



***Board Certification Study Timeline:
BCPS 1-Month Calendar***

BCPS 1-Month Study Timeline

The American Society of Health-System Pharmacists New Practitioners Forum (NPF) has developed this guidance document to aid new practitioners in their goal to obtain Board of Pharmacy Specialties Pharmacotherapy certification (BCPS). The purpose of this document is to provide a structured timeline to keep practitioners on track to sit for the BCPS examination. This is not an all-inclusive study guide, although it mirrors the content on the BCPS content outline.

ASHP Certification Preparation Resources

- ASHP has launched a line of educational offerings, review courses, practice exams, and core therapeutic modules, to help you prepare for BPS examinations.
 - **The Practice Exam** is an online compilation of practice questions with the capability to download the correct answer, and link to the reference source, domains, tasks, and knowledge statements. Take the practice exam as many times as you need.
 - **ASHP Core Therapeutic Modules (CTMs)** are designed as a library of modules to customize your own self study program, and serves as a foundation to help fill knowledge gaps in various topics or disease states. The Core Therapeutic Module Review Package consists of 14 activities in which faculty review clinical topics and practice skills using a case-based approach. The activities are designed to assist the learner in identifying knowledge gaps in preparation for a pharmacy specialty board examination. In addition to a recorded presentation, each activity includes links to resources for further self-study and a practice test developed in the same format and rigor as the specialty exam.
 - **ASHP Pharmacotherapy Review Course:** The Review Course includes case-based presentations for application to real-life scenarios, a practice exam along with correct answers, and links to the reference sources, and domains, tasks, and knowledge statements. To help you further prepare, this package includes a compilation of practice questions in the same format and rigor to help you prepare for the BPS Specialty Certification Examination.
 - **ASHP's Review and Recertification Reward Program (RRRP)** provides free board review resources to residents and new practitioners seeking board certification. By signing up for RRRP, you will have access to the CTMs and Pharmacotherapy Review Course. The Pharmacotherapy Review and Recertification Course is case-based, involving application of concepts to patient care, just as in clinical practice and on the exam.
- Utilize ASHP's [Certification Preparation Materials](#).
 - Pharmacotherapy Specialty Review and Recertification Course Package (LIVE)
 - Pharmacotherapy Review Course, Practice Exam, and Core Therapeutic Modules (CTM) Package (ONLINE)
 - Pharmacotherapy Specialty Core Therapeutic Modules (CTM) (ONLINE)
 - Pharmacotherapy Specialty Practice Exam (ONLINE)
 - Review and Recertification Reward Program (RRRP)
- Consider taking [ASHP's Pharmacotherapy Specialty Review Course Practice Exam](#)
 - The exam may be of greatest benefit later in the studying timeline and closer to the exam date.
 - After you take the exam you can print the questions, answers, rationales, citation for correct answer, and cross reference to review course presentation.
 - The practice exam could be used to help the individual focus their studies prior to starting and/or in the review process leading up to the several weeks before the exam.

Pharmacotherapy Specialist Exam Content Outline (as of 12/31/2018)

- 55% of the exam is on patient-centered pharmacotherapy.
- 20% of the exam is on system-based standards and population-based pharmacotherapy topics (e.g., formulary management, laws and regulations, accrediting organizations, reimbursement strategies)
- 25% of the exam is on drug information and evidence-based medicine topics (e.g., biostatistics, drug information questions, research study design and methodology, scientific writing, literature interpretation, etc.).
 - [Research Fundamentals](#) is a series of articles published in the *American Journal of Health-System Pharmacy (AJHP)* to consider reading to become more well-versed on research-oriented topics.

Guidelines to Utilize

- Since the question validation process takes a significant amount of time, concepts regarding a particular topic are very likely to be based on the guidelines at the time the question was written months prior to the exam.

How to Use this Study Timeline:

- This is an abbreviated timeline. You may feel more confident in some areas than others. It is recommended to first take the practice exam in the areas you are confident in to determine how you perform. Depending on your performance, you can then deem how much time you need to invest in reviewing that topic area.
- This timeline is a general suggestion based on the pre-specified time period.
- Some topics may take longer or shorter than the time allotted, please adjust as necessary.
- The general topic is in the left-hand column. The corresponding ASHP study materials are in the middle and right-hand columns.
- Not all topics are reviewed in the CTM or Review Modules. If there is an N/A, please look into guidelines about those topic areas to enhance your learning.

Study Tips

- Consider leaving the last week to review materials and take the practice exam.
- Identify a study partner or study group and hold weekly lunch discussions about the week's topics. Assigning group members to each topic (background materials and cases) to prepare and present at each meeting can be helpful. Other group members should review the material and come with questions and clarifications. Group accountability is key!
- Keep a notebook with concise notes as you progress. This way you have a quick and concise reference to review later.
- Consider adapting the study timeline below and tackling topics that are most difficult for you first.
- Consider topics from the last five years that have been relevant, particularly from a policy and public health perspective.

