

Remote Radioisotope Safety Exam (RISE) Guide

Diagnostic Radiology &
Interventional Radiology /
Diagnostic Radiology

2021

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Getting Started

Exam Registration

Registration for this exam is completed on the Cognitive Expertise page in myABR. Log in to [myABR](#) and select the Cognitive Expertise option from the left-hand menu. You will receive an email from the ABR when registration opens.

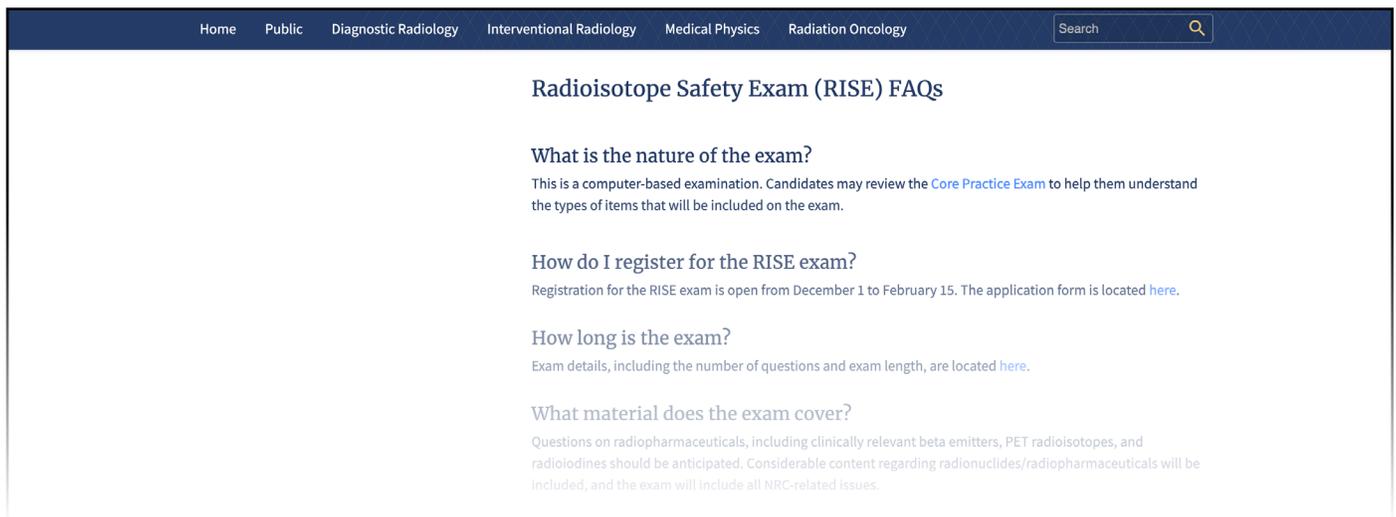
Please keep your email address updated in myABR to ensure that you receive these important exam-related communications.

Additional details regarding exam eligibility and registration can be found on the [registration section of NRC Frequently Asked Questions](#) on the website.

Studying for the Exam

The RISE is developed by volunteers from a wide range of practice settings and reflects the breadth of information a candidate is expected to know by the time of an exam. While we offer study guides on our website, each candidate should decide what type of resources he or she should use for our exams. Candidates who use test preparation materials developed by other organizations or commercial entities should not expect an ABR exam to completely align with these materials in scope or item type.

For additional information, please visit the [preparation section of the NRC Frequently Asked Questions](#) on the website.



The screenshot shows the top navigation bar of the ABR website with links for Home, Public, Diagnostic Radiology, Interventional Radiology, Medical Physics, and Radiation Oncology. A search bar is located on the right. The main content area is titled "Radioisotope Safety Exam (RISE) FAQs" and contains four questions with answers:

- What is the nature of the exam?**
This is a computer-based examination. Candidates may review the [Core Practice Exam](#) to help them understand the types of items that will be included on the exam.
- How do I register for the RISE exam?**
Registration for the RISE exam is open from December 1 to February 15. The application form is located [here](#).
- How long is the exam?**
Exam details, including the number of questions and exam length, are located [here](#).
- What material does the exam cover?**
Questions on radiopharmaceuticals, including clinically relevant beta emitters, PET radioisotopes, and radioiodines should be anticipated. Considerable content regarding radionuclides/radiopharmaceuticals will be included, and the exam will include all NRC-related issues.

