



Preparing for BC-ADM

Board Certification in Advanced Diabetes Management

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Topics

- Qualifications to take the exam
- Applying for exam
- Exam content
- Study strategies
- Test taking tips
- Resources



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Professional Qualifications to take BC-ADM- excerpted from AADE

Eligibility Criteria	Registered Nurse	Registered Dietitian	Pharmacist	Physician Assistant	Physician
Licenses/Registration	Current, active RN license	Current, active dietitian registration	Current, active pharmacist registration/licensure	Current active physician assistant license	Current active MD/DO license
Advanced Degree	Master's or higher degree in a relevant clinical, educational, or management	Master's or higher degree in a relevant clinical, educational, or management	Master's or higher degree in a relevant clinical, educational, or management PharmD	Master's or higher degree in a relevant clinical, educational, or management	MD/DO
Experience	500 clinical practice hours within 48 months prior to taking certification examination. (Clinical hours must be after relevant licensure and advanced degree has been obtained.)				

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Why Take the BC-ADM Exam?



- ▶ Validates a healthcare professional's specialized knowledge and expertise in the management of people with diabetes.
- ▶ May provide future opportunities to work more independently and be reimbursed for advanced level care?



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Role of BC-ADM

Skillfully manages complex patient needs and assists patients with therapeutic problem-solving.

Within their scope of practice, the BC-ADM:

- ▶ Adjust medications,
- ▶ Treat & monitor acute & chronic complications
- ▶ Counsel patients on lifestyle modifications
- ▶ Address psychosocial issues,
- ▶ Participate in research and mentoring.



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CDE Vs BC - ADM

CDE

- ▶ Supports and educates people affected by prediabetes and diabetes to understand and self-manage
- ▶ Individualize behavior and treatment goals to optimize health outcomes.

BC-ADM

- ▶ Must have Master's
- ▶ Management of diabetes and comorbidities
- ▶ Increased complexity of decision making



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Bev's Perspective

- ▶ First took exam in 2001 (before kids)
- ▶ Strong background in inpt management
- ▶ Passed test – but opened another professional door – expanded my perspective, encouraged learning
- ▶ Created Critical Assessment Course as result
- ▶ Member of team that provided “Review Course” for ANCC in mid 2000s
- ▶ Retook exam in 2006
- ▶ Renewed by completing a bunch of stuff - 2011
- ▶ Declined to participate in committee to update exam in 2011 (although I really wanted to)



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Current Role

- ▶ Diabetes Program Manager
 - Inpatient diabetes management
 - ADA Recognized Outpt Program
 - Outcome Measurement
 - Training of Staff
 - Policies and Procedures
 - Medication Adjustment Suggestion
 - Teach Classes
 - Write articles



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Board Certification –Advanced Diabetes Management (BC-ADM) Description

- ▶ “The depth of knowledge and competence in advanced clinical practice and diabetes skills affords an increased complexity of decision making which contributes to better patient care.”

- *Excerpted from AADE website*



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Becoming a BC-ADM



...provides opportunities for health care professionals to expand their roles beyond traditional boundaries and to demonstrate their effectiveness in performing at an advanced level of practice

Anne Daly, MS, RD, BC-ADM, CDE

ADVANCED Practice in Diabetes Care *Diabetes Spectrum* January 2003 vol. 16 no. 1 24-26



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2016 – Qualifications

- ▶ Clinical licensure plus advanced degree as outlined

AND

- ▶ 500 clinical practice hours in *advanced diabetes management* within 48 months prior to taking the exam



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Your questions



- ▶ For the 500 hours, what is considered advanced diabetes management?
- ▶ How do you document your hours?
- ▶ As a CDE, how will this expand my role?
- ▶ Is the AADE version of the BC-ADM Exam is very much like the CDE Exam?



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Advanced Level Activities of BC-ADM

- ▶ Patient management skills such as
 - ▶ medication adjustment,
 - ▶ medical nutrition therapy,
 - ▶ exercise planning,
 - ▶ counseling for behavior management and psychosocial issues.
- ▶ Attaining optimal metabolic control in the diabetic client may include treatment and monitoring of acute and chronic complications.
- ▶ Research and mentoring



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Application Process

- ▶ Window to apply for Summer testing
 - ▶ May 1- Take test in June
- ▶ Window to apply for Winter testing
 - ▶ November 1- Take test in December
- ▶ Once you receive confirmation of eligibility
 - ▶ schedule an appointment to take the examination on a first-come, first-served basis through Castle's online scheduling system
 - ▶ Complete 30 days prior to the opening of the testing window



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Applying to take the BC-ADM Exam



You need to register with Castle Approved Testing Centers

- ▶ at www.castleworldwide.com/aade
- ▶ Apply online
- ▶ Applications accepted on a continual basis



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What application materials do I need to submit?

