

## MROCC'S 5<sup>th</sup> edition MRO Manual Self-Study CME Activity (*maximum 25 hours*)

This activity is based on The Medical Review Officer's Manual: MROCC's Guide To Drug Testing, 5<sup>th</sup> edition, and fulfills both Department of Transportation (DOT) CME retraining requirements and the Medical Review Officer Certification Council (MROCC) Recertification prerequisites. This CME activity is intended for physicians with an interest and/or responsibility in providing or monitoring workplace alcohol and drug testing programs. This Self-Study activity can be completed from the convenience of home with no need to travel to a training course or an examination site! It is the most cost-effective and convenient way to complete the recertification process. It also serves as a great review for those who do not need to recertify, but are looking for CME specific to the Medical Review Officer (MRO). Release date for this activity is January 1, 2018 and expires on January 1, 2020.

### TARGET AUDIENCE

This activity has been designed to meet the educational needs of recertifying MROs within Federally Regulated (DOT 49 CFR Part 40) and non-regulated drug testing programs.

### STATEMENT OF NEED

Today, physicians in many specialties conduct drug and alcohol tests for business, industry, government agencies, and schools. The need for trained MROs to evaluate test results extends to more than 20 million Americans. The Drug-Free Workplace Act affects all federal agencies. Mandatory alcohol and drug testing is now required of all intrastate truckers, commercial driver's license holders, and other transportation workers. In joint government agreements, the United States, Canada, and Mexico also monitor truckers crossing international borders. More than 60 percent of large private employers require drug and alcohol testing.

In order to help ensure a level of standards, the DOT requires that all MROs who evaluate federally-mandated drug test results attend an initial training course and, subsequently, that these MROs be certified through a written examination. Beyond the initial training and certification, MROs are required to be retrained and recertified every five years. The CME credits from this activity will fulfill both DOT requirements for retraining and MROCC recertification prerequisite requirements.

This educational activity will provide the latest information related to the drug testing procedures issued by the DOT and the Substance Abuse and Mental Health Services Administration (SAMHSA).

### EDUCATIONAL OBJECTIVES

Upon completion of this educational activity, learners should be able to:

1. Implement procedures in interpretation of drug test results, interviewing donors, obtaining corroborating information, and reporting findings to employers.
2. Articulate to the employers and workers the return-to-duty process after a violation in testing program.
3. Summarize the advantages and disadvantages of non-urine specimens that can be used for drug and alcohol testing.
4. Demonstrate to the employers the process of developing testing programs that are effective and comply with relevant federal regulations, e.g., DOT.

### ACCREDITATION/CREDIT

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American College of Preventive Medicine (ACPM) and MROCC. ACPM is accredited by the ACCME to provide continuing medical education for physicians. ACPM designates this educational activity for a maximum of 25 credit hours, AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

The American Board of Preventive Medicine (ABPM) has designated this activity for a maximum of 25 Maintenance of Certification (MOC) credit hours.

## CONFLICT OF INTEREST STATEMENT

Faculty and all others who have the ability to control the content of continuing medical education activities sponsored by ACPM are expected to disclose to the audience whether they do or do not have any real or apparent conflict of interest or other relationships related to the content of their presentation(s).

Dr. Swotinsky does not plan to present any unapproved or investigative uses of commercial products or devices, and has no actual or potential conflict of interest in relation to this program.

The planning committee/faculty has no real or apparent conflict of interest(s) or other relationships related to the content of this activity.

There has been no commercial support awarded for this activity.

## PRINCIPLE FACULTY

Robert Swotinsky, MD is an occupational medicine physician in a consulting practice in Metro West, Massachusetts, and assistant professor at the University of Massachusetts. He is board certified in Occupational Medicine, is a practicing certified medical review officer (MRO), FMCSA-certified medical examiner, DEA-approved buprenorphine prescriber, a Senior Aviation Medical Examiner and Substance Abuse Professional (SAP). He is also the founding editor of the MRO Update newsletter, a coauthor of the MROCC MRO certification examination, and taught national courses for MROs. He has been a member of federal advisory committees for workplace drug testing and Department of Transportation (DOT) physical examinations. Dr. Swotinsky graduated with chemical engineering and biology degrees from MIT, MD degree from Vanderbilt University, School of Medicine, and Masters in Public Health from the University of California, Los Angeles.

## METHOD OF PARTICIPATION

This Self-Study CME activity can be completed from the convenience of your own home with no need to travel to a training course or an examination site!! It is the most cost-effective and convenient way to complete the recertification process. It also serves as a great review for those who do not need to recertify, but are looking for CME specific to the MRO. See below for instructions on how to complete the activity.

