



# Preparing for the BC-ADM Exam FREE Webinar & Resource Page

Starting your journey to becoming a BC-ADM? We recommend watching our FREE Preparing for BC-ADM Exam Webinar!



DigitalStudio™ Live Webinar

## Prep for 2023 BC-ADM Exam | FREE Webinar

### Test Taking Tips & Strategies for Success

JOIN  
COACH BEV

Airs **July 11** 2023 at **11:30 am**



Register Today!

# DiabetesEd.net Website Orientation

MAIN WEBSITE ONLINE UNIVERSITY CONFERENCES ONLINE STORE STUDENT LOGIN

Free Med PocketCards Get Coach Bev's eNews

Diabetes Education SERVICES

25 years growth, connection, inspiration

Ready to get certified? Get our Free CDCES Coach App

HOME EXAM PREP ABOUT US TRAININGS ONLINE COURSES BOOKS + STUDY FREE RESOURCES BLOG BYTES CONTACT US

Start your journey

Celebrating 25 Years in Diabetes Education

- Online University & Live Seminars
- Certification Tools & Resources
- Accredited Continuing Education

GET STARTED

Coach Beverly

## PocketCards



## CDCES Coach App

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 >>

**Beverly Thomassian, RN, MPH, CDCES, BC-ADM**  
CEO, coach, instructor, cheerleader, mentor

# Bryanna is here to Help!



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

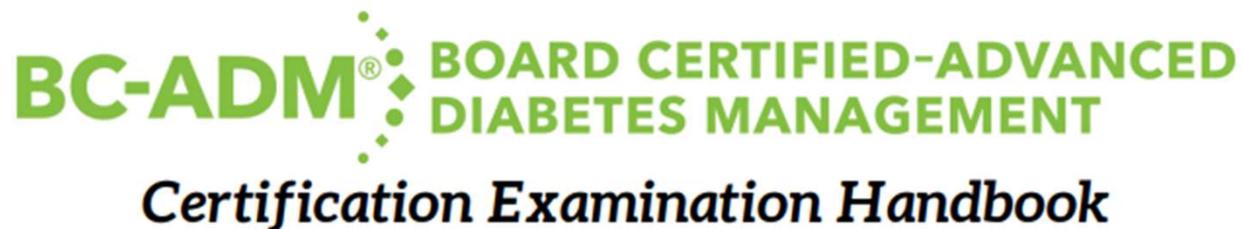
If you have questions,  
you can chat with  
Bryanna at  
[www.DiabetesEd.net](http://www.DiabetesEd.net)  
or call 530 / 893-8635  
or email at  
info@diabetesed.net

# Topics

- ▶ Qualifications to take the exam
- ▶ Applying for exam
- ▶ Exam content
- ▶ Study strategies
- ▶ Test taking tips
- ▶ Resources



# Cert Exam Book – Great Info



# Why Take the BC-ADM Exam?



- ▶ Board Certification – Advanced Diabetes Management
- ▶ Validates a healthcare professional's specialized knowledge and expertise in the management of people with diabetes.
- ▶ Provides opportunity to provide education and advanced level management at the same time (within one's scope of practice)



# Advanced Level Activities of BC-ADM

- ▶ Skillfully manages complex needs and assists with therapeutic problem-solving.
- ▶ Practicing within their discipline's scope of practice:
  - ▶ adjust medications,
  - ▶ treat & monitor acute and chronic complications
  - ▶ provide medical nutrition therapy
  - ▶ help plan exercise regimens
  - ▶ counsel to manage behaviors and psychosocial issues,
  - ▶ participate in research and mentor.



# 2023 – 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



# Professional Qualifications to take BC-ADM- excerpted from ADCES

## Eligibility Requirements

Candidates must complete the following requirements before applying. See the eligibility criteria details in the following chart for details.

Eligibility Criteria	Nurse	Dietitian	Pharmacist	Physician Assistant (PA)	Physician
<b>License/ Registration</b>	Current, active RN and/or advanced practice nursing license	Current, active dietitian license and/or registration	Current, active pharmacist license	Current active physician assistant license	Current active MD/DO license
<b>Advanced Degree</b>	Master's or higher degree in a relevant clinical, educational, or management area	Master's or higher degree in a clinically relevant area	Master's or higher degree in Pharmacy	Master's or higher degree in a relevant clinical, educational, or management area	MD/DO degree
<b>Experience</b>	500 clinical practice hours within 48 months prior to applying for certification examination. (Clinical hours must be earned after relevant licensure and advanced degree was obtained)				
<b>Level of Practice</b>	Skillfully manages complex patient needs and assists patients with therapeutic problem-solving. Within their discipline's scope of practice, healthcare professionals who hold the BC-ADM certification may adjust (and in some cases prescribe) medications, treat, and monitor acute and chronic complications and other comorbidities, counsel patients on lifestyle modifications, address psychosocial issues, and participate in research and mentoring.				

