

## Preparing for CDCES Exam 2026



(Certified Diabetes Care and Education Specialist)

### Step 2

Beverly Thomassian, RN, MPH, BC-ADM, CDCES

Pronouns: She, her, and hers

President, Diabetes Education Services

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## 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.



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## DiabetesEd.net Website Orientation



**PocketCards**



**Get NEW CDCES Coach App**



**Question of the Week & Sample Questions**

Beverly Thomassian, RN, MPH, CDCES, BC-ADM

CEO, coach, instructor, cheerleader, mentor

[www.DiabetesEd.net](http://www.DiabetesEd.net) | [info@diabetesed.net](mailto:info@diabetesed.net) | 530-893-8635

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## DOWNLOAD SUCCESS WITH CDCES COACH APP

"IT'S LIKE HAVING A COACH IN YOUR POCKET!"

FREE APP Download

Free PocketCards Download

Fresh new design—faster performance + easier navigation

- All your go-to tools: quizzes, PocketCards + clinical resources
- One-click to free webinars, cheat sheets + study materials
- Available on mobile, tablet + desktop-friendly
- \$100 100% FREE

### Download Your NEW & Improved CDCES Coach App Today!

Download on the App Store

Download on Google Play

**Fresh new design with easier navigation.**

- Forums to connect with your peers
- Instant access to blogs and news
- Quizzes with rationale

**One-click access to go-tools tools, including:**

- Medication PocketCards
- Cheat Sheets
- ADA Standards of Care
- Free Webinars
- Study materials

**Works on all devices:**

- mobile, tablet, and desktop-friendly

**New Practice Tests for In-app Purchase**

**25 Test Questions with Rationale – Only \$9.99!**

You have been asking for it, and are please to announce that we have delivered.

Challenge yourself with one or both sets of 25 Practice Test questions written by the experts.

Free Tools all in One Place

One-click access to free webinars, cheat sheets, and study materials

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## We are Here to Help!

**Bryanna Sabourin**  
Director of Operations

**Astraea Ballinger**  
Brand Ambassador  
Customer Happiness Advocate

If you have questions, you can chat with us at [www.DiabetesEd.net](https://www.DiabetesEd.net) or call 530 / 893-8635 or email at [info@diabetesed.net](mailto:info@diabetesed.net)

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## 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.

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## 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](#)



► View our “Becoming a CDCES” Step 1 Webinar for info on qualifications and gaining practice hours.

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[HOME](#)
[GET STARTED!](#)
[ABOUT US](#)
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[BOOKS + STUDY](#)
[FREE RESOURCES](#)

### Start Your Journey

**Step 1: Becoming a Diabetes Specialist (CDCES)**

**Step 1**

**Focus on requirements to apply**

**Step 2: Preparing to Take the CDCES Exam**

**Step 2**

**Focus on exam success.**

**Preparing for CDCES Exam?**

[Future CDCES – Click Here!](#)

**Prep for CDCES Webinars Jan 27, 2026**

**Preparing for BC-ADM Exam?**

[Future BC-ADM – Click Here!](#)

**Prep for BC-ADM – Feb 5, 2026**

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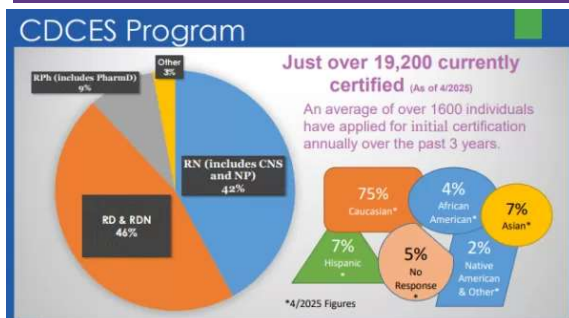
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## Fast Facts with permission from [www.CBDCE.org](http://www.CBDCE.org)




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## Calling All Health Care Professionals

- ▶ Apply for Bridge Scholarship Today Attend DiabetesEd Virtual Conference (\$459 value)  
Apps Due Feb 15th

- ▶ Currently, 16% of people in the United States live with diabetes, and over 38% live with prediabetes according to the CDC.

