

**PRINT THIS ENTIRE PACKET**  
**PRINT SINGLE-SIDED**



## ABEM Oral Certification Exam Day Information

### STEP 1: JOIN THE EXAM

Sign in to the Markey's Exam website. You will temporarily be placed in a waiting room and then routed to your exam room. Please have your photo ID available and wait there. An ABEM staff member will join you to complete your check-in. Take a moment to review all the information provided here to ensure you are prepared to take the exam.



**If you get disconnected at any time, go back to the link from Markey's, sign in, and rejoin the session immediately.**

**If you lose internet, power, or have an emergency call ABEM at 517-420-4040.**

### STEP 2: REVIEW AGREEMENTS

- In accordance with ABEM policy, you must take today's examination alone and without any external assistance or sources of information.
- Your exam session is being recorded. By checking in to the exam you are consenting to being recorded. This recording may be used for training purposes.
- By checking into the exam, you are also agreeing to abide by [ABEM's Examination Irregularity Policy](#) and its associated [Key Messages](#).

### STEP 3: REMOVE PROHIBITED ITEMS FROM YOUR EXAM ROOM

#### Allowed Items

- Pen/pencil
- This ABEM Exam Packet, including supplied Common Abbreviations, Normal Lab Values and note sheets
- No more than 7 blank ABEM note sheets (or blank pieces of paper)
- Tissue with no writing
- Health aids, such as glasses and asthma inhalers. These items must not have electronic components.
- Nursing equipment and medical devices contingent upon approval of a courtesy accommodation.
- Cough drops or small snacks
- Water, coffee, beverages as needed

#### Prohibited Items

- Cell phones, watches, smartwatches, (active or turned off)
- More than one monitor or screen
- Additional computers and other electronic information storage devices of any kind
- Cameras or recording devices of any kind except for the camera on the computer being used to take the exam
- MP3 players, iPods, or any digital recorder or player
- Electronic storage devices, including watches or smartwatches with such functionality
- Notes or study materials (other than those provided by ABEM for the exam)
- Reference books or materials
- Purses, briefcases, or backpacks



**Do not write on note sheets until the examiner starts the case. You will be asked to destroy note sheets after each case.**

**All items are subject to a request for inspection by ABEM.**



## STEP 4: COMPLY WITH THE ZOOM RULES

- Turn off any virtual background.
- Do not leave the Zoom Breakout room for the duration of your exam session.
- Leave your camera and audio on at all times, even during breaks.
- Close all open applications, tools, and software other than the Zoom meeting and your web browser with the Markey's Exam website. This includes closing all email, chat, and call apps.
- Turn off any notifications and set your device to do not disturb.

## STEP 5: REVIEW THESE ZOOM TOOLS

### Ask for Help

For questions or any problems during your exam use the "Ask for Help" button.

- Select "Breakout Rooms" on the bottom of the screen
- Select "Ask for Help"
- A staff member will join your exam room to assist you

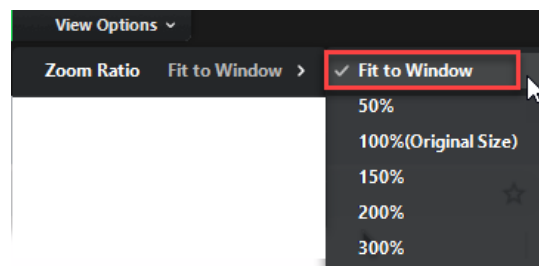


### Viewing Options for Exam Materials

During the exam, the examiner will be sharing their screen with you to view exam materials. You may use "View Options" at the top of your screen to enlarge a stimulus when they are sharing their screen. You will only be able to see this option when the examiner is sharing their screen.

While you are zoomed in over 100%, you can click and drag the image. To re-set to the original view, choose "Fit to Window"

You can ask the examiner to view a stimulus again at any time during the case.