# 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



# 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

# 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 ADCES version of the BC-ADM Exam is very much like the CDCES Exam?

# CDCES Vs BC - ADM

## **CDCES**

- ▶ Educates and supports people affected by diabetes to understand and manage the condition.
- ▶ Promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.

## **BC-ADM**

- ▶ Management of diabetes and comorbidities
- ▶ Increased complexity of decision making
- ▶ Must have Master's

	BC-ADM®	CDCES*
<b>Eligible Professions</b>	<ul style="list-style-type: none"> <li>Registered Nurse (includes NPs and CNSs)</li> <li>Registered Dietitian</li> <li>Pharmacist</li> <li>PA</li> <li>Physician</li> </ul>	<ul style="list-style-type: none"> <li>Standard pathways: Many health professionals qualify including, Registered Nurses, Registered Dietitians/Dietitian Nutritionists, Pharmacists, PAs, MD/DO, and many others.</li> <li>Unique Qualifications Pathway (UQP) - Additional options for health professionals with advanced degrees in health-related area/concentration.</li> </ul> <p><i>Visit the Certification Examination for Diabetes Educators Examination Handbook for complete details</i></p>
<b>Experience</b>	<ul style="list-style-type: none"> <li>500 clinical practice hours in advanced diabetes management within 48 months prior to taking certification examination</li> </ul>	<ul style="list-style-type: none"> <li>At least 2 years of experience working under the qualifying profession (not required to be in diabetes) the 4 years preceding application</li> <li>1000 hours of diabetes education within 4 years, with 400 hours completed in the preceding year (NOTE: UQP requirement differs)</li> </ul>
<b>Other Requirements</b>	<ul style="list-style-type: none"> <li>Advanced degree (master's degree or higher in relevant field)</li> </ul> <p><i>Clinical hours must take place after relevant licensure and advanced degree have been obtained</i></p>	<ul style="list-style-type: none"> <li>15 clock hours of diabetes-related continuing education (CE) within the 2 years preceding application to take exam (UQP requirement differs)</li> </ul>

# 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*

## 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



Diabetes Education  
SERVICES

# Applying to take the BC-ADM Exam



- ▶ An online application is available through the ADCES candidate registration system at ADCES Candidate Access ([scantronassessment.com](http://scantronassessment.com))
- ▶ Applications accepted on a continual basis

## Deadlines

Candidates are strongly encouraged to complete their applications at least 60 days prior to their desired testing date. There are two testing windows per year – June and December. The deadline for registration for the June window is May 1 and the deadline for the December window is November 1.

<b>Application Received By:</b>	<b>Application (Including \$50 Late Fee) Received By:</b>	<b>Testing Window:</b>
May 1	May 15	June
November 1	November 15	December

If a candidate misses the deadline, their application is credited toward the next window.



# What application materials do I need to submit?

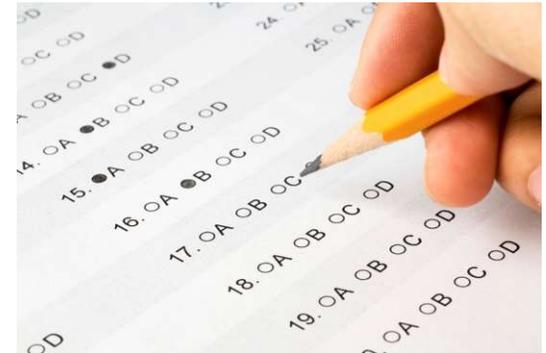
- ▶ Completed application including
  - ▶ Proof of Licensure
  - ▶ Documentation of 500 Advanced Practice Clinical Hours (within last 48 months) with attestation
  - ▶ Diploma of Master's level (or higher)
  - ▶ Payment
    - ▶ ADCES (AADE) Members = \$600
    - ▶ Non ADCES Members = \$900
    - ▶ Recertification \$500 / \$800 + 1000 practice hours + professional development



# BC-ADM Exam Details



## Steps to Becoming a BC-ADM



What are the steps to become Board Certified in Advanced Diabetes Management (BC-ADM)?

