



**Welcome – we will start at 11:30 PST**

## Preparing for CDE® Exam 2019

Beverly Dyck Thomassian, RN, MPH, BC-ADM, CDE®  
President, Diabetes Education Services

---

---

---

---

---


---

---



---

### Preparing For the CDE® Exam

- Eligibility requirements
- Test Updates
- Get ready for success



\*Certified Diabetes Educator® and CDE® are registered marks owned by NCBDE. The use of DES products do not guarantee successful passage of the CDE® exam. NCBDE does not endorse any preparatory or review materials for the CDE® exam, except for those published by NCBDE.\*

---

---

---

---

---




---

---

---

### Topics

- ▶ Eligibility requirements
- ▶ Definition of a Diabetes Educator
- ▶ Exam content
- ▶ Study strategies
- ▶ Test taking tips
- ▶ [Resources](#)

---

---

---

---

---

---

---

---

## Some Notes of Clarification

- ▶ Diabetes Ed Services has no relationship with National Certification Board of Diabetes Educators (NCBDE).
- ▶ For more info visit [www.ncbde.org](http://www.ncbde.org)

© Copyright 1999-2015, Diabetes Educational Services, All Rights Reserved

---

---

---

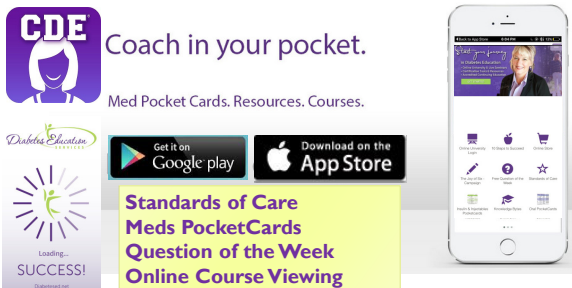
---

---

---

---

## CDE® Coach App – Download Success



The advertisement for the CDE Coach App features the app's logo on the left, which includes a stylized person icon and the text 'CDE Coach in your pocket. Med Pocket Cards. Resources. Courses.' Below this is a 'Loading... SUCCESS!' graphic. In the center, there are two download buttons: 'Get it on Google play' and 'Download on the App Store'. To the right of these buttons is a smartphone displaying the app's interface, which includes a 'Standards of Care' section, 'Meds PocketCards', 'Question of the Week', and 'Online Course Viewing'. The background is a light blue gradient.

Diabetes Education SERVICES

---

---

---

---

---

---

---

## Why Take the CDE® Exam?



- ▶ Demonstrates to people with diabetes, employers, and third party payers that the CDE® possesses distinct and specialized knowledge, thereby promoting quality of care for patients with diabetes.
- ▶ CDE® is the recognized standard for competence in diabetes self-management education.
- ▶ Given the diabetes epidemic, access to CDE®s is critical

Diabetes Education SERVICES

---

---

---

---

---

---

---

## What is a CDE®?

- ▶ A health care professional with comprehensive knowledge and experience in diabetes management, pre-diabetes, and diabetes prevention.
- ▶ Educates and supports people w/ diabetes to understand and manage the condition.
- ▶ Promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## 2019 - Professional Practice Experience – Must meet all

- ▶ A minimum of two years (to the day) of professional practice experience in the discipline under which one is applying for certification
- AND
- ▶ Minimum of 1,000 hours of professional practice experience within the past 4 years in diabetes self-management education with a minimum of 40% (400 hours = about 8 hrs a week) accrued in the most recent year preceding application.
- AND
- ▶ Minimum of 15 clock hours of continuing diabetes education within 2 years prior to applying for certification.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Unique Qualifications Pathway –

- ▶ Designed for health professionals holding an advanced degree in a health related area/concentration
- ▶ This pathway has different eligibility requirements and involves a “pre-application” process plus 2000 hrs DSME.
- ▶ For more: info@ncbde.org or call 877-239-3233



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Professional Degree, DSME Practice Hours, plus CE

- ▶ Only experience occurring AFTER completing your professional degree can be counted toward the Professional Practice Experience requirement.
- ▶ Need 1000 hours of DSME Practice Hours
- ▶ If on Unique Qualifications Pathway, need 2000 hours of DSME



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Practice hours through Volunteering

- ▶ 1000 of the needed professional practice hours can be gained through providing DSME as a volunteer
- ▶ Supervisor must attest that DSME provided meets criteria



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

### 2019 Initial Certification Requirements<sup>1</sup> Review

Please review before completing application.

