

Preparing For the CDE® Exam

- Eligibility requirements
- Test Updates
- Get ready for success



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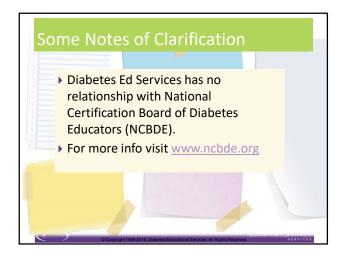
Diahetes Education

Topics

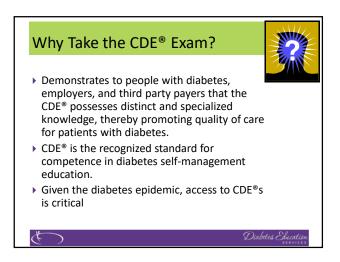
- ▶ Eligibility requirements
- ▶ Definition of a Diabetes Educator
- ▶ Exam content
- Study strategies
- ▶ Test taking tips
- ▶ <u>Resources</u>











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.





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.



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





Professional Degree, DSME Practice Hours, plus CE

- Only experience occurring <u>AFTER</u> 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

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





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Prom NCBDE Handbook **Note: The Cartification Examination for Databeta Educations (adapted and betracted for health professionals who have responsibilities that include the direct provision of disbetes education (DE), as defined by NCBDE. Refer to Definition of Disbetes Educations (adapted and betracted for health professionals who have responsibilities that include the direct provision of disbetes education (DE), as defined by NCBDE. Refer to Definition of Disbetes Education section, pages. **This review list represents a summary of requirements. See pages #.5 for all dotates. **You be considered psychologist, registered arrare, occupational therapist, education, specialist, certified clinical overcise physical psychologist, registered detation, detation unstrained. Professional control intervention of Post the temporal physical therapist, described the detation specialist, certified clinical overcise physical psychologist, registered detation, detation unstrained. **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. Prease visit our website for mole information in the pathway. **On the properties of the professional pathway.** **If you practice experience occurred while the Unificated States on the temporal pathway.** **If you practice experience occurred while the Unificated States on the Institute of the Norman engineration of a pathway.** **If you practice experience occurred within the Unificated States of the Institute of the Norman engineration of pathway.** **If you practice experience occurred within the Unificated States of the Institute of the Norman engineration of pathway.** **If you practice experience occurred within the Unificated States of the Institute States of the Institute States of the Institute States of the Institute States of the Ins

Quick Question – Multiple answers

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

- a. CDEs create behavior change goals to motivate individuals
- b. CDEs empower individuals 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 Educatio

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 selfmanage their diabetes.



 DSMES provides support to implement and sustain skills and behaviors needed for ongoing self-management.



Diabetes Education

Diabetes Self Management Ed Benefits

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



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Diabetes Self Management Ed Benefits

- Increased primary care and preventive services
- Less frequent us 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

DSME Overall Objective

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



Diahetes Education

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



Language of Diabetes Education

Old Way

▶ Control diabetes

- ▶ Test BG
- ▶ Patient
- ▶ Normal BG
- Non-adhered
- Non-adherent, compliant

American Diabetes Care.

The Use of Language in Diabetes Care and Education

New Way

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

What we say matters



Free Resources — Free Webinar & Resources 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 result in the 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 coursel to people with diabetes. Let's lift people up by choosing language that is non-judgmental and person centered. Eripy our free Language and Diabetes FREE Mini Webinar to learn more and take your communication to the next level!

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.



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 Ongoing Support: Options and resources are provided by the educator and selected by the participant to meet self-management goals **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 Critical Points to Provide Self-Management Education ▶ At diagnosis ▶ Annually to assess ASSISTANCE education, nutrition and emotional needs When new complicating factors arise that influence self-management ▶ Transitions in care

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







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

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



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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 -
 - ▶ 1st time \$350
 - ▶ Renewal \$250





Diabetes Education

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.



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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





CDE® Exam First Time Pass rates

- ▶ 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%
- **▶** 2018 67%



Diabetes Education

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.





