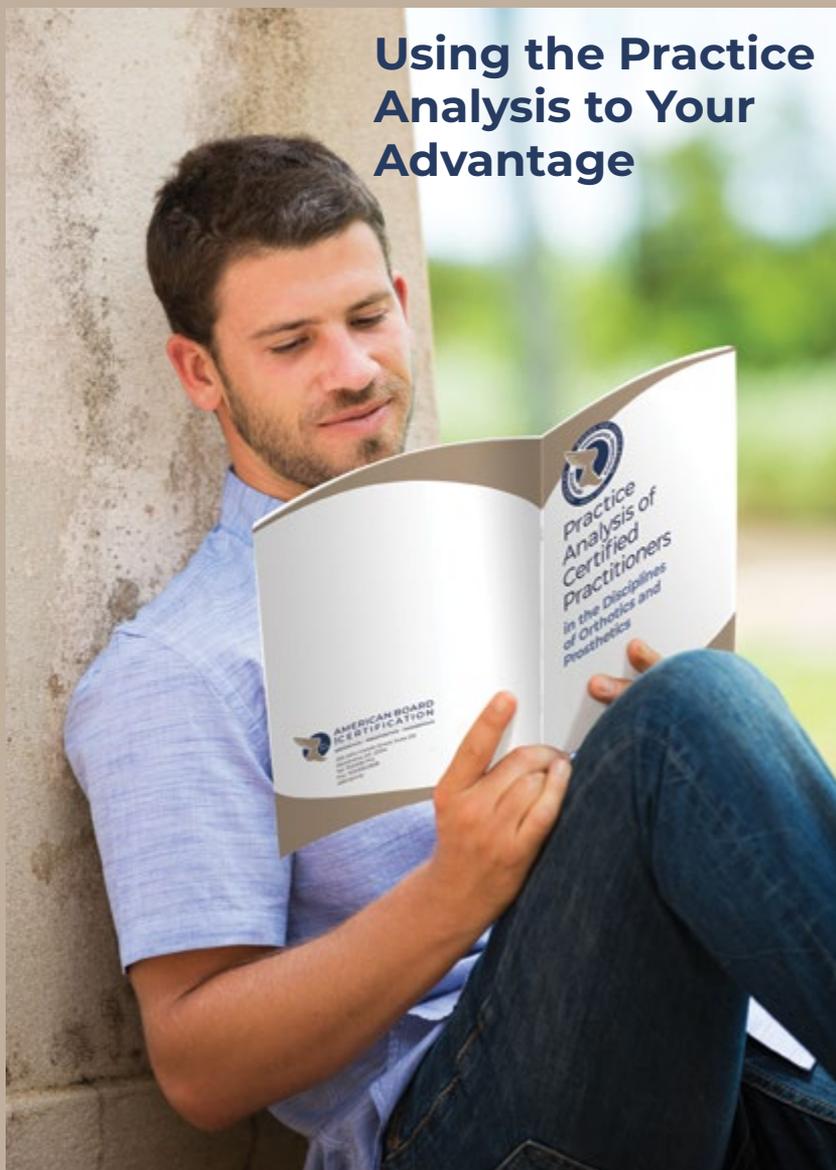




Preparing for Your ABC Practitioner Exams

**Using the Practice
Analysis to Your
Advantage**



It's not too soon to start thinking about your ABC practitioner certification exams and how best to prepare.



What can I expect?

What's on the exams?

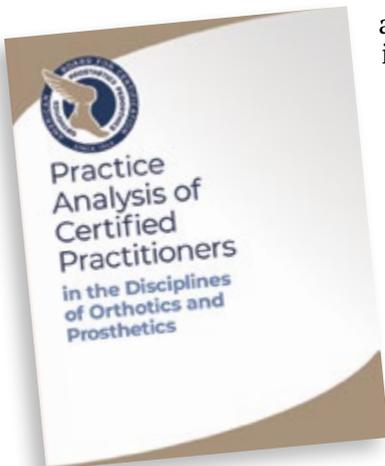
Where do I find study tools?

ABC has the answers to all of these questions!