NOTE: The Certification Examination for Diabetes Educators is designed and intended for health professionals who have responsibilities that include the direct provision of diabetes education (DE), as defined by NCBDE. Refer to Definition of Diabetes Education section, [page 5](#).

<sup>1</sup>This review list represents a summary of requirements. See [pages 4-5](#) for all details.

Yes No

- ☐ ☐ 1. As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician, podiatrist, master certified health education specialist, certified clinical exercise physiologist, registered dietitian, dietitian nutritionist, or registered PA, is your license, certification or registration current, active and unrestricted?

OR

Do you hold a minimum of a master's degree in social work from a United States college or university accredited by a nationally recognized regional accrediting body?

OR

If you do not meet either of these, you are encouraged to investigate NCBDE's Unique Qualifications Pathway. Please visit our website for more information on that pathway.

INITIAL

- ☐ ☐ 2. Has your practice experience occurred within the United States or its territories?
- ☐ ☐ 3. Has all your practice experience occurred since you met requirement #1 above?
- ☐ ☐ 4. Do you have a minimum of 2 calendar years (to the day) of practice experience since you received the license, registration or advanced degree as outlined above?
- ☐ ☐ 5. Have you accrued 1000 hours of practice experience in diabetes education (DE) within the last 4 years?
- ☐ ☐ 6. Has a minimum of 40% (or 400 hours) of the 1000 hours of DE practice experience been accrued within the past year?
- ☐ ☐ 7. Have you completed a minimum of 15 hours of continuing education activities\*\* applicable to diabetes within the past 2 years?

If the answer to any of the above questions is "no", you are not ready to apply for the Certification Examination for Diabetes Educators.

Before submitting an application, please refer to the application checklist on [page 38](#) in the instruction section of the Handbook.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

### Quick Question – Multiple answers

What are some of the underlying themes of the CDE exam?

- a. CDE exam focuses on promoting patient centered compliance
- b. CDEs empower participants to improve diabetes self-management
- c. CDEs incorporate the individuals needs, goals and life experiences
- d. CDE's help all people with diabetes achieve an A1c less than 7%
- e. CDEs collaborate and provide ongoing care



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

### Diabetes Self-Management Education and Support (DSMES)

- ▶ All people with prediabetes and diabetes should participate in DSMES to facilitate the knowledge, skills and ability necessary to self-manage their diabetes.
- ▶ DSMES provides support to implement and sustain skills and behaviors needed for ongoing self-management.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

### Diabetes Self Management Ed Benefits

- ▶ Improves knowledge
- ▶ Lowers A1c
- ▶ Lose weight
- ▶ Improved quality of life
- ▶ Reduced all cause mortality
- ▶ Reduced health care costs



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Diabetes Self Management Ed Benefits

- ▶ Increased primary care and preventive services
- ▶ Less frequent use of acute care and inpt admissions
- ▶ More likely to follow best practice recommendations (esp those with Medicare)
  - ▶ Only 5-7% of Medicare pts receive DSME)



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## DSME Overall Objective

- |                                                                         |                                                                       |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------|
| ▶ <b>Participant Centered</b>                                           | ▶ Avoid judgmental words that increase feelings of shame and/or guilt |
| ▶ Support informed decision making                                      |                                                                       |
| ▶ Problem solving                                                       | ▶ Choose words and phrases that put people first                      |
| ▶ Active collaboration to improve clinical outcomes and quality of life | ▶ Avoid shame and blame                                               |



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Poll Question 0

Which phrase best represents the principles for communicating with and about people living with diabetes.

- A. John is non-adherent to his insulin regimen and is not taking his insulin as prescribed
- B. John is in denial about his diabetes and frequently skips his insulin
- C. John is taking his insulin about 50% of the time
- D. John doesn't seem to care about his diabetes control at this time



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Language of Diabetes Education

### Old Way

- ▶ Control diabetes
- ▶ Test BG
- ▶ Patient
- ▶ Normal BG
- ▶ Non-adherent, compliant

 Diabetes Care.

### New Way

- ▶ Manage
- ▶ Check
- ▶ Participant
- ▶ BG in target range
- ▶ Focus on what they are accomplishing

*What we say matters*

The Use of Language in Diabetes Care and Education  
Diabetes Care 2017;40:1817-1821. DOI: 10.2337/dci.170000. Copyright © 2017 American Diabetes Association. All rights reserved.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Free Resources – Free Webinars

### Language & Diabetes | FREE Webinar & Resources



#### What we say matters.

As educators, advocates, spouses, friends, and providers, our use of language can deeply affect the self-view of people living with diabetes everyday.

The language used in the health care setting is immensely important in determining the success of the interaction and long term relationships.

