

**FALL 2014
CDE
BOOT CAMP**

*Preparing for
CDE Exam*

**LIVE
WEBCASTS**

*REGISTER for
5 Thursday Sessions
October 2-30, 2014*

Are you taking the CDE Exam this fall? Then Join Us Today. Space is limited.



- **Webcast Dates: October 2, 9, 16, 23, 30, 2014.**
- **Time: 11:30 - 1pm (PST) Earn 7.5 CEs**
- **Price: \$199 for all 5 Sessions**
(Includes 100 practice computerized test questions)

Speaker: *Beverly Thomassian, RN, MPH, BC-ADM will march you through the critical content to prepare for the CDE Exam. Beverly has taken and passed the CDE Test 5 times over the past 20 years. Plus, she is a working educator and knows the critical content every diabetes educator needs. As President of [Diabetes Education Services](#), Beverly believes in your success!*

Can't make it live to all the sessions?

No worries. All sessions will be available to registered users in your Online Student Center within hours after the live webcast. Plus, each session comes with a down-loadable handout and an online resource page, crammed full of info. In addition, we are offering a special discount for our Level 2 Bundle of recorded courses.

Each session will include:

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.

Session Topics and Dates

1. Diabetes – Not Just Hyperglycemia – October 2, 2014

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 – Oct 9

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 – October 16, 2014

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 - October 23, 2014

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 – October 30, 2014

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

Register Now

Who will benefit from this CDE Exam Boot Camp?

All health care professionals who are getting ready to take the CDE who want to:

- Increase their confidence going into the exam
- Get re-energized about diabetes care and education
- Enjoy a comprehensive and reality based review of "the basics and beyond" of diabetes management
- Refine their skills and improve competencies in diabetes problem solving
- Learn practical approaches to educating patients about diabetes self-management



***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 the CDR it satisfies the CE requirements for the CDE® regardless of your profession.*



Advancing Your Career in Diabetes Education

Contact us with any questions at Lainey@diabetesed.net or call us at 530/893-8635 or visit our website at www.DiabetesEd.net. If you miss any live sessions, they will be available in your Student Center as recorded sessions that you can listen to at your convenience.

Sign up early, registrations accepted on a first come-first serve basis.