Quick Question – Multiple answers

What are some study strategies that will help you succeed?

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



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 2018, which surveyed diabetes educators about the tasks they performed.
- ▶ Exam outline updated in July 2019



Diabetes Education



Exam Content - Assessment

- Assessment (59)
- ▶ Learning (19)
- ▶ Health and Psychosocial Status (19)
- ▶ Knowledge and Self-Management Practices (21)





Exam Content - Intervention

- ▶ Intervention (89)
 - Collaboration with Individual, Family, Caregiver, and Healthcare Team (18)
 - ► Educate based on individualized care strategies (35)
 - Meds, MNT, acute and chronic complications, problem solving
 - ▶ Evaluate, Revise and Document (26)
 - ▶ Follow-up, support and referral (9)



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Exam Content – Disease Management

- ▶ Education and Program Standards (28)
 - ▶ Education services standards
 - National Standards for Diabetes Self Management Education and Support (8)
 - ▶ Clinical Practice (18)
 - ▶ Inpt and Outpt Standards for ADA, AACE
 - ▶ Promote Diabetes Advocacy (2)



▶ For detailed outline look in Testing Handboo

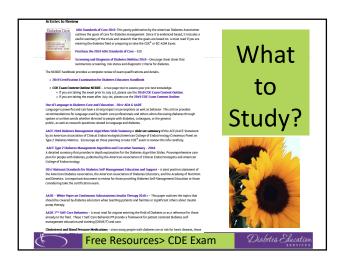


Diabetes Educatio

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

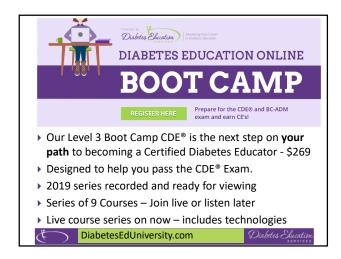
- Exam questions are tied directly to a task on the exam content outline.
- A helpful idea- think outside your area of practice or population when reviewing the exam content outline
- work with an adult population think about pediatrics or gestational –
- or mainly Type 1 population think about Type 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!

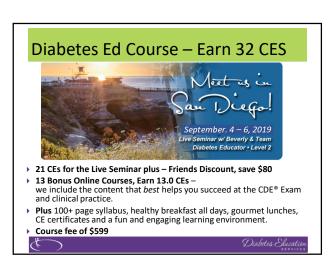


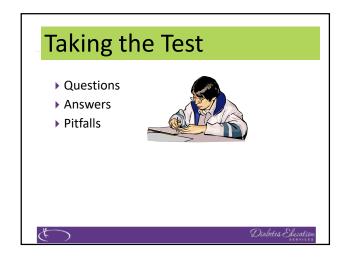












Reading too Fast Pitfalls

- ▶ 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



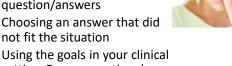
Empowerment Errors

- ▶ 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.



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
- ▶ Using the goals in your clinical setting. Focus on national goals.





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





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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



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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



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.



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
- C. Ketosis
 D. Polydipsia





Diahetes Education

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 1st trimester hyperglycemia?
 - A. macrosomia
 - B. vascular defects
 - C. shoulder dystocia
 - D. spina bifida



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 with a BMI of 32
 - ▶ Started on Metformin 500mg BID
 - Father died of kidney failure secondary to diabetes



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Vignette Style Question 1

- Given what you know about this person, 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



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Vignette Style Question 2

- What is most likely to be a potential barrier to lifestyle change?
 - A. Difficulty exercising
- B. Excessive alcohol intake
- C. Teenage children
- D. Long work hours



analysis

Vignette Style Question 3

- The person 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. Eliminate 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

Sample Question 3

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

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

recall



Diabetes Lucation



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



Diabetes Education

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





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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



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





Knowledge = Confidence

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





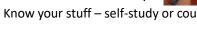


Combating Test Anxiety

- ▶ 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



- 21 CEs for the Live Seminar plus Friends Discount, save \$80
- 13 Bonus Online Courses, Earn 13.0 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



