How the ABPMR’s Longitudinal Assessment for PM&R (LA-PM&R) Program Works

1. Email/app reminder
   ABPMR will alert you that new questions are ready, or remind you to finish your questions for the quarter.

2. Log in to LA-PM&R and answer questions
   First year: 20 multiple-choice questions per quarter. After that: Between 15 and 18 questions depending on performance (higher performance = fewer questions).

3. Indication of correct or incorrect + critique
   After each question you’ll get immediate feedback: LA-PM&R will indicate whether your answer was correct or incorrect, followed by a critique, or written explanation, of why the correct answer is correct.

4. Second attempt
   If initial attempt was incorrect, you will have an opportunity to answer the question again after reading the rationale.

5. Set your own pace
   Answer all of this quarter’s questions in one sitting, or spread them out over the quarter -- it’s up to you, as long as you finish them before the quarter is over.

6. Track your progress
   At any time, view your progress and performance on your LA-PM&R dashboard; uncover knowledge gaps and make plans to improve.

Expect clone items
A key component of longitudinal assessment, you’ll see clone items (similar questions testing the same knowledge) in subsequent quarters to reinforce learning.