The ABC website includes numerous resources to help you prepare for your national board certification exams including:

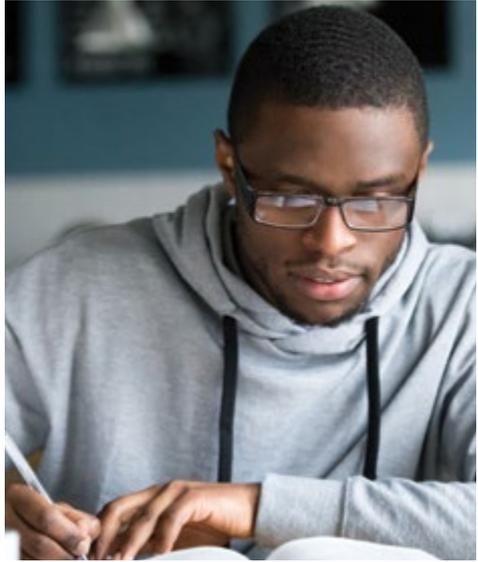
- Orthotic and Prosthetic Test Content Outlines
- Exam References and Reading Lists
- Sample Questions
- Information on utilizing study groups and reaching out to certified colleagues
- Videos of exactly what you can expect at the written exam testing center and the in-person clinical patient management exam

A great resource is the *ABC Practice Analysis of Certified Practitioners in the Disciplines of Orthotics and Prosthetics*. The *Practice Analysis* is the foundation on which the certification exams are built and offers a contemporary description of the profession. Becoming familiar with the wealth of information presented in the *Practice Analysis* will help you prepare for your certification exams.



Using the Test Content Outlines

Let's take a look at how you can use the Test Content Outlines for study prep. The outlines identify the broad areas of knowledge that are tested on the certification exams. The outlines are valuable to you because they break down the various sections of the test. Use them to focus your study as you prepare for the exams. The outlines are derived from the *Practice Analysis*' data on the percentage of time practitioners report performing tasks in each area of practice—called a Practice Domain. The ABC exams are designed to approximately mirror those percentages.



Test Content Outline—Written Exams

	Orthotics	Prosthetics	Combined O&P
Domain 1 – Patient Assessment	28%	22%	32%
Domain 2 – Formulation of the Treatment Plan	18%	16%	24%
Domain 3 – Implementation of the Treatment Plan	27%	31%	28%
Domain 4 – Follow-up to the Treatment Plan	15%	18%	10%
Domain 5 – Practice Management	12%	13%	6%

Test Content Outline – Simulation Exams

	Orthotics	Prosthetics
Domain 1 – Patient Assessment	10-20%	15-25%
Domain 2 – Formulation of the Treatment Plan	35-45%	25-35%
Domain 3 – Implementation of the Treatment Plan	15-25%	25-35%
Domain 4 – Follow-up Treatment Plan	20-30%	15-25%

Test Content Outline – Orthotic CPM Exam

	Orthotics
Domain 1 – Patient Assessment	23%
Domain 2 – Formulation of the Treatment Plan	23%
Domain 3 – Implementation of the Treatment Plan	54%

Test Content Outline – Prosthetic CPM Exam

	Prosthetics
Domain 1 – Patient Assessment	11%
Domain 2 – Formulation of the Treatment Plan	26%
Domain 3 – Implementation of the Treatment Plan	32%
Domain 4 – Follow-up Treatment Plan	30%
Domain 5 – Practice Management	1%



Task Statements and Their Link to the Exams

Each Domain in the *Practice Analysis* includes a list of task statements that describe the specific activities that make up that Domain. Exam questions are developed from, and tied to, these task statements. For example, a question about the normal range of motion of a joint would relate to the fourth task statement under the Patient Assessment Domain.

Domain 1–Patient Assessment

Perform a comprehensive assessment of the patient, including their functional baseline, to understand the patient’s orthotic/prosthetic needs, goals and expectations.

TASK–Perform a diagnosis-specific clinical, functional and cognitive examination (for example, manual muscle testing; gait analysis; functional level [K level classification]; evaluation of anatomy; range of motion; joint stability skin integrity; sensory function).

Another example is a question related to a follow-up appointment for a patient having a problem with the fit of their device. The question asks you to choose what would be the most appropriate solution to address the patient’s problem. This type of question would relate to task statement 11 in the Follow-up to the Treatment Plan Domain.

Domain 4–Follow-up to the Treatment Plan

Provide continuing patient care through periodic evaluation to assure, maintain and document optimal fit and function of the orthosis/prosthesis.

TASK–Make, supervise and/or delegate modifications to orthosis/prosthesis (for example, relieve pressure, change range of motion, change alignment, change components).

Reviewing all of the Domains and task statements to make sure you are familiar with these competencies will help you prepare for your exams.

Knowledge and Skill Statements as a Study Tool

The *Practice Analysis* also details the knowledge and skills necessary to provide safe and effective patient care. When you ask yourself what you should study, the knowledge and skills detailed in the report can serve as a guide.

Below is a partial list of knowledge and skills—the full list is available in the report.

