







Part 3 Similar study material to Part 2, but need to know at the level so that you can teach/explain G reports. NRC/your agreement state regulations Dose limits RSO requirements (you may be an RSO someday) DOT/IATA RAM shipping regulations How's it's done in your clinic. Your equipment, shielding for your vault, your QA, how you take measurements, how you do treatment planning system, your Policies & Procedures. OK to say we don't do __ procedure in my clinic, but must be able to describe the fundamentals. Memorize constants and equations (trivia)

Part 3 tips

- Equipment is very commonly failed.
- Study ion chambers, survey meters, electrometers, accelerators, diagnostic imaging devices (x-ray, CT, MRI, ultrasound)
- Examiner could be shaking his head "no" just to through you off
- Be conservative. Always Safety and ALARA
- Be able to do "back of the envelope calculations." You will not use/need a calculator.



Pearson Vue

- Sign up for preferred location as early as possible
- Do their practice exam to familiarize yourself with the interface (practice questions are not ABR practice questions)
- Practice with Windows calculator: e^, ln()
- Go early in case there's traffic/weather. Have reliable transportation. Do not be late.
- Know PearsonVue rules: bring ID, nothing allowed in testing room, no chewing gum, given laminated paper and a marker to work out math



Financial Breakdown	
Part I registration	\$478 (2012)
Part 2 registration	\$611 (2012)
Part 3 registration	\$716 (2012)
AAPM review course	\$195 (\$100 w/ Student ID) (2012)
ARC written review course	\$2100 (2012)
ARC oral review course	\$1050 -half price for prior students
Advanced Radiation Physics, Inc	\$1200
Travel to review courses (South Bend, Indiana; Boca Raton, Florida)	? Option to do online
Travel/Lodging to Part 3 (Louisville, KY)	~\$600
WePassed Subscription	\$300 (2012 annual subscription)
DABR physics review book	Part I: \$475 Part 2:\$275 (2012)
Misc. Textbooks	~\$1000
AAPM annual membership dues- access to TG reports and Virtual Library	\$285
ABR Annual MOC fee	\$190 (2012)
Approx.Total	~\$8500





Disclaimers

- I am not affiliated with the ABR.
- I do not write exam guestions for the ABR.
- I am not familiar with the details of current exam content.
 - Sample questions presented in this talk are my own creations and do not include copyrighted ABR material (to the best of my knowledge).
 - Lists of recommended study materials are suggestions only, and are not meant to be all-inclusive!

Part 1: General Exam

Topics covered:

- Undergrad material:
 - Basic physics (mechanics, E&M)
 - Relativity
 - Simple calculus
 Simple circuits
 - Simple circuits
 - Optics
 - Statistics
 - Basic computer science
- Radiation detection
- Radiation safety

Radiation interactions

Grad school material:

Radiation biology

Radioactivity

 Basic concepts of therapy, diagnostic, and NM physics

Most questions require some calculation

- Sample Questions
- If a cannonball is launched with a velocity of 30 m/s and an angle of 50 degrees, what is its range?
- A futuristic spaceship has an observed length of 100 m when stationary but an observed length of 20 m when travelling at full speed. If a clock on the spaceship indicates that the ship travelled at full speed for 1 hour, how long was the trip for an observer watching from earth?
- An image file is 4096x3420 pixels with a 14-bit gray scale. How many of these images can be stored in a 1 TB hard drive?
- What interaction is most likely for a 2 MeV photon in soft tissue?
- If a 100 keV photon undergoes Compton scattering and changes direction by 53 degrees, how much kinetic energy is transferred to the electron?

