



Preparing for Certified Diabetes Care and Education Specialist Exam (CDCES) 2021

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President, Diabetes Education Services



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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 CE and gaining confidence as a Diabetes Specialist and more!

Preparing for CDCES Exam?

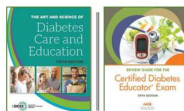
Future CDCES - Click Here!

July 8, 2021

Preparing for BC-ADM Exam?

Future BC-ADM - Click Here!


April 8, 2021






Topics – Prep for CDCES 2021

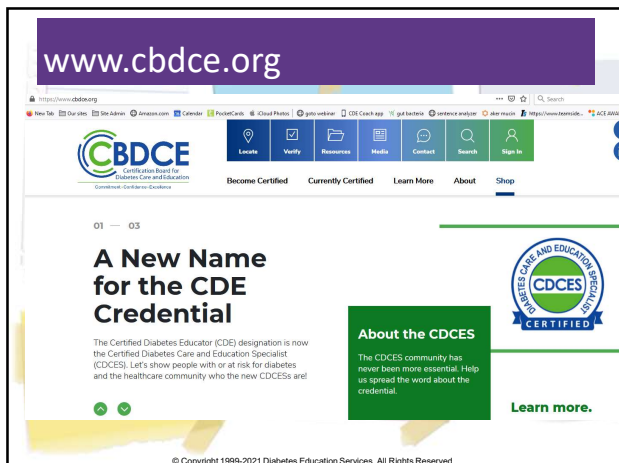
- ▶ Updated Definitions
- ▶ Certified Diabetes Care and Education Specialist
 - ▶ Eligibility requirements
 - ▶ Exam content
 - ▶ Study strategies
 - ▶ Test taking tips
 - ▶ [Resources](#)



Diabetes Cert Name Updates

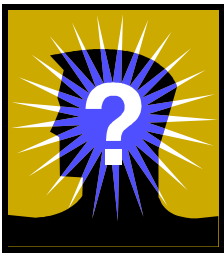
- ▶ **Organization:** Certification Board for Diabetes Care and Education (CBDCE) (Formerly NCBDE)
- ▶ **Designation:** Certified Diabetes Care and Education Specialist (CDCES)
- ▶ **Examination:** Certification Examination for Diabetes Care and Education Specialists
- ▶ Association of Diabetes Care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





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 persons with prediabetes and diabetes.
- ▶ CDCES is the recognized standard for competence in diabetes self-management education.
- ▶ Mastery of knowledge
- ▶ Given the diabetes epidemic, access to CDCESs is critical




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



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.

2021 and 2022 Practice Experience Update from CBCDE

STANDARD PATHWAY			
DCE PROFESSIONAL PRACTICE EXPERIENCE REQUIREMENT	WITHOUT ADJUSTMENTS	WITH ADJUSTMENTS APPLICATION SUBMITTED IN 2021 OR 2022	WITH ADJUSTMENTS APPLICATION SUBMITTED IN 2023
Current DCE experience (12 months prior to applying)	At least 400 hours of DCE in last 12 months	At least 200 hours of DCE in last 12 months	At least 400 hours of DCE in last 12 months
Total DCE experience needed prior to applying	Total 1000 hours in no more than 4 years prior to applying	Total 1000 hours of DCE within 5 years	Total 1000 hours of DCE within 5 years

UNIQUE QUALIFICATIONS (UQ) PATHWAY			
DCE PROFESSIONAL PRACTICE EXPERIENCE REQUIREMENT	WITHOUT ADJUSTMENTS	WITH ADJUSTMENTS APPLICATION SUBMITTED IN 2021 OR 2022	WITH ADJUSTMENTS APPLICATION SUBMITTED IN 2023
Current DCE experience (12 months prior to applying)	At least 400 hours of DCE in last 12 months	At least 200 hours of DCE in last 12 months	At least 400 hours of DCE in last 12 months
Total DCE experience needed prior to applying	Total 2000 hours in no more than 4 years prior to applying	Total 2000 hours of DCE within 5 years	Total 2000 hours of DCE within 5 years

CDCES = Mastery Level

- ▶ Practice-based certification
- ▶ Requires individuals to accrue professional practice experience prior to applying.
- ▶ This practice experience is necessary to master the knowledge
- ▶ CDCES provides formal recognition of specialty practice and mastery of knowledge
- ▶ Provides validation of demonstrated dedication to Diabetes Care and Education (DCE).

Professional Practice Definition

- ▶ Diabetes Self-Mgmt Education
- ▶ 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

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



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 or call 877-239-3233



Definition of Diabetes Education

- ▶ It is a component of a comprehensive plan of diabetes care.
- ▶ Involves the person with prediabetes and or diabetes, caregivers and specialists
- ▶ Ongoing process of facilitating the knowledge, skill, and ability necessary for self-care, as well as activities that assist a person in implementing and sustaining the health practices to manage on an ongoing basis, beyond or outside of formal self-management training.