*Thoughtful communication provides a sense of support and empathy and moves both provider and person with diabetes toward greater satisfaction and success.*

Based on powerful research, there is growing movement within diabetes education and beyond, to rethink the words we use and the approaches we take when providing counsel to people with diabetes.

Let's lift people up by choosing language that is non-judgmental and person centered.

Enjoy our free Language and Diabetes FREE Mini-Webinar to learn more and take your communication to the next level!



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Definition of Diabetes Self-Management Education (DSME)

- Health professionals who have appropriate credentials and experience
- It involves person with prediabetes or diabetes, caregivers and educator
- Defined as **ongoing** process of facilitating the knowledge, skill, and ability necessary for self-care.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Definition of Diabetes Education

**Assessment:** Participant's DE needs are identified with assessment & support of CDE



**Education Plan:** Individualized plan that reflects participant's self-management goals, current evidence and practice guidelines. Includes criteria for evaluating outcomes.



**Interventions:** Educational and behavioral interventions that include strategies directed toward meeting participant's self-management goals.



**Ongoing Support:** Options and resources are provided by the educator and selected by the participant to meet self-management goals



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Definition of Diabetes Education

**Participant Progress:** Educator monitors and communicates whether participant is achieving self-management goals and other outcome(s) to evaluate effectiveness of interventions. Additional assessments are based on participant's needs across lifespan.



**Documentation:** Assessment, education plan, intervention, and outcomes are documented in participant's health record.



**Services Development/Administration:** Development and administrative activities performed as part of DSMES services



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Critical Points to Provide Self-Management Education

- ▶ At diagnosis
- ▶ Annually to assess education, nutrition and emotional needs
- ▶ When new complicating factors arise that influence self-management
- ▶ Transitions in care



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---



## Applying to take the CDE® Exam

At the time of your online application you will receive:

- ▶ On-line notification of either approval
- ▶ Or that you have been selected for audit
- ▶ If you are submitting a paper application, call AMP if it has been more than 4 weeks since application was mailed and you have not received notice of receipt or audit. Call the AMP at (913) 895-4600



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## What is included in audit if requested?

- ▶ Licensure
- ▶ Documentation of Professional Practice Experience –
  - ▶ A journal of weekly hours of providing DSME
  - ▶ Supervisor to verify
- ▶ CE course verification
- ▶ Employment verification signed by supervisor



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Test Taking Window

- ▶ The exam is administered on an ongoing basis
- ▶ Once application approved, candidates must schedule their testing appointment within a 90 day window on a date of their choosing
  - ▶ schedule an appointment to take the examination on a first-come, first-served basis through AMP's online scheduling system
- ▶ See application booklet for more details



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## When will I get my results?

- ▶ You will receive your test results the same day
- ▶ If you take the exam after July 1, 2019, your results will be mailed.
- ▶ You can retake the test as many times as needed
- ▶ Cost –
  - ▶ 1<sup>st</sup> time \$350
  - ▶ Renewal - \$250



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Note from www.NCBDE.org

- ▶ **Beginning July 1, 2019**, updated examination content outline goes into effect.
- ▶ Prior to final scoring, all candidate scores and the passing point will be reviewed to ensure accuracy.
- ▶ Examination scores or pass/fail status will **not** be released at the conclusion of the testing appointments (for a period of time).
- ▶ Every effort will be made to mail score reports as quickly as possible after sufficient data has been collected.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Scoring the Exam

- ▶ Reported as raw and scaled scores
  - ▶ Raw score: number of right answers
  - ▶ Scaled score: statistically derived from the raw score
- ▶ Total score determines pass/fail and is reported as a scaled score ranging between 0 and 99
- ▶ To pass: 70 scaled score units



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## CDE® Exam Pass rates over time

- ▶ 2008 – 80%
- ▶ 2009 – 69 % (test changed based on work study analysis and computerized)
- ▶ 2010 – 69%
- ▶ 2011 -65%
- ▶ 2012 – 63.5%
- ▶ 2013 – 67 and 69%
- ▶ 2014 - 66 and 67%
- ▶ 2015 - 62 and 64% (test updated)
- ▶ 2016 – 67%
- ▶ 2017 – 66%



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Exam Details

- ▶ Questions are linked directly to a task or tasks.
- ▶ Each question is designed to test if the candidate possesses the **knowledge necessary to perform the task or has the ability to apply it to a job situation.**
- ▶ 25 of the 200 questions are new - but are **not** counted in the determination of individual examination scores.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Quick Question – Multiple answers

What are some study strategies that will help you succeed?

