American Board of Orthopaedic Surgery Examination Preparation

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ABOS

Part I
- July after residency graduation
- Prometric testing centers
- ~250 multiple choice questions

Part II
- Board collection period
  - April 1st-October 1st
- Oral boards Chicago July after Board Collection
- 12 cases
  - 1 hour, 55 minutes examination time
  - Four, 25 minute sessions with two examiners

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Is There an Association Between Study Materials and Scores on the American Board of Orthopaedic Surgeons Part 1 Examination?

- 118 of the 221 (53%) survey recipients completed the survey
- Six (5%) of the respondents failed ABOS Part 1
- Orthobullets and the AAOS self-assessment examinations
- No significant association between study source and passing ABOS Part 1 or scoring in a certain percentile on ABOS Part 1
- No associations between attending a review course and either passing or scoring in a certain percentile for ABOS Part 1
- Half of the respondents who failed ABOS Part 1 attended multiple review courses

Utility of AAOS OITE scores in predicting ABOS Part I outcomes: AAOS exhibit selection.

- Substantial increases in the mean OITE score were observed as residents progressed through training.

- Stronger correlations were observed between OITE and ABOS performance during later years in training.

- OITE score below the 10th percentile were much more likely to fail Part I compared with those with an OITE score above the 50th percentile.

Studying Tips

- Review Course
  - AAOS
  - Maine Review
  - Miller Review

- Questions
  - Orthobullets
  - AAOS review questions
  - Board review questions

- Flashcards
  - OKU
  - Home made
ABOS Part I Topics

- **Basic Science**
  - Materials
  - Young’s Modulus
  - Arthritis on a molecular level

- **Tumor**
  - Histology—recognizing patterns
  - 3\(^{rd}\) level questions

- **Sports**
  - Treatment options
  - Read shoulder MRIs
ABOS Part I Topics

- **Shoulder/Elbow**
  - Know physical exam tests
  - Err on conservative management
  - TEA does well in rheumatoid patients

- **Hand**
  - Study basic hand functions
    - Intrinsics
    - Extrinsic
  - Nerve palsies/compression neuropathies
  - Non-displaced scaphoid waist fractures can be managed in a cast
ABOS Part I Topics

- **Pediatrics**
  - Memorize genetic abnormalities
  - Conservative treatment in children

- **Trauma**
  - Polytrauma = fixation of fractures that in isolation may be managed non-operatively
  - Know indications behind damage control vs. early total care
  - Reaming causes fat emboli to the heart…make sure patient is well-resuscitated pre-op
  - Safest place for a patient is in the OR
ABOS Part I Topics

- Arthroplasty
  - Infection parameters
  - Multi-stage approach to infection

- Foot and Ankle
  - Stages of flatfoot deformity
  - Achilles management
  - Bunion parameters
  - Column restoration
  - Gait

- Spine
  - Trauma management
  - Rote memorization…know nerve root levels
General Tips

- Err on the side of conservative management whenever reasonable
- Most questions are based on literature from 3-5 years prior to the exam
- Take time to read the question stem
  - Usually 2 acceptable answers and a subtle nuance determines which is “correct”
- Know anatomy!
- Draw the brachial plexus immediately before the exam
ABOS Part II

- Have a partner(s) honestly review your cases once selected

- Document, document, document!

- Create an excel spreadsheet cataloging your cases, indications, outcomes, relevant literature

- Maintain follow-up with your patients
Questions?

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