Study Material Recommendations

- Your favorite undergrad physics textbook, or a review book such as <u>Schaum's Outline of College Physics</u> by Hecht et al.
- The Essential Physics of Medical Imaging by Bushberg et al.
- Radiation Detection and Measurement by Knoll
- <u>Radiation Safety in Nuclear Medicine</u> by Lombardi (good source of practice questions)
- <u>Review of Radiologic Physics</u> by Huda and Slone (another good source of questions)
- RAPHEX exams (General section)
- Sample questions on ABR website

Tips

- Know common constants like speed of light, gravity, rest mass of an electron, etc.
- Less commonly-used constants will be given to you.
- Equations need to be memorized.
- Know the difference between radiation units and be able to convert quickly (R, Gy, rad, Sv, rem, Ci, Bq).
- Know other common conversions (ft/m, °F/°C, Gauss/Tesla, etc).
- Pay attention to the units used in each question and the units requested for the answer.
- Practice using the Windows calculator!
- Conserve time if a question is taking you longer than 1-2 minutes, flag it and move on.

Part 1: Clinical Exam

Topics covered:

- General anatomy & physiology
- Radiation biology
- Fetal effects
- Cancers
- Imaging exams appropriate for specified anatomy or conditions
- Recognition of anatomy on clinical images (CT, MRI, x-ray, US)

Sample Questions

- Where is the internal iliac artery?
- What imaging exam is capable of providing the best contrast between white and gray matter in the brain?
- A fetus is exposed to 2 Gy of x-ray radiation 30 days after conception. If a biological effect is seen, what effect is most likely?

Study Material Recommendations

- An A&P review book such as <u>Schaum's Outline of</u> Human Anatomy and Physiology by Alcamo and Van De Graaff
- A book on radiological anatomy
- Radiobiology for the Radiologist by Hall and Giaccia
- The Essential Physics of Medical Imaging by Bushberg et al. (Rad bio chapter)

Tips

- Memorization, memorization, memorization.
- You are not in medical school. Don't focus on minutiae.
- A&P questions are not restricted to items "obviously" related to radiology or radiation oncology.
- Study radiological anatomy for both planar and crosssectional images. Focus on major structures such as organs, bones, and large vessels.
- You will not know every imaging exam used for every condition. Have an idea about the strengths and weaknesses of different modalities so you can make an educated guess.

Part 2: Written Specialty Exam

Topics covered:

- Physics, QC testing, typical doses, and artifacts for all modalities:
- Radiography (CR, DR, and film)
 Image quality measures
- Fluoroscopy (Flat panel and II)
- MRI
- US (incl. Doppler)
- Mammography and stereotactic
 Biological effects
 breast biopsy
 Basic radiation ph

- Shielding
- Radiation protection
- Workstation QC
- Image processing
- Dose calculations (skin dose, fetal dose, effective dose)
- Basic radiation physics

Questions are still calculation-heavy, but not as much as Part 1

Sample Questions

- What fraction of the longitudinal relaxation has recovered after 1000 ms if T1=2400 ms?
- For screen-film mammography, what is the minimum optical density allowed for the ACR phantom background?
- What would be the effect of multiplying an image in K-space with a Gaussian filter?
- What is the calculated blood velocity using a 5 MHz transducer if the Doppler angle is 45° and the frequency shift is 2 kHz?

Study Material Recommendations

- The Essential Physics of Medical Imaging by Bushberg et al.
- Review of Radiologic Physics by Huda and Slone NCRP Report 147
- AAPM TG-18 Report: Assessment of Display Performance for Medical Imaging Systems
- ACR testing manuals
- AAPM/RSNA Physics Tutorials for Residents (in
- Radiographics) **RAPHEX** exams
- Sample questions on ABR website
- Diagnostic Ultrasound: Physics and Equipment by loskins
- MRI from Picture to Proton by McRobbie

Tips

- Memorize equations.
- Focus mostly on current technology, but do not completely neglect older technologies such as film and image intensifiers.
- Do not worry about state-of-the-art or very specialized technologies or techniques.
- In Brush up on the Part 1 material related to radiation physics, radiation biology, etc.
- If you are not familiar with ACR or TG-18 testing, study the manuals.

