

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





We are Here to Help!







Astraea Ballinger
Brand Ambassador
Customer Happiness Advocate

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
- Acces



- 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.

Prep for CDCES Exam – Step 2

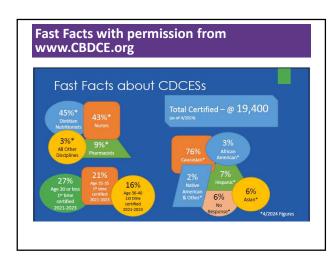
- Getting ready to take Certified Diabetes Care and Education Specialist Exam Soon!
 - Exam content
 - Study strategies
 - Test taking tips
 - **▶** Resources

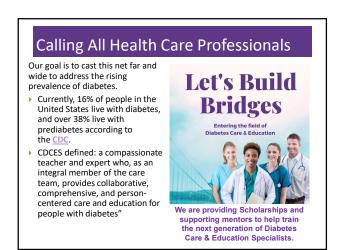
hours.



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Yes	NΩ		CBDCE Handbook Checklist 2025	
		1.	As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physical, podustrist, master certified health education specialist, certified clinical exercise physiologist, registered dieltian registered dieltian nutritionist, or registered PA, is your license, certification or registation current, actigs and unrestricted?*	
			OR	
			Do you hold a minimum of a master's degree in social work from a United States college or university accredited by a nationally recognized regional accrediting body?	
			OR	
			If you do not meet either of these, you are encouraged to investigate CBDCE's Unique Qualifications Pathway. Please visit our website for more information on that pathway.	
		2.	Has your practice experience occurred within the United States or its territories?	
		3.	Has all your practice experience occurred since you met requirement #1 above?	
		4.	Do you have a minimum of 2 calendar years (to the day) of practice experience since you received the license, registration or advanced degree as outlined above or are you using a Master's degree in a health-related field as a walver for one of the two years?	
		5.	Have you accrued 1000 hours of practice experience in diabetes care and education (DCE) within the last 5 years?	
		6.	Do you have a minimum of 20% (or 200 hours) of the 1000 hours of DCE practice experience accrued within the past year?	
		7.	Does your practice experience include at least some or all in the DCE process: assessment, education plan, interventions, ongoing support, monitoring and communication of participant progress, documentation, and development of DSMEs services/administration.	
		8.	The Examination Content Outline (ECO) identifies what is covered on the Examination. Reminder that regardless of discipline, knowledge (and the ability to apply that knowledge) is necessary across all areas of the ECO. Have you reviewed the ECO and assessed your knowledge across the ECO?	
		9.	Have you completed (within the past 2 years) a minimum of 15 hours of continuing education activities** applicable to diabetes and provided by or approved by a provider on our list of Recognized Continuing Education Providers?	

Applying to take the CDCES Exam

At the time of your online application, you will receive:

- ▶ On-line notification of either approval
- Or that you have been selected for audit
- Audit required info:
 - ▶ Licensure
 - ▶ Documentation of Professional Practice Experience
 - A journal of weekly hours of providing DSME
 - Supervisor to verify
 - ▶ CE course verification
 - ▶ Employment verification signed by supervisor

Test Taking Window

- ► The exam is administered on an ongoing basis
- Once application approved, candidates must schedule their testing appointment within a 90-day window on a date of their choosing



- schedule an appointment to take the examination on a first-come, first-served basis through CBDCE Online scheduling system
- ▶ See application booklet for more details

CDCES Live Remote Proctoring (LRP)

- Candidate uses own computer from home.
- A compatibility check of the computer's audio/video, webcam and system is required prior to scheduling.
- The candidate must have a computer with a web camera that can be moved to display the entire room, a microphone, and internet connection to download the PSI secure browser.
- ▶ Calculator built into program

https://www.cbdce.org/apply-and-schedule



CDCES Live Remote Proctoring

- Breaks: You are NOT allowed any breaks during your LRP exam session.
- Identification: You will be required to take a picture of yourself via the webcam. You will also be required to show via webcam your photo ID.
- Room Scan: You will be required to perform a 360° scan of your testing room. Room must be free of study materials, papers, reference materials, etc.
- Calculator: The LRP platform has a calculator built-in in the lower left-hand corner of screen.
- Communicating with your proctor: will be conducted via chat during the testing session.
- Results will pop up on screen upon completion.



When will I get my results?

