



AMERICAN OSTEOPATHIC
BOARD OF FAMILY PHYSICIANS

What to Expect on Exam Day

Osteopathic Manipulative Treatment (OMT) Performance Examination

When you apply for the OMT Performance Exam, you will also select your preferred exam date.

Please note: When the OMT Performance is given over several consecutive days, there is no guarantee you will be scheduled for the day you select. Candidates should not make travel arrangements until they receive authorization to test from the AOBFP staff.

- Candidates are assigned a time at which to appear for their exam. Times are sent to scheduled candidates approximately four to six weeks prior to the exam. Due to the volume of candidates, AOBFP is unable to honor time assignment requests.
- Each candidate will select a partner (another candidate) who will act in the role of the patient during the examination. Partners cannot be related by blood or marriage and cannot be in an employed relationship (e.g., Chief Medical Officer and attending physician).
- Upon admittance to the exam room, candidates complete a waiver and are randomly assigned three case histories on which they will be examined. Time is provided for the review of those cases prior to examination.
- The candidate will be asked by a team of examiners to diagnose the assigned cases and demonstrate osteopathic manipulative treatment. Candidates will have a time limit of four minutes for each case.

Special Accommodations for OMT Performance Examination

Test accommodations are individualized and considered on a case-by-case basis and must be submitted to AOBFP at least 30 days in advance.

Process for the OMT Performance Examination

Dress Code/Professionalism

Participation in the American Osteopathic Board of Family Physicians (AOBFP) OMT Performance Examination requires candidates to comply with the appropriate dress code as stated below.

Dress conservatively (Business casual/Professional Attire). Avoid constrictive or revealing clothing (including anything that reveals the chest, back, or abdomen). Avoid accessories that may interfere with you being physically examined or you physically examining another. We also expect that you and your clothing are clean, groomed, and free of fragrances, odors, tobacco smoke, etc. that may trigger allergic reactions in others.

Recommended Dress:

Professional but casual business attire or clean scrubs are allowed. We suggest a shirt and loose pants (knees may need to be exposed depending on the case).

No jeans, t-shirts, sandals, loop earrings, or halter tops.

Candidates are not allowed to wear watches or jackets for security reasons.

NOTE: Any request for exemption to the above dress code must be submitted to AOBFP at least 30 days in advance.

Entering the Registration Area

Candidates are required to present one government-issued photo ID with a signature. Candidates will sign in and receive an ID badge, which is to be worn throughout the examination.

Certification candidates within the same exam time assignment select their exam partners. If an odd number of candidates, a surrogate patient will be assigned to a candidate. Partners will then await entrance to the exam room. Once you get your badge and are admitted to the room, you may not leave. Any exits from the room will result in a failure and require returning at the next test administration.

Partners cannot be related by blood or marriage and cannot be in an employed relationship (e.g., Chief Medical Officer and attending physician). Note that the exam process includes a palpatory examination, which will require both the partner candidate (male or female) and the examiner (male or female) to place their hands on a candidate to identify landmark identification.

Waiver

Upon entering the case room with your partner, you will be presented with a waiver form to sign. The form states that you understand that if your treatment involves an active correction, thrust, or HVLA, you are to set the patient into the proper position only and verbalize the mechanism and direction of your correction. You are not to complete the active correction. Performing an active correction, thrust or HVLA is grounds for immediate failure of the entire exam.

Case Room



You will receive one case from each of the following categories: spine, extremities, and systemic diseases. Enter your name and ID number along with your partner's ID number on each of these three cases. Do not turn the papers over until instructed. On the signal to begin, you will have 15 minutes to review and choose the best answer from the four choices listed on the front side of each sheet. After you have selected the diagnosis for each case, use the remainder of the 15 minutes to plan your treatment strategy. This is all the data that will be given. If necessary, you may direct any questions to a proctor but may not talk

with your partner or fellow candidates. Reference materials may not be used. Notes may only be made directly on the case form.

Examination Area



Exam proctors direct all candidates to the examination area and the exam stations. Candidate guidelines will not be repeated at stations two and three. If partnered with a surrogate patient rather than another candidate, wait until the time elapses before advancing to the next station.

Case Diagnosis: Examiners will review your case diagnosis and indicate whether it is correct. Correct diagnoses earn points. If incorrect, you will be given the correct diagnosis for the case to use during the demonstration portion of your exam. Your partner will be the surrogate patient upon whom you will demonstrate all techniques involving the correct diagnosis.

Demonstrate/Discuss OMT: Each partner is given 4 minutes in which to demonstrate and discuss appropriate OMT for each case. Speak loud enough and clear enough for examiners to hear and understand you. Scoring is based on an explanation of and demonstration of the technique. Discuss the theory of why you are using particular techniques. Remember to name the techniques and discuss anatomic landmark positions associated with your case. If your treatment involves an active correction, thrust, or HVLA, you are to set the patient into the proper position only and verbalize the mechanism and direction of your correction. You are not to complete the active correction.

The official timer announces the start/end times for each station. Upon completion of the exam at the third station, the candidate will remain seated at that station until directed to exit the room to receive their results.

Scoring

Each case is scored on the following criteria:

LANDMARKS - Name and identify location. Touch appropriate skeletal, visceral and/or muscle landmarks at the anatomic region being treated if indicated.

DISCUSSION - Discuss the theory and specifics of the techniques - for example but not limited to, direction of force; timing of the techniques; why that treatment is effective.

TECHNIQUE - Name and demonstrate the techniques by describing and using proper placement of hands during the treatment along with correct positioning of the patient.

PROFESSIONALISM - Demonstrates a professional demeanor with the patient in a compassionate and courteous manner.

OMT Performance Exam Results

A candidate must receive a passing score on two of the three cases to pass. In the event a candidate does not receive a passing score on the first attempt, that candidate may be given another opportunity to retake the OMT Performance exam either on the same day or the next day, time permitting. The candidate will be retested with three new cases using the same examination protocol and scoring system. In the event of a failure on the second attempt within that same administration, the candidate will be deemed to have failed the OMT Performance examination.

Requirements to Maintain Certification in OMT:

For AOBFP diplomates who hold an active FP/OMT board certification, there are two pathways available to fulfill the OCC Component 3 requirement to maintain their Osteopathic Manipulative Treatment (OMT) certification.

Diplomates can opt to:

Successfully pass one (1) performance examination every nine (9) years, and complete and pass one (1) OMT longitudinal assessment module every three (3) years.

OR

Complete eight (8) hours of AOBFP-approved OMT hands-on training every nine (9) years, and complete and pass one (1) OMT longitudinal assessment module every three (3) years.

Diplomates will be assessed an OCC annual fee of \$225. Fees associated with the performance exam or OMT hands-on training are not included in the OCC annual fee.

Category 1A CME credits can be earned with either pathway choice.

The OMT longitudinal assessment module can be done in place of one of the other assessment modules as part of OCC Component 3 requirements. It is not an additional module to be done.

The Registration fee for OMT performance exam is \$400.

Note: The Performance Exam must be taken in the last three years of certification.