Test Taking Prep Questions and Toolkit 2025

Beverly Thomassian, RN, MPH, BC-ADM, CDCES
Pronouns: She, her, and hers
President, Diabetes Education Services

DiabetesEd.net Website Orientation

PocketCards

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

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

Diabetes Education SERVICES

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

Diabetes Education Services Inclusion Statement

Based on the IDEA Initiative inspired by CDR

- Inclusion
- Diversity
- Equity
- Access

- We are committed to promoting diversity and inclusion in our educational offerings.

- We recognize, respect, and include differences in ability, age, culture, ethnicity, gender, gender identity, sexual orientation, size, and socioeconomic characteristics.

- Our goal is to promote equity and access, acknowledging historical and institutional inequities.

- We are committed to practicing cultural humility and cultivating our cultural competence.

- We wish to create a safe space within our community where one's beliefs, experiences, identity, and differences in ability, age, size, socio-cultural/socioeconomic characteristics, and political affiliations are considered and respected.

Welcome to our DiabetesEd Online University
Our goal is to provide an exceptional user experience and build a sense of community.

Topics

▸ Getting ready for your CDCES and/or BC-ADM Exam.

▸ Helpful resources

▸ Strategies to approach test questions.

▸ How to get into best shape to succeed at test taking.

▸ Practice taking test questions.

Getting Ready for the Exam

- Assess your knowledge
- Take as many practice tests as possible
  - Test Taking Toolkit (DiabetesEd.net)
  - ADCES Review Guide (over 480 questions)
- Prep for CDCES/ BC-ADM FREE Webinars
- Fill in knowledge gaps with books, articles and online classes
- At exam, imagine your self calm but energized

Stand, Breathe, Stretch During Exam
Kind self-coaching

Diabetes Education
SERVICES

Exam Success Step 1: Learn how to "work" test questions

▸ Weed through the details

▸ Make sure you REALLY understand key intent of question

▸ Find the stem

   ▸ Identifies key intent of the question

▸ Read all the options or answers

▸ Eliminate obvious wrong answers

▸ Select BEST option

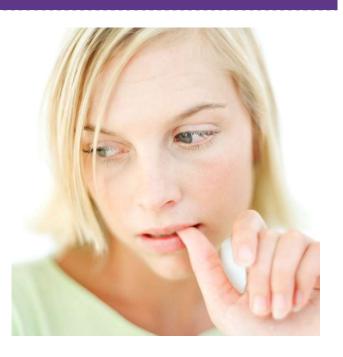*Diabetes Education*
SERVICES

2. Look for Clues in The Answers

▸ Answers with the following words are usually incorrect: always, never, all, none, only, must, and completely

▸ Answers with the following words are usually correct: seldom, most, generally, tend to, probably, usually

Diabetes Education
SERVICES

3. Avoid Thinking Pitfalls

▸ Imaging a right answer and getting thrown when it is not among the choices

▸ Over thinking question/answers

▸ Choosing an answer that did not fit the situation

▸ Using the goals in your clinical setting. Focus on national goals.

Diabetes Education
SERVICES

4. Keep it Person Centered

‣ **Look for Person Centered answers**

‣ Don't get lured in by juicy answers

‣ Only use content in question

‣ Avoid imposing your life experience into the question/answer

‣ Get rid of false answers

‣ Even simple math problem should be worked out on scratch paper

More info on Test Taking in our FREE Prep for CDCES and BC-ADM Webinars

Diabetes Education
SERVICES

Start Your Journey

Which Study Tools Are Right for Me?

Like

25 years
Growth • Connection • Inspiration

Diabetes Education
SERVICES

CERTIFICATION

Preparing for CDCES Exam?

Future CDCES – Click Here!

Prep for CDCES Webinars
Jan 28, March 27, May 28, July 9

Preparing for BC-ADM Exam?

Future BC-ADM – Click Here!