Definition of Diabetes Education

- ▶ Process incorporates the needs, goals and life experiences of the person and is guided by evidence-based standards.
- ▶ Includes practical problem-solving approaches and collaborative care.
- ▶ Address psychosocial issues, lifestyle change, and strategies to sustain self-management



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



Diabetes Self Management Ed Benefits

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



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)



Diabetes Care & Education Includes:

Assessment: Participant's needs are identified. Process is led by the participant with assessment of support of specialist.

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



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



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



Definition of Diabetes Education

Participant Progress: Specialist 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


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

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 2019;42:1000-1005
DOI: 10.2337/dci.190000

Free Resources – Free Webinars

Lifting People Up With Our Words | 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 every day.

Intentional communication is a powerful tool that can uncover trauma, identify barriers, and move both the provider and person with diabetes toward a greater understanding of the issues involved.

The language used in the health care setting is immensely important in determining trust, mutual respect, and meaningful long term relationships.

Many people with diabetes have experienced injustice, trauma, marginalization, and are often struggling with feelings of shame and blame.

- Let's lift people through our commitment to careful listening.
- Let's choose the language that is person-centered and free from judgment.
- Let's empower our interactions by identifying and addressing trauma and the impact of social determinants.

FREE Webinar – Lifting People Up

Watch 2020 Updated Webinar Now



2021 Initial Certification Requirements¹ Review

Please review before completing application.

NOTE: The Certification Examination for Diabetes Care and Education Specialists is designed and intended for health professionals who have responsibilities that include the direct provision of diabetes care and education (DCE), as defined by CBDCE. Refer to Definition of Diabetes Care and Education section, [page 4](#).

¹This review list represents a summary of requirements. See [pages 3-4](#) for all details.

From
CBDCE
Handbook

Yes No

- ☐ ☐ 1. As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician, podiatrist, master certified health education specialist, certified clinical exercise physiologist, registered dietitian, dietitian nutritionist, or registered PA, is your license, certification or registration current, active and unrestricted?

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 CBDCE's Unique Qualifications Pathway. Please visit our website for more information on that pathway.

- ☐ ☐ 2. Has your practice experience occurred within the United States or its territories?
- ☐ ☐ 3. Has all your practice experience occurred since you met requirement #1 above?
- ☐ ☐ 4. Do you have a minimum of 2 calendar years (to the day) of practice experience since you received the license, registration or advanced degree as outlined above?
- ☐ ☐ 5. Have you accrued 1000 hours of practice experience in diabetes care and education (DCE) within the last 4 years?
- ☐ ☐ 6. Do you have a minimum of 40% (or 400 hours) of the 1000 hours of DCE practice experience accrued within the past year?
- ☐ ☐ 7. Does your practice experience include at least some or all in the DCE process: assessment, education plan, interventions, ongoing support, monitoring and communication of participant progress, documentation, and development of DSMES services/administration?
- ☐ ☐ 8. The Examination Content Outline (ECO) identifies what is covered on the Examination. Reminder that regardless of discipline, knowledge (and the ability to apply that knowledge) is necessary across all areas of the ECO. Have you reviewed the ECO and assessed your knowledge across the ECO?
- ☐ ☐ 9. Have you completed (within the past 2 years) a minimum of 15 hours of continuing education activities** applicable to diabetes and provided by or approved by a provider on our list of

INITIAL

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Beverly Thomassian, RN, MPH, CDCES, BC-ADM
Ashley LaBrier, RD, MS, CDCES

April 15, 2021 | 8.0 CEs
Diabetes Meds & Insulin Therapy + COVID Update

- What Diabetes Specialists Need to Know
- Glycemic Goals Update
- COVID and Diabetes

April 16, 2021 | 8.0 CEs
Intensive Insulin, Technology, Critical Assessment

- Integrating technology, CGMs and Insulin Pumps into Care
- CV Risk Management
- Fine Tuning Assessment Skills and Becoming Extraordinary

April 17, 2021 | 4.0 CEs
Medical Nutrition Therapy Intensive

- Latest ADA Guidelines for MNT applied to real life.
- Nutrition therapy approaches that work
- Keeping well by balancing nutrition & activity



Ashley LaBrier
Guest Speaker

Stretch Break | Half Way Point

*REMEMBER:
Stretch
Often!*



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



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



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



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



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



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%



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

220 Test Questions – Assess your Knowledge



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Home > Toolkit > Test Taking Practice Exam Toolkit | Webinar + 220 Sample Practice Test Questions



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Questions

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Overview of CDCES 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

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)



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



Test Timing of Diabetes Advancements

- ▶ CBDCE Recognizes that the advancement and dissemination of new diabetes information may not occur at the same rate in different areas of the United States.
- ▶ **CBDCE has developed the following policies.**
- ▶ **One Year** – New medical advances, guidelines, or pharmaceuticals will be included in CDCES Exam no sooner than one year after the information is released.
- ▶ **Immediately** – New diagnostic criteria or specific guidelines impacting diabetes care and education and/or treatment of diabetes which are released nationally and identified as effective immediately may be included in the examination at any time.