1. Read the MRO Manual and the DOT Regulations (49 CFR Part 40)  
Begin by purchasing and reading the The Medical Review Officer's Guide: MROCC's Guide to Drug Testing, 5th edition available from OEM Press (<https://www.oempress.com>) This manual is available in both hard copy and e-book formats and the cost of the manual is separate from the CME activity cost. You are also required to read the DOT MRO Regulations (49 CFR Part 40) which can be accessed online at <https://www.transportation.gov/odapc/part40>
2. Complete the evaluation and registration (if applicable), and pay fees  
As part of the CME Activity registration, you will need to complete the CME evaluation. Submission of this evaluation demonstrates you have read the MROCC manual and MRO Regulations. If you are taking the recertification examination, examination registration information will need to be completed at this time as well.

All fees need to be paid in full before examination information or self-assessment questions will be provided. Fees are listed below:

\$665 25 Hours of CME and Recertification Exam (\$170 CME/\$495 Online Recertification Exam)  
OR  
\$170 15 Hours of CME and Self-Assessment Activity (this does not include recertification).

3. Watch for confirmation/instruction email from MROCC  
Once the payment has been received and processed, you will receive a confirmation email from MROCC with instructions on how to proceed. If the email has not been received within 48 hours of payment, please contact the office by email ([mrocc@mrocc.org](mailto:mrocc@mrocc.org)) or phone 847-631-0599.
4. Complete the Recertification Examination or Submit the Self-Assessment Questions  
CME will not be awarded until successful completion of the recertification examination or submission of the self-assessment questions.
5. Obtain your CME Certificate  
Your CME certificate will be available on the MROCC website within 4 weeks of completion of the full activity. A notification email will be sent as soon as the certificate is available online.



# MROCC'S 5<sup>th</sup> edition MRO Manual

## Self-Study CME Activity

(maximum 25 hours)

### ACTIVITY SELECTION AND PAYMENT INFORMATION

Applications should be emailed ([mrocc@mrocc.org](mailto:mrocc@mrocc.org)) or securely faxed to 847-483-1282. (If paying by check, mail to MROCC, 3231 S HALSTED St, #167, CHICAGO, IL 60608.)

**PLEASE INDICATE YOUR CHOICE OF CME ACTIVITIES:**

**\$665 CME Activity with Online Recertification Examination (Maximum 25 Hours CME; \$495 exam, \$170 CME)**

**\$170 CME Activity with Self-Assessment Only (Maximum 15 Hours CME)**

Name on Card \_\_\_\_\_ Phone Number \_\_\_\_\_

Billing Address \_\_\_\_\_ Card Type    Visa    Mastercard    Discover    AMEX

\_\_\_\_\_ Card Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Security Code \_\_\_\_\_ Exp Date \_\_\_\_\_

(3 digit code on back **or** 4 digit code on front of AMEX)

*NOTE: There are no refunds for the online examination once registered. Please read the policy in full at [www.mrocc.org/refundpolicy.cfm](http://www.mrocc.org/refundpolicy.cfm)*

### GENERAL INFORMATION

Last Name:	First Name:	Middle:
Full Name and Degree as it should appear in the MROCC Directory:		Date of Birth (MM/DD/YY):
Degree (s):		

**Address to use for ALL correspondence from MROCC:**

Company Name (if applies):		Street or PO Box:	
Suite/Floor/Department:		City:	
State:	Postal Code:	Country:	
Phone:	Fax:	Email Address:	
SSN:	Previous Certification:		
	MROCC		AAMRO

**Current Medical License:**

**Seeking Clients:**

Please list your current Medical Licensure information below:	MROCC's online directory of certified MROs allows government agencies, clinics, companies, and those in need of MRO services to locate certified MROs or verify certification. Do you wish to be specifically designated as seeking MRO clients on our website?
State: _____ Number: _____	Yes                      No
State: _____ Number: _____	
State: _____ Number: _____	



## CME Activity Evaluation Form

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Title of Activity: **MROCC 5th edition MRO Manual Self-Study CME Activity**

Author: **Robert Swotinsky, MD**

**Dr. Swotinsky completed and signed the ACPM faculty disclosure form. Was this disclosure provided in the program material?**

Yes	No
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**Please rate your knowledge level of the topics presented**

Knowledge Level	None	Some	High	Very High
Before Program				
After Program				

**Were the following educational objectives met?**

<i>Upon completion of this program, the participant should be able to:</i>	Yes	No
Implement procedures in interpretation of drug test results, interviewing donors, obtaining corroborating information, and reporting findings to employers.		
Articulate to the employers and workers the return-to-duty process after a violation in testing program.		
Summarize the advantages and disadvantages of non-urine specimens that can be used for drug and alcohol testing.		
Demonstrate to the employers the process of developing testing programs that are effective and comply with relevant federal regulations, e.g., DOT.		