Suggested 1-Month Calendar

WEEK 1	Topic Areas	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Day 1	Research and Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence-Based Medicine and Statistical Analysis, Part 1, 2
Day 2	Research and Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence-Based Medicine and Statistical Analysis, Part 1, 2
Day 3	Regulations	N/A	Regulatory and Quality Issues
Day 4	Medication Safety	N/A	Medication Safety
Day 5	<i>Gastroenterology:</i> GERD, GI Bleed, Stress Ulcer Prophylaxis & PUD, Constipation, Diarrhea, Nausea/Vomiting, IBD, IBS & Malabsorption Syndrome	Select Topics in Gastrointestinal Diseases	N/A
Day 6	<i>Liver and Kidney:</i> Chronic Liver Disease, Cirrhosis, Hepatitis & Pancreatitis; Kidney: Acute Renal Failure, Chronic Kidney Disease & Dialysis	N/A Suggested Guideline Topics to Supplement Review: CKD and Liver Disease	N/A
Day 7	Catch-up Day		

WEEK 2	Topic Areas	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Day 1	<i>Cardiovascular Disorders:</i> Hypertension, Dyslipidemia, CAD, and PAD	N/A Suggested Guideline Topics to Supplement Review: HTN, Lipids, A. fib, Clotting Disorders	Cardiovascular Disease: Primary Prevention Case
Day 2	<i>Cardiovascular Disorders:</i> Arrhythmias and ACLS	Cardiac Arrhythmias and Advanced Cardiac Life Support	Cardiovascular Disease: Secondary Prevention Case #1
Day 3	Valvular Heart Disease	Heart Failure	Cardiovascular Disease: Secondary Prevention Case #2
Day 4	<i>Acute Care Issues:</i> Thrombocytopenia, Hemorrhagic Stroke & Cerebral Ischemia; Thromboembolic Disorders, Clotting Factor Disorders, Coagulation Reversal, & DIC	Management of Shock Suggested Guideline Topics to Supplement Review: Clotting Disorders, Coagulation Reversal, Stroke	N/A
Day 5	<i>Acute Care Issues:</i> Acid-base Disorders, Electrolyte Abnormalities & Nutritional disorders	Nutrition, Fluid, and Electrolytes	N/A
Day 6	<i>Acute Care Issues:</i> ICU Sedation/Paralysis/Delirium & Traumatic Brain Injury	N/A Suggested Guideline Topics to Supplement Review: ICU Delirium and Sedation, TBI	N/A
Day 7	Catch-up Day		

WEEK 3	Topic Areas	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Day 1	<i>Infectious Diseases:</i> STIs, Fungal Infections, & HIV/AIDS	Select Topics in Infectious Diseases Pharmacotherapy Considerations in the Management of HIV and AIDs	Complex HIV Case
Day 2	<i>Infectious Diseases:</i> Respiratory, Urinary, Skin and Soft Tissue & Ear Infections	Select Topics in Infectious Diseases	Pneumonia Case Pediatric Asthma Case
Day 3	<i>Infectious Diseases:</i> Endocarditis, Bone and Joint Infections & Intra-abdominal Infections, C. Diff	Select Topics in Infectious Diseases	N/A
Day 4	<i>Infectious Diseases:</i> Febrile Neutropenia, Antimicrobial Prophylaxis, CNS Infection, Tuberculosis, Sepsis & Organ Transplantation	N/A	N/A
Day 5	<i>Women's Health:</i> Contraception, Menstrual Disorders, Pregnancy-related Disease, Chronic Disease in Pregnancy, Lactation, Menopause, PCOS, Endometriosis, Infertility, Sexual Dysfunction, Routine Health Screening, Breast Cancer	Select Topics in Women's Health	Complex Breast Cancer Case
Day 6	<i>Men's Health:</i> Urinary Incontinence, Prostatic Hyperplasia, Prostate Cancer, Health Education, Erectile Dysfunction, PrEP/PEP	Select Topics in Men's Health	N/A
Day 7	Catch-up Day		

WEEK 4	Topic Areas	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Day 1	<i>Endocrine Disorders:</i> Adrenal disorders, Parathyroid disorders & Thyroid Disorders; Diabetes Mellitus, Diabetes Insipidus & SIADH	Diabetes	N/A
Day 2	<i>Rheumatology Disorders:</i> Osteoarthritis, Rheumatoid Arthritis, Osteoporosis & Gout; Allergy/Anaphylaxis, Stevens-Johnson syndrome & SLE, Dermatitis	Select Topics in Rheumatology	Nursing Home Case
Day 3	<i>Neurologic Disorders:</i> Epilepsy, Migraines, Sleep Disorders, Cognitive Disorders; Fibromyalgia, Peripheral neuropathy	Select Topics in Neurologic Disorders	N/A

Day 4	<i>Psychological Disorders:</i> Schizophrenia, Depression, PTSD, Anxiety, Bipolar Disorders; Pain, Withdrawal, Overdose	Select Topics in Psychological Disorders	N/A
Day 5	Take Final Practice Exam		
Day 6	Review Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence- Based Medicine and Statistical Analysis, Part 1, 2
Day 7	Review Summary Notes from Individual Sections		

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