► Completed application including

- Proof of Licensure
- Documentation of 500 Advanced Practice Clinical Hours
- Diploma of Master's level (or higher)
- Payment
 - AADE Members = \$600
 - Non AADE Members = \$900
 - Recertification \$500 / \$800



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Renewal

Recertification Requirements

Professional Development plus Practice Hours:

- Hold a current, active RN, RD, RPh, PA, or MD/DO license in a state or territory of the U.S. or the professional, legally-recognized equivalent in another country;
- Hold a current BC-ADM certification;
- Complete the professional development requirements for your certification specialty (must be completed within the five (5) years preceding your renewal application submission);
- Complete a minimum of 1,000 practice hours in your certification role and population/specialty (must be completed within the five (5) years preceding your renewal application submission); and
- Pay the renewal fee.

Recertification Fees

- \$500.00 - AADE members
- \$800.00 - Non AADE members

6 Categories

- 75 CE's
- Academic Credits
- Presentations
- Publication or Research
- Preceptor
- Volunteer Service



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Overview of BC-ADM Exam

- Composed of 175 multiple-choice, objective questions.
- Total testing time of four (3.5) hours.
- Results will be mailed within 6-8 weeks after the close of the testing window.
- Can retake test for fee 2xs in yr
- Questions? –
 - AADE (919) 572-6880 or website



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Practice Test Available?

► Yes, through AADE

Practice Exam is Available

AADE offers a 75 item timed online practice test for the Board-Certified Advanced Diabetes Management Certification exam. This practice test reflects current exam content. All items are multiple-choice format. Similar to the certification exam, this practice test includes items that reflect tasks and

AADE Candidate Handbook
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Candidates are provided with an overall score plus information about their performance across each of the four domains tested on the practice test. This test does not provide information about correct/incorrect responses at the item level.

For more information on the practice exam visit the BC-ADM page on the AADE website at:
<http://www.diabeteseducator.org/ProfessionalResources/Certification/BC-ADM/>



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Exam Details

- 25 of the 175 questions are pretest questions and are **not** counted in the determination of individual examination scores.
- Candidates score is based solely on the 150 scored questions



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BC-ADM Exam Content - 2016

Exam Blue Print

(Complete exam outline can be found in the [Candidate Handbook](#))

Category Domains of Practice		No. of Questions	Percent
I	Assessment and Diagnosis	47	31%
II	Planning and Intervention	48	32%
III	Evaluation and Follow-up	37	25%
IV	Leadership and Advanced Professional Practice	18	12%
Total		150	100%



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I - Assessment & Diagnosis – 47 questions

Subdomains listed below

- ▶ Therapeutic interviews – 4
- ▶ History, physical exam across lifespan – 6
- ▶ Physiology and pathophysiology relating to prediabetes, diabetes and comorbidities – 5
- ▶ Self-care behavior, mental health assessment – 5
- ▶ Health care resource assessment - 3
- ▶ Standards of diabetes care – AADE /AACE – 5
- ▶ Analysis of complex data sets – 5
- ▶ Screening and diagnostic criteria – 4
- ▶ Synthesis of information from test/assess – 6
- ▶ Differential diagnosis/ problem list – 4



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II. Planning and Intervention - 48

- ▶ Standards of Care re: intervention – 8
- ▶ MNT and Exercise prescription – 7
- ▶ Pharmacologic therapy – 10
- ▶ Surgical Options for DM Management – 4
- ▶ Technology Options (Pump, CGM, etc) – 7
- ▶ Individualization/ Priority of Care – 7
- ▶ Collaboration, Referral and Coordination - 5



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Evaluation and Follow-Up - 37

- ▶ AADE 7 Self-Care and Goal Setting – 6
- ▶ Standards of Care AADE, ADA – 8
- ▶ Outcome and treatment results – 8
- ▶ Goal Achievement (SMART) – 7
- ▶ Plan Modification – 8



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Leadership and Professional Practice -18

- ▶ Regulatory, accreditation/recognition disease management, reimbursement and standards - 5
- ▶ Program development and CQI – 3
- ▶ National Health Initiatives, Prevention and Public Health
- ▶ Scholarship (research, dissemination, mentoring) – 4
- ▶ Community Programs / Outreach -4



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Leadership and Professional Practice