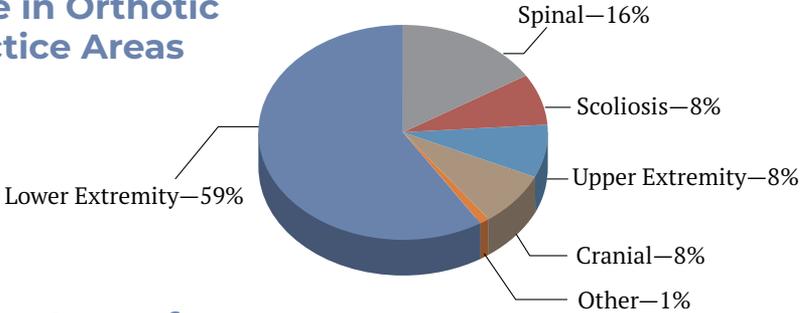
KNOWLEDGE OF:
Musculoskeletal anatomy, including upper limb, lower limb, spinal, cranial
Systems anatomy (e.g., motor control, vestibular, somatosensory)
Surface anatomy
Medical terminology
Kinesiology, including upper limb, lower limb, spinal
Normal human locomotion
Planes of motion
Biomechanics
Mechanics (e.g., levers and force systems)
Pathologies (e.g., muscular, neurologic, skeletal, vascular)
Orthotic/prosthetic design
Orthotic/prosthetic fitting criteria
Outcome measurement

SKILL IN:
Interpreting referral documents (e.g., prescriptions, orders)
Interpreting radiological images (e.g., scoliosis x-rays)
Performing clinical assessment
Identifying surface anatomy
Interpreting physical findings (e.g., recognizing skin pressures, dermatological conditions)
Analyzing normal and pathological gait/motion
Analyzing orthotic/prosthetic gait/motion
Delineating, rectifying and/or modifying patient models
Selecting appropriate materials and components
Evaluating fit and function of an orthosis/prosthesis
Selecting, administering and interpreting outcome measures
Adjusting and modifying orthoses/prostheses
Maintaining and repairing orthoses/prostheses

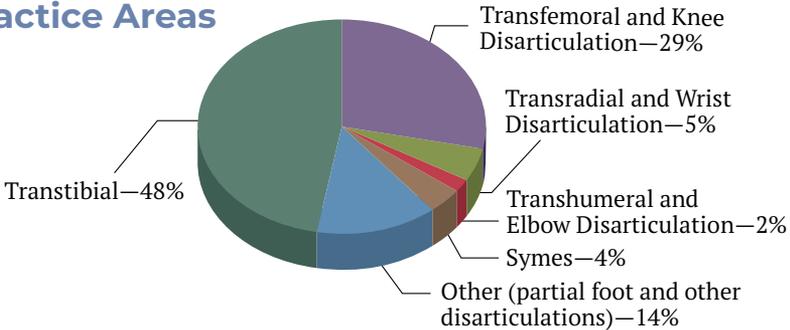
Analysis of Current Practice Composition

The *Practice Analysis* also includes data on the percentage of time spent in regard to orthotic and prosthetic devices. This important information helps guide the exam development committees as they determine the number of questions in each practice area. This valuable information can help guide your exam preparation.

Percentage of Time in Orthotic Practice Areas



Percentage of Time in Prosthetic Practice Areas



The *Practice Analysis* breaks down the practice areas even further. For example in orthotics, certified orthotists report they spend 59% of their time in the lower extremity practice area. Within that area their time is divided among specific device types. About 18% of their time is spent on AFOs, 8% on foot orthoses, 7% on shoes, 6% on knee orthoses and 4% on knee ankle foot orthoses.

In Prosthetics, certified prosthetists report that they spend 48% of their time providing care related to transtibial prostheses. This is further broken down by socket design and suspension method. About 20% report they utilize hydrostatic (employing a locking mechanism)

and 18% use a total surface bearing (no locking mechanism employed) design. For suspension method, 22% of prosthetists use a roll-on liner with lock or lanyard and 13% utilize a roll-on liner, suction with other accessories (seal or sleeve).

Another example of practice composition that you will find helpful is the age range of the patients served by orthotists and prosthetists. These percentages can help you focus your exam prep on the types of interventions that you are likely to be tested on and how much emphasis is given to each age range.

Percentage of Patients in Each Age Range by Discipline

		Orthotics	Prosthetics
	Pediatric (0 to 18 years)	37%	11%
	Adult (19 to 65 years)	36%	52%
	Geriatric (more than 65 years)	27%	37%

All of the exam preparation resources, including a copy of the complete *Practice Analysis*, are available on the ABC website ABCop.org.

Additional resources on the website include the *Code of Professional Responsibility*, the *ABC Orthotic, Prosthetic and Pedorthic Scope of Practice* and the *Practitioner Candidate Guide*.

These resources, in addition to study groups, exam review courses and your ABC colleagues, will help you be successful when taking your ABC certification exams.

Good luck as you pursue your Orthotic and Prosthetic career. We can't wait to welcome you to the ABC family of practitioners!



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