Prep for BC-ADM
February 5, August 7, Nov 20

Diabetes Education
SERVICES

The Art and Science of
DIABETES CARE
and EDUCATION
SIXTH EDITION

ADCES

REVIEW GUIDE FOR THE
Certified Diabetes Care and
Education Specialist Exam
Sixth Edition

ADCES

ADCES E-Book Bundle

E-BOOK   E-BOOK

Question 1

AR is 13 years old and started insulin pump therapy. AR is worried about glucose levels dropping too low. What is the most accurate definition of severe hypoglycemia?

a. Blood glucose less than 54 mg/dL

b. Hypoglycemia that results in a coma

c. Person has to self-inject glucagon

d. Hypoglycemia requiring assistance

Diabetes Education
SERVICES

Diabetes Education Services | ONLINE UNIVERSITY

Level 1 – Diabetes Fundamentals

Class 1: Getting to the Nitty Gritty | 1.5 CEs

Class 2: Nutrition & Exercise 1.5 | CEs

Class 3: Meds Overview for Type 2 | 1.5 CEs

Class 4: Insulin Therapy & Pattern

Management | 1.75 CEs

Class 5: Goals of Care | 1.5 CEs

Class 6: Hypoglycemia, Sick Days, &

Monitoring | 1.5 CEs

Diabetes Fundamentals
Level
1

www.DiabetesEd.net

Question 2

- LR is 32 years old and just went for their first prenatal visit. LR is 11 weeks pregnant and has a family history of type 2 diabetes. LR's fasting blood glucose is 131 mg/dL and 128 mg/dL on 2 different days.

- Based on these findings, which of the following statements is correct for LR?

A.   LR needs to be started on metformin.

B.   LR has diabetes in pregnancy and will need close follow-up.

C.   LR will need to do a 75 gm OGTT in the next few weeks to eval for gestational diabetes

D.   LR will need to go on a low carb, high protein diet to stop ketosis

Diabetes Education
SERVICES

Standards of Care Intensive Level 2 Series

Level 2

Earn 20+ CEs for $229

📅 Dec. 10th, 2024 to Jul. 10th, 2025 🕐 At 11:30 AM

Diabetes Education SERVICES | ONLINE UNIVERSITY

▸ 1. Hyperglycemic Crises, DKA, Euglycemic DKA and HHS

▸ 2. How to Assess Well-Being | From Populations to Individuals

▸ 3. Meds Mgmt. for Type 2

▸ 4. ADA Standards of Care

▸ 5. Critical Assessment in Diabetes Care

▸ 6. Microvascular Complications Prevention & Treatment

▸ 7. Cardiovascular Disease & Risk Management

▸ 8. Lower Extremity Assessment

▸ 9. Older Adults & Diabetes

▸ 10. From Tots to Teens

▸ 11. Pregnancy & Diabetes

▸ 12. Hospitals & Hyperglycemia

▸ 13. Setting up a Successful DSME Program

Diabetes Education SERVICES

Question 3

JR wants to know the benefit of increasing activity. What is the most accurate statement regarding exercise and diabetes.

a. Exercise increases visceral fat stores

b. Exercise causes weight loss

c. Exercise increases insulin sensitivity

d. Exercise decreases counterregulatory hormones

Level 1 – MNT & Exercise

Diabetes Education
S E R V I C E S

Question 4

▸ Which of the following is an accurate statement about continuous glucose monitors (CGM)?

▸ A. It is important to verify CGM readings with a fingerstick check within 48 hours of sensor insertion.

▸ B. CGMs use plasma glucose to produce an electrical signal

▸ C. Components include a sensor, transmitter and a receiver

▸ D. Medicare insurance only covers CGM for people on insulin.

