



25
years

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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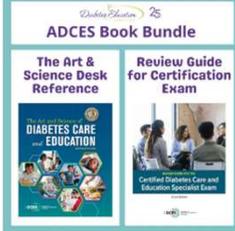
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Preparing for CDCES Exam?

Prep for CDCES Webinars
Jan 24, 2024

Preparing for BC-ADM Exam?

Prep for BC-ADM
February 8, 2024

ADCES Book Bundle:
Desk Reference &
Review Guide - 6th
edition
\$ 388.95

Land Acknowledgment

- ▶ We acknowledge and are mindful that Diabetes Education Services stands on lands that were originally occupied by the first people of this area, the Mechoopda, and we recognize their distinctive spiritual relationship with this land, the flora, the fauna, and the waters that run through this area.



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
Keep expanding knowledge

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?

Eligibility & Experience Requirements	Diabetes Education SERVICES 25 CDCES & BC-ADM EXAM REQUIREMENTS		
	Requirement	CDCES Exam	BC-ADM Exam
BC-ADM VS CDCES	<p>Discipline Requirement</p>	<p>Licenses/Registrations</p> <ul style="list-style-type: none"> • Registered Nurse (includes NPs and CNSs) • Registered Dietitian • Pharmacist • Physician Assistant (PA) • Physician (MD/DO) • Occupational Therapists & Physical Therapists • Specialists: Clinical Psychologist, Optometrist, Podiatrist <p style="text-align: center;">OR</p> <p>Certifications</p> <ul style="list-style-type: none"> • American College of Sports Medicine Certified Clinical Exercise Physiologist • Health educator holding active certification as a Master Certified Health Education Specialist from the National Commission for Health Education Credentialing <p style="text-align: center;">OR</p> <p>Health care professional with a minimum of a master's degree in social work.</p> <p>Download 2023 Certification Examination for Diabetes Educators Handbook for complete information about eligibility and certification.</p>	<p>Licenses/Registrations</p> <ul style="list-style-type: none"> • Registered Nurse (includes NPs and CNSs) • Registered Dietitian • Pharmacist • Physician Assistant (PA) • Physician (MD/DO) <p>Plus a Master's or higher degree in a clinically relevant area</p> <p>Download BC-ADM Handbook for complete information about eligibility and certification.</p>

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

Hours Requirement BC-ADM VS CDCES



25 CDCES & BC-ADM EXAM REQUIREMENTS

Requirement	CDCES Exam	BC-ADM Exam
<p>Hours Requirement</p>	<p>15 CE Hours – For the CDCES exam, a minimum of 15 clock hours of continuing education activities are required. These hours must be applicable to diabetes and received within two years of applying for certification. Since all of our programs are accredited by the CDR, our online and live courses fulfill the CE requirements. Read more about our Accreditations here.</p> <p>1000 hours of Diabetes Care & Education – Applicants must complete a minimum of 1000 hours of Diabetes Care & Education to sit for the CDCES exam. This practice hour requirement has been adjusted in consideration of the pandemic, to now required within the past 5 years, vs. within the past 4 years pre-pandemic</p> <p>Download Practice Hours Requirement Adjusted for Pandemic: The CBDCE has extended the adjusted hours required to “address the continuing impact of the COVID-19 pandemic on the ability of health professionals pursuing the CDCES credential</p> <p>Download Practice Hours Spreadsheet Tracker. Download this sheet to easily track your practice hours.</p>	<p>500 advanced clinical practice hours – To apply for the BC-ADM exam, you must complete 500 clinical practice hours within 48 months prior to applying for the certification exam. Clinical hours must be earned after relevant licensure and advanced degree was obtained.</p> <p>Download the Practice Hours Spreadsheet to easily track your practice hours.</p>

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

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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Meds PocketCards
Question of the Week
Online Course Viewing

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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 Fees and Details CDCES vs BC-ADM