### Step 1. Review the qualifications to achieve your BC-ADM

- Visit the ADCES [BC-ADM Certification](#) page to review eligibility and to schedule your exam.
- Download the [BC-ADM Handbook](#) for complete information about eligibility. This handbook published by the ADCES (formerly AADE) provides the complete and official listing of all of the requirements for the BC-ADM. Instructions on how to apply, study resources, and the application are also included.
- [Download the Practice Hours Spreadsheet](#) to easily track your practice hours.

**Practice Hours Spreadsheet Tracker**

<https://diabetesed.net/preparing-to-take-bc-adm-webinar-and-resource-page/>

**Results will be mailed within 6-8 weeks after the CLOSE of the testing window**

**Can retake test for fee 2xs in yr**

**Test questions? – ADCES (919) 572-6880 or**

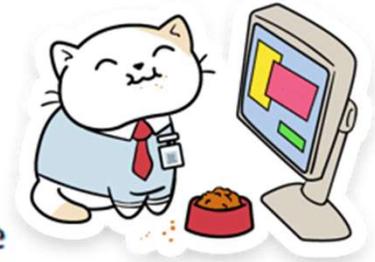
**[https://www.diabeteseducator.org/education/certification/bc\\_adm](https://www.diabeteseducator.org/education/certification/bc_adm)**

# 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

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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.

[https://www.diabeteseducator.org/docs/default-source/education-and-career/certification/scheduling-and-cost-information-for-bc-adm.pdf?sfvrsn=fba69858\\_2](https://www.diabeteseducator.org/docs/default-source/education-and-career/certification/scheduling-and-cost-information-for-bc-adm.pdf?sfvrsn=fba69858_2)

# 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
- ▶ Results are based on a scaled score
- ▶ Passing rate~ 70%

The AADE BC-ADM uses the following scale:

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



# BC-ADM Exam Content - 2023

## EXAM INFORMATION

There are 175 multiple-choice, single answer questions on this examination. Of these, 150 are scored questions and 25 are questions that are not scored and are used to determine how well these questions will perform before they are used on the scored portion of a future examination. These questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 150 scored questions.

Areas that are included on the examination as well as the percentage and number of questions in each of the major categories of the scored portion of the examination are shown in the chart below.

Category	Domains of Practice	Percent	No. of Questions
I	Assessment and Diagnosis	30%	45
II	Planning and Intervention	33%	50
III	Evaluation and Follow-up	23%	34
IV	Population Health, Advocacy, and Professional Development	14%	21

# I - Assessment & Diagnosis – 45 questions

## Subdomains listed below



1. Therapeutic interviews – 4
2. Comprehensive assessment of PWD – 5
3. Physiology and pathophysiology relating to prediabetes, diabetes and comorbidities – 5
4. Self-care behavior, mental health assessment - 4
5. **Social determinants of health - 4**
6. Standards of diabetes care – ADA /AACE – 5
7. Analysis of complex data sets – 5
8. Synthesis of information from test/assess – 5
9. Perform Screening and diagnostic criteria – 4
10. Formulate and prioritize problem list – 4

## II. Planning and Intervention - 50

1. Standards of Care re: intervention – 4
2. Incorp behavior change models - 4
3. Medical Nut Therapy Knowledge – 4
4. Pharmacologic therapy – 5
5. Surgical Options for DM Management – 3
6. Technology Options (Pump, CGM, etc) – 4
7. Individualization/ Priority of Care – 4
8. Collaboration, Referral and Coordination – 4
9. Establish self-care goal, improve outcomes – 4
10. Refer to mental health for psychosocial – 4
11. Interventions for special pops – 4
12. Manage diabetes in hospital/transitions – 4
13. Engage in telehealth services (CMS) - 3