Subdomain 1: Regulatory, accreditation/recognition, disease management, and reimbursement program and standards for institutions and providers.		5 Items on the exam
a. Joint Commission		
b. Patient Centered Medical Homes		
c. HEDIS		
d. ADA		
e. AACE		
f. Medicare		
g. OSHA		
h. CLIA		
i. HIPAA		
Subdomain 2: Program development and Continuous Quality Improvement (CQI)		3 Items on the exam
a. Education Recognition Program (ERP)		
b. Diabetes Education Accreditation Program (DEAP)		
c. Models for CQI		
d. Basic steps in program development and sustainability		
Subdomain 3: National health initiatives, prevention strategies, and public health and policy trends		3 Items on the exam
a. National health initiatives		
b. Prevention strategies		
c. Public health and policy trends		



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Your questions

- ▶ What standards are used? ADA, AACE and from which year?
- ▶ What are the most important study tools?
 - ▶ ADA and AACE Stds / Clinical Guidelines
 - ▶ Nurses Complete Guide to Diabetes Care
 - ▶ Level 4 Online Courses – Special Pops
- ▶ What is best source of info on newer diabetes medications?
- ▶ Passing score?
- ▶ Passing rate? ~ 75%

The AACE BC-ADM uses the following scale:

	Minimum Score	Maximum Score	Passing Score
BC-ADM	200	500	350



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Resources – DiabetesEd.net

Resources – Level 4

Level 4 – Online course for the Advanced Diabetes Professional

Learn from the comfort of your own computer, earn CE's and expand your diabetes knowledge base.

These courses are specifically geared toward Advanced Practice and experienced health care professionals who provide high-level diabetes management and care. This fast paced content is designed to build on previous significant diabetes management experience and for those considering becoming Board Certified in Advanced Diabetes Management (BC-ADM). Our online programs are accredited by the National Commission on Dietetic Registration (CDR), which mean all hours earned can be applied to your CDE. If you need hours to apply for or renew your Certified Diabetes Educator® (CDE®), our class hours of instruction count toward your CDE® regardless of your profession.



Online Course Topics Below

You can purchase individual courses for \$29 each (see below) or purchase online CE Bundles by topic and **save 49%**. You choose which is best for you.

- View Level 4 Advanced Bundle - includes courses below | Earn 6.75 CE's >>
- View Free Live or recorded Webinar on Preparing for the BC-ADM exam >>



Other Clinical Books that will Help

www.DiabetesEd.net



AADE – The Art and Science of Diabetes Self Management Ed and Review Guide–



A&S for \$229
Both for \$279

www.DiabetesEd.net





Advanced Practice Courses

- ▶ Live Seminar
 - ▶ San Diego in Sept – enjoy the beauty while learning
- ▶ Online University – Level 4 | For Advanced Practice
 - ▶ Critical Assessment
 - ▶ Lower Extremity Assessment
 - ▶ Basal Bolus Therapy
 - ▶ Insulin Management
 - ▶ New Horizons
 - ▶ Meds Management for Type 2 – New in 2016



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Resources – DiabetesEd.net

Resources – Level 4

- ▶ ADA Standards of Care – a must read if preparing to take the CDE® or BC-ADM Exam.
- ▶ ADA Management of Hyperglycemia in Type 2 – 2015
- ▶ An Algorithm for Glycemic Control. ACE/AACE 2016
- ▶ AACE Medical Guidelines for Clinical Practice for the Management of Diabetes Mellitus. American Association of Clinical Endocrinologists. (2015).



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Resources – DiabetesEd.net



▶ [Nurses Guide to Diabetes Care. 2nd edition - Book](#) (2009). Childs, B. (editor). An excellent reference for all health care professionals providing advanced level diabetes care and treatment. Great Study tool

▶ [BC-ADM Summary Report – 4/24/12 – more](#)

▶ [Links to Summary Pages](#)

- ▶ Medications for Lipid Management
- ▶ Medications for Hypertension
- ▶ Management of Neuropathy
- ▶ Diabetes Medication PocketCards
- ▶ Level 4 Online Courses



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Test Taking Tips – From AADE App

- Pay close attention to key words such as “best,” “most,” “primary,” or “usually.” These words indicate that other options may at times be correct, but given the wording or situation in the test question, you must judge which option is the best.
- Skip difficult questions and come back to them later. Questions on the test are not ordered by difficulty (i.e., they do not go from easiest to hardest). Also, content areas (the domains) and topics are addressed randomly in questions throughout the test.
- When guessing, use the process of elimination. Treat each option as a true or false statement, and eliminate those that you would not select. Narrow your choices and then make an educated guess.
- Answer every question, because there is no penalty for guessing. Go through the entire test, answering the questions you believe you know and skipping the ones you do not. Leave time at the end of the testing period to go back to the questions you skipped or want to review. If you are running out of time, leave a minute or so at the end to complete all of the blank questions randomly. Remember, you have a 25% probability of answering a question correctly by chance alone, so don't miss any!
- If reading English is difficult for you because English is not your primary language, maximize your time by reading and answering all the shorter questions first. After completing all of the short questions, go back and attempt to answer the longer questions.