- Focus your study time on topics you are confident in.
- Take as many practice tests as possible
- Read as many books on diabetes as possible
- Develop a study plan and block off study time.
- Teach the content to someone else



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Overview of CDE® Exam



- ▶ Composed of 200 multiple-choice, objective questions with a total testing time of four (4) hours.
- ▶ Based on job analysis completed in 2013, which surveyed diabetes educators about the tasks they performed.
- ▶ Exam outline will be updated in July 2019



Diabetes Education  
SERVICES



### Certification Examination for Diabetes Educators

#### Examination Content Outline EFFECTIVE STARTING JULY 1, 2019

##### I. Assessment of the Diabetes Continuum (60)

- Learning (18)
  - Goals and needs of learner
  - Learning readiness (attitudes, developmental level, perceived learning needs, etc.)
  - Preferred learning style (audio, visual, observational, psychomotor, etc.)
  - Technology learning and use (devices, software, apps, virtual coaching, patient portals, etc.)
  - Challenges to learning (concrete vs. abstract thinking, literacy and numeracy, language, cultural values, religious beliefs, health beliefs, psychosocial and economic issues, family dynamics, learning disabilities, etc.)
  - Physical capabilities/limitations (visual acuity, hearing, functional ability, etc.)
  - Readiness to change behavior (self-efficacy, value of change, etc.)
- Health and Psychosocial Status (18)
  - Diabetes-related health history (diagnosis/demonstration, duration, symptoms, complications, treatment, etc.)
  - General health history (family history, allergies, medical history, etc.)
  - Diabetes-specific physical assessment (vitals, skin inspection, extremities, etc.)
  - Current use of technology (insulin, pumps, sensors, apps, software, etc.)
  - Treatment barriers and myths (hypoglycemia, costs, complications, adherence to standards of care, treatment, etc.)
  - Family/caregiver dynamics and social supports
  - Substance use (alcohol, tobacco, caffeine, etc.)
  - Life transitions (living situation, insurance coverage, age related change, etc.)
  - Mental health status (adjustment to diagnosis, coping ability, etc.)
  - Challenges to diabetes self-care practices (cognitive, language, cultural, spiritual, psychosocial, physical, economic, etc.)
- Knowledge and Self-Management Practices (24)
  - Disease process
  - Eating habits and preferences
  - Exercise habits and preferences

- Individualized diabetes education plan based on assessment (learning objectives, sequence of information, selection of content, communication, etc.)
- Instructional methods (discussion, demonstration, role playing, simulation, technology based platforms, etc.)
- Educate based on individualized Care Strategies (24)
  - General topics
    - Classification and diagnosis
    - Modifiable and non-modifiable risk factors
    - Pathophysiology (auto-immunity, monogenic, insulin resistance, secondary diabetes, cardiovascular risks, etc.)
    - Effects and interactions of activity, food, medication, and stress
    - Drug and non-drug treatment options (process, risk/benefit, etc.)
    - Therapeutic goals (A1C, blood pressure, lipids, renal and hepatic function tests, etc.)
    - Customary insulin regimens (A1C, lipids, renal and hepatic function tests, etc.)
    - Customary insulin regimens for decision support (Diabetes Prevention Program, Diabetes Attitudes Wishes and Needs study, clinical trials, etc.)
  - Living with diabetes and prediabetes
    - Healthy eating (nutrition, eating disorders, No Trans fats, etc.)
    - Psychosocial problems (depression, eating disorders, No Trans fats, etc.)
    - Risk/Responsibilities of care (individual, family, team, etc.)
    - Social/Financial issues (employment, insurance, disability, discrimination, school issues, etc.)
    - Lifestyle management
    - Diabetes management (blood glucose logs, food records, etc.)
    - Safety (sharp disposal, medical ID, driving, etc.)
    - Hypertension (blood pressure, etc.)
  - Monitoring
    - Diabetes (insulin selection, continuous glucose monitoring, etc.)
    - Adherence
    - A1C
    - Blood pressure and weight
    - Lipids and cardiovascular risk
    - Diabetes and comorbid conditions (cardiovascular, etc.)