# Take a Self - Assessment

Domain II: Planning and Intervention	Rating Scale: 1= Understands 90% of content, little review 2= Understands 75% of content, minimal review 3= Understands 50% of content, extensive review 4= Understands <10% of content, start from beginning	
Domain II makes up 34% of the BC-ADM exam (13 tasks)	Self-Rating	Plan
1. Task: Implement interventions that reflect standards of diabetes care and clinical practice guidelines.	4 questions on the exam	
Knowledge of:		
a. ADA, ADA/EASD, AACE, ADCES, Endocrine Society, ACOG, ISPAD		
b. FDA-approved therapies		
2. Task: Incorporate appropriate behavior change models and techniques to improve health outcomes through problem solving and teamwork.	4 questions on the exam	
Knowledge of:		
a. DSMES, Diabetes Prevention Program (DPP)		
b. AADE 7 Self-care Behaviors		
c. Behavior change techniques to promote behavior adoption such as motivational interviewing, readiness to change		
d. Exercise prescription and special considerations		
3. Task: Educate individuals about medical nutrition therapy.	4 questions on the exam	

# Evaluation and Follow-Up - 34



1. Standards of Care AACE, ADA, AACE, ACOG, Endocrine Society – 9
2. Use technology devices to collect, analyze and inform judgements - 7
3. Review treatments and outcomes, explain results – 9
4. Evaluate and adjust treatment plan accordingly - 9

# IV. Population Health, Advocacy, Professional Development - 20



1. Regulatory, accreditation/recognition disease management, reimbursement and standards (JACHO, HEDIS, ERP, DEAP, CMS, OSHA, CLIA, HIPPA)- 3
2. Program development and CQI – 2
3. Community needs - 2
4. Public health initiatives – 2
5. Engage in scholarly activities -2
6. Incorporate tech to individualize care - 4
7. Advocate for person first language – 3
8. Display leadership qualities -3

# Stretch Break – Half Way There



# DiabetesEd Training Conference



**We are back and Celebrating 25 years!**

**Join us LIVE for our DiabetesEd Training Conference in San Diego!**



Join Coach Beverly and Team for two and a half days of knowledge sharing, fun, networking, games with prizes, and “aha” moments in beautiful San Diego on **October 11-13, 2023**.

Get away from all those daily responsibilities so you can focus on gaining the latest person-centered approaches to diabetes care based on the ADA Standards and our expert’s clinical experience.

Attendees will leave this conference with new tools and a more complete understanding of the latest advances in diabetes care, from medications to technology to Medical Nutrition Therapy to prepare for certification or update your practice.

# 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 1-4 and Test Taking Toolkit
- ▶ What is best source of info on newer diabetes medications?



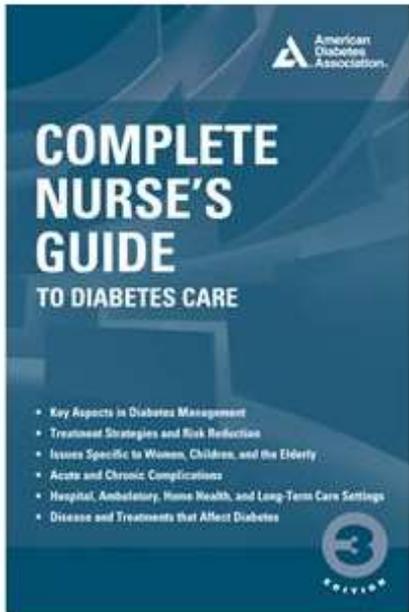
NEW Accordion 2-sided  
PocketCards

# Other Clinical Books that will Help

[www.DiabetesEd.net](http://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

# BC-ADM Resource Page

## What are the steps to become Board Certified in Advanced Diabetes Management (BC-ADM)?

### Step 1. Review the qualifications to achieve your BC-ADM

- Download the [BC-ADM Handbook](#) for complete information about eligibility. This handbook published by the ADCES provides the complete and official listing of all of the requirements for the BC-ADM. Instructions on how to apply, study resources, and the application are also included.
- The exam includes the following four exam domains. These self-assessment pages will help you identify knowledge gaps and reaffirm content you are familiar with.
  - Domain 1 [Assessment and Diagnosis](#)
  - Domain 2 [Planning and Intervention](#)
  - Domain 3 [Evaluation and Follow-Up](#)
  - Domain 4 [Leadership and Advanced Professional Practice](#)
- [Download the Practice Hours Spreadsheet](#) to easily track your practice hours.

[Practice Hours Spreadsheet Tracker](#)

### Step 2. Sign up for our FREE Webinar – Preparing for the BC-ADM exam

- This webinar reviews BC-ADM exam eligibility requirements (enroll at the top of this page), the exam format, and study strategies. Beverly also provides test-taking tips, sample test questions, and the reasoning behind choosing the right answers.

