



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

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



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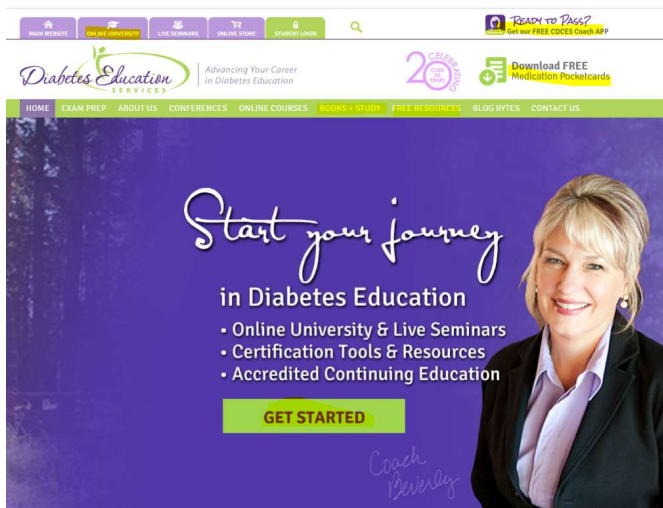
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Welcome to our DiabetesEd Online University

*Our goal is to provide an exceptional user experience and
build a sense of community.*

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 SOURCE, BLOG BYTES, CONTACT US. The main banner reads "Start your journey in Diabetes Education" with a list of offerings: Online University & Live Seminars, Certification Tools & Resources, Accredited Continuing Education. A "GET STARTED" button is prominent. A photo of Coach Beverly is on the right. A badge says "20 YEARS CELEBRATING 20 YEARS OF SERVICE". A "READY TO PASS? GET THE FREE CDCES COACH APP" badge is in the top right.

PASS THE CDCES EXAM! (FORMERLY CDE) – 10 STEPS TO SUCCEED

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	1 mg	0.5 mg/kg or < 0.5 mg or < 0.5 mg/kg	All ages approved. Subcutaneous. Expires in 2 years at room temp.
Glucagon	1 mg / 3 mg, 1 mg / 3 mg, 1 mg / 3 mg	1 mg	0.5 mg/kg or < 0.5 mg or < 0.5 mg/kg	All ages approved. Subcutaneous. Expires in 2 years at room temp.
Glucagon	1 mg / 3 mg, 1 mg / 3 mg, 1 mg / 3 mg	1 mg	0.5 mg/kg or < 0.5 mg or < 0.5 mg/kg	All ages approved. Subcutaneous. Expires in 2 years at room temp.
Glucagon	1 mg / 3 mg, 1 mg / 3 mg, 1 mg / 3 mg	1 mg	0.5 mg/kg or < 0.5 mg or < 0.5 mg/kg	All ages approved. Subcutaneous. Expires in 2 years at room temp.

Not for use in 15 minutes. When needed, give oral carbs ASAP after route to swallow. Please consult package insert for detailed info. All trademarks are the property of their respective owners. Please consult prescribing information for detailed guidelines. Copyright Diabetes Ed Services 2023.

Free on CDCES Coach App
Constantly updated
App users receive priority notification
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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?

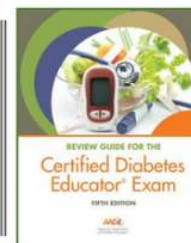
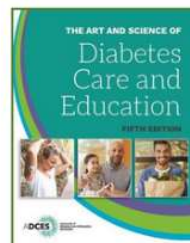
Future CDCES – Click Here!

Jan 31, 2023

Preparing for BC-ADM Exam?

Future BC-ADM – Click Here!

Feb 20, 2023



Bryanna is here to Help!