Technical Requirements

Computer System Requirements

The computer system requirements listed below provide a basic overview of a system that will meet the technical requirements for ABR remote exams. Prior to your exam, you will be encouraged to complete a technical check to ensure your system meets minimum connectivity and internet browser compatibility requirements. In addition, there will be ample opportunity before each exam to gain familiarity with the software and systems through a practice exam. The practice exam will allow you to simulate the actual exam day experience well ahead of your scheduled exam and confirm that your computer and location setup meet your expectations. If you change your computer specifications or location after your initial technical check is complete, we recommend you complete it again with your new setup.

Basic computer requirements:

- Internet/Network: reliable broadband internet connection, minimum 5 Mbps (megabit per second) download and 1 Mbps upload
 - [Check your connection speed](#)
- Computer: Desktop or laptop (no iPad) with Windows 10 or MacOS X 10.11 or higher
- Computer memory: minimum of 4GB RAM
- Computer drive/storage: minimum of 10GB of free disk space
- Monitor: > 13" and 1080p minimum
 - [Check your monitor resolution](#)
- Keyboard and mouse
- Internet browser: latest version of Google Chrome
 - [Check your version of Google Chrome](#)
- Audio: microphone and computer speakers
- Camera: integrated or external webcam with a minimum of 640 x 480 @ 10 frames per second
 - *Note: Camera will be used for the 360° room and workspace security scan and exam proctoring.*
 - *Note: Use of virtual backgrounds is not permitted.*

IMPORTANT NOTE: You assume full responsibility for ensuring your computer setup meets the requirements for remote exams. This includes integrity of equipment, internet connectivity, system performance, and other issues related to but not limited to the above that are outside the control of the ABR or our exam security vendor, Proctorio®. ABR staff are not able to provide technical support regarding individual setups for remote exams.

Monitor Performance Self-Check (complete prior to exam day)

The [monitor performance self-check](#) shows imaging findings that will help determine if your laptop or desktop monitor is sufficient for ABR remote exams.

Practice Exam and Technical Self-Check (complete prior to exam day)

We recommend you complete the practice exam and technical self-check in the location and with the computer that you plan to use on exam day.

You will receive an email with an authenticated link that will allow you to access the practice exam after you complete your exam registration in myABR.

The practice exam provides a unique opportunity to familiarize yourself with the exam interface and navigation before the day of your exam. It is important that you complete the practice exam to fully understand the functionality of the interface, including case navigation, flagging questions, using the image manipulation tools, starting/ending a break, and question content blocking.

IMPORTANT NOTE: We recommend you complete the practice exam and technical self-check in the location and with the computer that you plan to use on exam day.

When the practice exam is launched, a quick technical check is initiated to ensure that your microphone, camera, internet connection, and computer software are optimized for the exam. You may need to download an updated version of Google Chrome or the Proctorio® extension for Google Chrome to complete the technical self-check.

Proctorio® Test Taker Guide

A test taker guide is available [here](#).



proctorio
TEST TAKER GUIDE

Location Requirements

Your ABR Computer-based Initial Certification Exam will take place in a remote location of your choosing, provided that place meets the basic requirements listed below.

Our expectation is that the space selected will be sufficiently private where interruptions and the presence of other people would be unexpected or unlikely to occur during the exam. If location interruptions are anticipated to be frequent or prolonged, arrangements should be made to use a different location to take the exam. Brief/sporadic interruptions could occur unexpectedly. In those cases, ABR senior staff will do a post-exam review to determine if the interruptions had a significant impact on the exam. Most brief/sporadic events would likely be deemed inconsequential and to have had little to no impact on your exam.

Private and Quiet Space

- Alone, away from other people
- Free from background noise and interruptions
- Clear workspace

Permitted

- Secondary monitor
 - You may use only one monitor, but that monitor can be a secondary one. The monitor must be connected to the computer being used to take the exam and not a secondary device.
 - If you choose to use a secondary monitor, you will need to disable any other monitors connected to your computer.
- ABR Exam Day Help Desk flyer
- Whiteboard (8.5" x 11" maximum), dry erase markers, and an eraser
 - Not required. The exam interface has an electronic notepad you can use during the exam.
 - Must be free of marks before the exam.
- Beverages and snacks
- Facial tissue
- See list of [Allowable Personal Items](#)

Not Permitted

- Other individuals in room
- Open books, notes, and other study materials
- Cell phone or other mobile devices^{1,2}
- Camera or other recording devices (other than your webcam)
- Watch
- Calculator (exam software includes a calculator)

¹ In the event of a major internet disruption, please have a cell phone accessible in a nearby room to contact the ABR or Proctorio®.