Part 3: Oral Specialty Exam

- Physics, QC testing, typical doses, and artifacts for all modalities:
- Radiography (CR, DR, and film)
- Fluoroscopy (Flat panel and II)
- CT
- MRI
- US (incl. Doppler)
- Mammography and stereotactic
 Biological effects
 breast biopsy
 Basic radiation of
- Radiation protection

Shielding

- Workstation QC
- Image quality measures
- Image processing
- Dose calculations (skin dose, fetal dose, effective dose)
- Basic radiation physics

Few if any calculations. Be able to answer questions and have an intelligent conversation about these topics

Sample Question



- What test is being performed on the unit in Figure A? What is the purpose of this test?
- What other tests would you perform on this type of unit?
- How would a stereotactic biopsy unit differ in design from the unit in Figure A?
- The image in Figure B is from a stereotactic biopsy unit. What is the artifact shown? How could it be corrected?
- Is it possible for a similar artifact to occur on the unit in Figure A?

Study Material Recommendations

- The Essential Physics of Medical Imaging by Bushberg et al. NCRP Report 147
- AAPM TG-18 Report: Assessment of Display Performance for Medical Imaging Systems
- AAPM TG-10 Report: Acceptance Testing/QC of PSP Imaging
- AAPM TG-23 Report: The Measurement, Reporting, and Management of Radiation Dose in CT
- ACR testing manuals AAPM/RSNA Physics Tutorials for Residents (in <u>Radiographics</u>)
- Review of Radiologic Physics by Huda and Slone Diagnostic Ultrasound: Physics and Equipment by Hoskins MRI from Picture to Proton by McRobbie

More Study Recommendations

• As you are out testing equipment:

- Imagine you are teaching what you are doing to a new grad student. What tests are performed? How and why do you do them? What are the passing criteria? What are the limitations of your test equipment?
- · Describe the unit to yourself. Ask yourself questions about it and imagine where they might lead. (Ex: What type of detector does it have? How does that type of detector work? What artifacts might you expect to see?)
- Describe the typical use of the unit. What types of studies is it used for? What are common techniques, doses, and image processing? What safety precautions are used with this equipment?

More Study Recommendations

- Make sure you are not too dependent on technology:
 - If you normally use a commercial program to do shielding calculations, can you do them by hand?
 - · When testing equipment, would you be completely lost
 - without your laptop and protocols? • If you have a detector that gives a one-shot HVL, do you remember how to test HVL with AI?
- Go through Bushberg and other relevant books. Study the figures. Would you recognize them out of context, without figure captions? Pick random figures and practice explaining them.

Tips

- Keep your studying focused on understanding concepts and clinical applications. Do not spend time memorizing equations. If you do not do a certain type of work, try to shadow someone who does (if not a physicist, then at least a tech). If possible, set up "labs" for yourself. You should know clinically-relevant information such as occupancy factors, dose limits, common doses, QC tests performed, typical results of those tests, etc. If you don't know the answer to something, say so. Explain where you would find the information. Don't make stuff up. Be familiar with common partifacts and troubleshooting.

- Be familiar with common artifacts and troubleshooting techniques.
- Know the names of important NCRP and AAPM documents.
- Dress professionally (most wear suits).
- I found that attending a mock oral exam was very helpful.

ABR UPDATE:

RECENT CHANGES AFFECTING INITIAL CERTIFICATION AND MAINTENANCE OF CERTIFICATION

Geoffrey S. Ibbott, Ph.D. AAPM Spring Meeting March 19, 2012



AMERICAN BOARD ABR

- One of 24 member boards of the American Board of Medical Specialties
- Board of Trustees: 24 members from 8 sponsoring organizations
 15 Radiologists, 6 Radiation Oncologists, 3 Physicists: Jerry Allison, Geoffrey Ibbott, Richard Morin
- · Offices in Tucson, AZ
 - · Executive Director: Gary Becker, MD
 - Associate Executive Director for Physics: Don Frey, PhD

ABR MISSION

"To serve patients, the public, and the medical profession. . ."

"...by certifying that its diplomates have acquired, demonstrated, and maintained a requisite standard of knowledge, skill, and understanding..."

New ABR Endeavors To Assist Diplomates



- The ABR must demonstrate accountability to its diplomates.
 Without them the ABR cannot implement its mission.
- Relevance of ABMS/ABR certification must be demonstrated to the public, payers, and the government.
- Medicine is experiencing a fusion of economics, quality, safety, and reimbursement
 - Organizations must work together to effectively project and promote our specialty for the benefit of our patients.



