



ONLINE
UNIVERSITY



Preparing for BC-ADM Free Webinar

With Coach Beverly Thomassian,
RN, MPH, CDCES, BC-ADM

www.DiabetesEd.net 2020



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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.)				

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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CDCES Vs BC - ADM

CDCES

- ▶ Supports and educates people with 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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	BC-ADM®	CDCES®
Eligible Professions	<ul style="list-style-type: none"> Registered Nurse (includes NPs and CNSs) Registered Dietitian Pharmacist PA Physician 	<ul style="list-style-type: none"> Standard pathways. Many health professionals qualify including: Registered Nurses, Registered Dietitians-Dietitian Nutritionists, Pharmacists, PAs, MD/DOs, and many others. Unique Qualifications Pathway (UQP) - Additional options for health professionals with advanced degrees in health-related area/concentration. <p>Visit the Certification Examination for Diabetes Educators Examination Handbook for complete details.</p>
Experience	<ul style="list-style-type: none"> 500 clinical practice hours in advanced diabetes management within 48 months prior to taking certification examination 	<ul style="list-style-type: none"> At least 2 years of experience working under the qualifying profession (not required to be in diabetes) the 4 years preceding application 1000 hours of diabetes education within 4 years, with 400 hours completed in the preceding year (NOTE: UQP requirement differs)
Other Requirements	<ul style="list-style-type: none"> Advanced degree (master's degree or higher in relevant field) <p>Clinical hours must take place after relevant licensure and advanced degree have been obtained</p>	<ul style="list-style-type: none"> 15 clock hours of diabetes-related continuing education (CE) within the 2 years preceding application to take exam (UQP requirement differs)

From www.DiabetesEducator.org

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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 ANCC team, provided “Review Course”
- ▶ 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)
- ▶ Renewed again in 2016



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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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Recent Roles

► Diabetes Program Manager

- Inpatient diabetes management
- ADA Recognized Outpt Program
- Outcome Measurement
- Training of Staff
- Policies and Procedures
- Teach Classes
- Write articles

► Diabetes Specialist

- Consultant to providers
- CV Risk Management
- Work on process improvement
- Starting support group
- Staff training
- Medication Adjustments



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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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2020 – 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 CDCES (CDE), how will this expand my role?
- ▶ Is the AADE version of the BC-ADM Exam is very much like the CDCES Exam?



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Advanced Level Activities of BC-ADM



- ▶ 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

- Complete app 60 days prior to desired testing month
- ▶ Window to apply for Summer
 - ▶ ***Summer 2020 Exam window extended until July 31**
- ▶ Window to apply for Winter
 - ▶ November 1- Take test in December

Application Received By:	Application (Including \$50 Late Fee) Received By:	Testing Window:
May 1	May 15	June
November 1	November 15	December

ADCES is offering a live, online-proctoring option for candidates to take the exam remotely. Please visit [testing provider's website](#) for the latest updates on test site closures and flexible scheduling options.



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Applying to take the BC-ADM Exam



First, register with Scantron Approved Testing Centers

- ▶ www.castleworldwide.com/aade
- ▶ Apply online
- ▶ Applications accepted on a continual basis
- ▶ A percentage of candidates will be audited to ensure compliance with eligibility criteria.
- ▶ Questions?
 - ▶ ibt@castleworldwide.com
 - ▶ (919) 572-6880



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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 (within last 48 months)
 - ▶ Diploma of Master's level (or higher)
 - ▶ Payment
 - ▶ ADCES (AADE) Members = \$600
 - ▶ Non ADCES Members = \$900
 - ▶ Recertification \$500 / \$800 + 1000 practice hours + professional development



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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



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Overview of BC-ADM Exam

► BC-ADM

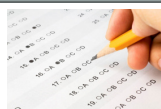
Exam Structure	<ul style="list-style-type: none"> • 175 multiple choice questions, including 25 pretest/unscored • Time allowed: 3 hours and 30 minutes 	CDCES
Major Exam Content Areas (# of Items / Area)	<ul style="list-style-type: none"> • Assessment and Diagnosis (47) • Planning and Intervention (48) • Evaluation and Follow-up (37) • Leadership and Advanced Professional Practice (18) 	<ul style="list-style-type: none"> • 200 multiple choice questions, including 25 pretest/unscored • Time allowed: 4 hours • Assessment of the Diabetes Continuum (59) • Interventions for Diabetes Continuum (66) • Disease Management (28)

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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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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213 Questions – Test Taking Toolkit

- **213 Question Practice Exam**
- Includes **108** multiple choice test questions written by Coach Beverly inspired by the American Diabetes Standards of Care. Plus 105 general questions.
- Designed to test your knowledge of the 16 Critical Content areas and help prepare you for the Exam.



\$49.00 – Includes 213 Questions plus Test Taking Tips Online Course



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BC-ADM Exam Content - 2020

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 – ADA /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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CDCES Coach App

Brought to you by Diabetes Education Services

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"It's like having a coach in your pocket!"

CDCES Coach App

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





Med and Insulin PocketCards



NEW Accordion 2-sided PocketCards



DiabetesEd.net



Evaluation and Follow-Up - 37



- ▶ AADE 7 Self-Care and Goal Setting – 6
- ▶ Standards of Care AACE, 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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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
 - ▶ Levels 1-3 and Test Taking Toolkit
- ▶ What is best source of info on newer diabetes medications?
- ▶ Passing score?
- ▶ Passing rate? ~ 70%

The AADE BC-ADM uses the following scale:

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



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Other Clinical Books that will Help www.DiabetesEd.net



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BC-ADM Resources on DiabetesEd.net

Recommended Articles and Books (as excerpted from BC-ADM Exam handbook)



ADA Standards of Care 2020 - 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 trials and research that the goals are based on. A must-read if you are entering the diabetes field or preparing to take the CDCES or BC-ADM Exam.

