

# ABMS Maintenance of Certification

## One Specialist's Story

### Amin Kamyar, MD, FASN Diplomate, American Board of Internal Medicine

*“Maintenance of Certification is absolutely essential; it is neither difficult nor terribly time-consuming, and ultimately improves your practice.”*

Dr. Kamyar sees approximately 400 patients a month as a Nephrologist, so when he elected to begin the Maintenance of Certification (MOC) process with the American Board of Internal Medicine (ABIM), one of the first areas he concentrated on was communication. “The communication-subspecialists Practice Improvement Module (PIM) from the ABIM became a valuable feedback tool in terms of what my patients thought of my medical care delivery,” said Dr. Kamyar.

Comments from his patients made Dr. Kamyar keenly aware of the time they spent in his office waiting to be seen. It also brought to his attention that he should ask his patients more often if they have any questions he could answer. While Dr. Kamyar remembers that these issues were reinforced in medical school and in residency, it seems their importance fades once a physician begins practicing full time. In subtle ways, Dr. Kamyar realized that after completing the PIM, he was spending more time with patients, asking additional questions. As a result, his patients were more satisfied with their care.

“I also found the annual update modules in the Nephrology category to be very helpful,” added Dr. Kamyar. “While they are not the ‘bread and butter’ knowledge that I make use of on a regular basis, they remind me of what is the latest and most pertinent.” He also continues to complete the American Society of Nephrology (ASN) NephSAP modules on a regular basis to meet MOC requirements and plans to take a review course before sitting for the Internal Medicine recertification examination.

Dr. Kamyar believes that a doctor's fund of knowledge is what gives a physician confidence, and allows him or her to deliver the best possible care. The recertification process, via medical knowledge modules and the PIM, only help a doctor to retain that confidence.

*Dr. Kamyar holds general board certification in Internal Medicine and subspecialty certification in Nephrology from the American Board of Internal Medicine. He has been in practice for 11 years and is currently in practice at the Ochsner Clinic, a multispecialty practice group in Louisiana. Dr. Kamyar earned his medical degree from the Tulane University School of Medicine.*



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