Diabetes Education  
SERVICES

### 2018 CDE Content Outline – use this till July 2019

#### Examination Content Outline

##### I. Assessment of Diabetes and Prediabetes (60)

- Assess Learning/Self-Care Behaviors (20)
  - Goals and learning needs
  - Learning readiness (attitudes, developmental level, perceived learning needs, etc.)
  - Learning style (audio, visual, observational, psychomotor, etc.)
  - Barriers to learning (concrete vs. abstract thinking, literacy and numeracy levels, language, cultural values, religious beliefs, health beliefs, psycho-social and economic issues, family dynamics, etc.)
  - Physical capabilities/limitations (visual acuity, hearing, functional ability, etc.)
  - Readiness to change behavior (confidence in ability to change, value of change, etc.)
- Assess Medical/Health/Psychosocial and Economic Status (20)
  - Diabetes-specific health history (duration, symptoms, complications, adherence to standards of care, treatment, etc.)
  - General health history (family history, allergies, medical history, nutrition history, etc.)
  - Previous and current medication regimen (medication dosage, prescription and nonprescription drugs, herbals, alternative remedies, adverse reactions, etc.)
  - Treatment barriers and myths (hypoglycemia, hypoglycemia, needles, weight gain, etc.)
  - Family/Caregiver dynamics and social supports
  - Substance use (alcohol, tobacco, caffeine, etc.)
  - Developmental transitions and mental health status (age, life stages, coping ability, adjustment to diagnosis, etc.)
  - Specific barriers to diabetes self-care regimen (cognitive ability, language, cultural, spiritual, psychosocial, physical, economic, etc.)
  - Diabetes-specific physical assessment (vision and blood glucose monitoring sites, blood pressure, weight, height, body mass index, lower extremities, acanthosis nigricans, etc.)
  - Diabetes and patient collected data trends (blood glucose, etc.)

- Individualized diabetes education plan based on assessment (learning objectives, sequence of information, selection of content, communication, etc.)
- Instructional methods (discussion, demonstration, role playing, simulation, technology based platforms, etc.)
- Educate based on individualized Care Strategies (60)
  - General topics
    - Classification and diagnosis (ADA Clinical Practice Recommendations, AACE, etc.)
    - Modifiable risk factors (lifestyle behaviors, etc.)
    - Pathophysiology (auto-immunity, MODY, insulin resistance, lipid metabolism, secondary diabetes, etc.)
    - Effects and interactions of physical activity, food, medication, and stress
    - Treatment options (choices, availability, cost, risk/benefit, etc.)
    - Goals of treatment (blood glucose, A1C, blood pressure, lipids, quality of life, prevention of complications, etc.)
    - Purpose of laboratory tests (A1C, lipids, kidney and liver function tests, etc.)
  - Evidence-based diabetes research
    - Psychosocial adaptation (new diagnosis, complications, coping skills, etc.)
    - Psychosocial problems (depression, eating disorders, diabetes, etc.)
    - Risk/Responsibilities of care (patient, family members, team, shared responsibility, etc.)
    - Decision making/Behavior change skills
    - Safety (sharp disposal, medical ID, driving, etc.)
    - Hypertension (blood pressure, etc.)
    - Social/Financial issues (employment, insurance, disability, discrimination, etc.)
  - Metabolic monitoring
    - Glucose (testing sites, meter selection, sensor, etc.)
    - A1C

#### APPENDICES



Diabetes Education  
SERVICES

## Exam Content - Assessment

- ▶ Assessment (60)
  - ▶ Learning/Self-Care Behaviors (20)
  - ▶ Medical, Psycho-Socioeconomic and Health Status (20)
  - ▶ Current Knowledge and Self-Management Skills (20)



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Exam Content - Intervention

- ▶ Intervention (89)
  - ▶ Collaboration with Patient, Family, Caregiver, and Healthcare Team (16)
  - ▶ Teach/Counsel Regarding Principles of Diabetes Care (50)
  - ▶ Evaluate, Revise and Document (17)
  - ▶ Follow-up and Referral Recommendations (6)



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Exam Content – Disease Management

- ▶ Education and Program Standards (26)
  - ▶ National Standards for Diabetes Self Management Education (8)
  - ▶ Clinical Practice (16)
    - ▶ Inpt and Outpt Standards for ADA, AACE
  - ▶ Promote Diabetes Advocacy (2)
- ▶ For detailed outline look in Testing Handbook



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Linked-In Post directly from NCBDE posted on Linked In 2015

- ▶ Exam questions are tied directly to a task on the exam content outline.
- ▶ A helpful idea- think outside your area of practice or population when reviewing the exam content outline
  - ▶ work with an adult population - think about pediatrics or gestational –
  - ▶ or mainly Type 1 population - think about Type 2 population.
- ▶ Look for resources (whether say c.e. activities or hard copy/online resources) that will help you address those areas of weakness.
- ▶ Hope that helps and best of luck!



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

---

---

### Articles to Review



**ADA Standards of Care 2019** - This yearly publication by the American Diabetes Association outlines the goals of care for diabetes management. Since it is evidence based, it includes a useful summary of the latest research that the goals are based on. A must read if you are entering the diabetes field or preparing to take the CDE® or BC-ADM Exam.