### Step 3 – Increase knowledge of diabetes and co-morbidity management

- **Attend our [Live DiabetesEd Specialist Course](#).** This course will provide you with critical information and clinical pearls for your practice.
- **Enroll in our Online University courses.** If you can't attend our live seminars, we invite you to enroll in our [BC-ADM Prep Bundle](#) or our [Ultimate Bundle](#). Benefiting from our extensive library of on-demand diabetes presentations. And even if you do attend our live seminars, these online courses are an excellent review and reinforce key points.
- Visit the ADCES [BC-ADM Certification](#) page to review eligibility and to schedule your exam.

<https://diabetesed.net/preparing-to-take-bc-adm-webinar-and-resource-page/>

# BC-ADM Resources on DiabetesEd.net

## Articles to Read to Prepare for BC-ADM Exam

### ^ Read More: Recommended Articles

[ADA Standards of Care 2023](#) – 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

[American Diabetes Association Abridged Standards of Care 2023 for Primary Care Providers](#)– Short on time? This abridged version provides a summary of ADA Standards.

[Purchase ADA Standards of Care 2023 Booklet](#)

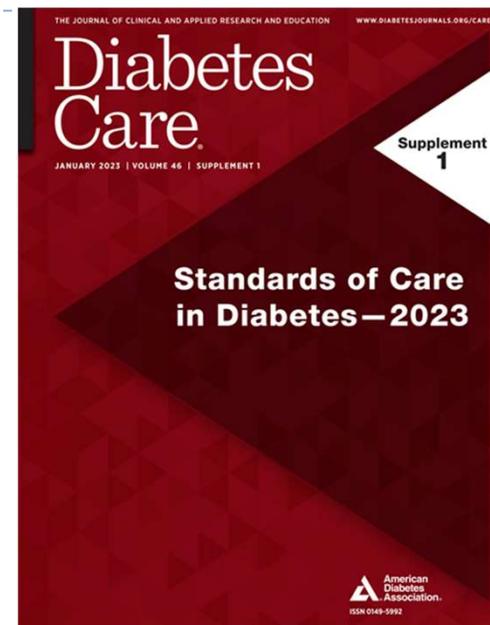
[Screening and Diagnosis of Diabetes Mellitus 2023](#) – A one-page cheat sheet that summarizes screening, risk status, and diagnostic criteria for diabetes. Great for your office and as a study tool.

[Med Cheat Sheets | Cholesterol and Hypertension Medications/Neuropathy Treatment for Diabetes 2023](#) – These summary sheets are helpful for your clinical practice and preparation for certification exams. For exam success, be familiar with the general concepts, (side effects and precautions) of these medications.

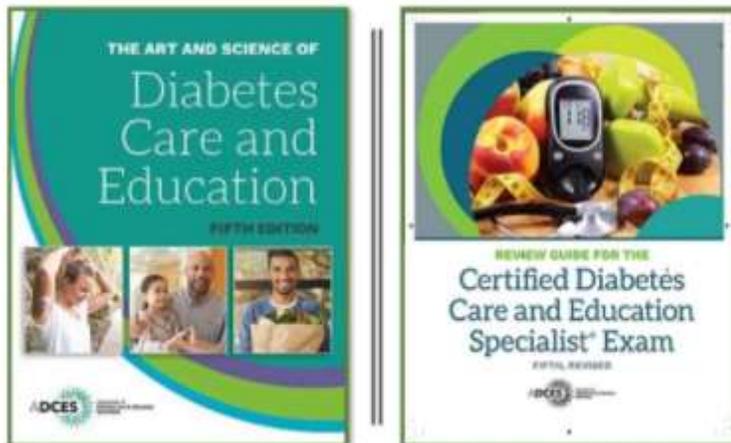
[An Introduction to Medical Statistics for Health Care Professionals](#) – This classic chapter, recommended by the ADCES to review for BC-ADM, provides a review of helpful statistical terms and concepts.

[AAACE 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.

[2022 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.