- ▶ CDCES defined: a compassionate teacher and expert who, as an integral member of the care team, provides collaborative, comprehensive, and person-centered care and education for people with diabetes"



We are providing 14 Scholarships and supporting mentors to help train the next generation of Diabetes Care & Education Specialists.

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www.cbdce.org

**Thinking about Earning the CDCES?**

Join over 19,500 health care professionals who have validated their expertise and professionalism by earning the Certified Diabetes Care and Education Specialist (CDCES) credential.

**Become Certified**

CDCESs educate and support people affected by diabetes. Earn the most recognized credential in diabetes care and education.

**Get started. →**

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### CBDCE Handbook Checklist 2026

- | Yes   | No                       |  |
|---|--------------------------|--|
| <input type="checkbox"/>  | <input type="checkbox"/> | 1. As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician, podiatrist, master certified health education specialist, certified clinical exercise physiologist, registered dietitian, registered dietitian nutritionist, or registered PA, is your license, certification or registration current, active and unrestricted? |
| <b>OR</b>   |                          |  |
| 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?       |                          |  |
| <b>OR</b>   |                          |  |
| 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. |                          |  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 2. Has your practice experience occurred within the United States or its territories?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 3. Has all your practice experience occurred since you met requirement #1 above?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 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 waiver for one of the two years?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 5. Have you accrued 1000 hours of practice experience in diabetes care and education (DCE) within the last 5 years?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 6. Do you have a minimum of 20% (or 200 hours) of the 1000 hours of DCE practice experience accrued within the past year?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 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?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 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?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 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?  |

If the answer to any of the above questions is "no", you are not ready to apply for the Certification Examination for Diabetes Care and Education Specialists.

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## 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



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## 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



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## CDCES Live Remote Proctoring (LRP)

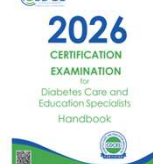
- ▶ Candidate uses own computer from home.
- ▶ A compatibility check of the computer's audio/video, webcam and system is required prior to scheduling.
- ▶ The candidate must have a computer with a web camera that can be moved to display the entire room, a microphone, and internet connection to download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



Live Remote Proctoring (LRP) is now available for the CDCES exam! Candidates have the convenience and flexibility of taking the CDCES exam by either testing at a PSI Test Center or by LRP.

Learn More

CBDCE



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

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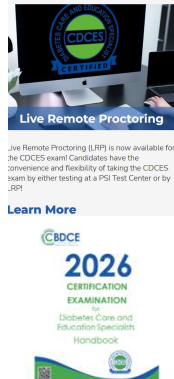
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## CDCES Live Remote Proctoring

- ▶ **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.**




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## 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 –**
  - ▶ 1<sup>st</sup> time \$350
  - ▶ Renewal - \$250




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## 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




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## CDCES Exam First Time Pass rates

2011 - 65%

2012 - 63.5%

2013 - 67 and 69%

2014 - 66 and 67%

2015 - 62 and 64% (test updated)

2016 - 67%

2017 - 66%

2018 - 67%

2019 - 70%

2020 & 2021 & 2022 - 67%

2023 - 70%



## This is a challenging exam!

### SO YOU DIDN'T PASS CDCES EXAM - YET?



Join Coach Bev to Regroup & Reignite your Confidence!

FREE Webinar (No CEs)

Recorded & Ready to Watch

[www.DiabetesEd.net](http://www.DiabetesEd.net)

Not passing the CDCES exam can feel disheartening—but 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 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)