**Purchase the 2019 ADA Standards of Care** - \$20

**Screening and Diagnosis of Diabetes Mellitus 2019** - One page cheat sheet that summarizes screening, risk status and diagnostic criteria for diabetes.

The NCBDE Handbook provides a complete review of exam qualifications and details.

- **2019 Certification Examination for Diabetes Educators Handbook**
- **CDE Exam Content Outline NCBDE** - A two page tool to assess your pre-test knowledge
  - ▶ If you are taking the exam prior to July 1st, please use the 2018 CDE Exam Content Outline.
  - ▶ If you are taking the exam after July 1st, please use the 2019 CDE Exam Content Outline.

**Use of Language in Diabetes Care and Education - 2017 ADA & AACE**

Language is powerful and can have a strong impact on perceptions as well as behavior. This article provides recommendations for language used by health care professionals and others when discussing diabetes through spoken or written words whether directed to people with diabetes, caregivers, or the general public, as well as research questions related to language and diabetes.

**AACE 2018 Diabetes Management Algorithm Slide Summary** - A slide set summary of the ACE/AACE Statement by an American Association of Clinical Endocrinologists/American College of Endocrinology Consensus Panel on Type 2 Diabetes Mellitus. Encourage all those planning to take CDE® exam to review this info carefully.

**AACE Type 2 Diabetes Management Algorithm and Executive Summary - 2018**

A detailed summary that provides in depth explanation for the Diabetes Algorithm Slides. Proven comprehensive care plan for people with diabetes, published by the American Association of Clinical Endocrinologists and American College of Endocrinology.

**2017 National Standards for Diabetes Self-Management Education and Support** - A joint position statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. An important document to review for those providing Diabetes Self-Management Education or those considering take the certification exam.

**ADA - White Paper on Continuous Subcutaneous Insulin Therapy 2018** - This paper outlines the topics that should be covered by diabetes educators when teaching patients and families or significant others about insulin pump therapy.

**ADA 7th Self-Care Behaviors** - A must read for anyone entering the field of Diabetes or as a reference for those already in the field. These 7 Self-Care Behaviors™ provide a framework for patient centered diabetes self-management education and training (DSME/CT) and care.

**Cholesterol and Blood Pressure Medications** - Since many people with diabetes are at risk for heart disease, those

# What to Study?



Free Resources > CDE Exam

Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

---

---

## DiabetesEd.net

---

---

---

---

---

---

---

---

---

---

## Get Started Tab

### Start Your Journey

Ready to take your Diabetes Knowledge to the next level?  
We believe in our success! Prepare for the exam, earn your CE's, gain confidence as an educator and more!

#### Preparing for the CDE® Exam?

Based on student feedback and 25 years of CDE® coaching experience, Coach Beverly recommends the following material list for CDE® Exam success.

#### 10 Step to Succeed | Pass the CDE®

#### Coach Beverly's Study Kits



#### Looking to study through our Online University?

Diabetes Education Services Online University Courses are an excellent way to study for your exam anytime and anywhere that is convenient for you. You will have immediate access to your courses for 1 year after your purchase date. Each individual online course includes a 90 minute video presentation, podcast, practice test and additional resources.

View our Online University Course Catalog

1 - Year Subscription Package - All Diabetes Ed courses - \$8.25 CE's

CDE® Prep Bundle - Level 1, 2, 3 - 35.30 CE's



Books & Teaching Tools  
**SHOP AND SAVE**



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

---

---



- ▶ Our Level 3 Boot Camp CDE® is the next step on **your path** to becoming a Certified Diabetes Educator - \$269
- ▶ Designed to help you pass the CDE® Exam.
- ▶ 2019 series recorded and ready for viewing
- ▶ Series of 9 Courses – Join live or listen later
- ▶ Live course series will start again July 1, 2019



DiabetesEdUniversity.com

Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

---

---

## Diabetes Ed Course – Earn 32 CES



- ▶ 21 CE's for the Live Seminar plus – Friends Discount, save \$80
- ▶ 10 Bonus Online Courses, Earn 11.0 CE's – we include the content that *best* helps you succeed at the CDE® Exam and clinical practice.
- ▶ Plus 100+ page syllabus, healthy breakfast all days, gourmet lunches, CE certificates and a fun and engaging learning environment.
- ▶ Course fee of \$599



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

---

---

## Taking the Test

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Reading too Fast Pitfalls

- ▶ Choosing a “good” answer, but not the right one for the **stem**
  - ▶ key intent of question
- ▶ Failing to read an important words (always, never, most, probably, usually)
- ▶ Choosing an answer you did not understand because the others seem too easy



