CONTINUING YOUR CERTIFICATION:
A new approach for continuing education

July 14, 2020
Presenters

Susan McGowen
Ph.D., LAT, ATC, EMT
Co-Chair CPC Advisory Panel

Allison Hunt
Senior Manager of Professional Development

Shannon Fleming
Director of Compliance and Regulatory Affairs
Conflict of Interest

In compliance with continuing education requirements, all presenters must disclose any financial or other associations with companies to which they have a direct link and/or financial relationship that is related to the topic/content of their presentation.

All presenters are employed by or volunteer for the Board of Certification, Inc. (BOC).
Objectives

• Describe the history and importance of advancing continuing certification for Athletic Trainers.

• Identify the components of a continuing certification program as well as elements within each component that the BOC is currently piloting.

• Recognize the purpose of assessment modules and how they can improve patient care.
Continuing Professional Certification

- Professionalism
  - Certification and Licensure
  - Ethics
  - Emergency Cardiac Care
  - Professional Goals Appraisal

- Life-long Learning
  - Competency Assessment Modules
  - Continuing Education

- Practice Performance
  - Quality Improvement

Denotes 2020 pilot projects
Denotes 2020 soft launch
CPC: Professionalism

Continuing Professional Certification

- Professionalism
  - Certification and Licensure
  - Ethics
  - Emergency Cardiac Care
    - Professional Goals Appraisal
  - Competency Assessment Modules
    - Continuation Education
- Life-long Learning
- Practice Performance
  - Quality Improvement

Legend:
- Orange Denotes 2020 pilot projects
- Blue Denotes 2020 soft launch
CPC: Professionalism
Professional Goals Appraisal (PGA)

WHAT ARE YOUR GOALS?
CPC: Professionalism

Professional Goals Appraisal (PGA)

My Certification Maintenance Requirements
Due December 31, 2021 (by 11:59 p.m. CST)
Saved forms appear under the "In-Process" tab

- 2020 Fee PAID
- Pay 2021 Fee $55 Due Available August 2021
- Submit CE 50 CEUs Due (click here)

Access My PGA Details
Professional Goals Appraisal

The Professional Goals Appraisal (PGA) is intended to create a culture shift from collecting continuing education units (CEUs) to a mindful, intentional selection of professional development activities purposely designed to maintain competence and promote professional growth. The PGA will provide Athletic Trainers (ATs) the necessary tools and information to assess their professional needs and choose activities that will enhance their clinical competence and knowledge.

<table>
<thead>
<tr>
<th>Details</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEUs</td>
<td>10 Category B CEUs</td>
</tr>
<tr>
<td>Cost</td>
<td>$65</td>
</tr>
<tr>
<td>Time</td>
<td>Allow 2-4 hours to complete components 1-5 and 4-6 hours to complete component 6</td>
</tr>
</tbody>
</table>

Sequential Components of the PGA

1. Professional Inventory Questions
2. Professional Development Needs Assessment
3. Professional Competence Assessment
4. Learning Needs Analysis
5. Goal Development – Components 1-5 must be completed no later than December 31, 2020
6. Activity Completion and Reflection – Must be completed no later than December 31, 2021

Get Started
Professional Inventory

Answer the following four questions, please reflect upon your practice as an AT for the past three years.

* Recognizing the need for life-long professional continuing educational activities to promote continued competence across all domains as an AT. What knowledge and skills do I need to provide quality patient care?

* What are my strengths as an AT?

* What knowledge and skills do I need to maintain competence across all domains as an AT?

* What knowledge and skills will enhance my professional growth as an AT?

Submit
Current Component: Professional Development Needs Assessment

History

My PGA Progress

Follow the prompts to complete the Professional Development Needs Assessment (PDNA). This section will guide you through self-reflection with the goal of assessing professional development needs across the domains of athletic training as defined in the current BOC Practice Analysis.

You will be asked to rate your need for professional development (PD) for each task of the five domains using the scale below. You should consider your level of preparedness and/or if you utilize or intend to utilize the concept in your current or future practice.

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Need</td>
<td>I have no need for PD in this area</td>
<td>0</td>
</tr>
<tr>
<td>Little Need</td>
<td>I have little need for PD in this area</td>
<td>1</td>
</tr>
<tr>
<td>Some Need</td>
<td>I have some need for PD in this area</td>
<td>2</td>
</tr>
<tr>
<td>Substantial Need</td>
<td>I have a substantial need for PD in this area</td>
<td>3</td>
</tr>
</tbody>
</table>

Notes:
- Any skipped statements will be assigned a "No Need" rating
- Item responses can be changed at any time prior to ending the PDNA

NOTE: Task level results of the PDNA will be shared in the Learning Needs Analysis and Goal Development components. We encourage you to make note of any knowledge and/or skill statements you identify as a need for your professional growth.

