



Prepare for the CDCES and BC-ADM exam and earn CEs!

**DiabetesEd Specialist
BOOT CAMP**

Register today at DiabetesEd.Net!

Presented by
 Advancing Your Career in Diabetes Education



Diabetes Boot Camp

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President, Diabetes Education Services

DiabetesEd.net

Summer 2020



Diabetes Education
SERVICES

Important Stuff

- ▶ Welcome to our Summer Boot Camp
- ▶ We will meet for 8 sessions - From 11:30am to 1:15pm PST
- ▶ Coach Bev will stay after the program to answer any questions “off – line”
- ▶ The course will be recorded and available for viewing within 24 hours of completion of the session
- ▶ Login to the Online University to hear the recorded version, take the quiz and get your CEs
- ▶ Bryanna is here to help! Please email her with any questions or concerns at info@diabetesed.net



Boot Camp Schedule

September 16, 2020	Class 1 - Diabetes - Not Just Hyperglycemia 1.75 CEs
September 23, 2020	Class 2 - Standards of Care 1.5 CEs
September 30, 2020	Class 3 - Insulin Therapy Basal/Bolus to Pattern Management
October 7, 2020	Class 4 - Insulin Intensive - Monitoring, Sick Days, Lower Extremities
October 14, 2020	Class 5 - Meds for Type 2 - What you need to know 1.5 CEs
October 21, 2020	Class 6 - Exercise and Preventing Microvascular Compl 1.5 CEs
October 28, 2020	Class 7 - Coping and Behavior Change 1.5 CEs
November 4, 2020	Class 8 - Test-Taking Coach Session (20 Questions) No CEs

Each course begins at 11:30 AM (PST)

If you're not in the Pacific timezone, the webinar will begin at:

- Mountain Time: Add 1 hour to start/end times (e.g. 12:30 pm – 2:00 pm)
- Central Time: Add 2 hours to start/end times (e.g. 1:30 pm – 3:00 pm)
- Eastern Time: Add 3 hours to start/end times (e.g. 2:30 pm – 4:00 pm)



Getting Ready to take CDCES or BC-ADM Exam?

- ▶ Live FREE Webinar – Preparing for CDCES / BC-ADM
- ▶ Level 2 – Standards of Care Webinars
- ▶ Technology Toolkit
- ▶ Test Taking Toolkit – 213 questions
- ▶ Take as many practice tests as possible
- ▶ AADE Review Guide
- ▶ Study what you DON'T know
- ▶ ADA / AACE Standards

But MOST important



Remember the Journey

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!](#)

FREE Certification Webinars

- Prep for CDCES Webinar – Oct 1
- Prep for BC-ADM Webinar – Oct 8



2020 Certification Examination for Diabetes Care and Education Specialists

Examination Content Outline

I. Assessment of the Diabetes Continuum (59)

- A. Learning (19)
 - 1. Goals and needs of learner
 - 2. Learning readiness (attitudes, developmental level, perceived learning needs, etc.)
 - 3. Preferred learning styles (audio, visual, observational, psychomotor, etc.)
 - 4. Technology literacy and use (devices, software, apps, virtual coaching, patient portals, etc.)
 - 5. Challenges to learning (concrete vs. abstract thinking, literacy and numeracy, language, cultural values, religious beliefs, health beliefs, psychosocial and economic issues, family dynamics, learning disabilities, etc.)
 - 6. Physical capabilities/limitations (visual acuity, hearing, functional ability, etc.)
 - 7. Readiness to change behavior (self-efficacy, value of change, etc.)
- B. Health and Psychosocial Status (19)
 - 1. Diabetes-relevant health history (diagnosis/presentation, duration, symptoms, complications, treatment, etc.)
 - 2. General health history (family history, allergies, medical history, etc.)
 - 3. Diabetes-specific physical assessment (biometrics, site inspection, extremities, etc.)
 - 4. Data trends (laboratory and self-collected)
 - 5. Current use of technology (meters, pumps, sensors, apps, software, etc.)
 - 6. Treatment fears and myths (hypo/hyperglycemia, causes, complications, needles, weight gain, etc.)
 - 7. Family/caregiver dynamics and social supports
 - 8. Substance use (alcohol, tobacco, marijuana, caffeine, etc.)
 - 9. Life transitions (living situation, insurance coverage, age related changes, etc.)
 - 10. Mental health status (adjustment to diagnosis, coping ability, etc.)
 - 11. Challenges to diabetes self-care practices (cognitive, language, cultural, spiritual, physical, economic, etc.)
- C. Knowledge and Self-Management Practices (21)
 - 1. Disease process
 - 2. Eating habits and preferences
 - 3. Activity habits and preferences
 - 4. Monitoring (blood glucose, ketones, weight, etc.)
 - 5. Record keeping (blood glucose, food, activity, etc.)
 - 6. Medication taking habits (prescription, nonprescription, complementary and alternative medicine, etc.)
 - 7. Use of health care resources (health care team, community resources, etc.)
 - 8. Risk reduction (cardiovascular, etc.)
 - 9. Problem solving