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Empowerment Errors

- ▶ Focusing on the medical need rather than the psychosocial needs
- ▶ Failing to keep in mind the patient’s characteristics (age, type of diabetes, etc.)
- ▶ We are supporting patients efforts toward behavior change.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---



## Thinking Pitfalls

- ▶ Imaging a right answer and getting thrown when it is not among the choices
- ▶ Over thinking question/answers
- ▶ Choosing an answer that did not fit the situation
- ▶ Using the goals in your clinical setting. Focus on national goals.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Take a Practice Test – Learn how to “work” test questions

- ▶ Weed through the details
- ▶ Make sure you REALLY understand key intent of question
- ▶ Find the stem
  - ▶ Identifies key intent of the question
- ▶ Read all the options or answers
- ▶ Eliminate obvious wrong answers
- ▶ Select **BEST** option



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Look for Clues in The Answers

- ▶ Answers with the following words are usually **incorrect**: always, never, all, none, only, must, and completely
- ▶ Answers with the following words are usually **correct**: seldom, most, generally, tend to, probably, usually



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Getting to the Right Answers



- ▶ Do not leave any answers blank
- ▶ Look for clues in the question
- ▶ Don't get lured in by juicy answers
- ▶ Avoid imposing your life experience into the question/answer
- ▶ Keep breathing – Get up and move
- ▶ Even simple math problem should be worked out on scratch paper



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Three Types of Questions

- Recall – facts, principles, procedures
- Application – ie – application of knowledge that varies based on pt characteristics
- Analysis – integration or synthesis of a variety of concepts or elements (ie evaluating complex problems with many variables.



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Sample Question -1

- ▶ A patient is admitted to the hospital with elevated glucose levels with a strong family history of diabetes. She is started on fluid replacement and is placed on a clear liquid diet. Her father is in the room and is very concerned. Which of the following would suggest a diagnosis of new onset type 1 diabetes vs type 2 diabetes?
  - A. Hyperglycemia
  - B. Polyuria
  - C. Ketosis
  - D. Polydipsia



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Sample Question 2

- ▶ MJ has type 1 diabetes and wants to know the possible complications that can result from hyperglycemia during the first trimester of pregnancy. Which of the following complications can result from 1<sup>st</sup> trimester hyperglycemia?
  - A. macrosomia
  - B. vascular defects
  - C. shoulder dystocia
  - D. spina bifida



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Vignette Style Question

- ▶ Read the following vignette to answer the next 3 questions.
- ▶ A 47 yr old man with newly diagnosed type 2 diabetes. Additional known information.
  - ▶ Married, with 2 teenagers
  - ▶ Professor, obese
  - ▶ Started on Metformin 500mg BID
  - ▶ Father died of kidney failure secondary to diabetes



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Vignette Style Question 1

- ▶ Given what you know about this patient, what emotions would you expect him to express?
  - A. Fear of hypoglycemia
  - B. Reluctance to start on insulin
  - C. Panic disorder
  - D. Fear of complications

▶ analysis



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Vignette Style Question 2

► What is most likely to be a potential barrier to lifestyle change?

- A. Difficulty exercising due to obesity
- B. Excessive alcohol intake
- C. Teenage children
- D. Long work hours



► analysis



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Vignette Style Question 3

► The patient requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?

- A. 1,200 calorie exchange plan
- B. Avoid all concentrated sweets
- C. Eat 3 meals a day with snacks in between
- D. Healthy eating based on the "My Plate" method

► application



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

## Sample Question 3

Metformin is an antidiabetic agent different than that of sulfonylurea drugs. Some features of the drug are that it:

- A. Stimulates insulin secretion and increases hepatic glucose production.
- B. Causes hypoglycemia
- C. Lowers hyperglycemia in persons with diabetes, but does not lower blood glucose levels in people without diabetes.
- D. Results in weight gain and increase in plasma glucose levels.

recall



Diabetes Education  
SERVICES

---

---

---

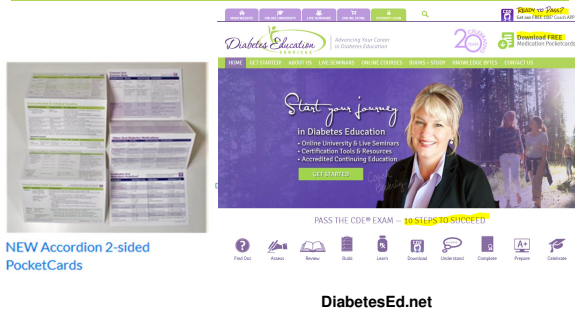
---

---

---

---

## Med and Insulin PocketCards



---

---

---

---

---

---

---

---

## Sample question 4

A person with type 2 is on a twice daily dose basal/bolus insulin and complains of waking up with morning headaches. If the fasting capillary BG is 291, this person should be advised to:

