



How to Use the Detailed Content Outline to Prepare for the BOC Podiatrist (BOCPD) Multiple Choice Examination

The **BOC Podiatrist Detailed Content Outline** is a schedule of the tasks involved and the domains of the practice of a Podiatrist. The Detailed Content Outline is derived from a Job Analysis, a careful description of the tasks performed by practitioners. A randomized national survey of Podiatrists is conducted by BOC every five years to determine what changes, if any, have occurred in the practice. From this survey the Detailed Content Outline is updated and the exam questions revised.

You will have two hours for completion of this segment, consisting of 100 multiple choice questions and 15 unscored pre-test questions. Each question on the exam is based on this outline. In fact, **none** of the BOC certification exams can contain any question, case simulation or demonstration that cannot be directly linked to a specific item in the relevant Detailed Content Outline. Therefore, to prepare to take the exam, we suggest that you study this Outline and especially consider what the underlying knowledge, skills and abilities you need to be able to serve patients.

The format of the exam is such that it does not follow this outline in order; rather, questions regarding outline sections are placed randomly throughout the exam. In order to understand how to explain the purpose/objective of footwear or orthosis or foot prostheses, as examples, one has to comprehend the relevant anatomy, the pathophysiology, the material and engineering sciences, etc.

A practitioner must be a complete instrument for patient care, providing maximum benefit, not just fabrication, adjustment or placement. This, then, is the basis for the examinations that test the knowledge, skills and abilities of a competent practitioner. It is not sufficient just to know how to fit a patient with a device – your patient has to be able to benefit from your service. You will not get all your preparation at one school (e.g. NCOPE-approved schools)--you will learn the fundamentals and then sharpen them during patient care practice. To study, review your original training materials. Bring your patient experience into play; it is indispensable.

Specifics of the BOC Podiatrist Detailed Content Outline are on the back.

Performance Levels


There are three Performance Levels, or levels of difficulty, for exam questions: Recall (RE), Application (AP), and Analysis/Evaluation (AN).


RECALL (RE) questions require only the recognition of specific factual information, which generally does not vary, relative to the situation.


APPLICATION (AP) questions require the comprehension, interpretation or manipulation of concepts or data, in which the response or outcome is situationally dependent, but not overly complex (i.e., application of knowledge which varies based on patient and environmental characteristics).


ANALYSIS/EVALUATION (AN) questions require integration or synthesis of a variety of concepts or elements to solve a specific problem situation (i.e., evaluating and rendering judgments on complex problems with many situational variables).

Now, examine the Detailed Content Outline. Note the three **bold face numbers on the top right** of the Outline: these indicate the number of questions in each section by performance level. The total number of questions, by performance level is summed at the end of the Content Outline (i.e., 24 RE, 60 AP, 16 AN, total 100 questions). Note the majority of questions (60) are at the Application (AP) level, which is testing your understanding, analysis and management of concepts or data from a patient in a particular situation. Both AP and AN questions require clinical patient care experience.

 BOC Podiatrist Certification (BOCPD) Detailed Content Outline*	Cognitive Level			Total
	Recall	Application	Analysis	
I. IDENTIFY MODALITIES/ORTHOSES/FOOTWEAR/MODIFICATIONS	6	10	0	16
<p>A. Footwear</p> <ol style="list-style-type: none"> 1. Describe the primary sections and basic components of the shoe 2. Describe the basic construction of a shoe including last patterns and function of last shape (for example: cement process, Goodyear welt process, stitch-down process, genuine moccasin construction, heat-sealing process, basic shoe assembly) 3. Identify goals and techniques for measuring feet and demonstrate the ability to properly fit shoes <p>B. Footwear Modifications</p> <ol style="list-style-type: none"> 1. Understand common podiatric shoe modifications, their function and biomechanical effects 2. Perform upper shoe modifications applying balloon patches, closure conversion techniques, and heel counter modification techniques 3. Apply various types of rocker soles, and describe their function and biomechanical effects 4. Differentiate between the terms heel strike, midstance, rocker angle, and apex relevant to rocker soles 5. Fabricate different types of rocker soles (for example: mild, heel-to-toe, severe angle, negative heel, double) 6. Perform midsole and outsole modifications (for example: rocker bottoms, wedges, flares, shanks) 7. Describe the function and design of uppers customization 8. Demonstrate sole splitting to add shoe modifications between the original sole 9. Conduct a trial fitting of various shoe modifications, evaluate, and make necessary adjustments <p>C. Demonstrate Podiatric Application of</p> <ol style="list-style-type: none"> 1. Over-the-counter pre-fabricated foot orthoses 2. Custom accommodative foot orthoses 3. Functional foot orthoses 4. Therapeutic/comfort footwear 5. Custom molded therapeutic shoes 6. Subtalar-control foot orthoses (SCFO) 7. Partial foot prostheses 				

