


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

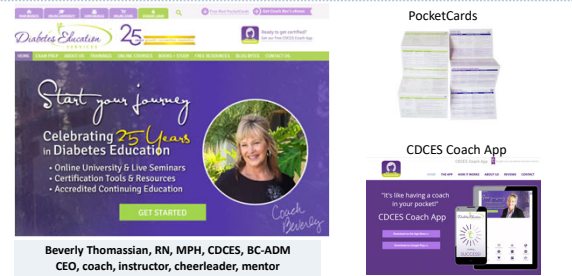
Beverly Thomassian, RN, MPH, BC-ADM, CDCES
President, Diabetes Education Services





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 Orientation

Start your journey
Celebrating 25 Years in Diabetes Education

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

GET STARTED

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

www.DiabetesEd.net | info@diabetesed.net | 530-893-8635

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

HOME GET STARTED ABOUT US CONFERENCES ONLINE COURSES BOOKS + STUDY FREE RESOURCES

Start Your Journey



Preparing for CDCES Exam?
Prep for CDCES Webinars
Jan 24, 2024

Preparing for BC-ADM Exam?
Prep for BC-ADM
February 6, 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

BC-ADM VS CDCES

Requirement	CDCES Exam	BC-ADM Exam
Discipline Requirement	Licenses/Registrations <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>OR</p> Certifications <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>OR</p> Health care professional with a minimum of a master's degree in social work .	Licenses/Registrations <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.diabeteseducation.org/professionals/whats-new/cdces-information>



Hours Requirement BC-ADM VS CDCES

25 CDCES & BC-ADM EXAM REQUIREMENTS

Requirement	CDCES Exam	BC-ADM Exam
Hours Requirement	<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 CDC, our online and live courses fulfill the CE requirements. Read more about our Accreditation page.</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><small>Download Practice Hours Requirement Adjusted for Pandemic: The CDCES 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"</small></p> <p><small>Download Practice Hours Spreadsheet Tracker. Download this sheet to easily track your practice hours.</small></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><small>Download the Practice Hours Spreadsheet to easily track your practice hours.</small></p>

<https://www.diabeteseducator.org/practice/bc-adm-educ-info>

CDCES vs BC- ADM


<p>CDCES</p> <ul style="list-style-type: none"> Supports and educates people with prediabetes and diabetes to understand and self-manage Individualize behavior and treatment goals to optimize health outcomes. 		<p>BC-ADM</p> <ul style="list-style-type: none"> Requires Master's degree Management of diabetes and comorbidities Increased complexity of decision making 	
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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





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?

Requirement	CDCES Exam	BC-ADM Exam
Certification Fees	Certification Fees: <ul style="list-style-type: none"> \$550 	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: Assessment and Diagnosis (45) Domain 2: Diagnosis and Intervention (59) Domain 3: Evaluation and Follow-Up (34) Domain 4: Leadership and Advanced Professional Practice (27)
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-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.



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





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 5: ADA Standards of Care | 2.0 CEs
- March 27, 2024 - Class 5: Critical Assessment in Diabetes Care | Fine Tuning Diabetes Detective Skills | 2.0 CE
- 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: Hypertension & Hyperglycemia | 1.5 CEs
- June 20, 2024 - Class 13: Setting up a Successful DMSP Program | 1.5 CEs

Level 2 – ADA Standards of Care Explained 2024





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





Advanced Level & Specialty Topics 2024 Webinar Updates

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

Level 4 – Advanced Level

Clinical Practice & Assessment

- Class 1: Type 2 Diabetes Intensive | 2 CEs - Ready for On-Demand Viewing
- Class 2: Steps to Define, Investigate, Assess, Screen, & Report | 1.0 CE - Ready for On-Demand Viewing
- Class 3: Cases & Diabetes | 1.25 CEs - Ready for On-Demand Viewing

Insulin Calculations & Pattern Management

- Class 4: Insulin Calculation Workshop (From Pumps & Beyond) | 1.5 CEs - Ready for On-Demand Viewing
- Class 5: Solving Common Mistakes for Type 1 | 1.5 CEs - Ready for On-Demand Viewing
- Class 6: Solving Common Mistakes for Type 2 | 1.5 CEs - Ready for On-Demand Viewing
- Class 7: Basal Bolus Therapy in Hospital | 1.5 CEs - Ready for On-Demand Viewing

Beyond the Usual Diabetes Topics

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



Training Programs



Virtual DiabetesEd™ Training Conference

April 17th - 19th, 2024
3 Days | 30+ CEs | 3 Experts





530-893-8635 | www.DiabetesEd.net | info@DiabetesEd.net

► **ReVive 5 Diabetes Training Program – May 22 & 29th**



► **DiabetesEd Virtual Course**



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/>

You are Going to Do Great!



Thank You



- ▶ Questions?
- ▶ Email
info@diabetesed.net
- ▶ Web
www.DiabetesEd.net
- ▶ Phone 530-893-8635
