

American Board of Orthopaedic Surgery Examination Preparation

May 18, 2017



Lindsey S. Hagstrom, MD

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
- 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
 - 3rd 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?

- ◎ lindseyhagstrom@gmail.com
- ◎ www.sdhandsurgeons.com
- ◎ (858) 715-9200