- 2. Instructional methods (discussion, demonstration, role playing, simulation, technology-based platforms, etc.)
- 3. Goals for lifestyle changes (S.M.A.R.T. goals, AADE-7, etc.)
- B. Educate Based on Individualized Care Strategies (35)
 - 1. General topics
 - a) Classification and diagnosis
 - b) Modifiable and non-modifiable risk factors
 - c) Pathophysiology (auto-immunity, monogenic, insulin resistance, secondary diabetes, cardiometabolic risks, etc.)
 - d) Effects and interactions of activity, food, medication, and stress
 - e) Drug and non-drug treatment options (access, risk/benefit, etc.)
 - f) Immunizations
 - g) Therapeutic goals (A1C, blood pressure, lipids, quality of life, etc.)
 - h) Laboratory test interpretation (A1C, lipids, renal and hepatic function tests, etc.)
 - i) Evidence-based findings for decision support (Diabetes Prevention Program, Diabetes Attitudes Wishes and Needs study, clinical trials, etc.)
 - 2. Living with diabetes and prediabetes
 - a) Healthy coping (problem solving, complications, life transitions, etc.)
 - b) Psychosocial problems (depression, eating disorders, distress, etc.)
 - c) Role/Responsibilities of care (individual, family, team, etc.)
 - d) Social/Financial issues (employment, insurance, disability, discrimination, school issues, etc.)
 - e) Lifestyle management
 - f) Record keeping (blood glucose logs, food records, etc.)
 - g) Safety (sharps disposal, medical ID, driving, etc.)
 - h) Hygiene (dental, skin, feet, etc.)
 - 3. Monitoring
 - a) Glucose (meter selection, continuous glucose sensing, sites, etc.)
 - b) Ketones
 - c) A1C
 - d) Blood pressure and weight
 - e) Lipids and cardiovascular risk
 - f) Renal and hepatic (function studies, microalbuminuria, serum creatinine, etc.)
 - 4. Nutrition principles and guidelines
 - a) American Diabetes Association (ADA) and Academy of Nutrition and Dietetics nutrition recommendations (meal planning, macro/micronutrients, etc.)
 - b) Carbohydrates (food source, sugar substitutes, fiber, carbohydrate counting, etc.)
 - c) Fats (food source, total, saturated, monounsaturated, etc.)
 - d) Protein (food source, renal disease, wound care, etc.)

II. Interventions for Diabetes Continuum (88)

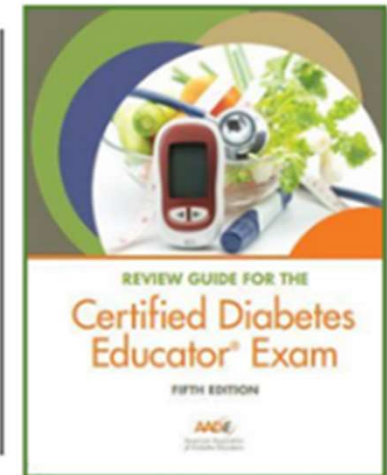
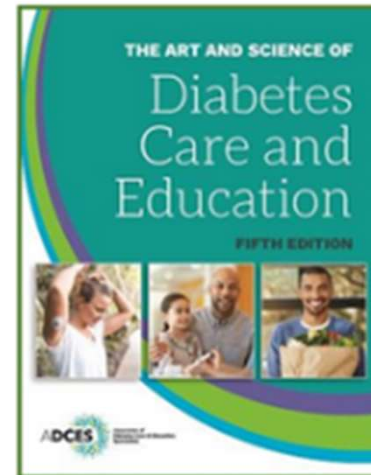
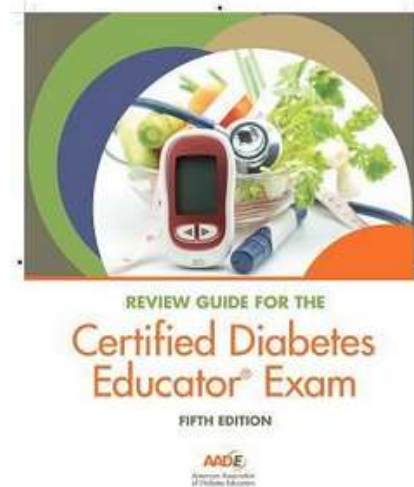
Study Tools – Take as many tests as possible Listen to Prep for CDCES/BC-ADM Webinar