Exercise and Technology

Question 5

Which of the following are the ADA recommended lipid treatment strategies for non-pregnant adults with diabetes?

a. Start a low dose statin if LDL is more than 100mg/dl

b. Start high dose statin therapy if younger than 40 with ASCVD

c. Only start a statin if over the age of 40

d. Consider statin therapy if the 10-year ASCVD risk is greater than 50%

Level 2 Standards and CV Disease

Diabetes Education
SERVICES

Standards of Care Intensive Level 2 Series

Level 2

Earn 20+ CEs for $229

📅 Dec. 10th, 2024 to Jul. 10th, 2025 🕐 At 11:30 AM

Diabetes Education SERVICES | **ONLINE UNIVERSITY**

▸ 1. Hyperglycemic Crises, DKA, Euglycemic DKA and HHS

▸ 2. How to Assess Well-Being | From Populations to Individuals

▸ 3. Meds Mgmt. for Type 2

▸ 4. ADA Standards of Care

▸ 5. Critical Assessment in Diabetes Care

▸ 6. Microvascular Complications Prevention & Treatment

▸ 7. Cardiovascular Disease & Risk Management

▸ 8. Lower Extremity Assessment

▸ 9. Older Adults & Diabetes

▸ 10. From Tots to Teens

▸ 11. Pregnancy & Diabetes

▸ 12. Hospitals & Hyperglycemia

▸ 13. Setting up a Successful DSME Program

Diabetes Education SERVICES

Question 6

Which of the following is true about Diabetes Self-Management Education (DSME) training?

a. Medicare part B covers 80% of DSME training
b. Medicare covers 9 hours of group education annually
c. Medicare Part D covers 100% of DSME training
d. Medicare part A covers 80% of DSME training

Diabetes Education
SERVICES

Level 2

Standards of Care Intensive Level 2 Series

Earn 20+ CEs for $229

📅 Dec. 10th, 2024 to Jul. 10th, 2025 🕐 At 11:30 AM

Diabetes Education SERVICES | ONLINE UNIVERSITY

- 1. Hyperglycemic Crises, DKA, Euglycemic DKA and HHS
- 2. How to Assess Well-Being | From Populations to Individuals
- 3. Meds Mgmt. for Type 2
- 4. ADA Standards of Care
- 5. Critical Assessment in Diabetes Care
- 6. Microvascular Complications Prevention & Treatment
- 7. Cardiovascular Disease & Risk Management
- 8. Lower Extremity Assessment
- 9. Older Adults & Diabetes
- 10. From Tots to Teens
- 11. Pregnancy & Diabetes
- 12. Hospitals & Hyperglycemia
- 13. Setting up a Successful DSME Program

Diabetes Education SERVICES

Question 7

LS weighs 60 kg and is on 30 units glargine (Lantus) and 2000 mg metformin (Glucophage) daily. A1c is 8.9%. What would be the best next step?

a. Decrease caloric intake by 7%

b. Increase the glargine by 30 - 40%

c. Add bolus insulin or GLP-1 RA

d. Limit concentrated sweets

Levels, 1, 2, 3 & 4 on insulin management

Question 8

RT is on basal bolus insulin therapy. Which of the following blood glucose levels indicate that basal insulin is at the correct dose?

a. Post lunch blood glucose of 148

b. Post dinner blood glucose of 138

c. Morning blood glucose of 126

d. Pre dinner blood glucose of 118

Level 1 – Insulin Fundamentals

Question 9

Which of the following medications would you avoid for someone who has had a bad experience with hypoglycemia?

a. Pioglitazone (Actos)

b. Exenatide (Byetta)

c. Canagliflozin (Invokana)

d. Glimepiride (Amaryl)

Diabetes Education
S E R V I C E S

Bonus Question

- RL is on basal bolus therapy. He injects 1 unit for every 12gms of carb for breakfast and lunch and 1 unit for 15gms at dinner. For lunch, RL plans to eat a ham sandwich, a small orange, and a glass of milk. How much insulin will RL need to inject?

- A. 3.8 units

- B. 4.0 units

- C. 4.7 units

- D. 5.0 units

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

Feb 6 – March 5, 2025

Diabetes Mastery & Cert Readiness
Level
3

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 DeFeet 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: NON-CPEU Mindfulness & Compassion in the Diabetes Encounter Webinar | No CEs

Advanced Level & Specialty Topics
Level
4

Question 10

For new type 2 diabetes, which of the following is the preferred initial class of pharmacologic intervention based on ADA Guidelines?

a. Depends on cardiorenal risk factors and individual preferences

b. Sulfonylureas or Metformin

c. Nutrition therapy for 3 months to evaluate if effective response.