² The use of a cell phone or other mobile device is permitted during breaks.

Allowable Personal Items

Please note that you do **NOT** need to request testing accommodations for the specific items indicated below. However, if any other accommodations are needed that are **NOT** listed below, the formal [Exam Accommodations](#) request process must be followed.

Medicine and Medical Devices

- Arm/shoulder sling
- Bandages
- Braces: neck, back, wrist, leg, or ankle
- Casts/cervical collar
- Cough drops/hard candies
- Chapstick/lip balm
- Earplugs (foam with no strings)
- EpiPen
- Eye drops
- Eye patches
- Eyeglasses (without a case)
- Glucose monitor
- Glucose tablets
- Handheld magnifying glass (nonelectric, no case)
- Ice packs/nonelectrical heating pads
- Inhaler
- Medical alert bracelet
- Medical/surgical masks
- Medical rubber gloves
- Nitroglycerin tablets
- Pillow/lumbar support
- Pills
- Stool for elevating a limb
- Walking boot casts

Medical Devices (Attached to a person's body)

- Continuous Glucose Monitor
- Heart rate monitor
- Insulin pump
- Oxygen tank
- Spinal cord stimulator
- TENS units (Transcutaneous Electrical Nerve Stimulation) for nerve pain

Communication Aids

- Hearing aid/cochlear implant
- Vocal cord magnifiers

Mobility Devices

- Cane
- Crutches
- Knee scooter
- Walker
- Wheelchair

Exam Accommodations

General Accommodations

The ABR complies with the Americans with Disabilities Act (ADA) and makes reasonable accommodations in exam procedures for individuals with documented disabilities.

Candidates with disabilities may request modifications in the administration of an exam. The ABR will grant such requests unless modifications would place undue burden on the ABR or fundamentally alter the measurement of the knowledge and skills the exam is intended to assess.

Candidates considering the need for modifications must submit an application ([link below](#)).

All required documentation must be submitted to the ABR no more than one year and no less than six weeks in advance of the exam date. Candidates anticipating the need for accommodations are encouraged to contact the ABR office well in advance to allow sufficient time for producing any required documentation.

Failure to comply with this deadline may result in the candidate being scheduled without special accommodations.

[Application for ADA Accommodations](#)

Once a candidate has been approved for exam accommodations, he or she will receive notification of approval with any updates necessary. Although candidates will register for exams and select start times through myABR, certain accommodations may require modification to existing exam appointments. The candidate will be notified of any changes.

Nursing and Expectant Mother Accommodations

The ABR supports nursing and expectant mothers and makes reasonable accommodations in exam procedures for individuals making a request.

Nursing and expectant mothers may request modifications in the administration of an exam. Candidates must submit a request using the form provided below. Requests must be submitted to the ABR no less than one week in advance of the exam date. Typical accommodations include additional break time. Once an accommodation request is submitted, ABR staff will follow up to inquire about how best to accommodate the candidate's specific needs during the exam event.

[Nursing/Expectant Mother Accommodation Request](#)

Exam Day Check-in

Starting Your Exam Day

You will receive two email notifications with information about starting your exam.

1. Five business days prior to your exam

This notification will contain a link for starting your exam on exam day. *This link is unique to each examinee; please do not share with other test takers.*

2. Exam day

This notification will contain a link for starting your exam on exam day. *This link is unique to each examinee; please do not share with other test takers.*

On exam day, you may also start by logging in to myABR and selecting the Cognitive Expertise option from the left-hand menu.

Third-Party Remote Proctoring

The ABR has partnered with [Proctorio](#)[®], an exam security vendor, to help with check-in and remote proctoring during your exam.

Technical Check

Before starting the exam, you will go through an automated process that validates your system's ability to run the remote proctoring software. This typically starts with the installation of Google Chrome and the Proctorio[®] Google Chrome extension (if not already installed). Once the extension is installed, the system validates the quality of your internet connectivity and confirms the remote system can access your camera and microphone. This process usually takes approximately one minute.

Identification Check

The identification check is performed using an automated process in the exam software. This process requires you to show one of the acceptable forms of identification using the camera connected to your computer. ABR staff will validate the identification during post-exam processes. Personal information is protected using an encrypted key code that is available only to the ABR.

Identification must be from the following list and must include your signature and a recent recognizable photograph. This ID must be current (not expired).