25 CDCES & BC-ADM EXAM REQUIREMENTS

Requirement	CDCES Exam	BC-ADM Exam
Certification Fees	Certification Fees: <ul style="list-style-type: none"> \$350 	Certification Fees: <ul style="list-style-type: none"> \$600 ADCEs members \$900 Nonmembers
Exam Content	Time Allotted: 4 hours 200 Multiple Choice Questions on: <ul style="list-style-type: none"> Domain 1: Assessment of the Diabetes Continuum (59) Domain 2: Interventions for Diabetes Continuum (88) Domain 3: Disease Management (28) 	Time Allotted: 3.5 hours 175 Multiple Choice Questions on: <ul style="list-style-type: none"> Domain 1: <u>Assessment and Diagnosis</u> (45) Domain 2: <u>Planning and Intervention</u> (50) Domain 3: <u>Evaluation and Follow-Up</u> (34) Domain 4: <u>Leadership and Advanced Professional Practice</u> (21)
Eligibility & Resource Page	Preparing for the CDCES Exam - FREE Webinar & Resource Page	Preparing for the BC-ADM Exam - FREE Webinar & Resource Page

<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.



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Level 1 Courses

Diabetes Fundamentals Sessions 2024 Webinar Updates

All courses air at 11:30 a.m. (PT)

1. January 11, 2024 - **Class 1: Getting to the Nitty Gritty** | 1.5 CEs
2. January 16, 2024 - **Class 2: Nutrition & Exercise 1.5** | CEs
3. January 18, 2024 - **Class 3: Meds Overview for Type 2** | 1.5 CEs
4. January 23, 2024 - **Class 4: Insulin Therapy & Pattern Management** | 1.75 CEs
5. January 25, 2024 - **Class 5: Goals of Care & Lower Extremity Assessment** | 1.5
6. January 30, 2024 - **Class 6: Hypoglycemia, Sick Days, & Monitoring** | 1.5 CEs



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Standards of Care Intensive 2024 Webinar Updates

All courses air at 11:30 a.m. (PT)

- December 12, 2023 - **Class 2: Hyperglycemic Crises, DKA & HHS Standards** | 1.0 CE
- December 19, 2023 - **Class 3: How to Assess Well-Being** | From Populations to Individuals | 1.5 CEs
- December 21, 2023 - **Class 4: Meds Management Update for Type 2 Diabetes** | 1.5 CE
- February 1, 2024 - **Class 1: ADA Standards of Care** | 2.0 CEs
- March 27, 2024 - **Class 5: Critical Assessment in Diabetes Care** | Fine-Tuning Diabetes Detective Skills | 2.0 CEs
- April 11, 2024: **Class 6: Microvascular Complications Prevention & Treatment** | Eye, Kidney, Nerve Disease | 1.75 CEs
- April 25, 2024: **Class 7: Cardiovascular Disease & Risk Management** | 1.5 CEs
- April 30, 2024: **Class 8: Lower Extremity Assessment** | 1.5 CEs
- May 2, 2024: **Class 9: Older Adults & Diabetes** | 1.5 CEs
- May 30, 2024: **Class 10: From Tots to Teens** | Diabetes Standards | 1.5 CEs
- June 11, 2024: **Class 11: Pregnancy & Diabetes** | 1.5 CEs
- June 13, 2024: **Class 12: Hospitals & Hyperglycemia** | 1.5 CEs
- June 20, 2024: **Class 13: Setting up a Successful DSME Program** | 1.5 CEs

Level 2 – ADA Standards of Care Explained 2024





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DiabetesEd Online Boot Camp Sessions 2024 Webinar Updates

All courses air at 11:30 a.m. (PT)

- February 13, 2024 - Boot Camp 1: Diabetes | Not Just Hyperglycemia | 1.75 CEs
- February 15, 2024 - Boot Camp 2: Standards of Care & Cardiovascular Goals | 1.8 CEs
- February 20, 2024 - Boot Camp 3: Meds for Type 2 | What you need to know | 1.75 CEs
- February 22, 2024 - Boot Camp 4: Insulin Therapy | From Basal/Bolus to Pattern Management | 1.75 CEs
- February 27, 2024 - Boot Camp 5: Insulin Intensive & Risk Reduction | Monitoring, Sick Days, Lower Extremities | 1.75 CEs
- February 29, 2024 - Boot Camp 6: Medical Nutrition Therapy | 1.75 CEs
- March 12, 2024 - Boot Camp 7: Microvascular Complications & Exercise | Screen, Prevent, Treat | 1.75 CEs
- March 14, 2024 - Boot Camp 8: Coping & Behavior Change | 1.75 CEs
- March 19, 2024 - Boot Camp 9: Test-Taking Coach Session (48 Questions) | No CE