**What knowledge, competency, or skill was learned from this activity?**

**How likely is it that you will implement the knowledge, competency, or skill learned from this activity in your practice?**

**Do you intend to make a MRO practice change as a result of this program?**

Yes          No

**If so, what changes do you intend to make?**

**Please rate the activity: (5=Excellent, 1=Poor)**

	5	4	3	2	1
Timely, up-to-date content					
Provided appropriate details; was neither superficial nor overly focused					
Presented content that was appropriate for my level of knowledge					

**Did you perceive any commercial bias?**

Yes          No

**List any topics you would like presented in the future:**

**Thank you for completing this evaluation form. Your certificate will be sent upon completion of the full activity.**

This CME activity is provided through the joint sponsorship of the American College of Preventive Medicine (ACPM) and Medical Review Officer Certification Council (MROCC).

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Education (ACCME). ACPM is accredited by the ACCME to provide continuing medical education for physicians.

ACPM designates this educational activity for a maximum of 25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

I certify my actual hours spent to complete this activity to be \_\_\_\_\_ hours and \_\_\_\_\_ minutes.

\_\_\_\_\_  
Signature required for CME credit

\_\_\_\_\_  
Date

The American Board of Preventive Medicine (ABPM) has designated this activity for a maximum of 25 Maintenance of Certification (MOC) credit hours. If you are claiming MOC credit please so indicate below. MOC credit is only for physicians board-certified by ABPM.

I am claiming \_\_\_\_\_ hours and \_\_\_\_\_ minutes for this MOC distance learning activity.

## RECERTIFICATION EXAMINATION REGISTRATION

### ONLY COMPLETE THIS PAGE IF YOU ARE TAKING THE RECERTIFICATION EXAM

For physicians completing the recertification examination as part of the CME activity, the examination may be taken using a high-speed Internet connection. An email with instructions will be sent once your application has been received and processed. Below is some pertinent information regarding the exam:

- The exam must be taken within 12 months of the training course or CME activity
- The exam must be completed within 30 days of first logging on to it (does NOT need to be completed in one sitting)
- An Immediate Pass-Fail determination is awarded upon submitting the exam

### RETEST POLICY FOR MRO RECERTIFICATION

The retest policy permits the examination to be taken two additional times for free within a 12 month period from the date of registration for those who have failed the recertification examination. If after two retests, the recertification examination has not been passed, a new application and full examination fee will be required before attempting the examination again.

### PREPARATION PRIOR TO TAKING THE EXAMINATION

It is the applicant's responsibility to properly prepare for the certification examination by utilizing the resources recommended on the MROCC web site ( <https://www.mrocc.org/examprep.cfm>). While the primary study tool is the materials obtained from MRO training courses, several additional study aides are provided by MROCC, including the examination blueprint, MRO competencies document, and sample test items.

### CHEATING AND CERTIFICATION REVOCATION

This examination is copyrighted by MROCC. YOU MAY NOT ATTEMPT TO PRINT, WRITE DOWN, COPY OR SHARE THE CONTENTS OF THIS EXAMINATION. While you may refer to your reference materials during this open book examination, you must take it without the assistance of others. In order to be able to offer an online examination, MROCC RELIES UPON YOUR INTEGRITY. It is your responsibility to read and be familiar with MROCC's cheating and revocation policies. You can view the MROCC Policy on Cheating at [https://www.mrocc.org/mrocc\\_cheating\\_policy.pdf](https://www.mrocc.org/mrocc_cheating_policy.pdf). The MROCC Revocation Policy is available at Certification Revocation Policy [https://www.mrocc.org/mrocc\\_revocation\\_policy.pdf](https://www.mrocc.org/mrocc_revocation_policy.pdf)

### SIGNATURE AND ACKNOWLEDGEMENT (You must sign all 3 statements; Digital signature is acceptable)

In connection with this application, I enclose herewith the examination fee. I agree that no fee shall be refundable unless circumstances approved by the MROCC Board preclude completing the examination. I have read and understand MROCC's policies concerning application, retesting, cheating, refunding of fees and certification revocation. I have read the conditions as detailed within this application. I agree (i) to indemnify and hold harmless each and all of the members, trustees, officers, examiners and agents from and against any liability whatsoever in respect to any act or omission in connection with this application, such examination, the grades given upon such examination, and/or granting or issuance of or failure to grant or issue a certificate; and (ii) that any certificate which may be granted and issued shall be and remain the property of the Medical Review Officer Certification Council. As a candidate for certification, I am under the obligation to inform the Medical Review Officer Certification Council of any changes in material eligibility status subsequent to the submission of this application and during the period of time for which the certificate is valid.

I hereby authorize MROCC to request information from organizations referred to in this application, and to verify academic and/or clinical training deemed necessary to make a determination of my eligibility.

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Signature

Date

I have read and understand the contents of this application and warrant that each of the statements made in support of this application is true.

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Signature

Date

In consideration of my application, I agree to the following statements:

1. MROCC's recertification examination contains privileged proprietary information. Therefore, I will take reasonable steps to maintain the security of the information contained therein.
2. I will not copy, download, disclose or disseminate any information, test item or answer of whatever kind, from the examination.
3. I attest that I will personally take this examination without the assistance of other individuals.

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Signature

Date