

**FALL 2014**  
**CDE**  
**BOOT CAMP**

Preparing for  
**CDE Exam**

**WEBCASTS  
SERIES**

6-Webcast Series  
Ready to Watch NOW  
Get Started

### **Taking the CDE Exam this Fall? Earn 13.85 CEs and get ready to PASS!**

We know your time is limited and the exam is right around the corner. Our Boot Camp Webcast Series is like having an online coach. We help you drill through the vast content with a series of six 1.5 hour webcasts with Beverly Thomassian, RN, MPH, BC-ADM. Beverly has taken and passed the CDE Test 5 times over the past 20 years.

**For the discounted price of \$199 (save \$40)** , you have access to 6 live webcasts, PLUS 7 bonus online recorded webinars and 150 computerized practice test questions.



[Register Now](#)

**Drill Sargent and Coach:** Beverly Thomassian, RN, MPH, BC-ADM will march you through the critical content to prepare for the CDE Exam. Beverly is a working educator and knows the critical content diabetes educators need. As President of [Diabetes Education Services](#), Beverly believes in your success!

### **All sessions are just a click a way.**

No worries. All sessions are available immediately upon registration in your Online Student Center. Each session comes with a down-loadable handout, a podcast, and an online resource page, crammed full of info. Plus, we are including 7 additional online courses, to make sure you have access to the critical content you need. You can review the recorded webcasts and online courses as many times as you like through December 31, 2014.

### **Each session includes:**

A fast-paced review of concepts and content needed to succeed as a certified diabetes educator. Sample test questions and a question and answer period will be provided each session.

*Sign up to have immediate access to the recorded Webcasts through December 31, 2014.*

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## **Session Topics**

### **1. Diabetes – Not Just Hyperglycemia**

Brief introduction to the CDE Exam content and philosophy. Discuss underpinnings of pancreas dysfunction. We compare prediabetes, type 1 and type 2 diabetes and explore insulin resistance and vascular disease.

- Key concepts in pathophysiology of type 1, type 2, and gestational diabetes
- Diabetes Diagnostic Criteria
- Insulin resistance and vascular disease

## 2. Standards of Care, Treatment of Hypertension and Hyperlipidemia, Pt Assessment

In this session we review goals of care for prevention, management and treatment of diabetes complications.

- Prevention and lifestyle interventions
- National goals and getting to target – Including AACE and ADA Guidelines
- Screenings and vaccinations
- Targeting interventions based on patient assessments

## 3. Insulin Therapy – From basal /bolus to pattern management plus an extra 1 hour Pattern management workshop

This course reviews effective use of insulin therapy to improve glucose control. Learn how to look at glucose patterns and determine appropriate insulin adjustment strategies. Formulas to calculate basal bolus insulin therapy based on national guidelines will be included.

- Using basal/bolus insulin therapy to improve glucose control
- Glucose patterns and adjustment strategies
- Incorporating national guidelines into practice

## 4. Meds for Type 2

This course highlights the key elements of the Medication Guidelines by AACE and ADA. We will explore clinical factors to consider when determining the best strategy to improve glucose control in patients with type 2 and discuss new medications.

- Describe the main action, dosing and side effects of the different classes of diabetes medications
- Highlight the key elements of the Medication Guidelines by AACE and ADA.
- Clinical factors to consider when determining the best strategy to improve glucose control

**5. Exercise, Nutrition Therapy, Getting Ready for the Exam** This course reviews the latest nutrition guidelines and strategies to individualize this information based on the patient assessment. We will review exercise guidelines incorporating ADA Guidelines. Finally we will conclude with strategies to prepare for CDE Exam

- New nutrition guidelines
- Individualized approaches medical nutrition therapy
- Exercise - Benefits, guidelines and strategies
- Preparing for success on CDE Exam

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**We couldn't cover it all in 5 Sessions, so we added a bonus Webcast, 50 new practice questions, and 7 Online Courses**



- Kids and Diabetes - 1.0 CEs
- Women and Diabetes - 1.0 CEs
- Older Adults and Diabetes - 0.75 CEs
- Acute Complications (DKA and HHS) - 0.6 CEs
- Chronic Diabetes Complications – 1.5 CEs
- Setting up a Successful Diabetes Program 1.5 CEs
- Preparing for CDE - 1 hour plus 100 computerized test questions

These narrated PowerPoint programs are on demand and part of our **Online University**. Once you purchase, you can start listening right away and review as many times as you like. These courses expire on December 31, 2014.



**\*Accreditation:** Diabetes Educational Services is an approved provider by the California Board of Registered Nursing, Provider 12640, and Commission on Dietetic Registration (CDR), Provider DI002. Since these programs are approved by CDR it satisfies the CE requirements for CDE® regardless of profession.\*

**Contact us with any questions at [Lainey@diabetesed.net](mailto:Lainey@diabetesed.net) or call us at 530/893-8635 or visit our website at [www.DiabetesEd.net](http://www.DiabetesEd.net).**