THE ABR 2012 REQUIREMENTS



- As announced in 2002:
- The candidate must be enrolled in or have graduated from a CAMPEP-accredited medical physics program
- Candidates who apply in 2011 to take the Part 1 examination in 2012 must meet this requirement
- Program must be accredited at, or soon after, graduation

Currently enrolled in	Date of matriculation (mm/yy)
C) Graduated from	Date degree received (on transcript mm/yy)
Institution	City, State
Program Director Name	
Address	
Telephone	Email address
Note: The ABR will contact the pro-	gram director for verification of status.
	Trysics Residency Program Information
C) Currently envolved in - or - C) Completed Dates with	Threlice Residency Program Information Date of methodation (wm/yy) in the residency (mm/d5)y): Start Completed: nited States (U.S.).degrees? Yes _] No
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Currently envolved in - er- Completed Dates with Do you hold <u>only</u> non-U Institution	Date of metriculation (mm/yy) In the residency (mm/d5/yy): Start Completed: rited States (U.S.) degrees? Yes No
Currently envolved in error of a Completed Dates with Do you hold <u>only</u> non-U Institution Program Director Name	Date of metriculation (mm/yy) In the residency (mm/d5/yy): Start Completed: rited States (U.S.) degrees? Yes No
Currently envolved in or , or , O	Date of metriculation (mm/yy) Completed: In the residency (mm/dd/yy): Start: Completed: nited States (U.S.) degrees? I Yes I No City, State

REGISTRATION FORM

THE 2012 REQUIREMENTS



- Office to receive complete applications only
- Standard application period:
 - July 1 October 31, 2011
- Notification of receipt/denial of registration: November 30
- First notification of eligibility: Feb 28, 2012
- Final notification: April 30, 2012

AUDIT POSSIBILITY

- A portion of all new registrations will be audited to confirm that:
 - Graduate students satisfy requirement for undergraduate physics background
 - Residents satisfy requirement for medical physics coursework

WRITTEN EXAM PART 1

- Written Exam
- Administered at Pearson VUE
- General and Clinical
- Must pass within 5 years of admission



WRITTEN EXAMS



75 Type A questions (multiple choice, one correct answer)

- 50 Simple (limited calculations)
- 25 Complex (calculator often required)
 - Computer-based
 - Pearson VUE
 - Requires MS Windows calculator

EXPERIENCE



You are currently working in a clinical medical physics environment under the supervision of a certified medical physicist.

Satisfied if enrolled in a CAMPEP-accredited program

Volunteer position may be accepted if formal structure



WRITTEN EXAM PART 2



- Education must have completed graduate degree
- Cannot be taken until passed Part 1 (2010)
- Experience 36 mo.



EXPERIENCE -PART 2



You must have had at least 3 years (36 months) of full-time equivalent clinical experience in ... an approved department or practice in the area(s) in which certification is sought under the supervision of a certified medical physicist.

This requirement must be satisfied by June 30 of the year in which the Part 2 exam is to be taken.

A 24-month CAMPEP-accredited residency program satisfies this requirement

EXPERIENCE



- · Clinical component of educational program:
 - MS ≤ 6 months, PhD ≤ 12 months
- Postgraduate internship or residency
- · Postdoctoral research with clinical component
- Postgraduate employment

SUPERVISION



The certified medical physicist designated as the supervisor of clinical training must interact with the candidate (trainee) on a regular basis.

For NRC recognition (AMP or RSO) ≥ 24 months experience under supervision of an ABR certified radiologic physicist

"BOARD ELIGIBLE"



- . ABR now recognizes the term "board eligible"
- · Physicist candidate is "board eligible" after:
 - · Passing Part 1, and
 - Being admitted to take Part 2 exam or completing residency (whichever occurs first)
- Permitted 6 years to pass Parts 2 & 3

WHAT HAPPENS IN 2014?