## STEP 6: TAKE THE EXAM

- An announcement will be made three minutes before the case starts via a pop-up and an examiner will join you in the room shortly after to begin the case.
- You will have a 10-minute break after your fourth exam case.
- You may briefly leave the physical space you are in for a break, but it is your responsibility to return before your next case, and you may be subject to a security scan upon returning. (**Remember:** do not turn off your camera or microphone for the duration of the exam.)

## STEP 7: STAY IN THE EXAM ROOM UNTIL YOU ARE RELEASED

- Do not leave the meeting until an ABEM staff person has formally released you. There is a short check-out process following your last case.
- You will be notified when exam scores have been posted. They will be available within 90 days of your exam date.



DO NOT divulge any exam information to anyone, including family or friends.



## ABEM ORAL CERTIFICATION EXAMINATION

### Timed Exam Schedule for Candidates

**All listed times are Eastern Time (ET)**

**Tuesday, April 16 - Only**

AFTERNOON SESSION	
ARRIVAL .....	2:45 p.m.
CHECK-IN .....	2:45 - 3:15 p.m.
Case 1 .....	3:30 - 3:45 p.m.
Case 2 .....	3:55 - 4:10 p.m.
Case 3 .....	4:20 - 4:35 p.m.
Case 4 .....	4:45 - 5:00 p.m.
BREAK	
Case 5 .....	5:20 - 5:35 p.m.
Case 6 .....	5:45 - 6:00 p.m.
Case 7 .....	6:10 - 6:25 p.m.
SESSION ENDS .....	6:35 p.m.
<i>ABEM Staff will advise when you may leave the exam session.</i>	

**Wednesday, April 17, through Friday, April 19**

MORNING SESSION	
ARRIVAL .....	9:15 a.m.
CHECK-IN .....	9:15 - 9:45 a.m.
Case 1 .....	10:00 - 10:15 a.m.
Case 2 .....	10:25 - 10:40 a.m.
Case 3 .....	10:50 - 11:05 a.m.
Case 4 .....	11:15 - 11:30 a.m.
BREAK	
Case 5 .....	11:50 a.m. - 12:05 p.m.
Case 6 .....	12:15 - 12:30 p.m.
Case 7 .....	12:40 - 12:55 p.m.
SESSION ENDS .....	1:05 p.m.
<i>ABEM Staff will advise when you may leave the exam session.</i>	

AFTERNOON SESSION	
ARRIVAL .....	1:45 p.m.
CHECK-IN .....	1:45 - 2:15 p.m.
Case 1 .....	2:30 - 2:45 p.m.
Case 2 .....	2:55 - 3:10 p.m.
Case 3 .....	3:20 - 3:35 p.m.
Case 4 .....	3:45 - 4:00 p.m.
BREAK	
Case 5 .....	4:20 - 4:35 p.m.
Case 6 .....	4:45 - 5:00 p.m.
Case 7 .....	5:10 - 5:25 p.m.
SESSION ENDS .....	5:35 p.m.
<i>ABEM Staff will advise when you may leave the exam session.</i>	

**NOTE:** Time is reserved after each morning and afternoon session for a make-up session. You will be advised by ABEM Staff if you need to remain for a make-up session.

Time gaps between your cases gives ample time to account for check-ins and any technical troubleshooting or delays. We make every attempt to ensure all candidates have a smooth exam experience. Thank you for your patience.



