


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

**Preparing for Certified Diabetes Care and Education Specialist Exam (CDCES) 2020**

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



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**Topics**

- ▶ Updated Definitions
- ▶ Certified Diabetes Care and Education Specialist
  - ▶ Eligibility requirements
  - ▶ Exam content
  - ▶ Study strategies
  - ▶ Test taking tips
  - ▶ [Resources](#)



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**2020 Diabetes Cert Name Updates**

- ▶ **Organization:** Certification Board for Diabetes Care and Education (CBDCE) (Formerly NCBDE)
- ▶ **Designation:** Certified Diabetes Care and Education Specialist (CDCES)
- ▶ **Examination:** Certification Examination for Diabetes Care and Education Specialists
- ▶ Association of Diabetes Care and Education Specialist (ADCES)



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## Preparing For the CDCES\* Exam

- Eligibility requirements
- Test Updates
- Get ready for success



\*The use of DES products do not guarantee successful passage of the CDCES exam.  
The Certification Board of Diabetes Care and Education (CBDCE) does not endorse any preparatory or review materials for the CDCES exam, except for those published by CBDCE.

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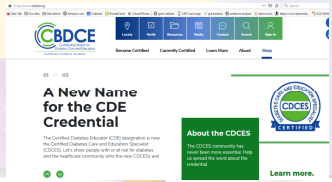
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## Some Notes of Clarification

- ▶ Diabetes Ed Services has no relationship with Certification Board for Diabetes Care & Education (CBDCE) For more info visit [www.NCBDE.org](http://www.NCBDE.org)

[www.NCBDE.org](http://www.NCBDE.org)



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## CDE® Coach App – Download Success



Coach in your pocket.

Med Pocket Cards. Resources. Courses.



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



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## Why Take the CDCES Exam?



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

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## What is a CDCES?

A Certified Diabetes Care and Education Specialist is a health professional who possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management.



The CDCES educates, supports, and advocates for people affected by diabetes, addressing the stages of diabetes throughout the lifespan.

The CDCES promotes self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes

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## 2020 - 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.

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## Professional Practice Definition

- ▶ Program development
- ▶ Program management
- ▶ Public health/community surveillance
- ▶ Volunteer activities
- ▶ Diabetes related research
- ▶ Clinical roles in diabetes industry
- ▶ Case management
- ▶ Professional education
- ▶ Consultant roles to industry or other providers

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## 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



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## 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@CBDCE.org](mailto:info@CBDCE.org) or call 877 -239- 3233



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## 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 use of acute care and hospital admissions
- ▶ More likely to follow best practice recommendations (esp those with Medicare)
  - ▶ Only 5-7% of Medicare recipients receive DSME)



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## 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

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## Poll Question

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

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## Language of Diabetes Education

### Old Way

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

 American Diabetes Association 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;40:1833-1838. DOI: 10.2337/171005  
© 2017 American Diabetes Association. All rights reserved. This article is intended solely for the personal use of the individual user and is not to be disseminated broadly.

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## 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!



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## Definition of Diabetes Education

- ▶ It is a component of a comprehensive plan of diabetes care.
- ▶ The process incorporates the needs, goals and life experiences of the person with prediabetes or diabetes and is guided by evidence-based standards.
- ▶ Should include practical problem-solving approaches and collaborative care, address psychosocial issues, lifestyle change, and strategies to sustain self-management.

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## Definition of Diabetes Education

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



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



**Interventions:** The educator delivers options to assist participants in meeting self-management goals.



**Ongoing Support:** The educator provides options for ongoing support and resources. The support option is selected by the participant to meet self-management goals



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## 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



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## 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



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## Applying to take the CDCES 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



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## 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



1. Employment status (check one)  Self-employed  Other (specify) \_\_\_\_\_

2. Dates of application to the position: From \_\_\_\_\_ To \_\_\_\_\_

3. Dates of previous employment: From \_\_\_\_\_ To \_\_\_\_\_

4. Provide a description of the setting. Use a separate sheet of paper if necessary.

5. Describe a typical day in your position in this position (check one only):

I work full time  I work part time (specify hours) \_\_\_\_\_

6. For full-time positions, provide a list of tasks, including technical information below:

7. Provide a description of the setting. Use a separate sheet of paper if necessary.

8. Provide a list of the following (check one only):

Hospital/Health Plan  Non-Profit Organization  Self-Employed/Private Practice

Insurance/Equipment Only  Provider to Other (Specify) \_\_\_\_\_

Consultant  Community Health Agency

Other (Specify) \_\_\_\_\_

9. Provide a description of the setting. Use a separate sheet of paper if necessary.

10. Provide a list of the following (check one only):

Hospital/Health Plan  Non-Profit Organization  Self-Employed/Private Practice

Insurance/Equipment Only  Provider to Other (Specify) \_\_\_\_\_

Consultant  Community Health Agency

Other (Specify) \_\_\_\_\_

11. Provide a description of the setting. Use a separate sheet of paper if necessary.

12. Provide a list of the following (check one only):

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Insurance/Equipment Only  Provider to Other (Specify) \_\_\_\_\_

Consultant  Community Health Agency

Other (Specify) \_\_\_\_\_

13. Provide a description of the setting. Use a separate sheet of paper if necessary.

14. Provide a list of the following (check one only):

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Insurance/Equipment Only  Provider to Other (Specify) \_\_\_\_\_

Consultant  Community Health Agency

Other (Specify) \_\_\_\_\_

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## 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
- ▶ You can retake the test as many times as needed
- ▶ Cost –
  - ▶ 1<sup>st</sup> time \$350
  - ▶ Renewal - \$250



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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



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### CDCES 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%
- ▶ 2019 – 70%



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### 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.