Bryanna Sabourin,
Director of Operations,
Certification Pathway Coach &
Customer Happiness Expert

If you have questions,
you can chat with
Bryanna at
www.DiabetesEd.net
or call 530-893-8635
or email at
info@diabetesed.net

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

True or False Questions

- ▶ CDCES's need 2000 hours of diabetes self-management experience within 5 years to apply for the certification exam?
- ▶ For CDCES or BC-ADM, certificants are required to renew certification by retaking the exam and completing required CEs?
- ▶ BC-ADM is renewed every 10 years by submitting proof of providing advanced level care?

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>

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Levels 2, 3, & 4 + Toolkits

49 CEs | \$459

Are You Ready for Exam Success?

Levels 2, 3, & 4

BC-ADM Deluxe Prep Bundle | Levels 2, 3, & 4 | 49 CEs
\$ 459.00



Ultimate Online Bundle (40 online courses) | 58+ CEs
\$ 519.00

All of course CEs can be applied toward CDCES or BC-ADM

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



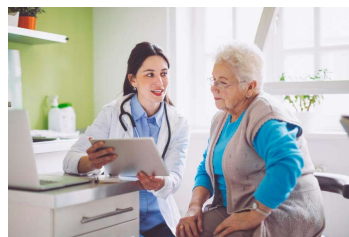
CDCES Professional Practice Definition

- 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 Brought to you by Diabetes Education Services

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CDCES Coach App

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



True or False Questions

- ▶ CDCES is comprised of 200 multiple choice and true and false question?
- ▶ BC-ADM exam is comprised of 175 multiple choice questions?
- ▶ Both exams require a brief essay of explanation at the end?

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-cdes-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 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.

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.



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Level 1 Courses 2023 Webinar Updates

1. January 10, 2023 - [Class 1 - Getting to the Nitty Gritty](#) 1.5 CEs
2. January 12, 2023 - [Class 2 - Nutrition and Exercise](#) 1.5 CEs
3. January 17, 2023 - [Class 3 - Meds Overview for Type 2](#) - 1.5 CEs
4. January 19, 2023 - [Class 4 - Insulin Therapy & Pattern Management](#) 1.5 CEs
5. January 24, 2023 - [Class 5 - Goals of Care](#) - 1.5 CEs
6. January 26, 2023 - [Class 6 - Hypoglycemia, Sick Days, Monitoring, Foot Care](#) 1.5 CEs



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Level 2 – ADA Standards of Care Explained

Diabetes Specialist Online Standards of Care Intensive Webinar Updates

- [Meds Management for Type 2](#) - 1.5 CEs - Ready for OnDemand Viewing
- December 8, 2022 - [Hyperglycemic Crises, DKA & HHS Standards](#) | 1.0 CE
- December 20, 2022 - [Assessing Well-Being: Population Health to a Person-Centered Approach Standards](#) | 1.5 CEs
- February 2, 2023 - [ADA Standards of Care](#) | 2.0 CEs
- March 28, 2023 - [Critical Assessment | Fine-Tuning Diabetes Detective Skills](#) 2.0 CEs
- April 11, 2023 - [Microvascular Complications, Eye, Kidney Nerve Disease](#) 1.5 CEs
- May 4, 2023 - [Cardiovascular Disease and Diabetes Standards](#) 1.5 CEs
- May 9, 2023 - [Lower Extremity Assessment](#) 1.5 CEs
- May 11, 2023 - [Older Adults and Diabetes](#) 1.5 CEs
- May 18, 2023 - [Tots to Teens - Diabetes Standards](#) 1.5 CEs
- May 25, 2023 - [Pregnancy and Diabetes](#) 1.5 CEs
- May 30, 2023 - [Hospital and Hyperglycemia](#) 1.5 CEs
- June 1, 2023 - [Setting up a Successful Diabetes Program](#) 1.5 CEs