- I. Assessment (37)**
- A. Physical and Psychosocial (12)**
1. Diabetes-related health history (diagnosis, duration, symptoms, complications, treatment, comorbidities, healthcare utilization)
  2. Diabetes-specific physical assessment (Dietetics, site inspection, laboratory, etc.)
  3. Social determinants of health (economic, living situation, healthcare access, social support, and food/housing insecurity)
  4. General health history (family, medical, mental health, substance use, surgical, allergies and medication)
  5. Diabetes measures and other laboratory data
  6. Mental health/wellbeing (adjustment to diagnosis, coping ability, etc.)
  7. Considerations related to diabetes self-care practices (language, physical language, cultural, spiritual, family/caregiver dynamics, fears and myths, life transitions, etc.)
- B. Self-Management Behaviors and Knowledge (15)**
1. Current practices
  2. Eating habits and preferences
  3. Activity habits and preferences
  4. Medication practices and preferences (prescription, nonprescription, complementary and alternative medicine)
  5. Monitoring and data collection (glucose, ketones, weight, dietary intake, activity, etc.)
  6. Use of technology (monitors, smart delivery systems, apps, online education, patient portals, etc.)
  7. Risk reduction of acute and chronic complications
  8. Problem solving
- C. Learning (10)**
1. Goals and needs of learner
  2. Readiness to learn and change behavior
  3. Preferred learning styles (audio, visual, observational, psychomotor, individual, group, etc.)
  4. Literacy, numeracy, health literacy, and digital literacy
  5. Considerations related to learning (developmental stage, physical abilities, language preferences, cultural, spiritual, psychosocial, economic, family/caregiver dynamics, learning disabilities, etc.)

## Exam | Care and Education Interventions

### Care & Education Interventions (105)

- Disease Process & Approach to Treatment (22)
- Individualizes Education Plan (17)
- Person Centered Education on Self-Care Behaviors (58)
- Evaluation, documentation and follow-up (8)

- B. Care and Education Interventions (105)**
- A. Disease Process and Approach to Treatment (22)**
1. Diabetes pathophysiology (including beta-cell dysfunction, insulin resistance, and hyperglycemia)
  2. Diabetes-related complications (acute and chronic)
  3. Diabetes management goals (glycemic, blood pressure, lipids, etc.)
  4. Diabetes management strategies (lifestyle, medication, etc.)
  5. Diabetes management outcomes (glycemic, blood pressure, lipids, etc.)
- B. Individualizes Education Plan (17)**
1. Individualized Education Plan (IEP)
  2. Goals and needs of learner
  3. Readiness to learn and change behavior
  4. Preferred learning styles (audio, visual, observational, psychomotor, individual, group, etc.)
  5. Literacy, numeracy, health literacy, and digital literacy
  6. Considerations related to learning (developmental stage, physical abilities, language preferences, cultural, spiritual, psychosocial, economic, family/caregiver dynamics, learning disabilities, etc.)
- C. Person Centered Education on Self-Care Behaviors (58)**
1. Diabetes pathophysiology (including beta-cell dysfunction, insulin resistance, and hyperglycemia)
  2. Diabetes-related complications (acute and chronic)
  3. Diabetes management goals (glycemic, blood pressure, lipids, etc.)
  4. Diabetes management strategies (lifestyle, medication, etc.)
  5. Diabetes management outcomes (glycemic, blood pressure, lipids, etc.)

## Exam | Care and Education Interventions

### Care & Education Interventions (105)

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- Individualizes Education Plan (17)
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- Evaluation, documentation and follow-up (8)

- B. Care and Education Interventions (105)**
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  4. Diabetes management strategies (lifestyle, medication, etc.)
  5. Diabetes management outcomes (glycemic, blood pressure, lipids, etc.)



## Exam Content – Standards & Practices

### Standards & Practices (8)

- ▶ National Standards for Diabetes Self Management Education and Support
- ▶ Diabetes Prevention Program
- ▶ Practice Standards
- ▶ Advocate
- ▶ Evidence-based care and education
- ▶ Consider Social Determinants of Health
- ▶ Inclusion, Diversity, Equity

#### III. Standards and Practices (8)

- A. Describe the current National Standards for Diabetes Self-Management Education and Support (NDSMES)
- B. Describe the National Diabetes Prevention Program Standards (National DPP)
- C. Apply practice standards (AACD, ADA, Endocrine Society, etc.)
- D. Develop population health strategies
- E. Collaborate with other healthcare professionals to advance team-based care
- F. Advocate for people with diabetes access to medications and supplies, care in institutional settings, policies, etc.)
- G. Promote primary and secondary diabetes prevention strategies in at-risk individuals and populations
- H. Promote evidence-based care and education
- I. Recognize the impact of disparities (economic, access, gender, ethnicity, geographic, etc.)
- J. Incorporate principles of diversity, equity, and inclusion




