



***Board Certification Study Timeline:  
BCPS 10-Month Calendar***

## BCPS 10-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. 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 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.
- For areas you are confident about prior to studying, consider taking that area's practice exam. If you do well, spend time touching up on other areas first and then go back to this area for review at the end, time pending.

## Suggested 10-Month Calendar

MONTH 1	Statistics, Regulations, Medication Safety	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	Research and Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence-Based Medicine and Statistical Analysis, Part 1, 2
Week 2	Research and Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence-Based Medicine and Statistical Analysis, Part 1, 2
Week 3	Regulations and Medication Safety	N/A	Regulatory and Quality Issues Medication Safety
Week 4	Catch-up Week		

MONTH 2	Cardiovascular Disorders	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	Hypertension, Dyslipidemia, CAD, and PAD	N/A	Cardiovascular Disease: Primary Prevention Case
Week 2	Arrhythmias and ACLS	Cardiac Arrhythmias and Advanced Cardiac Life Support	Cardiovascular Disease: Secondary Prevention Case #1
Week 3	Valvular Heart Disease	Heart Failure	Cardiovascular Disease: Secondary Prevention Case #2
Week 4	Catch-up Week		

MONTH 3	Acute Care Disorders	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	Thrombocytopenia, Hemorrhagic Stroke & Cerebral Ischemia	Management of Shock	N/A
Week 2	Thromboembolic Disorders, Clotting Factor Disorders, Coagulation Reversal, & DIC	N/A	N/A
Week 3	Acid-base Disorders, Electrolyte Abnormalities & Nutritional Disorders	Nutrition, Fluid, and Electrolytes	N/A
Week 4	ICU Sedation/Paralysis/Delirium & Traumatic Brain Injury	N/A	N/A

MONTH 4	Infectious Diseases	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	STIs, Fungal Infections, & HIV/AIDS	Select Topics in Infectious Diseases  Pharmacotherapy Considerations in the Management of HIV and AIDs	Complex HIV Case
Week 2	STIs, Fungal Infections, & HIV/AIDS	Select Topics in Infectious Diseases	Complex HIV Case

		Pharmacotherapy Considerations in the Management of HIV and AIDs	
<b>Week 3</b>	Respiratory, Urinary, Skin and Soft Tissue & Ear Infections	Select Topics in Infectious Diseases	Pneumonia Case Pediatric Asthma Case
<b>Week 4</b>	Catch-up Week		

<b>MONTH 5</b>	<b>Infectious Diseases</b>	<b>ASHP Core Therapeutic Modules</b>	<b>ASHP Pharmacotherapy Review Course Modules</b>
<b>Week 1</b>	Endocarditis, Bone and Joint Infections & Intra-abdominal Infections	Select Topics in Infectious Diseases	N/A
<b>Week 2</b>	Febrile Neutropenia, Antimicrobial Prophylaxis & CNS Infection	Select Topics in Infectious Diseases	N/A
<b>Week 3</b>	C. Diff	Select Topics in Infectious Diseases	N/A
<b>Week 4</b>	Tuberculosis, Sepsis & Organ Transplantation	N/A	N/A

<b>MONTH 6</b>	<b>Endocrine &amp; Immunology</b>	<b>ASHP Core Therapeutic Modules</b>	<b>ASHP Pharmacotherapy Review Course Modules</b>
<b>Week 1</b>	Adrenal Disorders, Parathyroid Disorders & Thyroid Disorders	N/A	N/A
<b>Week 2</b>	Diabetes Mellitus, Diabetes Insipidus & SIADH	Diabetes	N/A
<b>Week 3</b>	Osteoarthritis, Rheumatoid Arthritis, Osteoporosis & Gout	Select Topics in Rheumatology	N/A
<b>Week 4</b>	Allergy/Anaphylaxis, Stevens-Johnson Syndrome & SLE, Dermatitis	N/A	Nursing Home Case

<b>MONTH 7</b>	<b>Women and Men's Health; Oncologic Disorders</b>	<b>ASHP Core Therapeutic Modules</b>	<b>ASHP Pharmacotherapy Review Course Modules</b>
<b>Week 1</b>	Contraception, Menstrual Disorders, Pregnancy-related Disease, Chronic Disease in Pregnancy, Lactation, Menopause	Select Topics in Women's Health	N/A
<b>Week 2</b>	PCOS, Endometriosis, Infertility, Sexual Dysfunction, Routine Health Screening, Breast Cancer	Select Topics in Women's Health	Complex Breast Cancer Case
<b>Week 3</b>	Urinary Incontinence, Prostatic Hyperplasia, Prostate Cancer, & Health Education	Select Topics in Men's Health	N/A
<b>Week 4</b>	Erectile Dysfunction, PrEP/PEP	Select Topics in Men's Health	Complex HIV Case

		Pharmacotherapy Considerations in the Management of HIV and AIDs	
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MONTH 8	Psychiatric and Neurologic Disorders	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	Epilepsy, Migraines, Sleep Disorders, Cognitive Disorders	Select Topics in Neurologic Disorders	N/A
Week 2	Schizophrenia, Depression, PTSD, Anxiety, Bipolar Disorders	Select Topics in Psychological Disorders	Nursing Home Case
Week 3	Fibromyalgia, Peripheral neuropathy	Select Topics in Neurologic Disorders	N/A
Week 4	Pain, Withdrawal, Overdose	N/A	N/A

MONTH 9	Gastrointestinal & Renal	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	GERD, GI Bleed, Stress Ulcer Prophylaxis & PUD	Select Topics in Gastrointestinal Diseases	N/A
Week 2	Constipation, Diarrhea, Nausea/Vomiting, IBD, IBS & Malabsorption Syndrome	Select Topics in Gastrointestinal Diseases	N/A
Week 3	Chronic Liver Disease, Cirrhosis, Hepatitis & Pancreatitis	N/A	N/A
Week 4	Acute Renal Failure, Chronic Kidney Disease & Dialysis	N/A	N/A

Month 10	Review Month	ASHP Core Therapeutic Modules	ASHP Pharmacotherapy Review Course Modules
Week 1	Research and Statistics	Statistics, Evidence-Based Medicine, and Clinical Trial Design	Research Design, Evidence-Based Medicine and Statistical Analysis, Part 1, 2
Week 2	Regulations and Medication Safety	N/A	Regulatory and Quality Issues Medication Safety
Week 3	Review Material from Months 1-4)	Take final practice exam	N/A
Week 4	Review Material from Months 5-9	N/A	N/A

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