# Study Tools – Take as many tests as possible Listen to Prep for BC-ADM Webinar



ADCES Desk Reference +  
ADCES Certified Diabetes  
Specialist Exam Review  
Guide

**\$ 344.95**

AADE Review Guide (5<sup>th</sup> Revised Ed)  
Includes 480 questions

- ▶ 2 practice exams w/ rationale
- ▶ Test taking tips
- ▶ Self-Assessment

Art and Science Desk Reference - 800+  
pages

[DiabetesEd.net](http://DiabetesEd.net)>Books and Study

# ADA 2023 Updates for Exams

## A1c less than 7% (individualize)

- Pre-meal BG 80-130
- Post meal BG <180
- Time in Range (70-180) 70% of time

## Blood Pressure <130/80



## Cholesterol

- Statin therapy based on age & risk status
- If 40+ with ASCVD Risk, decrease LDL by 50%, LDL <70
- If 40+ with ASCVD, decrease LDL by 50%, LDL <55

# 220 Test Questions – Assess your Knowledge



## Test Taking Practice Exam Sample Questions Toolkit



### Test Taking Practice Exam Toolkit Webinar 20 Sample Practice Questions

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

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

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



**Watch Recorded Webinar for FREE**

**Purchase Now for Access to 220+ Practice Questions | \$49**

# Sample Question -1

- ▶ A healthy adolescent with 2 year history of type 1 DM returns for a quarterly appt. For the past month, they have experienced abdominal pain and diarrhea after some high carb meals. An advanced diabetes manager's first intervention is to order a:
  - A. Transglutaminase Autoantibody Test
  - B. 72-hour fecal fat collection
  - C. Colonoscopy
  - D. Stool Sample



# Poll Question 2

- ▶ MS is having trouble sleeping and complains of waking up with frequent nightmares. Insulin dose includes 5-8 units of Novolog at breakfast and dinner and 12 units of NPH bedtime. Complains that before bed blood sugar is often greater than 300, so takes extra insulin before going to bed to bring it down. What is your best response?
  - a. Instruct MS 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 MS is having a snack before checking her bedtime blood glucose level.
  - d. Instruct how to safely adjust dinner time Novolog to prevent hyperglycemia at bedtime.



# 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



# Poll Question 4

- ▶ Hyperglycemia during hospitalization is associated with poor outcomes due to
  - a. Abnormal co-regulation of nitric oxide
  - b. Increased free fatty acids, ketones and lactate
  - c. Ketone production associated with alkalosis
  - d. Increased insulin resistance and insulin secretion and decreased counterregulatory hormones.



## 5. JR, 40-year-old 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.



# Sample Question 6

ML takes 16 units glulisine before breakfast and lunch. Takes 16-20 units before dinner depending on BG levels. ML also takes 42 units of glargine at hs.

How many vials of glulisine does ML need a month?

- A. 1.5 vials
- B. 2 vials
- C. 2.8 vials
- D. 3 vials

**$16 + 16 + 20 = 52$  units a day**  
 **$52 \text{ units} \times 30 \text{ days} = 1560$  units**

**$1000 \text{ units per vial} = 2 \text{ vials}$**



# Sample question 7

- ▶ A 54-yr-old, BMI 32 with type 2 diabetes, A1c 8.3%, history of congestive heart failure and HTN with a UACR of 38mg/g and GFR of 49. Meds include Glipizide, Metformin and levothyroxine. Given his risk status, which 3 classes of meds should they be taking according to ADA Standards?
  - a. Insulin, aspirin and ACE Inhibitor.
  - b. TZD, ARB and bolus insulin.
  - c. Beta blocker, stop metformin and add statin.
  - d. ARB, statin, SGLT-2 Inhibitor



# Sample question 8

Current recommendations for screening for Type 2 diabetes and prediabetes in asymptomatic young adults include elevated BMI plus:

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



# 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?

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

# 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

# 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



# What's Next – Your Study Path

- ▶ Determine your learning goals & choose course bundles that best meet your needs.
- ▶ Ready to Certify? Create a Study Program
  - ▶ Which Study Tools are Right for Me? Complete Survey
  - ▶ CDCES Coach App
  - ▶ Free Resources & Webinars
  - ▶ Sign up for our Question of Week Blog
- ▶ Review the CDCES / BC-ADM Exam Handbook
- ▶ Prepare to Apply
  - ▶ Track Your Hours
  - ▶ Review Online Courses, Gain CEs
  - ▶ Test Taking Toolkit & Review Guide
  - ▶ Diabetes Boot Camp
  - ▶ Sign up for Exam & let us know how it goes!