AADE Review Guide (5th Ed) - \$89

Includes 480 questions

- ▶ 2 practice exams w/ rationale
 - ▶ Test taking tips
 - ▶ Self-Assessment
-
- ▶ New Art and Science Desk Reference - \$229

Both Books Only \$289



DiabetesEd.net>Books and Study

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

CDCES Coach App

[Download on the App Store >>](#)

[Download on Google Play >>](#)

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



Login at DiabetesEd.Net



Student Login

Email

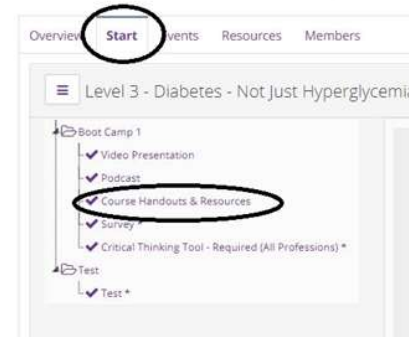
Password

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Student Login

Handouts & Resources

Level 3 - Diabetes - Not Just Hyperglycemia



If you would like to review the handouts before the live sessions, they are available in each course's "Start" page under the "Course Handouts & Resources" section.



Reading Material



Session 1 – Diabetes - Not Just Hyperglycemia

BootCamp 1 PowerPoint 2020 Handout - 3 per page

Boot Camp 1 PowerPoint 2020 Slides - 1 per Page

- **CDCES Exam Content Outline NCBDE** – A two page tool to assess your pre-test knowledge.
 - 2020 CDCES Exam Updated Content Outline
- **ADA Standards of Care 2020** - This yearly publication by the American Diabetes Association outlines the go diabetes field or preparing to take the CDCES or BC-ADM Exam.
- **Screening and Diagnosis of Diabetes Mellitus 2020** – One page cheat sheet that summarizes screening, risk stat
- Demonstration of Diabetes Video
- ADA Type 2 Diabetes Risk Test » published in the ADA Standards of Care, this is the approved screening test
- Management of Diabetes in Pregnancy - ADA 2020 Standard of Care
- Latent Autoimmunity in Adults (LADA) Article » provides helpful guidelines for differentiating between type 2 and LADA,
- Latent Autoimmunity in Adults (LADA) Screening Tool » provides a detailed chart to differentiate between type 2 and LAD

FREE Webinar – Preparing for CDCES Exam



Not sure where to start? Listen to the recorded version by registering today! Learn how to focus
We provide plenty of sample test questions and test taking tips!

* Preparing for CDCES Resource Page



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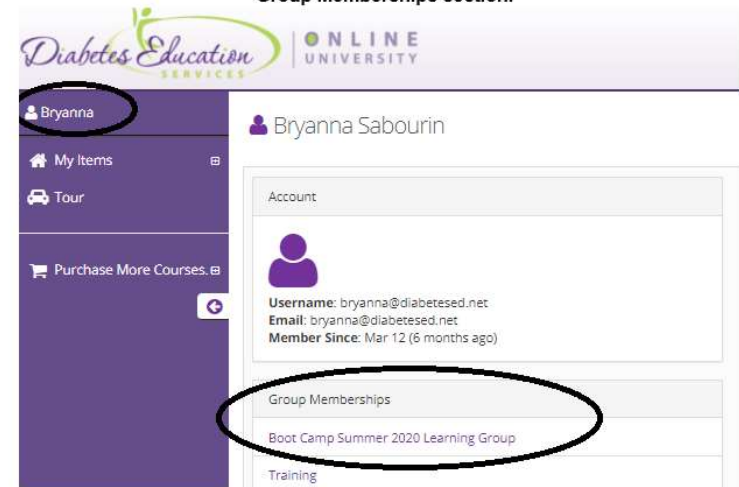
New Boot Camp Learning Group

- ▶ Opportunity to share ideas with others, ask your peers questions, and build community.
- ▶ We won't be monitoring these forums, if you have any questions for us email info@diabetesed.net.
- ▶ For tips navigating the Online University check out our [Online University Orientation](#) or our [FAQ](#).

Steps on navigating this forum:

- ▶ Click on your name in your account
- ▶ Click on Boot Camp Summer 2020 Group
- ▶ To create a post, click the purple "Create Topic" button on the right side of the page.
 - ▶ Click the green "Publish" button to publish your forum topic.
- ▶ To post a comment on someone else's post, click on the hyperlink for the title of the post and then click the purple "post reply" button. Don't forget to click the purple "Publish" button to save your reply.

To access this group, click on your name in the left menu of your account. After you are in your profile, click the "Boot Camp Summer 2020 Learning Group" link under the "Group Memberships" section.



Steps to post in the forum

Once in the group, you will see recent posts in the "Overview tab." To comment on other posts or create your own post, click the "Forum" tab.

