



## **What is ABPerio Minute?**

ABPerio Minute is a user-friendly, lifelong learning platform for ABP Diplomates that promotes and supports personalized knowledge acquisition, assessment, and demonstration of proficiencies with minimal time commitment. Over just a few minutes you can test your “walking around knowledge”, quickly review key points, and consult references on your desktop, tablet or phone. ABPerio Minute is the key component of the ABP’s transition from a static recertification exam every six years to a continuing certification model. Research has shown longitudinal assessment is the best way to help our Diplomates maintain in-depth knowledge and proficiency in the specialty.

## **When will the ABP fully transition to a continuing certification model?**

Following successful pilot testing in 2023, the ABP Board of Directors approved a beta test of the ABPerio Minute platform in 2024. Select categories of Diplomates, including those due to recertify in 2024, will be included in the beta. Full rollout of ABPerio Minute is anticipated in 2025.

## **Why is the ABP planning to move to a continuing certification model?**

The National Commission on Recognition of Dental Specialties and Certifying Boards (NCRDSCB) requires engagement in lifelong learning and encourages continuous quality improvement. Continuing certification assures the public that the Diplomate continues to meet the standards of the specialty and assists Diplomates in maintaining their knowledge, skills and clinical judgement. Longitudinal assessment incorporating the principles of adult learning will keep Diplomates current on developments in the specialty and facilitates patient safety and outcomes.

## **What does research show about the effectiveness of ABPerio Minute’s design?**

Research in cognitive psychology and neuroscience has advanced the understanding of how the human brain stores and retrieves information and how learning and memory can be strengthened and reinforced. We now know that many of the traditional methods used to study and reinforce learning are counterproductive and that dynamic, adaptive, and formative assessment methods like ABPerio Minute are significantly more effective. No matter how well information is learned, it becomes unrecallable after a long period of disuse. A longitudinal assessment model like ABPerio Minute has been proven through evidence-based studies to be a more effective learning tool than a single point in time exam.

## **How did the ABPerio Minute platform come about?**

ABPerio Minute is modeled after the American Board of Anesthesiology’s (ABA) longitudinal assessment platform, MOCA Minute, which launched in 2016. The ABA redesigned its continuing

certification program with longitudinal assessment at its core to incorporate advances in technology, science and adult learning principles that foster continuous assessment and learning. The success of MOCA Minute has led to widespread adoption of this technology across the American Board of Medical Specialties (ABMS) member boards.

### **Are other dental specialties using continuing certification?**

The American Board of Periodontology will be the first dental specialty certifying board to transition to an interactive continuing certification model like ABPerio Minute, although other dental specialties are currently exploring this type of platform and have their own model of continuing certification in place.

### **What makes the ABPerio Minute platform unique?**

ABPerio Minute provides Diplomates the ability to keep their knowledge up to date using a cloud-based platform accessible via any device. It takes advantage of methods such as spaced study, frequent assessment that requires information retrieval, and immediate feedback -- all of which have been proven effective for adult learning in evidence-based reviews. Questions are tailored to clinical practice and Diplomates are asked to assess confidence in their answers. They are then provided with the correct response, key points, evidence that supports the answer, and citations for further self-study. Questions answered incorrectly are repeated at varying intervals to reinforce knowledge.

With each question timed to be completed in approximately one minute, ABPerio Minute is mindful of your time. Another unique feature allows the prioritization of questions on timely developments in periodontology and implant surgery. These questions appear at the top of the question queue, allowing Diplomates to keep their knowledge current on developments in the specialty.

The platform also employs Measurement Decision Theory (MDT), which estimates the probability that Diplomates are keeping their knowledge up to date based on their pattern of responses. Think of this as your "Perio Batting Average" which changes as you answer questions. While you will see your MDT assessment fluctuate as you answer questions correctly or incorrectly, ABPerio Minute is designed for self-assessment only and is intended for your own knowledge enhancement.

### **Are there other components of the new continuing certification model?**

ABPerio Minute is just one component of the new continuing certification model. Diplomates will still be required to accumulate continuing education activity points and provide an attestation of good standing with all licensing boards and other governing agencies.