Recommended Articles

ADA Standards of Care – This yearly publication by the American Diabetes Association outlines the national goals of care based on the latest research for diabetes management. This is one of the most important guidelines to read as a Certified Diabetes Care and Education Specialist

Purchase ADA Standards of Care 2021 Booklet

Screening and Diagnosis of Diabetes Mellitus 2021 – One-page cheat sheet that summarizes screening, risk status, and diagnostic criteria for diabetes. Great for your office and as a study tool.

Pharmacologic Approaches to Glycemic Treatment in 2021. This hyperglycemia road map details strategies to achieve glucose control for both Type 1 and Type 2 Diabetes. Section 8 of *Standards of Care, 2020*

Language is Diabetes. What we say matters | [Resource page](#)
Language is powerful and can have a strong impact on perceptions as well as behavior. This mini webinar and article provide recommendations for the language used by health care professionals and others when discussing diabetes through spoken or written words whether directed to people with diabetes, colleagues, or the general public, as well as research questions related to language and diabetes.

Med Cheat Sheets 2021 | Hypertension, Lipids, and Neuropathy These summary sheets are helpful for your clinical practice and preparing for certification exams. For exam success, be familiar with the general concepts, (side effects and precautions) of these medications.

AADE 7th Self-Care Behaviors – A must-read for anyone entering the field of Diabetes or as a reference for those already in the field. These 7 Self-Care Behaviors™ provide a framework for patient-centered diabetes self-management education and training (DSME/T) and care.

AADE Comprehensive Type 2 Diabetes Management Algorithms 2020. 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-ADA exam, we encourage students to be familiar with the slide content that reviews diabetes management.

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 taking the certification exam.

Exam Prep > Start Your Journey > Preparing for CDCES Exam Free webinar

What to Study?





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Certification Prep

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Levels 1, 2, 6, 3 + Toolkits –
45+ CEs

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Qty 2+	10% OFF
Qty 10+	20% OFF

- Includes 9 Session Boot Camp
- Level 1 and 2 Courses
- Test Taking Toolkit (Over 200 computerized questions)
- Technology Toolkit

Taking the Exam

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



Empowerment Errors

- ▶ Focusing on the medical need rather than the psychosocial needs
- ▶ Failing to keep in mind the participants characteristics (age, type of diabetes, etc.)
- ▶ We are supporting efforts toward behavior change.



Thinking Pitfalls

- ▶ Imagining 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.



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



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



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



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

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



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



Vignette Style Question 2

- He tells you that exercising on a regular basis is challenging for him, but he is willing to give it a try. Using the transtheoretical model, what stage of change is he in?
- A. Contemplation
 - B. Cost vs. Benefit
 - ☒ C. Precontemplation
 - D. Denial



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. Very low-calorie diet
 - B. Eliminate all concentrated sweets
 - ☒ C. Eat 3 meals a day with snacks in between
 - D. Mediterranean Diet



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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Glucagon Treatment	Adults	Child/Adolescent	Infant/Toddler
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Glucagon (2 mg/mL)	0.5 mg	0.25 mg	0.25 mg
Glucagon (3 mg/mL)	0.33 mg	0.17 mg	0.17 mg
Glucagon (4 mg/mL)	0.25 mg	0.125 mg	0.125 mg
Glucagon (5 mg/mL)	0.2 mg	0.1 mg	0.1 mg
Glucagon (6 mg/mL)	0.17 mg	0.08 mg	0.08 mg
Glucagon (8 mg/mL)	0.125 mg	0.06 mg	0.06 mg
Glucagon (10 mg/mL)	0.1 mg	0.05 mg	0.05 mg

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CDCES Coach App

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CDCES Coach App

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

DiabetesEd.net

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:

- Increase evening dose of basal insulin
- Increase morning dose of bolus insulin
- Check 3am blood glucose
- Eliminate bedtime snack

220 Test Questions – Assess your Knowledge



Test Taking Practice Exam Sample Questions Toolkit

Test Taking Practice Exam Toolkit Webinar
20 Sample Practice Questions

You are invited to join Coach Beverly for this FREE Webinar. And, if you want to have access to an additional 220+ sample practice online questions, you can purchase the complete Test Taking Toolkit.

For many of us, taking the certification exam is a nerve-wracking process.

During this webinar, Coach Beverly will help you transform your nervousness into focused energy that will help you succeed. She will provide test-taking tips based on her experience taking the certification exam six times.

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Free Webinar on Test Taking Practice with 20 Sample Questions

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



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



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APRIL 15-17

Join our Expert Presenters for 3 Days of Cutting-Edge Information:
Diana Isaacs, PharmD, BCPS, BC-ADM, BCACP, CDCEs – 2020 Educator of the Year and Tech Guru
Beverly Thomassian, RN, MPH, CDCEs, BC-ADM
Ashley LaBrier, RD, MS, CDCEs

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Diabetes Meds & Insulin Therapy + COVID Update

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- COVID and Diabetes

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Medical Nutrition Therapy Intensive

- Latest ADA Guidelines for MNT applied to real life.
- Nutrition therapy approaches that work
- Keeping well by balancing nutrition & activity

Ashley LaBrier
Guest Speaker

You are Going to Do Great!



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