



ONLINE
UNIVERSITY



Preparing for BC-ADM Free Webinar

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

www.DiabetesEd.net 2021



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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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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 needs and assists with therapeutic problem-solving.

Within their scope of practice, the BC-ADM:

- ▶ Adjust medications,
- ▶ Treat & monitor acute & chronic complications and co conditions
- ▶ Counsel participants 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 CNSs) ◦ 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>

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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

Diabetes Education Services

DiabetesEd Specialist Virtual Course



- ▶ Content that *best* helps you succeed
- ▶ Join Coach Beverly, Dr. Diana Isaacs and Ashley LaBrier
- ▶ Deluxe version includes Syllabus and Swag



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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



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 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

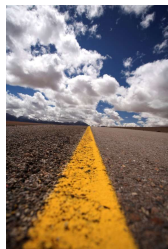
▶ Diabetes Specialist

- 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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Overview of BC-ADM Exam

► BC-ADM

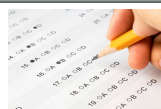
Exam Structure	<ul style="list-style-type: none"> • 175 multiple choice questions, including 25 pretest/unscored • Time allowed: 3 hours and 30 minutes 	CDCES	<ul style="list-style-type: none"> • 200 multiple choice questions, including 25 pretest/unscored • Time allowed: 4 hours
Major Exam Content Areas (# 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"> • Assessment of the Diabetes Continuum (59) • Interventions for Diabetes Continuum (68) • 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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Test NOW at Scantron Site or Live Online Proctoring (LOP)

Scheduling and Cost Information for BC-ADM Exam Changes

1. Charges for Changes in Scheduling

When you get your notification to schedule email from Scantron, click on the link to schedule online and you will be provided with the option to select either an onsite Scantron site or the live online proctoring option (LOP). If you schedule for the LOP option, and then decide you want to reschedule to an onsite Scantron site, there is no charge. However, if you schedule for an onsite Scantron site, then want to reschedule to an LOP, there's a \$50 rescheduling fee.



LIVE ONLINE-PROCTORED TEST ADMINISTRATION

https://www.diabeteseducator.org/docs/default-source/education-and-career/certification/scheduling-and-cost-information-for-bc-adm.pdf?sfvrsn=fb69858_2

Live online-proctored (LOP) test administration allows candidates to complete their examinations from their own computers via an internet connection at a time and place of their choosing. Testing sessions are available 24/7/365, based on seating availability.

Scantron uses its proprietary software, Scantron PASS™, to deliver examinations to candidates. Scantron partners with Examity for the online, real-time monitoring of testing candidates.

The candidate's computer must have webcam capability as well as a microphone and speakers, and the environment should be quiet to avoid distractions and to ensure that the online proctor can hear everything at the candidate's location.

There are technical requirements, such as an adequate internet connection, to ensure that the proctor can access the candidate's computer and that the session can proceed without internet disruption. Candidates are informed of the computer specifications in advance of the testing session.



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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 **4 tests of 50** 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 Critical Content areas and help prepare 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

HOME THE APP HOW IT WORKS ABOUT US REVIEWS CONTACT

"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



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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 CDMP EXAM – <https://www.diabetesed.net>

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 AACE BC-ADM uses the following scale:

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

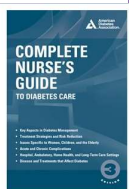


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Other Clinical Books that will Help www.DiabetesEd.net



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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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)

ADCE's 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.

AACE Comprehensive Type 2 Diabetes Management Algorithm 2020 - This link provides the complete executive and side 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 side 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.



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DiabetesEdUniversity.com



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

Earn 39+ CE's | \$449

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



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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. Colonoscopy
 - 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 rates of gestational diabetes (GDM) are increasing in the United States. Which of the following is true?

- A. Children born to people with GDM have lower rates of type 1 diabetes.
- B. Risk of GDM can be decreased by getting to healthy weight pre-pregnancy
- C. GDM is defined as elevated blood glucose levels discovered anytime during pregnancy
- D. People with GDM can control glucose through diet changes only



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

Sign up for Blog Bytes – Question of Week

- ▶ <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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