d. GLP-1 RA or Mounjaro Injectable

Level 2 Standards or Levels 3 & 4 – Insulin Pattern Mgmt & MNT

Diabetes Education
SERVICES

ADA Clinical Guidelines Update

ADA Standards of Care in Diabetes
Level

2

January 30, 2025 – 2.0 CEs
Join Live or Watch Recorded Version

Diabetes Education
SERVICES

Question 11

Sandy is a 15 year old female who just started wearing a continuous glucose monitoring (CGM) device. At her one week follow-up visit, she complains that she can't sleep at night because the device is constantly beeping at her. The Diabetes Care and Education Specialist reviews the CGM report with the family. Sandy is 54% time in range with 46% time in hyperglycemia. The high glucose alert is set at 200mg/dL and the low glucose alert is set at 70mg/dL.

Which CGM setting should be adjusted at this visit?

▸ A. Increase the high alert setting
▸ B. Increase the low alert setting
▸ C. Decrease the high alert setting
▸ D. Decrease the low alert setting

Diabetes Education SERVICES

Question 12

What did the Diabetes Prevention Program Demonstrate?

a. Taking metformin daily reduced diabetes risk by 58%

b. Losing 10 pounds reduces diabetes risk by 38%

c. Exercising 30 minutes a day reduces diabetes risk by decreasing belly adiposity

d. Losing weight and exercising reduces diabetes risk by 58%

Diabetes Education
SERVICES

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

Feb 6 – March 5, 2025

Diabetes Mastery & Cert Readiness
Level
3

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 |

Question 13

Who is the most appropriate candidate for continuous subcutaneous insulin infusion?

a. LR with type 2, A1c of 7.9% on glipizide (Glucotrol) 10mg daily

b. BT with type 1 diabetes who wants to simplify their insulin management

c. ST with type 1 who is struggling with addiction

d. RL type 2 with an A1c of 9.3%, who is on basal bolus insulin therapy and carb counting

Diabetes Ed Course or Tech Toolkit

Question 14

▸ JR arrives at the clinic wearing a walking boot due to a recent foot injury. Tells you that they "banged their foot" on some farm equipment and since then it has been warm and swollen. It hurt at first, but the pain has diminished with time.

▸ When JR takes off the boot, you see this that the left foot needs attention. Based on this photo, what diabetes related food condition do you suspect?

A. Peripheral arterial disease
B. Venous statis ulcer
C. Pre gangrenous inflammation
D. **Charcot Foot**

3 Steps to DeFeet Amputation

Level

4

Level 2, 4, 5 – Lower Extremities

Diabetes Education
SERVICES

Question 15

PR is has type 2 diabetes and wants to start swimming on a regular basis. What statement reflects pre-exercise evaluation guidelines?

a. People with diabetes need to refrain from exercise until cleared by a Provider

b. Routine exercise testing for asymptomatic adults is not recommended.

c. EKG is required before a person with diabetes engages in an exercise program.

d. High risk people with diabetes must avoid exercise

Level 3 – MNT & Activity

Question 16

TR is taking 15 units of glargine at bedtime and 4 units of lispro (Humalog) before each meal. TR is experiencing at least one episode of hypoglycemia a week, usually between lunch and dinner. TR checks glucose levels before each meal. Pre meal glucose levels are 110mg/dl on average. What initial change in self-management would you recommend?

a. move the glargine to the am to prevent post meal hypoglycemia

b. decrease lispro at breakfast

c. increase carbohydrate intake by 15 gms at meals

d. decrease the lispro at lunch

Diabetes Education
SERVICES

Question 17

JR wants to lose weight and tells you they will give up drinking 2 sodas a day and will substitute with water. They plan to give up sodas for two months. Each soda is 150 calories. How much weight would JR lose in two months by making this change?

a. 16, 800 calories

b. 5.14 pounds

 c. 300 cals a day

 d. 2.7 pounds

Stuff to memorize – 1lb equal 3,5000 kCals

Level 3

Diabetes Education
SERVICES

Question 18

A participant says to you, "I guess I could start riding my bike again." Using the transtheoretical model, what stage of change are they in?