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Sample Question -1

- ▶ A healthy adolescent with 2 year history of type 1 DM returns for a quarterly appt. For the past month, he has experienced abdominal pain and diarrhea after some high carb meals. An advanced diabetes manager's first intervention is to order a:
- A. 72-hour fecal fat collection
 - B. Colonoscopy
 - C. Stool Sample
 - D. Transglutaminase Autoantibody Test



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Poll Question 2

- ▶ Mrs. S is having trouble sleeping and complains of waking up with frequent nightmares. Her insulin dose includes 5-8 units of Novolog at breakfast and dinner and 12 units of NPH bedtime. She complains that her before bed blood sugar is often greater than 300, so she takes extra NPH insulin before going to bed to bring it down. What is your best response?
- a. Instruct patient to decrease the NPH insulin by 2 units to prevent nocturnal hypoglycemia.
 - b. Contact provider and request to discontinue NPH and start Lantus instead.
 - c. Assess if the patient is having a snack before checking her bedtime blood glucose level.
 - d. Instruct pt how to safely adjust her dinner time Novolog to prevent hyperglycemia at bedtime.



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Poll Question 3

- The American Diabetes Association recommends universal screening for at risk pregnancies as soon as possible after the confirmation of pregnancy. Criteria for high risk include:
- glycosuria, obese, > 25 years of age, strong family history of diabetes
 - the same risk factors for type 2 as listed in the ADA standards of medical care.
 - Obese, >35 years of age, member of high-risk ethnic group, strong family history of diabetes.
 - Glycosuria, > 25 years of age, member of high-risk ethnic group, strong family history of diabetes



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Poll Question 4

- Hyperglycemia during hospitalization is associated with poor outcomes due to
- Decreased insulin resistance, increased insulin secretion and increased counterregulatory hormones.
 - Increased free fatty acids, ketones, lactate, inflammatory cytokines.
 - Increased nitric oxide levels
 - Increased risk of alkalosis



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5. A 40-year-old female patient has a 10-year history of diabetes

- The pt injects 16 units of NPH and 8 units lispro (Humalog) before breakfast, and 8 units of NPH, and 4 units of lispro (Humalog) before dinner. BG pattern is:
- fasting blood glucose is 100
 - pre-lunch is 240 mg/dL;
 - pre-dinner is 210 mg/dL
 - bedtime is 150 mg/dL.

The advanced diabetes manager recommends:

- Adding 2 units of Humalog before breakfast.
- Adding 4 units of Humalog before dinner.
- Adding 2 units of Humalog before lunch.
- Decreasing the evening NPH insulin by 2 units.



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Sample Question 6

An advanced diabetes manager best facilitates the learning process for adults by:

- A. Administering pre and post tests
- B. Creating an environment in which the learner is an active participant.
- C. Delivering content using a standardized slide presentation
- D. Insisting upon full participation



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Sample question 7

▶ A 54-yr-old obese male patient with type 2 diabetes, A1c 10.3%, smokes cigarettes, and not exercising. Meds include Glipizide, Metformin and levothyroxine. Given his risk status, which 3 classes of meds should he be taking according to ADA?

- a. insulin, aspirin and ACE Inhibitor.
- b. TZD, ARB and bolus insulin.
- c. Beta blocker, insulin analog and statin.
- d. Antihypertensive, statin, aspirin



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Sample question 8

Current recommendations for screening for Type 2 diabetes and prediabetes in asymptomatic young adults include:

- a. Individuals with a HDL of 52 mg/dl
- b. Individuals with a history of Addison's disease
- c. Offspring with a parent with type 1 diabetes
- d. Women with polycystic ovary disease



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Boot Camp Starts July 6, 2016



Level 3 CDE® Boot Camp Webcast Series

Taking the CDE® Exam?
Earn 10.5 CEs and get ready to Pass!**

Our **Boot Camp Webcast Series** is the next best thing to attending our live courses. This webinar series offers participants an interactive and engaging experience from the comfort of your office or home computer. We know your time is limited and the exam is right around the corner. Our Boot Camp Series is like having an online coach. We help you drill through the vast content with a series of eight 1.5 hour sessions with Beverly Thomassian, RN, MPH, CDE, BC-ADM.



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You are Going to Do Great!



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Keep in Touch!



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Thank You



- ▶ Questions?
- ▶ Email
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- ▶ Web
www.diabetesed.net

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