## AMERICAN BOARD OF EMERGENCY MEDICINE

### Normal Laboratory Values for Examinations

<u>LABS</u>	<u>METRIC VALUES</u>	<u>S.I. UNIT VALUES</u>
<b>Hematology</b>		
Hematocrit	36-47% (female) 41-51% (male)	0.36-0.47 (female) 0.41-0.51 (male)
Hemoglobin	12-16 g/dL (female) 14-17 g/dL (male)	120-160 g/L (female) 140-170 g/L (male)
Thrombocytes (platelets)	150-450 x 10 <sup>3</sup> /mm <sup>3</sup>	150-450 x 10 <sup>9</sup> /L
White blood cells	3,200-9,800/mm <sup>3</sup>	3.2-9.8 x10 <sup>9</sup> /L
<b>Clinical Chemistry</b>		
Alanine aminotransferase (ALT/SGPT)	0-35 Units/L	0-0.58 pkat/L
Alkaline phosphatase	36-92 Units/L	0.5-1.5 microkat/L
Ammonia	10-80 mcg/dL	12-55 micromoles/L
Amylase	0-130 Units/L	0-2.17 microkat/L
Aspartate aminotransferase (AST/SGOT)	0-35 Units/L	0-0.58 pkat/L
Bilirubin	0-0.3 mg/dL (direct) 0.3-1.2 mg/dL (total)	0-5.1 micromoles/L (direct) 5.1-20.5 micromoles/L (total)
Blood urea nitrogen (BUN)	8-20 mg/dL	2.9-7.1 mmol/L
B-type natriuretic peptide (BNP)	<100 pg/mL	<100 ng/L
Calcium	9-10.5 mg/dL	2.2-2.6 mmol/L
Carbon dioxide	23-28 mEq/L	23-28 mmol/L
Chloride	98-106 mEq/L	98-106 mmol/L
Creatine phosphokinase (CPK)	30-170 Units/L	0.5-2.83 microkat/L
Creatine phosphokinase MB fraction (CPK-MB)	0-6% of total CPK	0-0.06 fraction of total CPK
Creatinine	0.7-1.3 mg/dL	61.9-115 micromoles/L
D-dimer	300 ng/mL	300 mcg/L
Erythrocyte Sedimentation Rate (ESR)	0-29 mm/hr (female) 0-22 mm/hr (male)	
Glucose	70-105 mg/dL	3.9-5.8 mmol/L
Lactate	0.4-2.3 mEq/L	0.4-2.3 mmol/L
Lactate dehydrogenase (LDH)	60-160 Units/L	1-1.67 microkat/L
Lipase	<95 Units/L	<1.58 microkat/L
Magnesium	1.5-2.4 mg/dL	0.62-0.99 mmol/L
Osmolality	275-295 mOsm/kg H <sub>2</sub> O	275-295 mmol/kg H <sub>2</sub> O
Phosphorus	3.0-4.5 mg/dL	0.97-1.45 mmol/L
Potassium	3.5-5.0 mEq/L	3.5-5.0 mmol/L
Prothrombin Time (PT)	11-13 seconds	11-13 seconds
International normalized ratio (INR)	0.8-1.2	0.8-1.2
Partial thromboplastin time (PTT)	25-35 seconds	25-35 seconds
Sodium	136-145 mEq/L	136-145 mmol/L
Troponin I	<0.1 ng/mL	<0.1 mcg/L
Uric Acid	2.5-8 mg/dL	0.15-0.47 mmol/L
<b>Arterial Blood Gases</b>		
pH	7.37 - 7.44	7.37 - 7.44
pCO <sub>2</sub>	35 - 45 mm Hg	4.67 - 6.00 kPa
pO <sub>2</sub>	80 - 100 mm Hg	10.67 - 13.33 kPa
Bicarbonate (HCO <sub>3</sub> )	22 - 26 mEq/L	22 - 26 mmol/L
O <sub>2</sub> saturation	>95%	>95%