 BOC Podorthist Certification (BOCPD) Detailed Content Outline*	Cognitive Level			Total
	Recall	Application	Analysis	
II. FACILITIES MANAGEMENT and PROFESSIONAL PRACTICE/ETHICS	12	5	1	18
<ul style="list-style-type: none"> A. Determine Required Equipment, Tools, and Materials <ul style="list-style-type: none"> 1. Elements of the Fitting Room (for example: Adjustable Stool, Exam/Fitting Table, Mirror, Hard Back Chair, Ambulating Device) 2. Manufacturing/alteration equipment (for example: adhesives, solvents, heat gun) 3. Measuring devices (for example: tape measures, calipers, ML gauge) 4. Casting equipment (for example: saws, spreaders, stockinette, pencil) 5. Materials (for example: leather, cork, crepe) B. Comply with Environmental and Safety Regulations in all Practice Settings (for example: Pathogens, Cross-Infection, Work Place Hazards) C. Assure Quality Care by Development and Maintenance of Policies and Procedures (for example: Patients/Clients, Prescribers, Personnel, Inventory Management, Maintenance Of Records) D. Demonstrate Understanding of Government Laws Pertaining to Reimbursement E. Comply with Government Mandated Healthcare Privacy Regulations (for example: HIPAA, Privacy Act) F. Adhere to Professional Codes of Ethics (for example: BOC Code of Ethics) G. Maintain Patient/Client Confidentiality H. Provide Training, Lectures and Information to Staff or Other Health Care Professionals on Current Podorthic Information I. Establish a Quality Assurance System that Evaluates Patient/Client Care J. Fulfill Necessary Continuing Education Requirements 				
III. PATIENT/CLIENT ASSESSMENT/EVALUATION	5	11	3	19
<ul style="list-style-type: none"> A. Establish Relationship with Patient/Client <ul style="list-style-type: none"> 1. Patient/client intake <ul style="list-style-type: none"> a. record all personal and insurance information about patient/client b. discuss financial matters for services/devices with patient/client 				

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2. Patient/client initial interview <ol style="list-style-type: none"> a. interview patient/client and obtain history b. identify the pathology and symptomology to provide the proper footwear, orthoses, or foot prosthesis c. discuss any related medical treatment(s) d. evaluate psychological impact of products on patient/client, family, and others B. Assess Prescription <ol style="list-style-type: none"> 1. Verify information contained on prescription 2. Discuss prescription with patient/client 3. Determine patient's/client's treatment expectations 4. Contact prescribing physician and discuss/revise prescription if necessary C. Evaluate and Assess Patient/Client to Determine: <ol style="list-style-type: none"> 1. Skin condition (for example: temperature, color, texture, pathologies) 2. Range of motion (for example: skeletal, muscular, ligamentous, biomechanics) 3. Muscle strength (for example: neuromuscular pathologies) 4. Manual dexterity (for example: ADL) 5. Coordination/ proprioception (for example: neuromuscular diseases, equilibrium) 6. Gait (for example: stride, in-toe, out-toe) 7. Pathology documentation (for example: edematous, deformity) D. Assess Patient Using Podiatric Tools (for example: Harris Mat, Mono-Filament)				
IV. PATIENT/CLIENT EDUCATION/PREPARATION/MEASUREMENTS	7	15	2	24
A. Measure Patient/Client <ol style="list-style-type: none"> 1. Select techniques (for example: patient/client positioning, casting, tracing) 2. Identify anatomical landmarks 3. Use measuring devices B. Perform Molding Procedures for Foot and Ankle (for example: Casting, Impression Box) C. Explain Advantages and Disadvantages of the Device D. Determine Patient's/Client's Device Expectations				

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<ul style="list-style-type: none"> E. Inform Patient/Client and/or Caregiver of the Various Procedures to be Performed F. Explain Patient's/Client's Role/Responsibilities (for example: Initial Fitting) 				
V. FOOTWEAR, ORTHOSES, OR FOOT PROSTHESIS APPLICATION DELIVERY AND FOLLOW-UP	8	12	3	23
<ul style="list-style-type: none"> A. Finalize Alignment and Fit Footwear, Orthoses, or Foot Prosthesis to Patient/Client <ul style="list-style-type: none"> 1. Don footwear, orthoses, or foot prosthesis to patient/client and finalize alignment, fit, and cosmetic appearance 2. Demonstrate proper application, alignment, and removal 3. Demonstrate to patient/client and/or caregiver donning, doffing, fitting adjustments and care of footwear, orthoses, or foot prosthesis 4. Have patient/client and/or caregiver demonstrate proper application and removal 5. Explain how to recognize potential problems (for example: pressure points, skin breakdown, numbness) 6. Explain the care, cleaning, and warranties of the device B. Establish Procedures for Patient/Client Follow-Up <ul style="list-style-type: none"> 1. Encourage on-going communication with patient/caregiver and healthcare providers 2. Maintain patient/client records 3. Inform patient/client and/or caregiver of provisions for continued servicing of products 4. Have patient/client and/or caregiver sign receipts and acknowledgments C. Refer Patient Back to Physician for Post-Fitting Follow-Up D. Evaluate Fit and Function of Footwear, Orthoses, or Foot Prosthesis E. Perform Necessary Adjustments F. Schedule Additional Follow-Up Visits 				
Totals	38	53	9	100

* Each test form will include 10 unscored pretest items in addition to the 100 scored items.