Robert Kushner, MD
Professor of Medicine
Northwestern University Feinberg School of Medicine
Chicago, IL
Past Immediate Chair, ABOM
History of the American Board of Obesity Medicine (ABOM)

- American Society of Bariatric Physicians
  - American Board of Bariatric Medicine (ABBM) - 1997
    - 400 Diplomats
  - The Obesity Society
    - Certified Obesity Medicine Physician (COMP) - 2007
- ABOM - 2011
Rationale for Obesity Medicine Physician

✓ The increased prevalence and burden of overweight and obesity among US adults and children

✓ Obesity has recently been recognized as a chronic disease

✓ Steep increases in severe, complicated, and recalcitrant obesity demands specialist referral options for intensive care

✓ Certification would bring increased recognition and competency to the obesity field, and may lay the foundation for improved reimbursement for obesity care.
Rationale for Obesity Medicine Physician (con’t)

✓ Offering a certification examination would increase the number of physicians choosing to train in obesity and/or seek obesity-related CME activities.

✓ Anticipated advances in obesity care over the next decade in pharmacotherapy, surgical procedures and devices, will require specialty training and expertise.

✓ There is an insufficient number of physicians to provide perioperative care for the increasing number of patients undergoing bariatric surgery and placement of intraluminal devices.

✓ Certified physicians can serve as clinical and educational champions at the local and national level.
American Board of Obesity Medicine (ABOM)

Number of Physician Candidates

- 2012
- 2013
- 2014
- 2015
- 2016

Average Distribution of Medical Specialties

- Other
- Surgery
- Pediatrics
- Obstetrics-Gynecology
- Internal Medicine
- Family Medicine
- Endocrinology

Certification Requirements
Characteristics of Diplomats

- 51% are women
- 58% have < 5 years in the practice of obesity medicine
- Time allocation to obesity: 37.5% spend < 25% time; 28% spend 25-50% time, 22% spend more than 75% time
- 60% help care for patients who have underwent bariatric surgery
ABOM Partner Organizations

Primary Obesity CME Partners
• Harvard Medical School Blackburn Course in Obesity Medicine
• Columbia University Institute of Human Nutrition
• Obesity Medicine Association
• The Obesity Society

Obesity-Related CME Partners
• Canadian Obesity Network
• Cleveland Clinic Obesity Summit
• Mayo Clinic: Nutrition & Wellness in Health & Disease
• Mass. General Obesity, Metabolism and Nutrition Institute (OMNI)

of Medicine Partners
• American Academy of Family Physicians
• American College of Obstetricians and Gynecologists
• American College of Preventive Medicine
• American College of Physicians
• American College of Sports Medicine
• American Gastroenterological Association
• The Endocrine Society

Public Health Partners
• American Society of Metabolic and Bariatric Surgery (ASMBS) Foundation
• Global Obesity Prevention Center at Johns Hopkins
• STOP Obesity Alliance
• The Obesity Treatment Foundation
Qualifications for Certification
CME Pathway and Fellowship Pathway

• Proof of an active medical license in the U.S. or Canada.

• Proof of completion of a residency in the U.S. or Canada.

• Active board certification in an American Board of Medical Specialties (ABMS) member board or osteopathic medicine equivalent.
Qualifications for Certification

• CME Pathway
  - At least sixty (60) CME credit hours on the topic of obesity

• Fellowship Pathway
  - Successful completion of an on-site clinical fellowship with an obesity component where the fellowship director attests to at least 500 hours on the topic of obesity or obesity-related conditions.
Attend a Review Course

• Obesity Medicine Association (www.oma.org)

• The Harvard Medical School Department of Continuing Education (www.cme.hms.harvard.edu/courses/practical)

• The Obesity Society (www.obesity.org)
Important Dates

Early Application Deadline
July 15, 2017

Application Deadline
August 30, 2017

ABOM Certification Examination
November 30, 2017 – December 7, 2017
OMEC Mission Statement

• To promote and disseminate comprehensive obesity medicine education across the continuum spanning undergraduate medical education (UME), graduate medical education (GME) and fellowship training.

• To deliver educational outcomes including creation of the following:
  – Core competencies
  – Entrustable Professional Activities (EPAs)
  – Learning objectives, and
  – Examples of curricular content and design.
OMEC Partnering Organizations

• American Association of Clinical Endocrinologists (AACE)
• Endocrine Society
• The American College of Lifestyle Medicine (ACLM)
• Society of Behavioral Medicine (SBM)
• American Academy of Pediatrics (AAP)
• American Society for Nutrition (ASN)
• Society of General Internal Medicine (SGIM)
• American Association for Nurse Practitioners (AAPA)
• American Congress of Obstetricians and Gynecologists (ACOG)
• American College of Preventive Medicine (ACPM)
OMEC Organizational Structure

Steering Committee

UME
GME
Fellowship

Competency and anchors using the 6 ACGME Domains
**COMPETENCY EXAMPLE:** Elicit complete medical and lifestyle histories using questions appropriate to explore for patients who are overweight or obese

**Domain:** Patient Care

<table>
<thead>
<tr>
<th></th>
<th>1 (Novice)</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 (Expert)</th>
</tr>
</thead>
<tbody>
<tr>
<td>History taking is insensitive, disorganized and/or misses important details</td>
<td>History taking is reasonably sensitive, is fairly organized and complete, missing few important details</td>
<td>History taking is patient-centered, organized, complete and appropriate for gathering obesity-related information</td>
<td>History taking is patient-centered, organized, complete, appropriate for gathering obesity-related information, and efficient even for moderately challenging patients</td>
<td>History taking is patient-centered, organized, complete, appropriate for gathering obesity-related information, and efficient for patients who present with complex clinical and psychological challenges</td>
<td></td>
</tr>
</tbody>
</table>
OMEC Process

• Phase 1
  – Complete writing of competencies and EPA’s (early 2017)

• Phase 2
  – Distribute for comment and revisions (late 2017)

• Phase 3
  – Disseminate for use and publication (2018)