- You will receive your test results the same day at testing site or if using remote proctoring.
- You can retake the test as many times as needed
- ▶ Cost
 - ▶ 1st time \$350
 - ▶ Renewal \$250



Scoring the Exam

- ▶ Reported as raw and scaled scores
 - ▶ Raw score: number of right answers
 - ▶ Scaled score: statistically derived from the raw score
- Total score determines pass/fail and is reported as a scaled score ranging between 0 and 99
- ▶ To pass: 70 scaled score units



2011 -65%	
2012 – 63.5%	
2013 – 67 and 69%	(EDDCE
2014 - 66 and 67%	Certification Board for
2015 - 62 and 64% (test updated)	Diabetes Care and Education
2016 – 67%	
2017 – 66%	
2018 – 67%	
2019 – 70%	
2020 & 2021 & 2022 – 67%	
2023 – 70%	

This is a challenging exam! Not passing the CDCES exam can feel disheartening—but SO YOU DIDN'T PASS CDCES EXAM - YET? you are not alone. Over 30% of healthcare professionals don't pass the CDCES exam on their first try. Plus, this one setback doesn't define your potential or your ability to succeed. Join Coach Bev for this *free,* supportive webinar designed to help you regroup, refocus, and reignite your confidence. Bev will share practical tips, common pitfalls, and an action FREE Webinar (No CEs) m Dec. 11th, 2025 (At 11:30 AM plan to boost your readiness for next time.

Exam Details

- Questions are linked directly to a task or tasks.
- ▶ Each question is designed to test if the candidate possesses the knowledge necessary to perform the task or has the ability to apply it to a job situation.
- > 25 of the 175 questions are new but are not counted in the determination of individual examination scores.
- Score based on 150 questions



Exam Content - Assessment

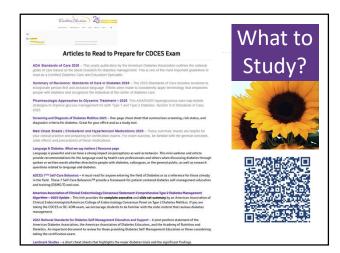
- Assessment (37)
 - Physical and Psychosocial (12)
 - Self-Management Behaviors and Knowledge (15)
 - Learning (10)

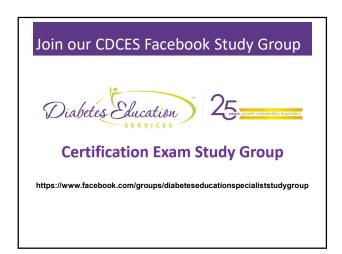


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Exam | Care and Education Interventions Interventions (105) Disease Process & Approach to Treatment (22) Individualizes Education Plan (17) Person Centered Education Plan (18) Evaluation, documentation and follow-up (8)

Exam Content — Standards & Practices (8) 1 National Standards for Diabetes Self Management Education and Support 2 Diabetes Prevention Program 2 Practice Standards 3 Practice Standards 4 Advocate 5 Evidence-based care and education 5 Consider Social Determinants of Health 6 Inclusion of Specific Considers (1) Consider (1) Consider (1) Considers (1) Consider (1) Considers (1) C







Taking the Exam

- Questions
- Answers
- ▶ Pitfalls



Keep it Person Centered

- ▶ Focus on psychosocial needs and social determinants of health.
- ▶ Start where the participant is at.
- Keep the participants characteristics in mind (age, type of diabetes, etc.)
- We are supporting efforts toward behavior change.

Increase success

- If the answer you wanted isn't there Pivot, breathe and readjust.
- Try not to overthink question/answers.
- Make sure that the answer you choose fits the situation.
- Focus on national goals and avoid using your work setting's goal.



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Take a Practice Test – 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



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

Getting to the Right Answers



- ▶ Do not leave any answers blank
- ▶ Look for clues in the question
- ▶ Don't get lured in by juicy answers
- Avoid imposing your life experience into the question/answer
- ▶ Keep breathing Get up and move
- ▶ Test anxiety have a plan on how to address
- Work even simple math problem on scratch paper

Sample Question -1

A patient is admitted to the hospital with elevated glucose levels with a strong family history of diabetes. She is started on fluid replacement and is placed on a clear liquid diet. Her father is in the room and is very concerned. Which of the following would suggest a diagnosis of new onset type 1 diabetes vs type 2 diabetes?



