



CDCES or BC-ADM? Which Certification is Right for Me?

Beverly Thomassian, RN, MPH, BC-ADM, CDCES
President, Diabetes Education Services



Diabetes Education
SERVICES

Coach Beverly

Beverly Thomassian, RN, MPH, CDCES, BC-ADM Diabetes Nurse Specialist Consultant

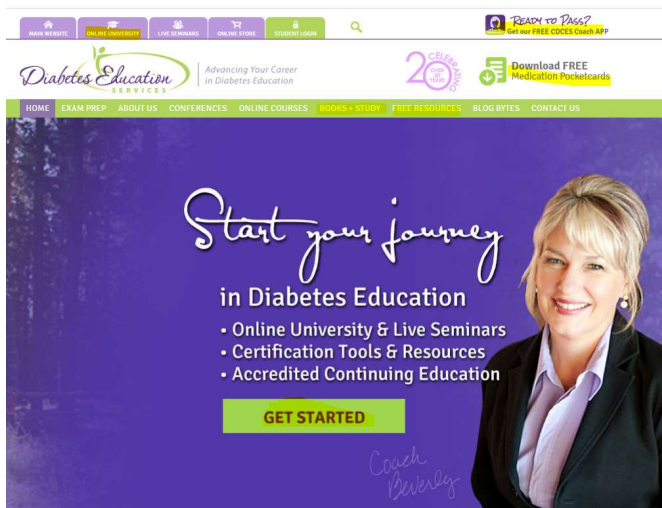
As a diabetes nurse specialist for the past 25 years, provide diabetes leadership, education and case management for outpatient and inpatient settings. Achieved American Diabetes Association Recognition for outpatient diabetes programs and initiated CDC Accredited Diabetes Prevention Program.



As founder and President of Diabetes Education Services, Beverly offers live and online educational programs designed to help health care professional advance their knowledge and deliver compassionate and meaningful diabetes care. Thousands of participants have participated in our educational programs and successfully achieved their goals of not only advancing their knowledge, but gaining certification as a CDCES and/or BC-ADM.

"Beverly Thomassian has disclosed she has no relevant financial relationships with commercial interests."

DiabetesEd.net Website Orientation



DiabetesEd.net website homepage featuring a navigation bar with links: HOME, EXAM PREP, ABOUT US, CONFERENCES, ONLINE COURSES, BOOKS + STUDY, FREE TO SUCCESS, BLOG BYTES, CONTACT US. The main banner includes the text "Start your journey in Diabetes Education" and "PASS THE CDCES EXAM! (FORMERLY CDE) – 10 STEPS TO SUCCEED". A "GET STARTED" button is prominently displayed.

PocketCards



Glucagon Treatment for Diabetes-Related Hypoglycemia

Name / Delivery	Supplied	Adults	Peds / Age 180 Dosing	Age / Route / Storage
Glucagon Emergencies kit	1mg / 3mg, 1mg / 3mg, 1mg / 3mg	1mg	0.5mg/kg or 0.5g or 0.5g/kg (0.5g/kg)	All ages approved. Subcutaneous. Expires in 2 years at room temp.
Glucagon Emergencies kit	1mg / 3mg, 1mg / 3mg, 1mg / 3mg	1mg	0.5mg/kg or 0.5g or 0.5g/kg (0.5g/kg)	All ages approved. Subcutaneous. Expires in 2 years at room temp.
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Free on CDCES Coach App
Constantly updated
App users receive priority notification
Download on Website

DiabetesEd.net

We have the Tools to help you Get Started

DiabetesEd.net

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?

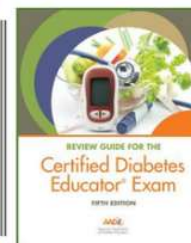
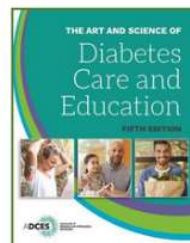
Future CDCES – Click Here!

Jan 26, 2022

Preparing for BC-ADM Exam?

Future BC-ADM – Click Here!

Feb 9, 2022



Objectives

1. Describe the roadmap to becoming a CDCES or BC-ADM.
2. State 3 main differences between the credentials.
3. Discuss the benefits and drawbacks of each certification.



Coach Bev's Journey

Achieving Certification

1992 – Passed CDCES Exam, Health Education Mgr at HMO
1994 – Hired as Inpatient Diabetes Specialist at Stanford Hospital
1998 – Started consulting company Diabetes Education Services to help health care professional achieve certification
1998 - current: Run local diabetes programs inpatient, outpt, clinic
2001 – Passed BC-ADM exam

Maintaining Certifications

CDCES Exam – Sit for exam every 5 years to be familiar with exam philosophy.