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**Articles to Read to Prepare for CDCES Exam**

**ADA Standards of Care 2026** – This yearly publication by the American Diabetes Association outlines the national goals of care based on the latest research for diabetes management. This is one of the most important guidelines to read as a Certified Diabetes Care and Education Specialist.

- Purchase a copy of the ADA Standards of Care 2026 book
- Purchase a copy of the ADA Standards of Care 2026 book
- Summary of Revisions: Standards of Care in Diabetes 2026 – The 2026 Standards of Care includes revisions to incorporate person-first and inclusive language. Efforts were made to consistently apply terminology that empowers people with diabetes and recognizes the individual at the center of diabetes care.

**Pharmacologic Approaches to Glycemic Treatment in 2026** – This ADA/ASD hyperglycemia road map details strategies to improve glucose management for both Type 1 and Type 2 Diabetes. Section 9 of Standards of Care, 2026.

**Coach Beverly's Diabetes Cheat Sheets** – Our Diabetes Cheat Sheet page is brimming with useful information for your clinical practice and exam success. We update these sheets at the beginning of each year, based on the ADA Standards of Care and the latest evidence. Our cheat sheets cover topics such as:

- Clinical References, Meds & Exam Study Sheets
- Medication Pocketcards
- Diabetes Tech Resources
- Nutrition Information
- Person-Centered Coaching
- Teaching Sheets for People with Diabetes
- Diabetes Apps

A few highlights

1. **Screening and Diagnosis of Diabetes Mellitus 2026** – One-page cheat sheet that summarizes screening, risk status, and diagnostic criteria for diabetes. Great for your office and as a study tool.
2. **Med Cheat Sheets | Cholesterol and Hypertension Medications 2026** – These summary sheets are helpful for your clinical practice and preparing for certification exams. For exam success, be familiar with the general concepts, side effects, and precautions of these medications.
3. **Landmark Studies** – a short cheat sheets that highlights the major diabetes trials and the significant findings.

**Language & Diabetes: What we say matters | Resource page**  
Language is powerful and can have a strong impact on perceptions as well as behavior. This mini webinar and article provide recommendations for the language used by health care professionals and others when discussing diabetes through spoken or written words whether directed to people with diabetes, colleagues or the general public, as well as research questions related to language and diabetes.

**ADCEES 7™ Self-Care Behaviors** – A must-read for anyone entering the field of Diabetes or as a reference for those already in the field. These 7 Self-Care Behaviors™ provide a framework for patient-centered diabetes self-management education and training (DSMET) and care.

American Association of Clinical Endocrinologists Professional Development Program: Professionalism Series 3 Diabetes Management

## What to Study?

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## Join our CDCES Facebook Study Group



### Certification Exam Study Group

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

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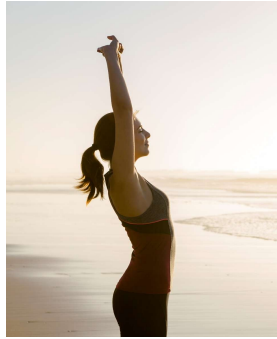
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## Taking the Exam

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



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## 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.



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## 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



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## 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



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## 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



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### 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



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### 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 1<sup>st</sup> trimester hyperglycemia?

- A. macrosomia
- B. vascular defects
- C. shoulder dystocia
- D. spina bifida



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### 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.
  - ▶ Married, with 2 teenagers
  - ▶ Professor with a BMI of 32
  - ▶ Started on Metformin 500mg BID
  - ▶ Father died of kidney failure secondary to diabetes



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## 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




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## Join us to Watch Recorded



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Diabetes Education 25

Diabetes Education 25

Recorded  
and Ready  
for Viewing  
in FREE  
Webinars




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## 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




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### 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

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### 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 determinants 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%.