- The candidate must be enrolled in or have graduated from a CAMPEP-accredited residency program
- As determined by AAPM in ~2006, originally intended to go into effect in 2012
- Candidates applying in 2013 for Part 1 examination in 2014 must meet this requirement

REQUIREMENTS FOR ORAL EXAM

- Must have passed Parts 1 and 2
- Must travel to Louisville
- [May be a different location in future]



ORAL EXAM



5 Examiners

5 Areas

- · Radiation Protection & Safety
- · Patient Related Measurements
- Image Acquisition, Processing, & Display
- Calibration, Quality Control, & Quality Assurance
- Equipment

ORAL EXAM

- 3 Committees
 - Computer based
 - · Executive West Crowne Plaza,
 - Given in examiner's room
 - Role of examiner

Saturday, March 17, 12









Saturday, March 17, 12





WHO IS ABMS?



- ABMS sets the standards for the certification process to enable the delivery of safe, quality patient care
- ABMS is the authoritative resource and voice for issues surrounding physician certification
- The public can visit <u>certificationmatters.org</u> to determine if their doctor is board certified by an ABMS Member Board

Saturday, March 17, 12

WHAT IS ABMS MOC™?



- A process designed to document that physician specialists, certified by one of the Member Boards of ABMS, maintain the necessary competencies to provide quality patient care
- ABMS MOC promotes continuous lifelong learning for better patient care

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6 COMPETENCIES OF MOC



- Professionalism
- Practice-Based Learning/Self Improvement
- Practice Knowledge
- Patient Care and Procedural Skills
- Interpersonal/Communication Skills
- System-Based Practice

4 COMPONENTS OF MOC



- Component 1: Professional Standing - Validity of the license to practice.
- Component 2: Lifelong Learning and Self-Assessment.
 The requirement to keep current in the field.
- Component 3: Cognitive Expertise
 - Examination process.
- Component 4: Assessment of Practice Performance
 - Practice Quality Improvement.

PERSONAL DATA BASE (PDB)



ABR Headquarters Tucson, Arizona

URL: http://theabr.org On home page one finds: PDB Log in space





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COMPONENT 2: LIFE LONG LEARNING & SELF ASSESSMENT

Category 1 CME & Self Assessment Modules (SAMs) Official CHE/FAM Attestation (Required) Record your official Category 1 and SAM count here.								
Category 1 CME Credits				SAM Credits				
Credit Year	Cateway	Real Entered CHE	Mail Directed Educational Projects (SDEPs)		Tutal CME	Itelal CHE Applied to pour HDC Cycle		
2012	0.00	6.00	0.00		6.00	6.00	£d	
2011	60.02	4.00	9.00		64.02	50.00	te.	
2010	65.47	37.50	0.00		102.97	50.00	50	
2009	37.24	50.00	0.00		87.24	50.00	E.e	
2008	43.33	47.00	15.00		105.33	50.00	5.6	
2007	72.00	50.00	0.00		122.00	50.00	£.0	
2006	35.50	25.00	0.00		61.50	50.00	5.0	
2005	0.00	0.00	0.00		0.00	0.00	2.0	

COMPONENT 3. COGNITIVE EXPERTISE

- Expected to
 - maintain the essentials of core knowledge fundamental to the practice of Radiologic Physics, and
 - to remain up-to date on evolving technologies, protocols, procedures and techniques involving applications of physics in medicine.
- Fulfillment of these expectations will occur by evaluation of cognitive expertise utilizing a multiple-choice examination in a secure testing center.

COMPONENT 4. EVALUATION OF PQI



- Diplomates must provide information regarding their active participation in the profession of Radiologic Physics over the 10-year period.
- The PQI program will be focused on the radiological physicist as a medical professional who contributes to and supports patient care, patient safety, and education.
- The PQI evaluation will be directed toward the diplomate's activities in fulfilling obligations in specific programs that have prescribed evidencebased standards and criteria.

CATEGORIES OF PQI PROGRAMS/PROJECTS

- Type 1 Individual Based
- Type 2 Society Based
- Professional and Regulatory Guidelines
- * Safety for Patients, Employees and the Public
- Educational Activities

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