- A. Hyperglycemia
- B. Polyuria
- C. Ketosis
- D. Polydipsia



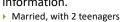
Sample Question 2

- MJ has type 1 diabetes and wants to know the possible complications that can result from hyperglycemia during the first trimester of pregnancy. Which of the following complications can result from 1st trimester hyperglycemia?
 - A. macrosomia
 - B. vascular defects
 - C. shoulder dystocia
 - D. spina bifida



Vignette Style Question

- Read the following vignette to answer the next 3 questions.
- A 47 yr old man with newly diagnosed type 2 diabetes and hypertension. Additional known information.



- ▶ Professor with a BMI of 32
- ▶ Started on Metformin 500mg BID
- Father died of kidney failure secondary to diabetes

(F)	
MI	
MIN	

Vignette Style Question 1

- He says finding time to exercise is challenging due to his work schedule. Using the transtheoretical model, what stage of change is he in?
 - A. Contemplation
 - B. Cost vs. Benefit
 - C. Precontemplation
 - D. Denial





Vignette Style Question 2

- He requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?
- A. Very low-calorie diet
- B. Eliminate all concentrated sweets
- C. Eat 3 meals a day with snacks in between
- D. Plate Method



Sample Question 3 – Carb Counting

JL uses an insulin pump and is carb counting using exchange list. A typical breakfast includes: ½ banana, 1 cup of milk, 2 tablespoons almond butter and 1 piece whole grain bread. LS's insulin to carb ratio for breakfast is 1:12, for lunch and dinner it is 1:15. Based on this, how much insulin does LS need for breakfast?

- A. 3.5 units
- **B.** 3.8 units
- c. 3.0 units
- D. 2.8 units

Vignette Style Question 4

KL is 72 years old with a 10 year history of type 2 diabetes. KL's has a BMI of 24.6, A1C of 7.3% and LDL cholesterol of 72 mg/dL. GFR is 62 and UACR is less than 30 gm/g. Has a history of hypertension. Current meds for diabetes include metformin ER 850mg BID, sitagliptin (Januvia) 25mg. Based on the ADA Standards of Care, what is the next best action?

- A. Start a SGLT-2 inhibitor to lower A1C and preserve renal function
- B. Determine KL's A1C goals and explore social drivers of health.
- C. Stop sitagliptin and suggest initiation of a GLP-1 Receptor Agonist to reduce risk of CV disease.
- D. Refer KL to a RD/RDN to help get A1C less than 7%.



Sample Question 5

Metformin is an antidiabetic agent different than that of sulfonylurea drugs. Some features of the drug <u>are</u> that it:

- A. Stimulates insulin secretion and increases hepatic glucose production.
- в. Causes hypoglycemia
- c. Lowers hyperglycemia in persons with diabetes, but does not lower blood glucose levels in people without diabetes.
- Results in weight loss and can cause kidney damage.







Sample question 6

A person with type 2 is on a twice daily dose basal/bolus insulin and complains of waking up with morning headaches. If the fasting capillary BG is 291, advise person to:

- A. Increase evening dose of basal insulin
- B. Increase morning dose of bolus insulin
- c. Check 3am blood glucose
- D. Eliminate bedtime snack







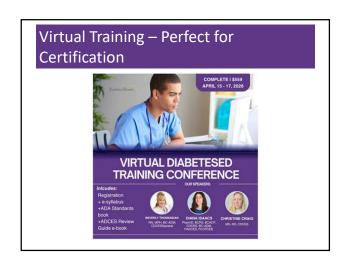














Knowledge = Confidence

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



Melissa is a Registered Distrition Nutritionist based out of North Mains. She is most passionate about using her Medical Nutrition Therapy coupled with Motivational Interviewing skills to help our met unlerable populations. Since she became a Distrition and began working with her community, she herew she would gross a specialization in Diabetes Management to massimize her impact and help those who need it most. She is very excited to join the COCES community of providers! Melissa Dolan, MS, RDN, LDN, COCES I want to thank you all for the support you give to Diabetes Educators, but also to those of us preparing for the COCES Earn. I truly want to THANK YOU for that I just passed my earn on June 1st, 2023. I appreciate all that you do to simplify the updates and new evidence based practice information. The chales these you provided were the one thing that I would say helped really reinforce the information for me. I also watched the boot camy bloss. 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, COCES Enroll at www.Diabetes.EdUniversity.com

