



Presidential Perspectives

CME at ACOFP—time well spent

Time is a rather important measurement for physicians. We measure time to understand our patients' conditions—how long have you experienced this pain? Or to determine the length of treatment—you require six months of physical therapy or 10 days of antibiotics. Time also measures our own education—how many credit hours do you need before the CME cycle ends in December 2009?

ACOFP works hard to provide education on interesting and necessary topics in a variety of formats so that osteopathic family physicians may expand their knowledge and provide the best care possible.

Part of my job as the President is to make sure that you are aware of the various opportunities ACOFP provides for continuing medical education (CME) and to convince you that earning your CME through ACOFP is time well spent.

Podcasts

This year, ACOFP has introduced a new way to earn CME: podcasts. ACOFP members can earn their CME on their own time through podcasts to listen to on the go and access anytime of the day. Right now there are two free podcasts available:

Breast Cancer Prevention

Supported by an Education Grant from Lilly, LLC

.5 Category 1-B credit

An additional 3 Category 2-A credits may be obtained via supplementary article.

Adult Immunization Update

Supported by an Education Grant from Merck & Co. Inc.

1.5 Category 1-B credit

Intensive review

ACOFP also offers a three-day course, the ACOFP Intensive Update and Board Review, designed for practicing

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osteopathic family physicians who want to update their skills, as well as for those preparing to take the recertification examination given by the American Osteopathic Board of Family Physicians (AOBFP).

This course presents an overview of the most important topics in contemporary osteopathic family medicine and features focused, patient care-oriented review presented by family physician faculty with expertise in specific topic areas. These reviews will help improve existing skills, as well as introduce new and innovative osteopathic modalities.

The 2009 Course will be held September 10-12, 2009 and anticipates more than 20 1-A CME credits.

If you are unable to attend the review course, ACOFP has made a three-CD set of the 2007 course available for purchase so that members may access it at their convenience.

Annual conventions

ACOFP offers two national conventions every year, with CME specifically directed at osteopathic family physicians. The ACOFP Annual Convention is held every March and provides attendees with more than 25 AOA Category 1-A CME credit hours. Also, the ACOFP offers more than 25 AOA Category 1-A CME credit hours at the AOA/ACOFP Annual Convention every fall.

Check out the program for the AOA/ACOFP 114th Annual Convention. Held November 1-5, 2009 at the Ernest N. Morial Convention Center in New Orleans, Louisiana. This convention offers osteopathic family physicians an outstanding line-up of specialty-specific educational programs offering more than 35 Category 1-A CME hours. The ACOFP/AOA Fall Convention will be well worth your time—join us!

Osteopathic family physician

Finally, members who read ACOFP's peer-reviewed journal *Osteopathic Family Physician* can receive two hours of Category 1-B CME credit for completing quizzes about the journal articles.

Information about all of these resources is available at <http://acofp.org/education/>.

In looking to the future, ACOFP will continue to develop quality programs and to build on the opportunities and avenues for offering CME. Please keep your eyes open for additional resources from ACOFP in the coming months and years. ACOFP leadership believes that it is well worth its time to continue developing CME resources for its members.

I have been attending ACOFP conventions and participating in the various forms of CME available from ACOFP

for a number of years, and the time I have spent has been invaluable to me. I have learned much from my peers and the research done by others, and the experience has enhanced my life professionally and personally.

I would like to invite you to participate in any of the multiple education opportunities available through ACOFP. I guarantee it will be time well spent.

Osteopathically Yours,
Jan D. Zieren, DO, MPH, FACOFP dist.