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Level 3 – Boot Camp

Diabetes Specialist Online Boot Camp Live Webinar 2023 Topics

- February 7, 2023 - Class 1 - Diabetes - Not Just Hyperglycemia 1.5 CEs
- February 9, 2023 - Class 2 - Standards of Care & Cardiovascular Goals 1.5 CEs
- February 14, 2023 - Class 3 - Meds for Type 2 - What you need to know 1.5
- February 16, 2023 - Class 4 - Insulin Therapy - From Basal/Bolus to Pattern Management 1.5 CEs
- February 21, 2023 - Class 5 - Insulin Intensive - Monitoring, Sick Days, Lower
- February 23, 2023 - Class 6 - Exercise and Medical Nutrition Therapy 1.5 CEs
- February 28, 2023 - Class 7 - Screening, Prevention, and Treatment of Microvascular Complications
- March 2, 2023 - Class 8 - Coping and Behavior Change 1.5 CEs
- March 9, 2023 - Class 9 - Test-Taking Coach Session (48 Questions) No CE



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Level 4 – Advanced Level

Webinar List

- [The Impact of Adverse Childhood Experiences on Health | 1.0 CE](#)
- [3 Steps to Save Feet; Assess, Screen, and Report | 1.0 CEs](#)
- [Solving Glucose Mysteries for Type 1 | 1.5 CEs](#)
- [Solving Glucose Mysteries for Type 2 | 1.5 CEs](#)
- [Insulin Calculation Workshop - From Pumps & Beyond | 1.5 CEs](#)
- [Basal Bolus Therapy in Hospital | 1.5 CEs](#)
- [Type 2 Diabetes Intensive | 2 CEs](#)
- [Cancer & Diabetes | 1.25 CEs](#)
- [Getting to the Gut \(& Skin\) | 1.0 CEs](#)



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Diana Isaacs, PharmD, BCPs, BC-ADM, BCACP, CDCES
 Beverly Thomassian, RN, MPH, CDCES, BC-ADM
 Ashley LaBrier, RD, MS, CDCES

► ReVive 5 Diabetes Training Program



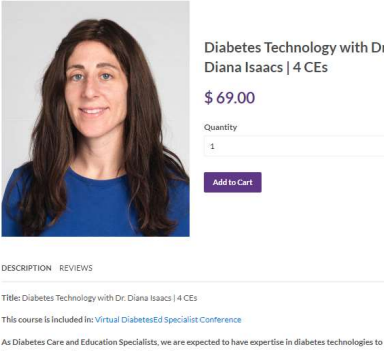
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 4 Training + 4 Coaching Sessions—up to 14 CEs
Unlocking Hidden Barriers to Diabetes Self-Management

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Toolkits

► Technology Toolkit




Diabetes Technology with Dr. Diana Isaacs | 4 CEs
\$ 69.00
 Quantity: 1
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DESCRIPTION **REVIEWS**

Title: Diabetes Technology with Dr. Diana Isaacs | 4 CEs
 This course is included in: [Virtual DiabetesEd Specialist Conference](#)

As Diabetes Care and Education Specialists, we are expected to have expertise in diabetes technologies to improve person-centered care and optimize outcomes.

► Test Taking Toolkit



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 on-line.

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Live Webinars
 Dec 13, 2022
 Test Taking Practice Exam Toolkit 1 Webinar + 20 Sample Practice Test Questions

DEC 14

Live Webinars
 Dec 14, 2022
 CDCES or BC-ADM – Which Certification is Right for me? | FREE Webinar

DEC 15

Live Webinars
 Dec 15, 2022
 Ready for Type 2 Update: New ADA/EASD Consensus Statement | Level 2 | 1.5 CE's

DEC 20

Live Webinars
 Dec 20, 2022
 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 Diabetes 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**

Keep in Touch



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- ▶ Instagram: <https://www.instagram.com/cdcescoach/>
- ▶ Linked In: <https://www.linkedin.com/in/beverlythomassian/>
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- ▶ Sign up for Blog Bytes – Question of Week: <https://diabetesed.net/diabetes-blog-bytes-sign-up/>

You are Going to Do Great!



Thank You



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