Start Professional Development Needs Assessment
Please use the following information to answer questions 1 - 5.

A 19 year(s) old collegiate baseball player was sliding head first into second base and sustained an injury to his non-dominant shoulder. The athlete states his shoulder was “out of the socket”, after standing up it “went back in”. Athlete complains of the following symptoms:

- pain 10/10 in shoulder
- numbness on lateral aspect of shoulder
- clicking when he “lifts his arm up”
- decreased AROM in all planes

The athlete has been referred for imaging. Which of the following abnormalities may be noted that would be consistent with an anterior shoulder dislocation?

Choose all that apply.

☐ Bankhart lesion
☐ Clavicular osteolysis
☐ Hill-Sachs lesion
☐ Posterior labral lesion
☐ Widening of the subacromial space
Taking into consideration the outcomes of Steps 1-3, what knowledge and skill needs, if any need to be addressed in order to improve competency and practice?

- Increase knowledge in, practice skill in

What action(s), if any, are necessary to address my knowledge and skill needs?

- Investigate course options, secure funds, reserve time

What type of learning environment would allow me to address my knowledge and skill needs?

- Online, hands-on, self-guided

Submit
After analyzing your learning needs to identify your strengths, areas of concern, areas requiring improvement and areas of interest, develop your goals by creating 3-5 SMART goals to improve your individual or organization’s athletic training practice. To help create your goals, utilize the following framework or write your own.

<table>
<thead>
<tr>
<th>I WILL</th>
<th>develop, expand, refine</th>
</tr>
</thead>
<tbody>
<tr>
<td>MY</td>
<td>knowledge, skill, clinical, decision making</td>
</tr>
<tr>
<td>IN</td>
<td>are of focus, domain, knowledge/skill statement</td>
</tr>
<tr>
<td>TO</td>
<td>improve patient care, make better clinical decisions, enhance</td>
</tr>
<tr>
<td>BY</td>
<td>mm/dd/yyyy</td>
</tr>
</tbody>
</table>

* Goal
Activity Completion and Reflection

ACT: Identify and complete the activities that will help you meet your goals. Use this resource to find BOC approved continuing education (CE) activities https://www.bocatc.org/findCE

RECORD: Report your completed activities on your AT203 - Continuing Education Reporting Form found in your BOC Central profile

REFLECTION: Reflecting on the goals and the outcomes of the experience will provide valuable information in determining the next steps in the process. By critically assessing the outcome, ongoing selection of CE will aid in the enhancement of skills and knowledge.

What skill(s) and/or knowledge did I acquire to achieve my goals?

How did my selection(s) improve my clinical expertise?

What modification(s) to my action plan do I need to make to meet current and/or future clinical practice needs?

Submit
CPC: Professionalism

Professional Goals Appraisal (PGA)

Current Component: Complete

History

My PGA Progress

100%

Your PGA is complete! An email confirming your completion of the PGA has been sent.
CPC: Life-long Learning
Competency Assessment Modules (CAMs)
Exam Packages

Begin a Self-Assessment Exam Package
To begin or continue a package of self-assessment exams, select from the list of available packages below.

CAMs - Mental Health
Thank you for volunteering to complete the Competency Assessment Modules (CAMs) pilot. As a reminder, in order to receive the 10 EBP continuing education units, you must complete the exit survey, which you will be directed to upon completion of the CAMs - Mental Health.

The overarching concept of the CAMs is to provide meaningful learning in evolving areas of practice. Participating in the CAMs offers the ideal way for Athletic Trainers (ATs) to identify areas of need for self-actualized learning. It is also expected to enhance clinical practice, improve patient care and increase the current foundation of knowledge.

The CAMs - Mental Health includes 3 modules:
1. Identify Emergency Versus Non-Emergency Mental Health Issues
2. Emergency Action Plan
3. Psychological Adjustment to Injury (Essential Psychosocial Skills for the AT)

A list of references is included, and you are encouraged to review all references prior to beginning the CAMs. You must receive at least an 80% on each module to pass.

Availability: Free

View Included Exams

Continue CAMs - Mental Health
CPC: Practice Performance
Quality Improvement (QI)

Plan
- Recognize an opportunity and plan a change.

Do
- Test the change. Carry out a small-scale study.

Check
- Use data to analyze the change; determine whether it made a difference.

