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UNIVERSITY



Preparing for BC-ADM

Free Webinar

With Coach Beverly Thomassian,

RN, MPH, CDCES, BC-ADM

www.DiabetesEd.net 2021




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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!


August 15, 2021

Preparing for BC-ADM Exam?

Future BC-ADM – Click Here!

Sept 28, 2021



Topics

Qualifications to take the exam


Applying for exam

Exam content

Study strategies

Test taking tips

Resources





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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 and co conditions
- ▶ Counsel patients on lifestyle modifications
- ▶ Address psychosocial issues,
- ▶ Participate in research and mentoring.



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Professional Qualifications to take BC-ADM- excerpted from ADCES

| | BC-ADM® |
|---|--|
| Eligible Professions | <ul style="list-style-type: none"> ◦ Registered Nurse (includes NPs and CNRS) ◦ Registered Dietitian ◦ Pharmacist ◦ PA ◦ Physician |
| Experience | <ul style="list-style-type: none"> ◦ 500 clinical practice hours in advanced diabetes management within 48 months prior to taking certification examination |
| Other Requirements | <ul style="list-style-type: none"> ◦ Advanced degree (master's degree or higher in relevant field) <p><i>Clinical hours must take place after relevant licensure and advanced degree have been obtained</i></p> |
| Exam Structure | <ul style="list-style-type: none"> ◦ 175 multiple choice questions, including 25 pretest/unscored ◦ Time allowed: 3 hours and 30 minutes |
| 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) |



https://www.diabeteseducator.org/education/certification/bc_adm Diabetes Education
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Quick Question

- ▶ What best describes the difference between a CDCES and a BC-ADM?
 - ▶ A. BC-ADMs are responsible for increased complexity in decision making
 - ▶ B. A bachelor's degree or higher is required to obtain a CDCES
 - ▶ C. The main difference is that BC-ADM's prescribe medications based on diagnosis
 - ▶ D. With an advanced degree, BC-ADM's are qualified to set up an independent practice



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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/DO, 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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DiabetesEd Specialist Course



- ▶ Content that *best* helps you succeed
- ▶ Join Coach Beverly and a Team of Experts
- ▶ Proof of COVID vaccine required

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Bev's Perspective – CDCES since 1992

- ▶ First took BC-ADM 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 and 2021 renewal



Maintaining Certification BC-ADM

- ▶ BC-ADM Exam – Sat for exam twice, then policy changed.
- ▶ **Renew every 5 years by completing:**
 - ▶ CE activities (75 CE's)
 - ▶ Academic Credits
 - ▶ Presentations
 - ▶ Publication & Research
 - ▶ Preceptor / Mentor
 - ▶ Professional Service

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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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2021 – 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
 - ▶ May 1- Take test in June
- ▶ Window to apply for Winter
 - ▶ 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

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



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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 |
|--|--|
| 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) |

CDCES

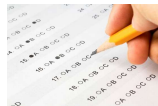
| |
|---|
| <ul style="list-style-type: none"> • 200 multiple choice questions, including 25 pretest/unscored • Time allowed: 4 hours |
| <ul style="list-style-type: none"> • Assessment of the Diabetes Continuum (59) • Interventions for Diabetes Continuum (88) • Disease Management (28) |

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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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



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BC-ADM Exam Content - 2021

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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Med and Insulin PocketCards



NEW Accordion 2-sided PocketCards

Glucagon Treatment for Diabetes-Related Hypoglycemia

| Form / Delivery | Supplied | Adults | Child | Age 1 / Ready / Orange |
|---------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Glucagon Emergency Kit | 1 mg/0.5 mL (2 mg/1 mL) | 1 mg/0.5 mL (2 mg/1 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) |
| Glucagon Emergency Kit (Child) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) |
| Glucagon Emergency Kit (Ready) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) |
| Glucagon Emergency Kit (Orange) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) | 0.5 mg/0.25 mL (1 mg/0.5 mL) |



PASS THE CD® EXAM – **NO LIPS TO SHIP!**

DiabetesEd.net

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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



BC-ADM Resources on DiabetesEd.net

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



Recommended Articles

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

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

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*

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

ACCS Comprehensive Type 2 Diabetes Management Algorithm 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-ADM exam, we encourage students to be familiar with the slide content that reviews diabetes management.

2019 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.



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BC-ADM Prep Bundle | Levels 2, 3, & 4

Earn 39+ CEs | \$449

Beverly has custom designed this course bundle to prepare you for the BC-ADM Exam.



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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.

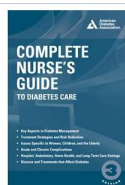
The main study guides for me were the ADA Standards of Care and your PowerPoints, pod casts, and the 100 question practice test.

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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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



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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

$16 + 16 + 20 = 52 \text{ units a day}$
 $52 \text{ units} \times 30 \text{ days} = 1560 \text{ units}$
 $1000 \text{ units per vial} = 2 \text{ vials}$



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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?
- Insulin, aspirin and ACE Inhibitor.
 - TZD, ARB and bolus insulin.
 - Beta blocker, insulin analog and statin.
 - 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:

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



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Sample question 9

RS observes Ramadan and fasts from sunrise to sunset. RS is 13 years old, has type 1 diabetes, uses an insulin pump and CGM. RS's insulin-to-carb ratio is 1:12 and correction is 1:45. Basal settings range from 0.5 -1.2 units an hour. What would be the best recommendation for RS to keep blood sugars in target range during Ramadan?

- See if RS can get a note from their doctor to allow eating during the day
- Take bolus insulin when RS eats a meal or snack
- Decrease basal insulin rate by 50% during periods of fasting
- Monitor urine ketones at least twice a day



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DiabetesEd Specialist Course



Update and Prep for Certification Exams

- ▶ Content that *best* helps you succeed
- ▶ Join Coach Beverly and a Team of Experts
- ▶ Proof of COVID vaccine required

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- ▶ <https://www.linkedin.com/in/beverlythomassian/>

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- ▶ <https://diabetesed.net/diabetes-blog-bytes-sign-up/>

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Thank You



- ▶ Questions?
- ▶ Email
info@diabetesed.net
- ▶ Web
www.diabetesed.net
- ▶ 530-893-8635



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