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### What We Say Matters: Language that Respects the Individual and Imparts Hope | FREE Webinar & Resources



More info at [www.DiabetesEd.net](http://www.DiabetesEd.net)

Watch the recorded version!

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

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



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NEW Accordion 2-sided  
PocketCards

Glucose-Related Hypoglycemia				Diagnosis/Consultation f
Name / Delivery	Scalped	Adults	Neon Range Full Term / Age 1001 Grating	Age / Route / Storage
Glucose Dextrose Injection requires sterile ampoule + glucose diluent	1mg / 1ml, 1mg / 10mg	1 mg	1mg/10mg 1mg / 10mg	All ages as directed Sterile ampoules Injection is 2 years at ambient
Dextrose Injection 50% dextrose glucose solution	8.5mg/10mg 1mg / 10mg 1mg / 10mg	1 mg	2-3 mg not recommended 2-12 mg 2-12 mg 2-12 mg	Asymptomatic ages 10 Solid solution in ampoules Injection is 2 years at ambient Injection is 2 years at ambient
Asymptomatic Infant glucose powder	2 mg asymptomatic	3 mg	4-6 mg not recommended 3-6 mg for ages 10 and above	Asymptomatic ages 10 Solid solution in ampoules Injection is 2 years at ambient

\*All use the 100% potency, unless otherwise stated, unless otherwise stated. All medications have been tested and found to be safe for use in the neonatal population. All medications have been tested and found to be safe for use in the neonatal population. All medications have been tested and found to be safe for use in the neonatal population.

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DiabetesEd.net

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Diabetes Education SERVICES 25 years growth, connection, inspiration

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CDCES Coach App – FREE Download

"It's like having a coach in your pocket!"

**CDCES Coach App**



Direct camera to QR  
code to get to CDCES  
app page

Standards of Care  
Meds PocketCards  
Question of the Week  
Online Course Viewing

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## 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



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## 220 Test Questions – Assess your Knowledge



DiabetesEdUniversity.com  
\$49 for 220+ Questions

Online Courses – Live Conferences – Virtual Conferences – Bundles – Books – Extensions –  
Home > Toolkits > Test Taking Practice Exam Toolkit | Webinar + 220 Sample Practice Test Questions



Test Taking Practice Exam  
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Sample Practice Test  
Questions

\$49.00

Quantity

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Add to Cart



Look for new Quizzes with Rationale in CDCES Coach App – Coming Soon

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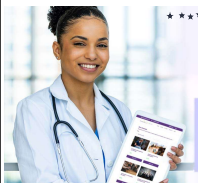
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- Achieve your dream of CDCES and/or BC-ADM certification
- Coursed taught by Beverly Thomassian & Expert Team
- Expanded Accreditation! CE Credit through: AMA PRA Category 1 Credits™, ACPE, ANCC, CDR



**Welcome to our DiabetesEd Online University**

*Our goal is to provide an exceptional user experience and build a sense of community.*

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### Level 1 – Diabetes Fundamentals


Ready for Viewing or Join us in 2026

Save the dates for our 2026 webinar course updates

2025 courses available upon enrollment

- Jan. 7th, 2026 | Class 1: Getting to the Nitty Gritty
- Jan. 8th, 2026 | Class 2: Nutrition & Exercise
- Jan. 13th, 2026 | Class 3: Meds Overview for Type 2
- Jan. 15th, 2026 | Class 4: Insulin Therapy & Pattern Management
- Jan. 20th, 2026 | Class 5: Goals of Care
- Jan. 22nd, 2026 | Class 6: Hypoglycemia, Sick Days, & Monitoring

Fee: \$119.00 (Group Discounts Available)



Diabetes Fundamentals

Level

**1**

[www.DiabetesEd.net](http://www.DiabetesEd.net)

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Save the dates for our 2026 webinar course updates