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Advanced Level & Specialty Topics 2024 Webinar Updates

All courses air at 11:30 a.m. (PT)

Clinical Practice & Assessment

- Class 1: Type 2 Diabetes Intensive | 2 CEs - Ready for OnDemand Viewing
- Class 2: 3 Steps to DeFeet Amputation; Assess, Screen, & Report | 1.0 CEs - Ready for OnDemand Viewing
- Class 3: Cancer & Diabetes | 1.25 CEs - Ready for OnDemand Viewing

Insulin Calculations & Pattern Management

- Class 4: Insulin Calculation Workshop | From Pumps & Beyond | 1.5 CEs - Ready for OnDemand Viewing
- Class 5: Solving Glucose Mysteries for Type 1 | 1.5 CEs - Ready for OnDemand Viewing
- Class 6: Solving Glucose Mysteries for Type 2 | 1.5 CEs - Ready for OnDemand Viewing
- Class 7: Basal Bolus Therapy in Hospital | 1.5 CEs - Ready for OnDemand Viewing

Beyond the Usual Diabetes Topics

- Class 8: From the Gut to the Butt - Exploring the GI System | 1.0 CEs - Ready for OnDemand Viewing
- Class 9: The Impact of Adverse Childhood Experiences on Health | 1.0 CE - Ready for OnDemand Viewing
- Class 10: Strategies to Revitalize Your Diabetes Program or Business | 1.5 CEs - Ready for OnDemand Viewing

Level 4 – Advanced Level



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▶ DiabetesEd Virtual Course



Toolkits

▶ Technology Toolkit



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Quantity:

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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 ▶ 1.0h

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.

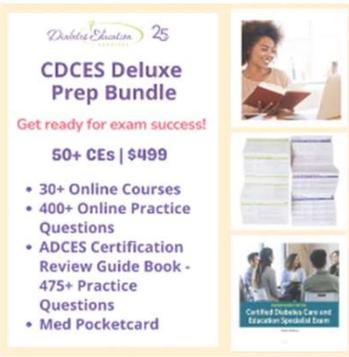
During this webinar, Coach Beverly will help you transform your nervousness into focused energy that will help you succeed. She will provide test-taking tips based on her experience taking the certification exam on-time.



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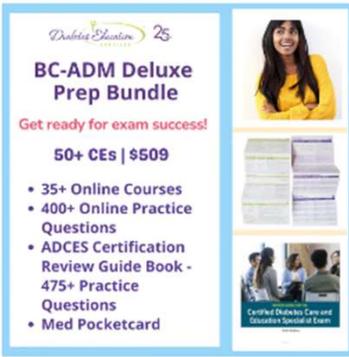
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CDCES Deluxe Prep Bundle | 30+ Online Courses + Bonus Items | 50+ CE's

\$ 499.00



BC-ADM Deluxe Prep Bundle

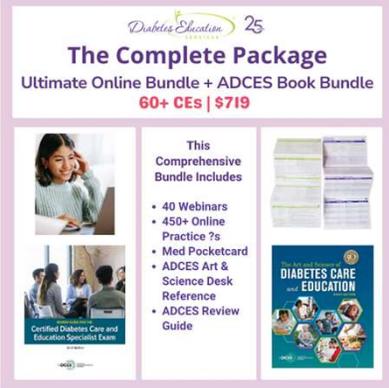
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DEC 13

Live Webinars
Dec 13, 2022
Test Taking Practice Exam Toolkit | Webinar = 200 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
Medis 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

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



- ▶ 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/>

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Thank You



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