Purchase ADA Standards of Care 2020 Booklet

Screening and Diagnosis of Diabetes Mellitus 2020 - One page cheat sheet that summarizes screening, risk status and diagnostic criteria for diabetes.

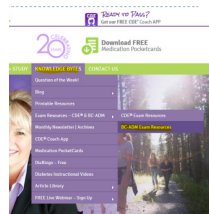
Medication Cheat Sheets 2020 - Hypertension, Lipids and Neuropathy

Pharmacologic Approaches to Glycemic Treatment 2020 - This hyperglycemia road map details strategies to achieve glucose control for both Type 1 and Type 2 Diabetes. Section 8 of *Standards of Care*, Dec 2018.

AACT Comprehensive Type 2 Diabetes Management Algorithms 2019 - This link provides the complete executive and slide set summary by an American Association of Clinical Endocrinologists/American College of Endocrinology Consensus Panel on Type 2 Diabetes Mellitus. If you are taking the CDCES or BC-ADM exam, we encourage students to be familiar with the slide content that reviews diabetes management.

AADE Recommended Reading List - includes helpful articles on statistics, quality improvement and other reading suggestions.

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.



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Start Your Journey

Welcome to the first step toward achieving diabetes certification. We are so glad you are joining us and look forward to helping you on your journey.

Ready to take your Diabetes knowledge to the next level?

We believe in your success! Learn the steps involved in preparing for the certification exams, earning CEs and gaining confidence as a Diabetes Specialist and more!

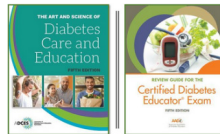


Preparing for CDCES Exam?

[Future CDCES - Click Here!](#)

Preparing for BC-ADM Exam?

[Future BC-ADM - Click Here!](#)



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DIABETES EDUCATION ONLINE

BOOT CAMP

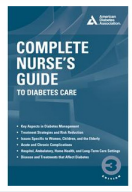
[REGISTER HERE](#)

Prepare for the CDE® and BC-ADM exam and earn CE's!

- ▶ Our Level 3 Boot Camp is the next step on **your path** to becoming Certified - \$269
- ▶ Designed to help pass the BC-ADM or CDCES Exam.
- ▶ Join us Live Sept 16, plus on Demand and ready for you
- ▶ 12 CES | Series of 9 Courses plus optional expert bundle


DiabetesEdUniversity.com




Resources – DiabetesEd.net



[Nurses Guide to Diabetes Care. 3rd edition - Book](#) (2017). Childs, B. (editor). An excellent reference for all health care professionals providing advanced level diabetes care and treatment. Great Study tool


[Links to Summary Pages](#)

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

One Year Subscription to Online Courses

DiabetesEd.net





Students have passed the BC-ADM by completing our:

1-Year Subscription Package – Prepare for the BC-ADM and earn 50+ CE's

This 1 Year Subscription Package includes 36 On Demand web courses at our best price; Level 1, Level 2 and Level 3 (Boot Camp) and Level 4, plus our Test Taking and Medication Toolkits.

You 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. We provide the full spectrum of information to help you feel confident in becoming a BC-ADM.

[See Details](#)

From a student who passed her CDE and BC-ADM exam in 2019

"There are a bit more medication questions, but I just took your level 3 and level 4 Bootcamp plus I read over the Standards of Care.

Your classes do well at recognizing the key points to the Standards of Care as well as getting to know those 'juicy' answers that the questions on the test provide to trick you. The main study guides for me were the ADA Standards of Care and your PowerPoints, pod casts, and the 100 question practice test.

Even though I have been living with Type 1 Diabetes for 29 years and counting, you still need to know key points with Diabetes Care as patient centered care as well as the ADA Standards of Care."



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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. Colonscopy
- 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 insulin before going to bed to bring it down. What is your best response?

- a. Instruct Mrs. S 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 Mrs. S is having a snack before checking her bedtime blood glucose level.
- d. Instruct 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:

- a. glycosuria, BMI 30+, > 25 years of age, strong family history of diabetes
- b. the same risk factors for type 2 as listed in the ADA standards of medical care.
- c. BMI 30+, >35 years of age, member of high-risk ethnic group, strong family history of diabetes.
- d. 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

- a. Decreased insulin resistance, increased insulin secretion and increased counterregulatory hormones.
- b. Increased free fatty acids, ketones, lactate, inflammatory cytokines.
- c. Increased nitric oxide levels
- d. Increased risk of alkalosis



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

► 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:

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



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Sample Question 6

Mr. L takes 16 units glulisine before breakfast and lunch. He takes 16-20 units before dinner depending on BG levels. Mr. L also takes 42 units of glargine at hs. How many vials of glulisine does he need a month?

- A. 1.5 vials
- B. 2 vials
- C. 2.8 vials
- D. 3 vials



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Sample question 7

▶ A 54-yr-old male, BMI 32 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. Insulin, 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

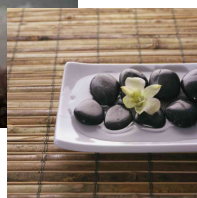


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You are Going to Do Great!



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Keep in Touch!



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Thank You



- Questions?
- Email
bev@diabetesed.net
- Web
www.diabetesed.net

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