Bryanna is here to help! Contact at [info@diabetesed.net](mailto:info@diabetesed.net) or call at 530-893-8635

# Knowledge = Confidence

- ▶ Most important aspect of test taking
- ▶ Knowing the content will improve your confidence
- ▶ As you study your knowledge base expands





**ONLINE**  
UNIVERSITY

## **Level 1 | Diabetes Fundamentals 2023 | 9+ CE**

- **Class 1 | Getting to the Nitty Gritty | 1.5 CE**
- **Class 2 | Nutrition & Exercise | 1.5 CE**
- **Class 3 | Insulin Therapy & Pattern Management | 1.75 CE**
- **Class 4 | Meds Overview for Type 2 | 1.5 CE**
- **Class 5 | Goals of Care & Lower Extremity Assessment | 1.5 CE**
- **Class 6 | Hypoglycemia, Sick Days, & Monitoring | 1.5 CE**





## Level 2 | Standards of Care Intensive | 20 CEs

- [Meds Management for Type 2 – 1.5 CEs](#) - Ready for OnDemand Viewing
- [Hyperglycemic Crises, DKA & HHS Standards | 1.0 CE](#) - Ready for OnDemand Viewing
- [How to Assess & Promote Well-Being: From Population Health to a Person-Centered Approach Standards | 1.5 CEs](#) Ready for OnDemand
- 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](#)





## Level 3 | DiabetesEd Specialist 2023 Boot Camp | 12+ CEs

- **Class 1 | Diabetes - Not Just Hyperglycemia | 1.75 CEs | Feb 7, 2023**
- Class 2 | Standards of Care & Cardiovascular Goals | 1.5 CEs | **Feb 9**
- Class 3 | Insulin Therapy - From Basal/Bolus to Pattern Mgmt | 1.5 CEs
- Class 4 | Insulin Intensive, Monitoring, Sick Days, Lower Ext | 2.0 CEs
- Class 5 | Meds for Type 2 - What you need to know | 1.5 CEs
- Class 6 | Exercise & Medical Nutrition Therapy | 1.0 CE
- Class 7 | Screening, Prevention, & Treatment of Microvascular Complications | 1.5 CEs
- Class 8 | Coping & Behavior Change | 1.5 CEs
- Class 9 | Test-Taking Coach Session (48 Questions) | No CEs | **March 9**





## Level 4 | Advanced & Specialty Topics | 13+ CEs

### Clinical Practice & Assessment

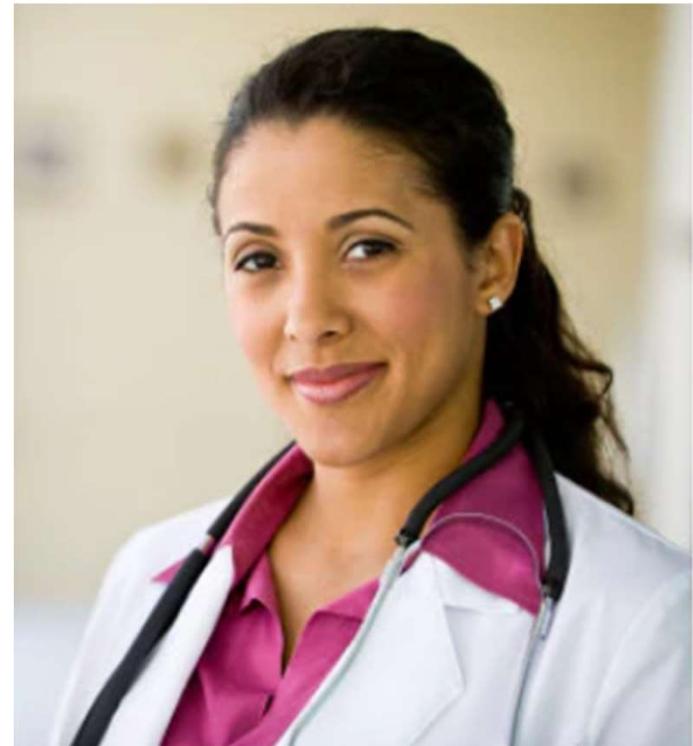
- [Type 2 Diabetes Intensive](#) | 2 CEs
- [Cancer & Diabetes](#) | 1.25 CEs
- [3 Steps to Save Feet; Assess, Screen, and Report](#) | 1.0 CEs

### Insulin Calculations & Pattern Management

- [Insulin Calculation Workshop – From Pumps & Beyond](#) | 1.5 CEs
- [Solving Glucose Mysteries for Type 1](#) | 1.5 CEs
- [Solving Glucose Mysteries for Type 2](#) | 1.5 CEs
- [Basal Bolus Therapy in Hospital](#) | 1.5 CEs