- ▶ Have passed exam 6 times, sit for 7th time in 2022
- ▶ Renew through CEs or Exam
- ▶ **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

Coach Bev's Recent Roles

► Hospital Based Program Manager

- Inpatient diabetes management
- ADA recognized outpatient program
- Outcome measurement
- Training of staff
- Policies and procedures
- Teach classes
- Write articles

Rural Clinic Diabetes Specialist

- Consultant to providers and colleagues
- Cardiovascular risk management
- Work on process improvement
- Starting support group
- Staff training
- Medication adjustments
- Case management



BC-ADM vs CDCES Question

What best describes the difference between a Certified Diabetes Care and Education Specialist (CDCES) and a person Board Certified in Advanced Diabetes Management (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



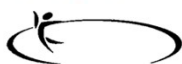
BC-ADM VS CDCES Eligibility, Experience, Requirements

	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><i>Visit the Certification Examination for Diabetes Educators Examination Handbook for complete details</i></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><i>Clinical hours must take place after relevant licensure and advanced degree have been obtained</i></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)

<https://www.diabeteseducator.org/practice/bc-adm-cdces-information>



CDCES Deluxe Prep Bundle | Levels 1, 2, & 3 + Toolkits | 47 CEs
\$ 429.00



BC-ADM Deluxe Prep Bundle | Levels 2, 3, & 4 | 49 CEs
\$ 439.00



Ultimate Online Bundle (40 online courses) | 58+ CEs
\$ 489.00

Diabetes Education SERVICES

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

- Requires Master's degree
- Management of diabetes and comorbidities
- Increased complexity of decision making

What Is A CDCES?

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.



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)

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.

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



Diabetes Care & Education Includes:

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.



DSMES = Diabetes Self-Management Education and Support



CDCES Professional Practice Definition

- Diabetes Self-Management 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

2. CDCES and BC-ADM Exam Philosophy

The certification exams include which of the following philosophies?

- A. Motivate people to make lifestyle changes
- B. Empower individuals to improve diabetes self-management
- C. Consider individuals needs, goals and life experiences
- D. Help all people with diabetes achieve an A1C less than 7%
- E. Collaborate and provide ongoing care



What Is A BC-ADM?

Skillfully manages complex patient needs and assists patients with therapeutic problem-solving.

Within their scope of practice, the BC-ADM:

- Adjust medications
- Treat & monitor acute & chronic complications
- Counsel patients on lifestyle modifications
- Address psychosocial issues
- Participate in research and mentoring



BC-ADM Exhibits Advanced Knowledge

- ▶ “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 ADCES website*

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

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 targets which includes include treatment and monitoring of acute and chronic complications
- Research and mentoring





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**



Exam Content Comparison



CDCES & BC-ADM
Certification

► BC-ADM

► CDCES

Exam Structure	<ul style="list-style-type: none"> • 175 multiple choice questions, including 25 pretest/unscored • Time allowed: 3 hours and 30 minutes 	<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 (88) • Disease Management (28)

<https://www.diabeteseducator.org/practice/bc-adm-cdces-information>

Exam And Renewal Fee Comparison



CDCES & BC-ADM
Certification

► BC-ADM

CDCES

Initial Certification Fees	<ul style="list-style-type: none"> • \$600 ADCES members • \$900 Nonmembers 	<ul style="list-style-type: none"> • Cost \$350
Exam Window	<ul style="list-style-type: none"> • June (application due May 1; final deadline May 15 with \$50 late fee) • December (application due Nov 1; final deadline Nov 15 with \$50 late fee) 	<ul style="list-style-type: none"> • Submit application at any time • Must sit for exam within 90 days of approval of application

BC-ADM Renewal Every 5 years
•\$500 ADCES members
•\$800 Nonmembers

CDCES Renewal Every 5 years
\$250

<https://www.diabeteseducator.org/practice/bc-adm-cdces-information>

Create a Study Path for Success

1. Consider creating a professional pathway to becoming a CDCES or BC-ADM
2. Diabetes Specialists improve care for individuals and communities.
3. Seek out resources that can help you on your journey.

We Truly Believe in Your Success

We know you are motivated, we know you are passionate about diabetes care and, we believe in you!



We are here for you. We provide on-phone and email coaching to support your journey to be the best diabetes educator possible.

In addition, we offer a variety of services and products to help you meet your goals.

Our Live Courses and Onsite Seminars are not only stuffed full of important information, we make sure they provide meaningful content that is engaging and fun.

