



COMAT-FAMILY MEDICINE

Content Outline and Assessment Objectives

The **COMAT-Family Medicine** examination is designed for end-of-course assessment or end-of-clinical rotation/clerkship assessment for students enrolled at a college of osteopathic medicine. This examination emphasizes core knowledge and elements of osteopathic principles and practice that are essential at the advanced beginner level (osteopathic medical student) for the discipline of **Family Medicine**.

General Learner-Centered Objectives

Based on general learner-centered objectives, as outlined in the **COMAT-Family Medicine** Examination Blueprint ([http://www.nbome.org/docs/COMAT-Family Medicine.pdf](http://www.nbome.org/docs/COMAT-Family%20Medicine.pdf)), the examinee will be required to demonstrate the ability to apply:

- 1) Foundational content knowledge to situations and patient presentations encountered in clinical settings and important to **Family Medicine**.
- 2) Foundational content knowledge and clinical problem-solving ability as related to particular physician tasks critical to **Family Medicine**.
- 3) Knowledge and clinical problem-solving as related to the *Fundamental Osteopathic Medical Competency Domains*, including osteopathic principles and practice and OMT, osteopathic medical knowledge, interpersonal and communication skills, practice-based learning and improvement, systems-based practice, professionalism and patient care.
([http://www.nbome.org/docs/NBOME Fundamental Osteopathic Medical Competencies.pdf](http://www.nbome.org/docs/NBOME%20Fundamental%20Osteopathic%20Medical%20Competencies.pdf))
- 4) Osteopathic principles and practice in commonly encountered patient care scenarios.

Selected Specific Objectives for COMAT-Family Medicine

For **COMAT-Family Medicine**, the examinee will be required to demonstrate the ability to diagnose and manage selected patient presentations and clinical situations involving, but not limited to:

- 1) **Asymptomatic/General/Fever/Hypothermia**: genetic screening, vaccination recommendations, ethical and legal issues in clinical practice, population health and systems-based practice issues, health maintenance examinations for all ages, evidence-based cancer and other disease screening and prevention, anticipatory guidance, geriatric functional assessment and end-of-life issues
- 2) **Digestive/Metabolic**: diabetes, gastroesophageal reflux disease, gastrointestinal tract cancer, hyperlipidemia, obesity, osteoporosis, thyroid disorders, liver disease and inflammatory bowel disease
- 3) **Cognitive/Consciousness/Fatigue/Sensory/Substance Abuse**: neuropathies, dementia, common psychiatric disorders, abuse, addiction, chronic pain, insomnia, headache and transient ischemic attack/stroke
- 4) **Musculoskeletal**: sprains/strains/fractures, osteopathic manipulative treatment techniques, somatic dysfunction, viscerosomatic relationships, arthritis and rheumatic diseases
- 5) **Genitourinary/Pregnancy/Neonatal**: incontinence, erectile dysfunction, pelvic pain, menstrual abnormalities, urinary tract infections, hematuria, preconception care, antepartum/ intrapartum/ postpartum care, third trimester bleeding, abnormal labor, spontaneous abortion, ectopic pregnancy, pelvic inflammatory disease, and conditions of newborn and infant care
- 6) **Bleeding/Respiratory/Circulation/HEENT**: hematuria, common forms of anemia, common eye and ear complaints, respiratory infections, common cardiac conditions, asthma and chronic obstructive pulmonary disease
- 7) **Discharge/Masses/Skin/Trauma**: acne, other common skin lesions, lymphoma, tumors, vaginal discharge and sexually transmitted infections

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Selected Student and Faculty Learning Resources for COMAT-Family Medicine

In addition to the aforementioned objectives, examples of supplementary resources used by the NBOME to inform the development of the **COMAT-Family Medicine** examination are listed below:

- STFM Family Medicine Clerkship Objectives: ([http://www.stfm.org/documents/fmcurriculum\(v3\).pdf](http://www.stfm.org/documents/fmcurriculum(v3).pdf))
- STFM Curriculum Competencies and Content: (<http://www.stfm.org/ci/curriculum.cfm>)
- Educational Council on Osteopathic Principles: (<http://www.aacom.org/people/councils/Pages/ECOP.aspx>)
- Course and Clerkship Objectives as Outlined by each College of Osteopathic Medicine: (<http://www.aacom.org/people/colleges/Pages/default.aspx>)
- Basic Standards for Residency Training in Family Medicine: (<http://www.osteopathic.org/inside-aoa/accreditation/postdoctoral-training-approval/postdoctoral-training-standards/Pages/family-medicine.aspx>)

Sample **COMAT-Family Medicine** examination items will soon be available on the NBOME's website. Although not expressly designed for or intended to prepare examinees for COMAT examinations, sample COMLEX-USA test items are available at (<http://www.nbome.org/intro/index.html>), and the Comprehensive Osteopathic Medical Self-Assessment Examination (COMSAE) Phase 2 is available at (<http://www.nbome.org/comsae.asp?m=can>).

A select number of resources related to the discipline of **Family Medicine** are as follows:

Essentials of Family Medicine	Sloane	5 th Edition	2008
Harrison's Principles of Internal Medicine	Fauci	17 th Edition	2008
Textbook of Family Medicine	Rakel	7 th Edition	2007
UpToDate	Inc	Version 18.3	2011
An Osteopathic Approach to Diagnosis and Treatment	DiGiovanna	3 rd Edition	2004
Foundations for Osteopathic Medicine	AOA	3 rd Edition	2010
Somatic Dysfunction in Osteopathic Family Medicine	Nelson	1 st Edition	2006
iTunes ACOFP OMM app: http://itunes.apple.com/us/app/do-omt/id415752528?mt=8			

NBOME COMAT Committees

Membership of the **COMAT-Family Medicine** committee was formulated by the NBOME with input provided by board-certified specialty experts in **Family Medicine** from across the nation. This team consists of department chairs, clerkship/clinical rotation directors and faculty members from colleges of osteopathic medicine, as well as representatives from graduate medical education (residency) programs and private clinical practice.