Forms of acceptable identification are:

- Valid driver's license.
- Valid state-issued identification card.
- Valid passport or passport card.

Note: Military identification is not acceptable due to limitations of Title 18, US Code Part I, Chapter 33, Section 701. See more information [here](#).

Room and Workspace Scan

The room and workspace scan is performed using an automated process in the exam software and takes approximately one minute. The automated system will prompt you to do a room scan, turning your web camera in a 360-degree floor to ceiling pan to survey the room and workspace. You will have the opportunity to repeat the room and workspace scan if needed. Be aware that you may need to perform a room and workspace scan multiple times during the exam. The scans are required to show that you don't have prohibited items in the room or on your workspace.

Below is a short overview of the process.

1. The software will check to make sure your webcam and microphone are working properly and that screen sharing has been activated. You will be asked to share your screen.
2. The software will ask you to slowly move the webcam around the room to verify that you are alone and that your desk is clear of prohibited items. Any prohibited items must be removed before your exam can begin.
3. Your exam launch button will be enabled when your exam is fully prepared for delivery.
4. The testing environment will be surveyed by the proctor prior to testing. The testing computer must be in a private room and be able to be used without interruption. Proctorio® will continuously monitor both the test taker and the testing environment.

Refer to the [Location Requirements](#) section for details regarding what is permitted and not permitted in your exam room.

5. No other people (i.e., guests, visitors, family members) are allowed in your testing room.
6. No electronic devices (other than the computer being used to test) are allowed in the room. This includes cell/smartphones, signaling devices such as pagers and alarms, cameras or other photographic or duplicating devices, personal digital assistants (PDAs), recording devices or other hand-held computers, watches, tablets and digital music players (e.g., iPod and iPad).
7. If you need assistance during your exam, please initiate a chat with the online Proctorio® test administrator using the in-exam chat tool.
8. No talking or any other form of communication is permitted once your exam has begun.
9. You are prohibited from reproducing, communicating, or transmitting any exam content in any form for any purpose. Copying or communicating content is a violation of the ABR Exam Security Policy.
10. You may not exit the camera view or use a cell phone or other electronic devices during the exam unless there is a failure in connectivity or you are on a break. You may also use your cell phone or other electronic devices during the intermission.

Side-View Webcam

This exam will require candidates to use a side-view webcam placement during the exam. The primary goal is to optimize the candidate exam experience.

What Needs to Be Visible on the Side-View Webcam Feed?

The side-view webcam placement allows more visibility of the test taker's workspace to ensure a sufficiently secure exam environment. Only one side-view webcam is required. No other webcam is needed during the exam.

The webcam placement must show a clear view of the following:

- Monitors in workspace (only one monitor may be used during the exam).
- Test taker and entire surface of the workspace.
- Dry erase whiteboard (if being used).

Below are a few hints to help you achieve an acceptable side-view webcam feed:

- Place the webcam:
 - at least six inches above the workspace surface;
 - three to four feet away from where you are sitting.
- Webcam cord will likely need to be at least five feet long.
- Use only one webcam during your exam.



✓ Acceptable Side-View

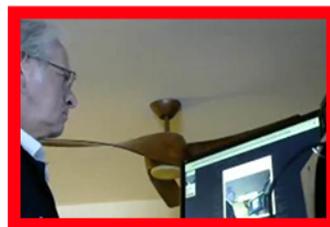


✓ Acceptable Side-View



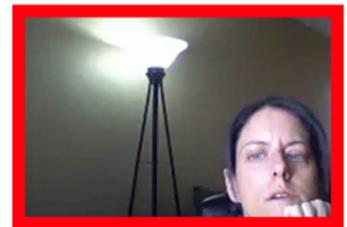
✗ Unacceptable Side-View

Cannot see entire monitor
or entire workspace



✗ Unacceptable Side-View

Cannot see surface
of workspace



✗ Unacceptable Side-View

Cannot see monitor
or entire workspace

Exam Day Logistics

Help Desk

Approximately 48 hours before the exam, you will receive an email with a phone number to be used only for contacting ABR staff for urgent exam day issues. If you have questions prior to exam day, please contact us at information@theabr.org or (520) 790-2900.

Schedule

This table outlines your exam day schedule, including breaks.

Radioisotope Safety Exam (RISE)

Day	Session	Registration / Check-in (minutes)	Number of Questions	Exam Time	Tutorial / Practice (minutes)	Total Exam Time	Break Time ¹ (minutes)	Total Time ²
1	a	10	70	1 hour and 16 minutes	20	1 hour and 36 minutes	10	1 hour and 56 minutes

¹Break time is calculated at 5 minutes per hour (rounded up to the next hour).