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### 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

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## 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 Handbook



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## Linked-In Post directly from CBDCE

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!



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## Diabetes Ed Course – Earn 32 CES



Virtual DiabetesEd Specialist Program  
Earn 30+ CE's | Starts April 7, 2020

- ▶ 20 CE's for the Virtual Program plus
- ▶ 13 Bonus Online Courses, Earn 13.0 CE's –
- ▶ Content that *best* helps you succeed
- ▶ Instructors: Coach Bev, Diana Isaacs, Dana Armstrong

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## Diabetes Specialist Prep Bundle



Diabetes Specialist Prep Bundle Gives Access to 27 On-Demand Courses (40.85 CE's)

Beverly has custom designed this course bundle to prepare you for your CDCES (formerly known as CDE) Exam. Begin your CDCES Journey with instant access to 20 On Demand web courses and tests from our Level 1, Level 2, and Level 3 Boot Camp to build your diabetes education foundation and prepare for the CDCES Exam.

This bundle is built on content that simulates the CDCES exam. The majority of students that take this bundle, go on to pass the exam. Check out our CDCES Graduate Success Stories.

Register Today!



Save money bundling and get the Diabetes Specialist Prep Bundle + 5th Edition Review Guide for comprehensive preparation.

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## Taking the Exam

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



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## 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



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## 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 efforts toward behavior change.



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## 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.



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## 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



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## 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).



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## 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

application

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## 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

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## 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

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### Vignette Style Question 3

- ▶ He requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?
- A. Explore possibility of metabolic surgery
  - B. Eliminate all concentrated sweets
  - C. Eat 3 meals a day with snacks in between
  - D. Mediterranean Diet

▶ application

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### 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

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### Med and Insulin PocketCards

The screenshot shows the DiabetesEd.net website. At the top, there is a navigation bar with links for Home, Get Started, About Us, The Exam, Medic Cards, Study Tools, and Contact Us. Below the navigation bar, there is a banner for 'NEW Accordion 2-sided PocketCards' with an image of the cards. The main content area features a woman's face and the text 'Start your journey in Diabetes Education' with bullet points: 'Online University & Live Seminars', 'Certification Exam & Resources', and 'Accredited Continuing Education'. Below this, there is a call to action 'PASS THE CDE® EXAM - 100% PASS GUARANTEE!' and a row of icons for various resources like Print Out, Audio, Books, Study, Links, Download, Download, Download, and Contact Us. The website name 'DiabetesEd.net' is at the bottom.

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## 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

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## 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



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## Study Time

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



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## Knowledge = Confidence

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



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## 213 Test Questions



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



Test Taking Toolkit - 200+ practice questions

\$49.00

Quantity

1

Add to Cart



DESCRIPTION REVIEWS

Title: Test Taking Toolkit

See our [Test Taking Toolkit & AACE Review Guide 5th Edition](#) for even more questions and even more savings!

Whether you are preparing for the updated CDCES or BC-ADM exam, this test taking toolkit is designed to prepare you for success. This toolkit includes two e-books with over 200 practice questions to help you prepare and simulate the exam. Our exams incorporate changes to the CDCES content outline (starting July 1, 2019), including a more intensive focus on technology, social issues, and emergency readiness. Plus, we have added a FREE bonus e-book, Language and Diabetes - What are my options? D.S. Clark, Cash Beverly advised this course because she believes it contains critical content for the exam and for our clinical practice!

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## 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



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This bundle is built on content that simulates the CDCES exam. The majority of students that take this bundle, go on to pass the exam. Check out our CDCES Graduate Success Stories.

Register Today!



Save money bundling and get the Diabetes Specialist Prep Bundle • 5th Edition Review Guide for comprehensive preparation.

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## CDCES Success Page

Here are some of our CDCES Success Stories!



"I was so thankful to have these resources to prep for my CDCES exam. I passed on the first try! I found the prep so overwhelming, that I honestly did not know where to start. Beverly's program maps out a clear study path, and provides excellent resources. For me, having the audio and visual presentations were key to helping me remember the information. Beverly has an excellent teaching style, and an encouraging spirit. Her sample questions were so similar to the actual test questions. I highly recommend this program and have suggested it to several of my peers. Thank you, thank you, thank you, Beverly!"

Laura Maynard, RN, BSN, CDCES

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