



Beverly Thomassian, RN, MPH, BC-ADM, CDCES
President, Diabetes Education Services 2025


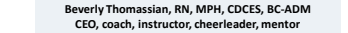


Land Acknowledgment


- ▶ 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.




DiabetesEd.net Website Orientation

PocketCards



CDCES Coach App



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

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

We are Here to Help!



Bryanna Sabourin
Director of Operations



Tiffany Bergeron
Customer Advocate &
Customer Happiness Expert

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

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Start Your Journey

Preparing for CDCES Exam?
Prep for CDCES Webinars
Jan 28, 2025

Preparing for BC-ADM Exam?
Prep for BC-ADM
February 5, 2025

Diabetes Education CERTIFICATION

Diabetes Care Standards of Care in Diabetes 2025

ADCES E-Book Bundle

[e-Book] ADCES e-Book Bundle: Desk Reference & Review Guide - 6th ed. \$ 388.95

Quantity - +

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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 1000 hours of diabetes self-management experience within 4 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 Requirements BC-ADM VS CDCES	25 CDCES & BC-ADM EXAM REQUIREMENTS	
	Requirement	Requirement
	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 OR 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. OR 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) Plus a Master's or higher degree in a clinically relevant area.
	Certification Fees <ul style="list-style-type: none"> \$150 	Certification Fees: <ul style="list-style-type: none"> \$600 ACES members \$900 Nonmembers

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

Hours Requirement BC-ADM VS CDCES	25 CDCES & BC-ADM EXAM REQUIREMENTS	
	Requirement	Requirement
	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 CDE, our online and live courses fulfill the CE requirements. 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. Download Practice Hours Spreadsheet Tracker: Download this sheet to easily track your practice hours.	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. Download Practice Hours Spreadsheet Tracker: Download this sheet to easily track your practice hours.

<https://www.diabeteseducator.org/practice/bc-adm-cdes-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



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 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*

CCES & BC-ADM
Certification

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?

Exam Fees and Details CDCES vs BC-ADM

Requirement	CDCES Exam	BC-ADM Exam
Certification Fees	Certification Fees: • \$350 Practice Exam Fee \$55	Certification Fees: • \$650 ADCEs members • \$900 Nonmembers Exam Fee: • \$29 ADCEs Members • \$59 Nonmembers
Exam Content	Time Allotted: 4 hours 175 Multiple Choice Questions on (150 scored and 25 pre-exam): • Domain 1: Assessment of the Diabetes Continuum (27) • Domain 2: Care & Education Interventions (105) • Domain 3: Standards & Practices (8)	Time Allotted: 3.5 hours 175 Multiple Choice Questions on: • Domain 1: Assessment and Diagnosis (45) • Domain 2: Diagnosis and Intervention (50) • Domain 3: Evaluation and Follow-Up (34) • Domain 4: Leadership and Advanced Professional Practice (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 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 filled with important information, we make sure they provide meaningful context that is engaging and fun.

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Diabetes Care



Standards of Care in Diabetes 2025

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ADCEs E-Book Bundle

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Level 1 – Diabetes Fundamentals Starts January 8, 2025

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




Diabetes Fundamentals Level 1

www.DiabetesEd.net

Level 2 | Standards of Care Intensive | 20 CEs

- Class 1 | ADA Standards of Care | 2.0 CEs | Jan 30, 2025
- Class 2 | Assessing & Promoting Well-Being: From Populations to Person-Centered Approach | 1.5 CEs
- Class 3 | Cardiovascular Disease & Diabetes Standards | 1.5 CEs
- Class 4 | Critical Assessment of Diabetes Patient Standards | 2.0 CEs
- Class 5 | Hospital & Hyperglycemia Standards | 1.5 CEs
- Class 6 | Hyperglycemic Crises, DKA & HHS Standards | 1.0 CE
- Class 7 | Lower Extremity Assessment Standards | 1.5 CEs
- Class 8 | Meds Management for Type 2 Standards | 1.5 CEs | Dec 17, 24
- Class 9 | Microvascular Complications, Eye, Kidney Nerve Disease Standards
- Class 10 | Older Adults & Diabetes Standards | 1.5 CEs
- Class 11 | Pregnancy & Diabetes Standards | 1.5 CEs
- Class 10 | Tots to Teens - Diabetes Standards | 1.5 CEs








Level 3 | Diabetes Mastery & Certification Readiness | 12+ Units

Feb 6 – March 5, 2025


- Class 1 | Diabetes - Not Just Hyperglycemia | 1.75 CEs
- Class 2 | Standards of Care & Cardiovascular Goals | 1.5 CEs
- 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 |



Level 4 | Advanced Level & Specialty Topics | 20 CEs

- Class 1: Type 2 Diabetes Intensive | 2.25 CEs
- Class 2: Cancer & Diabetes | 1.5 CEs -
- Class 3: 3 Steps to Def Feet Amputation: Assess, Screen, & Report | 1.25 CEs
- Class 4: Insulin Calculation Workshop | From Pumps & Beyond | 2.0 CEs -
- Class 5: Solving Glucose Mysteries for Type 1 | 2.0 CEs
- Class 6: Solving Glucose Mysteries for Type 2 | 1.75 CEs
- Class 7: Basal Bolus Therapy in Hospital | 1.75 CEs
- Class 8: From the Gut to the Butt – Exploring the GI System | 1.5 CEs
- Class 9: The Impact of Adverse Childhood Experiences on Health | 1.0 CE
- Class 10: Strategies to Revitalize Your Diabetes Program or Business | 1.5 CEs
- Class 11: What We Say Matters: Language that Respects the Individual and Imparts Hope | 0.75 CEs
- Class 12: Behavior Change Theories Made Easy | 1.0 CE
- Class 13: Mindfulness & Compassion in the Diabetes Encounter Webinar | No CEs



Keep in Touch



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- ▶ Instagram: <https://www.instagram.com/cdcescoach/>
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- ▶ 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

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