## AMERICAN BOARD OF EMERGENCY MEDICINE

### Common Abbreviations

#### GENERAL MEDICAL TERMS

ACE	angiotensin converting enzyme
ACLS	advanced cardiac life support
AIDS	acquired immune deficiency syndrome
ALT	alanine aminotransferase
AST	aspartate aminotransferase
BiPAP	bi-level positive airway pressure
BNP	brain natriuretic peptide
BUN	blood urea nitrogen
CBC	complete blood count
CK-MB	creatine kinase-myocardial band
CNS	central nervous system
COPD	chronic obstructive pulmonary disease
CPAP	continuous positive airway pressure
CPR	cardiopulmonary resuscitation
CSF	cerebrospinal fluid
CT	computerized tomography
ECG	electrocardiogram
ED	emergency department
EMS	emergency medical services
EMT	emergency medical technician
FAST	focused assessment with sonography for trauma
GI	gastrointestinal
hCG	human chorionic gonadotropin
HIV	human immunodeficiency virus
HPF	high powered field
ICU	intensive care unit
INR	international normalized ratio
MI	myocardial infarction
MRI	magnetic resonance imaging
NSAID	nonsteroidal antiinflammatory drug
OR	operating room
PERRL	pupils equal, round, reactive to light
PT	prothrombin time
PTT	partial thromboplastin time
RBC	red blood cells
tPA	tissue plasminogen activator
US	ultrasound
WBC	white blood cells

#### VITAL SIGNS

BP	blood pressure
P	pulse
R	respirations
T	temperature

#### ROUTES OF ADMINISTRATION

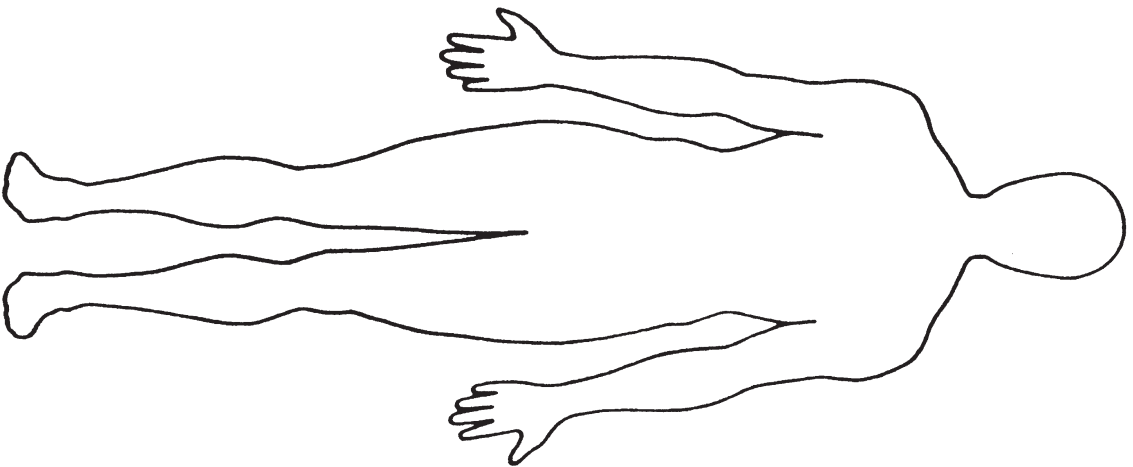
IM	intramuscular
IV	intravenous
IVP	intravenous push
po	orally
PR	per rectum

#### UNITS OF MEASURE

kg	kilogram
mg	milligram
g	gram
mcg	microgram
pg	picogram
m	meter
cm	centimeter
in	inch
L	liter
dL	deciliter
mL	milliliter
mm Hg	millimeters of mercury
mEq	milliequivalent
min	minute
hr	hour
WT	weight
C	centigrade
F	Fahrenheit

