



IMPORTANT NOTICE: Although the 5th Edition MRO Manual is still a useful tool for practicing MROs, we are currently in the process of updating it to include the recent guidelines/regulations changes. The recent guideline/regulations changes do require that anyone involved in drug testing for HHS/DOT have training on the updates. Our 2 hour online CME activity, *The Latest Federal Drug Testing Regulations*, fulfills this training requirement. If you have not already completed the activity and are involved in HHS/DOT drug testing, please select the option to be registered for the activity as you complete this application.

MROCC'S 5th 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, 5th 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, 2020 and expires on January 1, 2021.

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

Physicians in many specialties conduct drug and alcohol tests for business, industry, government agencies, and schools in addition to the clinical evaluation of their patients. The need for trained MROs who can understand and evaluate laboratory toxicology results extends to all areas of medical practice and more than 20 million Americans subject to workplace drug testing. Multiple Executive Orders and acts of Congress affect all federal agencies, DOT covered employers, and physicians involved in workplace drug testing, addiction medicine and pain treatment. Mandatory alcohol and drug testing is 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. In addition to the federal requirements, more than 60 percent of large private employers require drug and alcohol testing. Nationally accepted standards of care require drug testing of patients for the diagnosis of substance use disorders and chronic pain issues as well as treatment and monitoring of those disorders.

In order to help ensure the highest level of competence, both HHS and DOT require that all MROs who evaluate federally-mandated drug test results attend an initial training course and get certified through a written examination. Since the federal drug testing program is considered the gold standard in the industry, most non-federal drug testing entities also require this training and certification. MROs are also required to be retrained and recertified every five years. The CME credits from this activity fulfill both DOT requirements for MRO retraining and MROCC recertification 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). 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 laboratory toxicology results including positive specimens, invalid specimens substituted and adulterated specimen, and dilute results.
2. Discuss those results with the donors of those specimens, answer questions and make recommendations to employers, monitors and caregivers.
3. Describe to the employers and workers the return-to-duty process after a violation in testing program.
4. Differentiate between the advantages and disadvantages of alternative specimens that are frequently used for drug and alcohol testing.
5. Demonstrate to the employers, treatment and monitoring programs the process of developing effective testing programs and comply with relevant federal and state requirements.

ACCREDITATION/CREDIT

This Enduring Material activity, MROCC 5th edition MRO Manual Self-Study CME Activity, has been reviewed and is acceptable for up to 25.00 Prescribed credit(s) by the American Academy of Family Physicians. AAFP certification begins 01/01/2020. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the 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, 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 AND MEANS

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.

To complete the activity, learners must:

1. Obtain and read the Medical Review Officer's Manual: MROCC's Guide to Drug Testing, 5th edition.
2. Read DOT 49 CFR Part 40: Procedures for Transportation Workplace Drug and Alcohol Testing Programs
3. Register for the CME and pay the appropriate fee. As part of the registration, learners complete a CME Activity Evaluation. Submission of this evaluation demonstrates the learner has read the MROCC MRO Manual and MRO Regulations.
4. Complete the online recertification examination for those recertifying as MROs. A self-assessment quiz is required for those not seeking recertification.
5. CME is awarded upon successful completion of the recertification examination or self-assessment quiz. CME certificates are available on the MROCC website following completion of the full activity. A notification email will be sent as soon as the certificate is available online. Upon receipt of the email, learners can log into their MROCC account at <https://www.mrocc.org/login.cfm> to retrieve their certificate.

PAYMENT AND FEES

\$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).

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) or phone 847-631-0599.



MROCC'S 5th edition MRO Manual

Self-Study CME Activity

(maximum 25 hours)

ACTIVITY SELECTION AND PAYMENT INFORMATION

Applications should be emailed (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 (CHOOSE ONE):

- \$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)**

Registration for The Latest Federal Drug Testing Regulations 2 Hour Online Activity (CHOOSE ONE):

- \$40 Please register me for the 2 Hour Online Activity (no AAFP credits included)**
- \$70 Please register me for the 2 Hour Online Activity (includes 2 hours of AAFP credit)**
- I have already registered/completed the 2 Hour Online Activity or I am not involved in HHS/DOT drug testing.**

Name on Card _____		Phone Number _____	
Billing Address _____		Card Type	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> 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

GENERAL INFORMATION

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

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: <input type="checkbox"/> MROCC <input type="checkbox"/> AAMRO		

Current Medical License:

Seeking Clients:

Please list your current Medical Licensure information below: State: _____ Number: _____ State: _____ Number: _____ State: _____ Number: _____	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? <input type="checkbox"/> Yes <input type="checkbox"/> No
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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

Please rate your knowledge level of the topics presented

Knowledge Level	None	Some	High	Very High
Before Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 laboratory toxicology results including positive specimens, invalid specimens substituted and adulterated specimen, and dilute results.	<input type="checkbox"/>	<input type="checkbox"/>
Discuss those results with the donors of those specimens, answer questions and make recommendations to employers, monitors and caregivers.	<input type="checkbox"/>	<input type="checkbox"/>
Describe to the employers and workers the return-to-duty process after a violation in testing program.	<input type="checkbox"/>	<input type="checkbox"/>
Differentiate between the advantages and disadvantages of alternative specimens that are frequently used for drug and alcohol testing.	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate to the employers, treatment and monitoring programs the process of developing effective testing programs and comply with relevant federal and state requirements.	<input type="checkbox"/>	<input type="checkbox"/>

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 Enduring Material activity, MROCC 5th edition MRO Manual Self-Study CME Activity, has been reviewed and is acceptable for up to 25.00 Prescribed credit(s) by the American Academy of Family Physicians. AAFP certification begins 01/01/2020. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency:

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

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.

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. The MROCC Revocation Policy is available at Certification Revocation Policy 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.

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.

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.

Signature

Date