We also offer Resource Books and Study Tools at great prices. These books are great references for your clinical practice, plus they help prepare you for the CDCES Exam.



CDCES Deluxe Prep
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Toolkits | 47 CEs
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Ultimate Online Bundle
(40 online courses) |
58+ CEs
\$ 489.00

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9 Classes with Coach Beverly | 12+ CE's | \$269

Airs February 8th - March 8th, 2022

Get Ready for Certification Success



JOIN COACH BEV

ENROLL NOW

This library of critical information is designed for individuals or groups of diabetes specialists, including RNs, RDs, Pharmacists, Nurse Practitioners, Clinical Nurse Specialists, Physician Assistants, and other health care providers interested in staying up to date on current practices of care for people with diabetes and preparing for the BC-ADM or the CDCES certification Exam.

2022 Live Webinar Updates

- February 8, 2022 - Class 1 - Diabetes - Not Just Hyperglycemia
- February 10, 2022 - Class 2 - Standards of Care & Cardiovascular Goals
- February 15, 2022 - Class 3 - Insulin Therapy - From Basal/Bolus to Pattern Management
- February 17, 2022 - Class 4 - Insulin Intensive - Monitoring, Sick Days, Lower Extremities
- February 22, 2022 - Class 5 - Meds for Type 2 - What you need to know
- February 24, 2022 - Class 6 - Exercise and Medical Nutrition Therapy
- March 1, 2022 - Class 7 - Screening, Prevention, and Treatment of Microvascular Complications
- March 3, 2022 - Class 8 - Coping and Behavior Change 1.5 CE's
- March 8, 2022 - Class 9 - Test-Taking Coach Session (48 Questions) No CE



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Airs April 13th - 15th, 2022

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Find out

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Review

Prepare

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DiabetesEd

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Airs December 16th, 2022

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Test Taking Toolkit

AIRS DEC 16TH

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Airs January 11th - January 27th, 2022

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Diabetes Fundamentals

AIRS JAN. 11-27TH

DEC 09

Live Webinars Dec 09, 2021

CDCES or BC-ADM – Which Certification is Right for me?

FREE Webinar

DEC 15

Live Webinars Dec 15, 2021

Level 2 | Hyperglycemic Crises, DKA & HHS

Standards | 1.0 CE

DEC 16

Live Webinars Dec 16, 2021

Test Taking Practice Webinar with Coach Beverly

DEC 21

Live Webinars Dec 21, 2021

Level 2 | Assessing and Promoting Well-Being: From Population Health to a Person-Centered Approach

Standards | 1.5 CE's

CDCES and BC-ADM Success Page



I want to thank you for the role that the 1-year subscription to your online university played in passing my CDCES exam this past October. Your webinars are both thorough and engaging. The webinars expanded on the knowledge that I had learned in my first year as a diabetes educator and filled in the gaps of my blind spots regarding exam content. Now in my third year as a diabetes educator, I am a much more well-rounded and versatile educator and care specialist because of your online university.

Tim Leech, CDCES



I passed the BC-ADM exam. It's for sure a brainstorming examination. But by Almighty's grace and a lot of hard work I was successful. I want to thank the DiabetesEd coach Beverly for her very informative in-depth study materials. I would definitely recommend it to anyone who is contemplating taking this exam. The BC-ADM kit online course, CDCES Coach app, Pocket cards, Certified Diabetes Educator exam book, and other resources helped me to build a strong foundation before appearing for the exam. I and my friends were able to have virtual study sessions to share ideas and information. It's definitely worth to take this exam to render holistic well-rounded care for our patients with diabetes.

Susan George, APRN, DNP, FNP-C, BC-ADM

I wanted to let you know that after using your Diabetes Ed Specialist Deluxe Prep Bundle, I passed the exam last month on the first try! I wouldn't have known where to start without these resources and I plan to continue my growth and learning from you in the future.

Thank you so much for your help and direction! 😊

Athena Cameranesi, RD, CDCES



Final Notes From Coach Beverly

Every day that I show-up to work as a diabetes specialist, I feel that I am a part of something bigger.

This community passionately and collectively works toward improving the care and quality of life for people living with diabetes.

Diabetes specialists have the opportunity to make an impact in a variety of settings, from individuals to groups to communities.

We are laser focused on advocating for excellence in diabetes care coupled with compassion.



**Coach
Beverly loves
being a
Diabetes
Specialist**

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

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Thank You



- ▶ Please reach out with any questions.
- ▶ info@diabetesed.net
- ▶ www.diabetesed.net
- ▶ 530-893-8635

