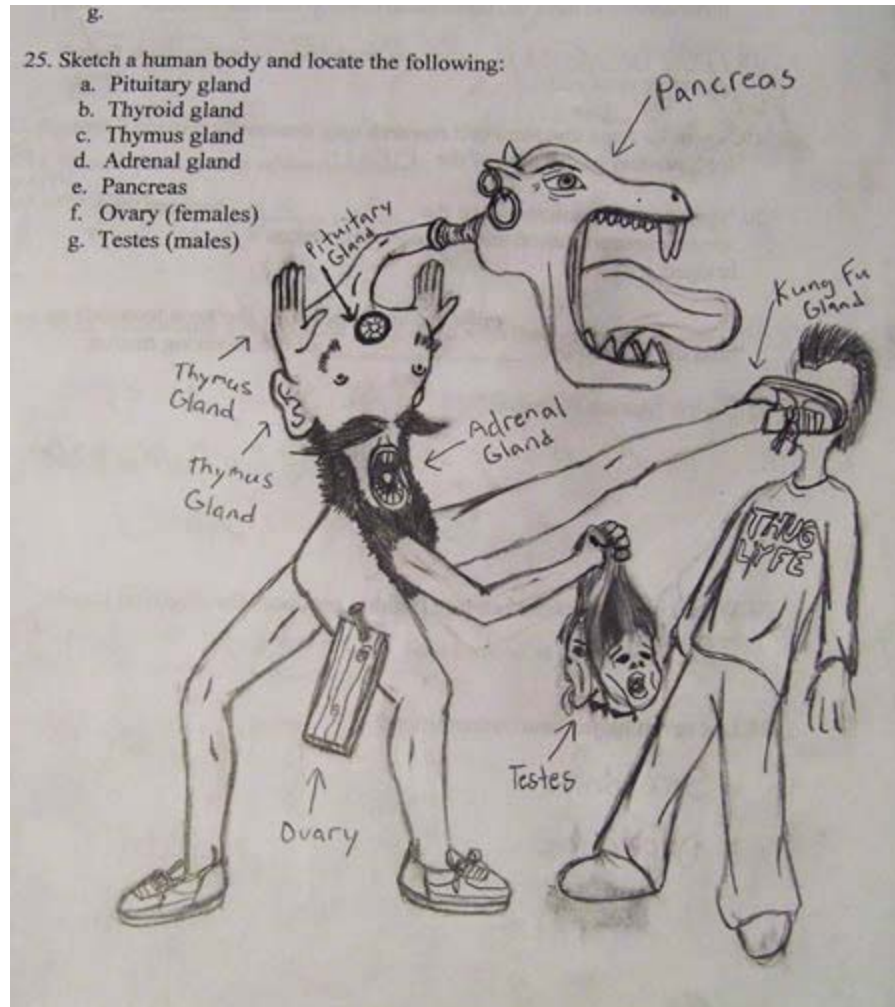
The Resources

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



Test Day



Test Day

- Don't study the night before
- Don't study during the breaks
- Celebrate afterwards



Questions?



<http://giraffopia.files.wordpress.com/2010/11/crazy-dog.jpg>