2025 courses available upon enrollment

**Complete Standards Overview**

- Jan. 29, 2026 | Standards 1 - 16: ADA Standards of Care Complete Review

**ADA Standards 1 through 5**

- Feb. 10, 2026 | Standards 1 & 5: Improving Care and Promoting Health
- Feb. 12, 2026 | Standards 2 & 6: Hyperglycemic Crises (DKA, HHS & EDKA)
- Feb. 17, 2026 | Standard 3 & 9: National Standards for Diabetes Self-Management Education and Support
- Feb. 24, 2026 | Standard 4: Comprehensive Medical Eval & Assessment of Comorbidities
- Apr. 17th, 2026 | Standard 7: Tech Toolkit | Insulin, Pumps and Sensors with Dr. Diana Isaacs
- Feb. 26, 2026 | Standard 8 & 9: Pharmacologic Approaches to Glycemic Management & Obesity
- Mar. 5, 2026 | Standard 10: Cardiovascular Disease and Risk Management
- Mar. 10, 2026 | Standards 11 & 12: Chronic Kidney Disease, Retinopathy, Neuropathy
- Mar. 12, 2026 | Standard 12: Lower Extremity Assessment
- Mar. 17, 2026 | Standard 13: Older Adults & Diabetes
- Mar. 19, 2026 | Standard 14: Children and Adolescents
- Mar. 24, 2026 | Standard 15: Management of Pregnancy in Diabetes
- Mar. 26, 2026 | Standard 16: Diabetes Care in the Hospital



Standards of Care Intensive

Level

**2**

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Save the dates for our 2026 webinar course updates

2025 courses available upon enrollment

- June 9th, 2026 | Class 1: Diabetes | Not Just Hyperglycemia
- June 11th, 2026 | Class 2: Standards of Care & Cardiovascular Goals
- June 16th, 2026 | Class 3: Meds for Type 2 | What you need to know
- June 18th, 2026 | Class 4: Insulin Therapy | From Basal/Bolus to Pattern Management
- June 23rd, 2026 | Class 5: Insulin Intensive & Risk Reduction | Monitoring, Sick Days, Lower Extremities
- June 25th, 2026 | Class 6: Microvascular Complications & Exercise | Screen, Prevent, Treat
- June 30th, 2026 | Class 7: Medical Nutrition Therapy
- July 2nd, 2026 | Class 8: Coping & Behavior Change
- July 9th, 2026 | Class 9: Test-Taking Coach Session (75+ Practice Questions) | No CE's



Diabetes Mastery 6 Cert Readiness

Level

**3**

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### Advanced Level Topics | 2025 Webinar Schedule

All Courses without an Upcoming Date Listed are Recorded & Ready to Watch!

#### Clinical Practice & Assessment

- Class 1: Behavior Change Theories Made Easy
- Class 2: CardioRenal Risk Reduction Toolkit
- Class 3: What We Say Matters: Language that Respects the Individual and Impacts Hope
- Class 4: Type 2 Diabetes Intensive
- Class 5: 9 Steps to DeFeet Amputation: Assess, Screen, & Report



#### Insulin Calculations & Pattern Management

- Class 6: Insulin Calculation Workshop | From Pumps & Beyond
- Class 7: Solving Glucose Mysteries for Type 1
- Class 8: Solving Glucose Mysteries for Type 2
- Class 9: Basal Bolus Therapy in Hospital

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## Virtual Training – Perfect for Certification



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## Online Bundles & Featured Products





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## Knowledge = Confidence

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



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## 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, RD/N, 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](http://www.DiabetesEdUniversity.com)

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## Join our CDCES Facebook Study Group



### Certification Exam Study Group

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

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## Keep in Touch



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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/>




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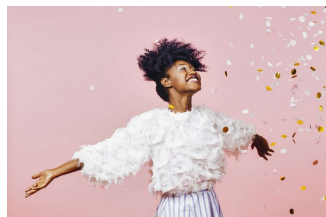
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## You are Going to Do Great!




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## Thank You



- ▶ Questions?
- ▶ Email [info@diabetesed.net](mailto:info@diabetesed.net)
- ▶ Web [www.DiabetesEd.net](http://www.DiabetesEd.net)
- ▶ Phone 530-893-8635

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