You can take more breaks than these; however, your exam time will continue to count down.

²This is the total allotted time for the exam. Your total exam time may be less.

Breaks

Please take time to go through the [Practice Exam](#) to ensure a full understanding of how to start and end breaks, and how content blocking works after you return from a break.

Breaks are provided during each exam session (see chart above). You determine when to take a break and how many breaks are taken. If you exceed the provided break time, you may still take breaks, but it will affect your exam time.

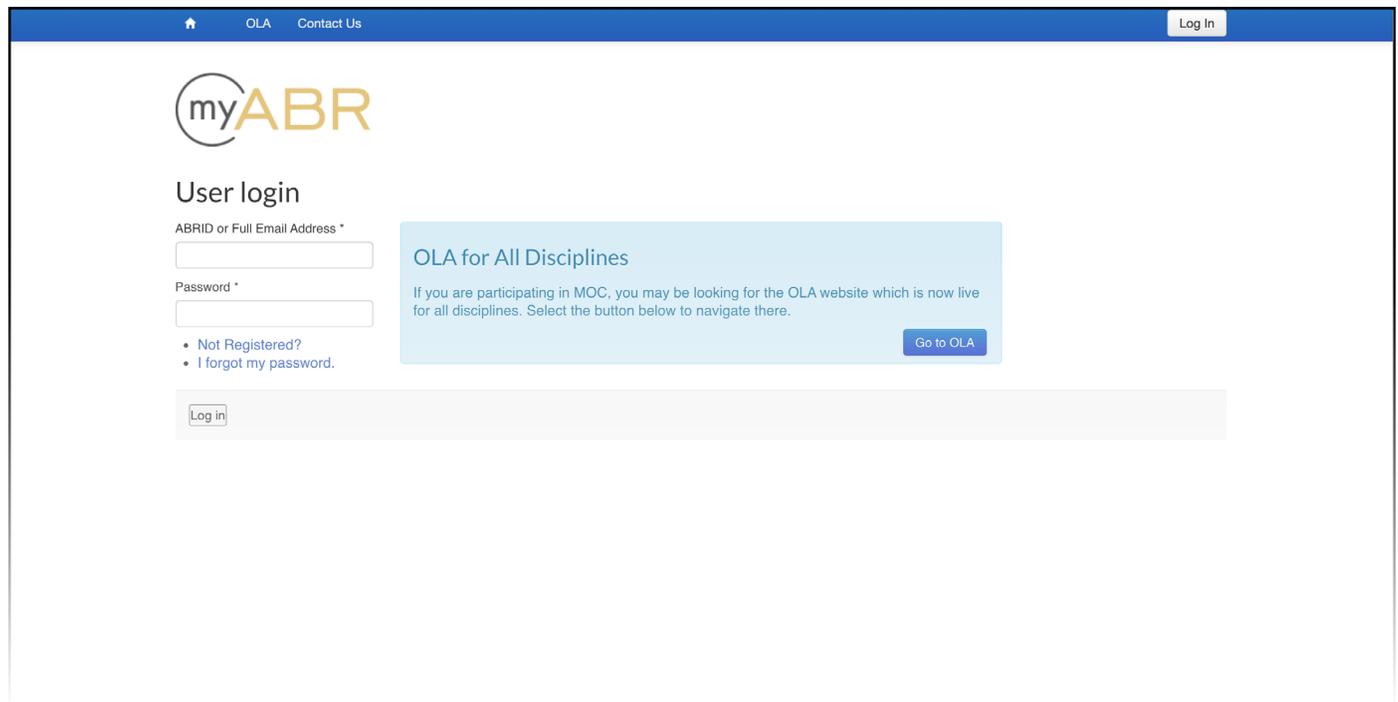
IMPORTANT NOTES: You may leave the room during a break, but you must keep your webcam on and maintain your remote connection. After returning from a break, you will **NOT** be allowed to change (or add) a response to exam questions that were viewed prior to starting the break. This includes all answered, unanswered, and flagged questions.

Scoring and Results Posting

Results for the RISE are posted within approximately four weeks of the exam.

All ABR exam scoring is criterion referenced, meaning that a passing standard is established in advance of the exam. The exam is not graded on a curve and there is no set percentage of failures.

After the exam has been scored, your results will be posted in myABR.