- A. Increase evening dose of basal insulin
- B. Increase morning dose of bolus insulin
- C. Check 3am blood glucose
- D. Eliminate bedtime snack

analysis



---

---

---

---

---

---

---

---

## Study Habits

- ▶ Find your best time of day to study
- ▶ Determine your learning style
  - ▶ Auditory – discussion, study groups, tapes
  - ▶ Visual – books, handouts, notes, videos
  - ▶ Kinesthetic – workshops, demonstration
- ▶ Set up a study space
- ▶ Set up a study plan
  - ▶ Schedule your time
  - ▶ Make an appointment with yourself



---

---

---

---

---

---

---

---

## Study Group

- ▶ Set a location, time and schedule
- ▶ Have an agenda
- ▶ Set the rules
  - ▶ Everyone does their share
  - ▶ Everyone commits to attend
- ▶ Can be a great source of moral support and can help decrease test anxiety



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Study Time

- ▶ Review of what you know: 30 to 40%
- ▶ Learning new materials: 60 to 70 %
- ▶ CDE® prep courses, flash cards & sample tests
- ▶ Teach the content to someone else
- ▶ Use down time/waiting time productively



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## Knowledge = Confidence

- ▶ Most important aspect of test taking
- ▶ Knowing the content will improve your confidence
- ▶ As you study your knowledge base expands



Diabetes Education  
SERVICES

---

---

---

---


---

---

---


---

## 208 Test Questions



ONLINE UNIVERSITY

DiabetesEdUniversity.com  
\$49 for both (208 Questions)




Test Taking Toolkit - 200+ practice questions

**\$ 49.00**

Quantity:



[Add to Cart](#)



DESCRIPTION REVIEWS

**Title:** Test Taking Toolkit

Whether you are preparing for the CDE® or BCADM exam, this test taking toolkit is designed to prepare you for success. This toolkit includes two courses with over 200 practice questions to help you prepare and simulate the exam. Plus, we have added a FREE bonus course, Language and Diabetes - What we say matters. Coach Beverly added this course because she believes it contains critical content for the exam and for our clinical practice!

---

---

---

---

---


---



---

---

## Combating Test Anxiety

- ▶ Positive thinking and affirmations
- ▶ Use relaxation techniques we teach pts
- ▶ Take practice exam
- ▶ Rest well night before
- ▶ Know how to get to test site
- ▶ Arrive at exam room early
- ▶ Know your stuff – self-study or courses



---

---

---

---

---

---

---

---

## Diabetes Ed Course – Earn 32 CES



Meet us in San Diego!

September, 4 – 6, 2019

Live Seminar w/ Beverly & Team

Diabetes Educator • Level 2

- ▶ 21 CEs for the Live Seminar plus – Friends Discount, save \$80
- ▶ 10 Bonus Online Courses, Earn 11.0 CEs – we include the content that *best* helps you succeed at the CDE® Exam and clinical practice.
- ▶ Plus 100+ page syllabus, healthy breakfast all days, gourmet lunches, CE certificates and a fun and engaging learning environment.
- ▶ Course fee of \$599




---

---

---

---

---

---

---

---

## CDE® Success Page



**I passed the CDE exam! Yippee!**  
 I'm SO glad I took the CDE Boot Camp class online as the exam was even harder than I expected. Thanks for your tips for passing! I will happily recommend your course to anyone planning to take the CDE. — Alana Busekrus, BSN, RN, CDE

[Read More Reviews](#)

Enroll at [www.DiabetesEdUniversity.com](http://www.DiabetesEdUniversity.com)



Diabetes Education  
SERVICES

---

---

---

---


---

---



---

---

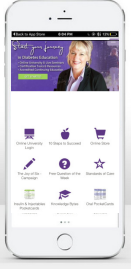
## CDE® Coach App – Download Success



**Coach in your pocket.**  
 Med Pocket Cards. Resources. Courses.

Get it on  **Google play** | Download on the  **App Store**

**Standards of Care  
 Meds PocketCards  
 Question of the Week  
 Online Course Viewing**




Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---

## You are Going to Do Great!



DiabetesEd.net  
 Facebook – Diabetes Educational Services



Diabetes Education  
SERVICES

---

---

---

---

---

---

---

---