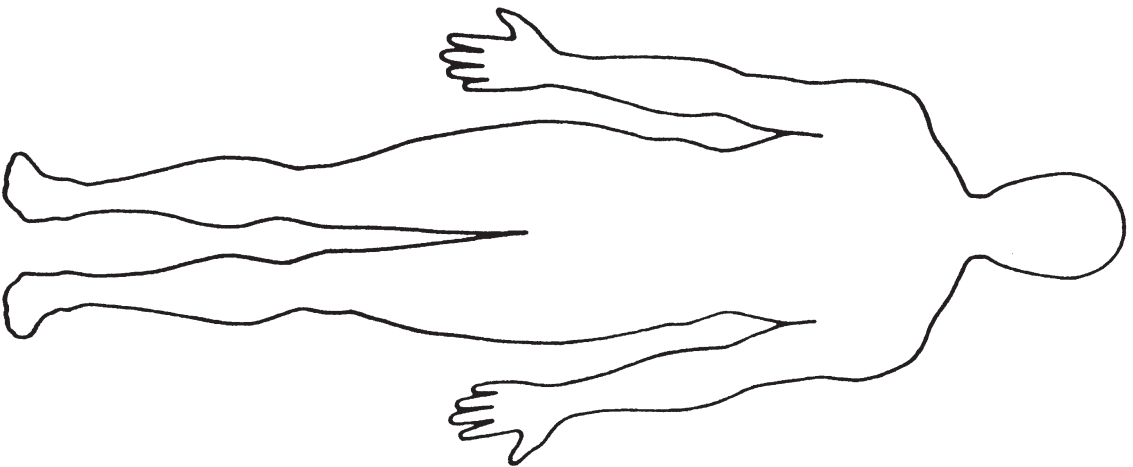


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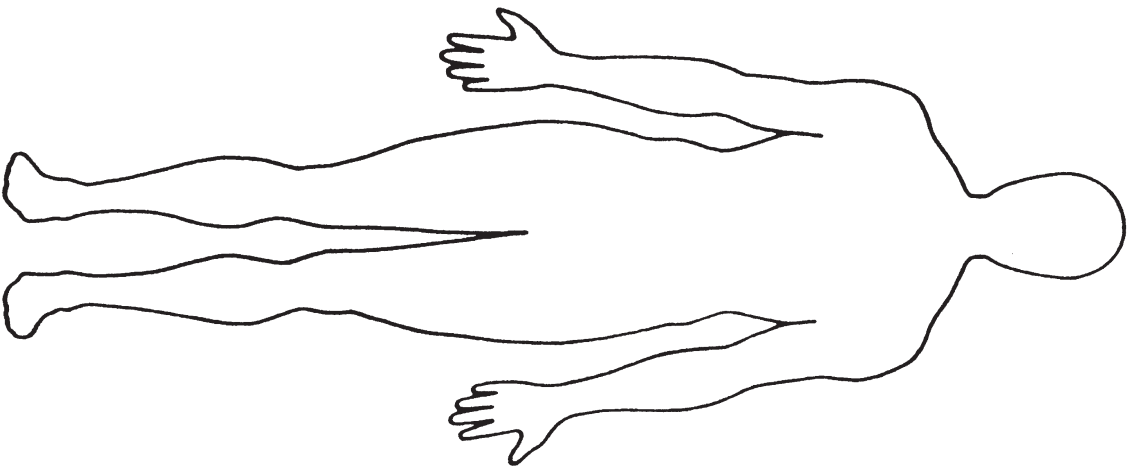