a. precontemplation

b. internal locus of control

c. contemplation

d. action

Question 19

You are taking care of a 13-year-old admitted for the second time this month in ketoacidosis. Which of the following issues would be most important to assess?

a. Level of daily activity
b. Insulin to carb ratios and insulin sensitivity
c. Adherence to meal plan
d. Degree of diabetes distress

Poll Question 20

▶ ML has had type 2 diabetes for 12 years, a BMI of 33.7, an A1 C of 8.3% and elevated triglycerides and LDL cholesterol levels. You notice ML's palms are deeply red. Which of the following conditions is ML most likely experiencing in addition to diabetes?

▶ A. Steatosis

▶ B. Dermatomyositis secondary to inflammation

▶ C. Auto immune renal hypertension

▶ D. Acanthosis Nigricans of the palmar sur

Diabetes Education
S E R V I C E S

Test Taking Practice Exam Toolkit | Webinar + 220 Sample Practice Test Questions

$ 49.00

Quantity   –   1   +

Add to Cart

Quantity Discount	Discount
Buy 3 +	15% Off
Buy 10 +	20% Off

Test Taking Toolkit

•**On-Demand course**, reviews a sampling of the questions and explains how to dissect the question, eliminate the wrong answers and avoid getting lured in by juicy answers.
•**220 questions in total divided into Four 50+ computerized quizzes**. These quizzes include clinical practice exam questions that provide vignette-style situations and other critical content that will prepare you for the actual exam.

Course Bundles and Virtual Conf

CDCES Exam Study Tools

Featured ▲▼

CDCES Boot Camp
Deluxe Exam Prep Bundle
1 2 3

CDCES Boot Camp |
Online Prep Bundles |
50+ CEs

From **$ 449.00**

BC-ADM Boot Camp
Deluxe Exam Prep Bundle
2 3 4

BC-ADM Boot Camp |
Exam Prep Bundle |
50+ CEs

From **$ 459.00**

Virtual DiabetesEd Training Conference
📅 April 16th - 18th, 2025   🕐 At 8:00 AM PST

3 Days | 3 Speakers | Earn 30+ CEs/CPEus

Our team of instructors co-teach to keep content fresh & lively.

Virtual DiabetesEd
Training Conference |
April 16-18th, 2025

$ 409.00

Dual Certification Boot Camp
CDCES & BC-ADM Exams e-Complete Prep Bundle
1 2 3 4

Dual Cert Boot Camp |
CDCES & BC-ADM
Exams Prep Bundles |
60+ CEs

From **$ 519.00**

Diabetes Education
SERVICES

CDCES / BC-ADM Success Page

Melissa is a Registered Dietitian Nutritionist based out of North Miami. She is most passionate about using her Medical Nutrition Therapy coupled with Motivational Interviewing skills to help our most vulnerable populations. Since she became a Dietitian and began working with her community, she knew she would pursue a specialization in Diabetes Management to maximize her impact and help those who need it most. She is very excited to join the CDCES community of providers!

Melissa Dolan, MS, RDN, LD/N, CDCES

I want to thank you all for the support you give to Diabetes Educators, but also to those of us preparing for the CDCES Exam. I truly want to THANK YOU for that! I just passed my exam on June 1st ,2023. I appreciate all that you do to simplify the updates and new evidence based practice information. The cheat sheets you provided were the one thing that I would say helped really reinforce the information for me. I also watched the boot camp videos. I had less stress because of your supportive site and that helped so much! I am so honored to be able to make Diabetes easier for patients everyday.

Carolyn Fletcher, BSN, RN, CDCES

Enroll at www.DiabetesEdUniversity.com *Diabetes Education* SERVICES

Join our Facebook Study Group

Certification Exam Study Group

https://www.facebook.com/groups/diabeteseducationspecialiststudygroup

Thank You

Diabetes Education SERVICES

▸ Web www.diabetesed.net

▸ info@diabetesed.net

▸ 530-893-8635

Diabetes Education SERVICES