The screenshot shows the myABR user login interface. At the top, there is a navigation bar with a home icon, 'OLA', 'Contact Us', and a 'Log In' button. The main content area features the myABR logo, a 'User login' heading, and two input fields for 'ABRID or Full Email Address *' and 'Password *'. Below the password field are two links: 'Not Registered?' and 'I forgot my password.'. A light blue callout box titled 'OLA for All Disciplines' contains text about MOC participation and a 'Go to OLA' button. A 'Log in' button is located at the bottom of the login form.

Computer-based Remote Exam FAQs

1. How do you know it is really me taking my exam?

Using the computer's webcam, ABR staff will compare the test-taker's face with a photo ID. You must verify your identity during the exam process by showing a picture ID that has your name and photo on the same side.

2. Can I take my proctored exam on a laptop or tablet?

ABR remote exams can be taken on a desktop computer or laptop with a Windows or Mac operating system. You may not use a tablet, iPad, Kindle, or other mobile device.

3. Are secondary or overflow monitors allowed?

Yes. A secondary or overflow monitor is allowed. The monitor must be connected to the computer being used to take the exam and not a secondary device. If you choose to use a secondary monitor, you will need to disable any other monitors connected to your computer.

4. Is software installation required for remote access?

Yes. To take an ABR remote exam with Proctorio®, you must be using the latest version of Google Chrome. You also must install the Proctorio® Chrome browser extension. You can install this extension at getproctorio.com. You only need to install this extension once and it should take less than 30 seconds.

5. Where should I take the remote proctored exam?

Please refer to the information in [Location Requirements](#) for details on the location you choose for your exam.

6. Can I use books or notes during my remote exam?

No. Please refer to [Location Requirements](#) for details.

7. Can I use additional software during my online exam?

No. You must close all other programs or windows on your computer before you begin the exam.

8. What if I need to use the restroom during the exam?

You can select the Break function in the exam software. Any exam content you have seen prior to your break will not be available to answer after you return, so you will want to answer all items that you have seen prior to taking a break. You may also be asked to complete another room and workspace scan after returning from a break.

9. Will there be any room scans after my initial exam check-in is complete?

Possibly. A room and workspace scan can be required at any time during your exam.

10. What if I need extra time to take the exam?

Exam accommodations are available to candidates needing more time to take the exam. Requests for accommodations must be made in advance of the exam date. Please refer to the [Exam Accommodations](#) page on our website for more information.

11. Is someone watching me while I take my exam?

No. The ABR requires video, audio, and screen capture. Proctorio® will store that data and provide a report to the ABR. No Proctorio® employee has access to this data.

12. How do I access my exam on exam day?

Please refer to [Starting Your Exam Day](#) for more information about how to start your exam on your exam day.

13. Do I need to schedule my exam time in advance?

Yes. You will need to complete the exam registration process to secure a slot for a specific exam event. Please see [Exam Registration](#) for more information.

14. If I need help using Proctorio® during the exam, where do I go?

If you need technical assistance during the exam, please use the chat function built into the exam interface.

15. When is support available for the online exam process?

Proctorio® offers full live support 24 hours a day, seven days a week. ABR staff will also be available during exams.

16. Where can I go to learn more about Proctorio®?

Please visit <https://proctorio.com/>.

17. How do I know that my privacy is protected?

Proctorio® uses zero knowledge encryption technology that ensures your information is encrypted when it leaves your computer, is transferred, and then stored in the Cloud. All information collected during the exam is done so securely. The online proctored exam information is stored in a fully secure environment.

18. Will Proctorio® ever obtain or give out my personal information?

Never. Proctorio® does not and cannot collect personal identifying attributes on any user, so there's no information to give to third parties.

19. How do I know that Proctorio® isn't collecting information from my computer when I'm not in an exam?

Proctorio® only runs when you're active in a remote exam session. Since Proctorio® runs in your browser, you can rest assured there's no separate program collecting your data. In addition, you can uninstall the Proctorio® extension from your browser after you have completed the exam.

20. Who can view exam recordings?

Only the ABR can unlock and view the exam recordings, not Proctorio®. Data is secured using a state-of-the-art double encryption technology that ensures that all your exam data is safe from hacking attempts.



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Useful Resources

myABR:

<https://myabr.theabr.org/>

Monitor Performance Self-Check:

<https://www.theabr.org/monitor-performance-self-check-dr-and-ir>

Proctorio®:

[Test Taker Guide](#)

Help Desk:

information@theabr.org