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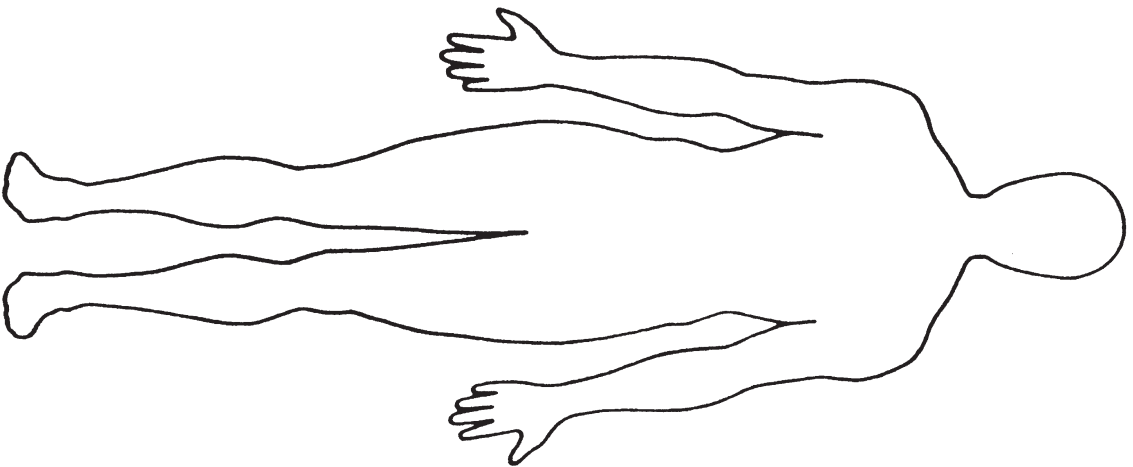
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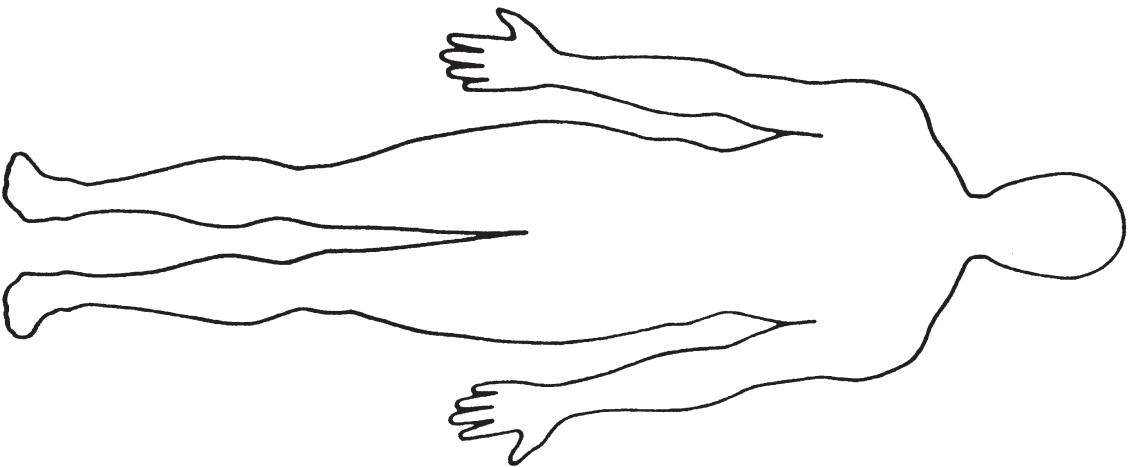


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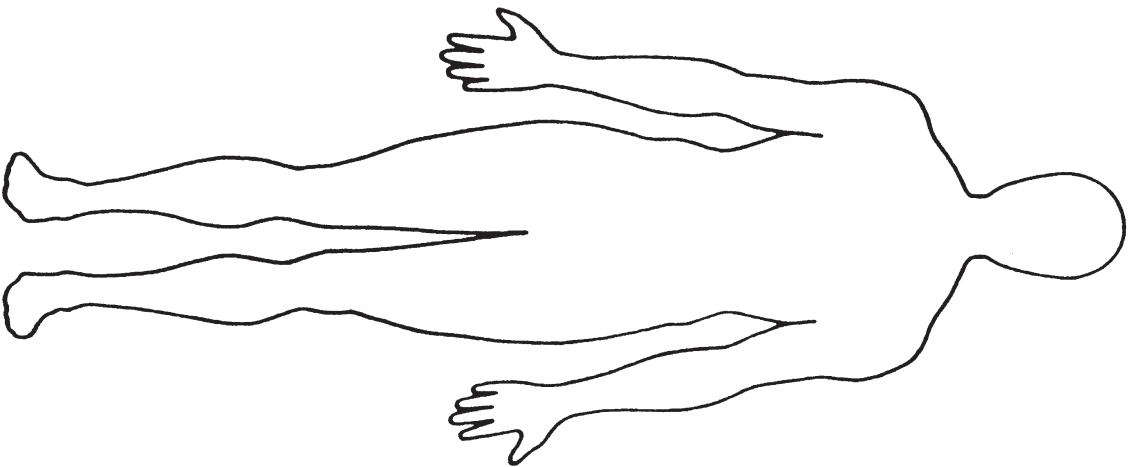


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