### Beyond the Usual Diabetes Topics

- [Getting to the Gut \(& Skin\)](#) | 1.0 CEs
- [The Impact of Adverse Childhood Experiences on Health](#) | 1.0 CE



# Online Toolkits

## Technology Toolkits



Diabetes Technology with Dr. Diana Isaacs | 4 CE's

\$ 69.00

Quantity

1

Add to Cart

DESCRIPTION REVIEWS

Title: Diabetes Technology with Dr. Diana Isaacs | 4 CE's

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-racking process.

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



Watch Recorded Webinar for FREE

Purchase Now for Access to 220+ Practice Questions | \$49

## Foot Screening Toolkit



### Foot Screening Bundle

Webinar + Monofilament 20-Pack + ADA Foot Chart

		
Earn 1.0 CE for our 3 Steps to Save Feet Webinar	20-Pk Monofilament (5.07)	ADA Foot Screening PocketChart

# DiabetesEd Training Conference



**We are back and Celebrating 25 years!**

**Join us LIVE for our DiabetesEd Training Conference in San Diego!**



Join Coach Beverly and Team for two and a half days of knowledge sharing, fun, networking, games with prizes, and “aha” moments in beautiful San Diego on **October 11-13, 2023**.

Get away from all those daily responsibilities so you can focus on gaining the latest person-centered approaches to diabetes care based on the ADA Standards and our expert’s clinical experience.

Attendees will leave this conference with new tools and a more complete understanding of the latest advances in diabetes care, from medications to technology to Medical Nutrition Therapy to prepare for certification or update your practice.

# 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 Beverley 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

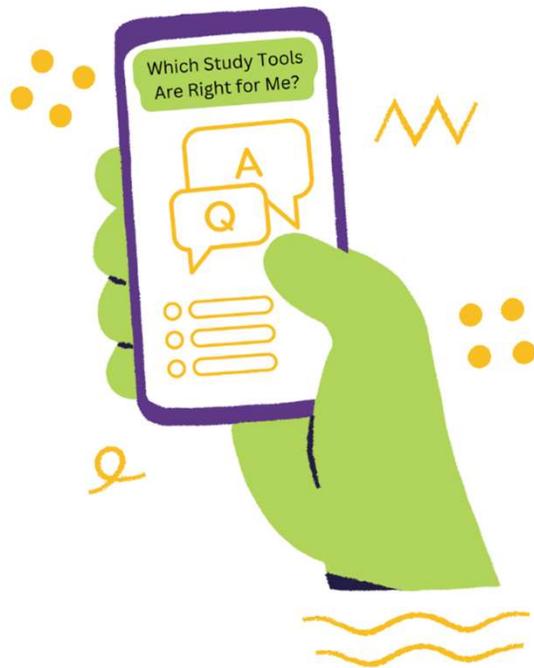
I wanted to let you know that after using your Diabetes Ed Specialist Deluxe Prep Bundle, I passed the exam last month on the first try! I wouldn't have known where to start without these resources and I plan to continue my growth and learning from you in the future.

Thank you so much for your help and direction! 😊

Athena Cameranesi, RD, CDCES



# Keep in Touch



- ▶ Facebook:  
<https://www.facebook.com/DiabetesEducationalServices>
- ▶ Twitter: <https://twitter.com/CDCESCOach>
- ▶ Instagram:  
<https://www.instagram.com/cdcescoach/>
- ▶ Linked In:  
<https://www.linkedin.com/in/beverlythomassian/>
- ▶ Monthly Newsletter:  
<https://diabetesed.net/monthly-newsletter-past-issues/>
- ▶ Sign up for Blog Bytes – Question of Week:  
<https://diabetesed.net/diabetes-blog-bytes-sign-up/>

# CDCES<sup>®</sup> Coach App – Download Success



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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[Download on Google Play >>](#)



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



**Direct camera to QR  
code to get to CDCES  
app page**

# You are Going to Do Great!



Diabetes Education  
SERVICES

# Thank You



- ▶ Questions? Bryanna is here to help!
- ▶ Email  
[info@diabetesed.net](mailto:info@diabetesed.net)
- ▶ Web  
[www.diabetesed.net](http://www.diabetesed.net)
- ▶ 530-893-8635

