

# American Board of Orthopaedic Surgery Examination Preparation

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CALIFORNIA ORTHOPAEDIC  
ASSOCIATION



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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 1<sup>st</sup>
- Oral boards Chicago July after Board Collection
- 12 cases
  - 1 hour, 55 minutes examination time
  - Four, 25 minute sessions with two examiners
- [www.abos.org](http://www.abos.org)

# 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
- Krueger CA and Aden J. J of Surg Ed 2014 May-Jun;71(3):375-84.

# 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.
- Swanson et al. J Bone Joint Surg Am. 2013 Jun 19;95(12):e4

# 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<sup>rd</sup> 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
  - Intrinsic
  - 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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