Act
- Take action based on what you learned in the study step. If the change did not work, go through the cycle again with a different plan. If you were successful, incorporate what you learned from the test into wider changes. Use what you learned to plan new improvements, beginning the cycle again.
CPC: Practice Performance

QI Pilot: Hand Hygiene

AT501 - Quality Improvement Project Worksheet: Hand Hygiene

Instructions
Complete the worksheet below by following each day’s instructions and entering information where requested (in red). This project is intended to be completed as instructed.

Total Project Time: 4 weeks

Time Tracking

* Approximate Preparation and Implementation Time
Track the time it takes to prepare and implement the change (tasks from days 1-8) and enter the time below.

* Hours:

* Approximate Reflection Time
Track the time it takes to reflect on this project (last task) and enter the time below.

* Hours:

Materials/Supplies

Provided:

- Hand hygiene visual aid
- Survey

Needed:

- 75% alcohol-based hand sanitizer
- Antibacterial hand soap
- Collection box for patient surveys
- Disposable towels
- Paper
- Printer
CPC: Practice Performance
QI Pilot: Hand Hygiene

Week 1
• Day 1 – Assemble all personnel involved
• Day 2 – Review the project rationale and overview and print survey
• Day 2-7 – Collect pre-intervention data

Week 2
• Set goals based on the outcome of pre-intervention survey and implement the intervention
CPC: Practice Performance

QI Pilot: Hand Hygiene

Week 2-4

• Collect the post-intervention data and record the outcome

End of Week 4

• Reflect and summarize the impact of the intervention
CPC: Practice Performance

QI Pilot: Facility Principles

AT501 - Quality Improvement Project Worksheet: Facility Principles

Instructions
Complete the worksheet below by following each day’s instructions and entering information where requested (in red). This project is intended to be completed as instructed.

Total Project Time: 4 weeks

Time Tracking

* Approximate Preparation and Implementation Time
Track the time it takes to prepare and implement the change (tasks from days 1-26) and enter the time below.

Hours:

* Approximate Reflection Time
Track the time it takes to reflect on this project (tasks from days 27-28) and enter the time below.

Hours:

Materials/Supplies

Provided:

* BOC Facility Principles (online)

Needed:

* Computer
CPC: Practice Performance

QI Pilot: Facility Principles

Week 1

• Day 3 – View and record your baseline data for each area by completing Facility Principles Assessment

• Day 4 – Set your goals
CPC: Practice Performance

QI Pilot: Facility Principles

Week 1-4
• Describe and implement action to address gaps discovered during the assessment

Week 4
• Complete the Facility Principles Assessment again
• Reflect and summarize the impact of the intervention
Continuing Professional Certification

WHAT’S NEXT?
## Continuing Professional Certification

### CPC Tentative Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>CAMs and QI Pilots</td>
</tr>
</tbody>
</table>
| 2021 | • CPC Advisory Panel and Standards Committee to collaborate and develop vision for CPC 1.0  
• Public comment period for CPC 1.0 |
| 2022 | • Board of Directors to approve CPC 1.0  
• CPC 1.0 public announcement |
| 2023 | • CPC 1.0 build out  
• CPC 1.0 education |
| 2024 | Implement CPC 1.0 |
Continuing Professional Certification: Summary

- Professionalism
  - Certification and Licensure
    - Ethics
    - Emergency Cardiac Care
  - Professional Goals Appraisal

- Life-long Learning
  - Competency Assessment Modules
  - Continuing Education

- Practice Performance
  - Quality Improvement

Denotes 2020 pilot projects
Denotes 2020 soft launch
My Certification Maintenance Requirements
Due December 31, 2021 (by 11:59 p.m. CST)
Saved forms appear under the "In-Process" tab

2020 Fee PAID
Pay 2021 Fee $55 Due
Available August 2021
Submit CE 50 CEUs Due
(click here)

Access My PGA
Details
CPC - CAMs: Summary
CPC – QIs: Summary

- **Plan**: Recognize an opportunity and plan a change.
- **Do**: Test the change. Carry out a small-scale study.
- **Check**: Use data to analyze the change; determine whether it made a difference.
- **Act**: Take action based on what you learned in the study step. If the change did not work, go through the cycle again with a different plan. If you were successful, incorporate what you learned from the test into wider changes. Use what you learned to plan new improvements, beginning the cycle again.
## Continuing Professional Certification

**Q. WHAT DO I NEED TO KNOW?**

<table>
<thead>
<tr>
<th>Description</th>
<th>CPC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020-2021 Renewal Period</td>
<td>CPC Options Available</td>
</tr>
<tr>
<td>2022-2023 Renewal Period</td>
<td>CPC Options Available</td>
</tr>
<tr>
<td>Renewal Period Beginning in 2024</td>
<td>CPC Requirements Implemented</td>
</tr>
</tbody>
</table>
Questions?

Contact Information:
CE@bocatc.org