

LEVEL 3 SPRING CDE BOOT CAMP

Taking the CDE Exam this Spring? Earn 7.5 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 seven 1.5 hour webcasts with Beverly Thomassian, RN, MPH, BC-ADM. Beverly has taken and passed the CDE Test 5 times.

For the discounted price of \$199 (save \$40), you have access to 7 live webcasts, and 150 computerized practice test questions. *Sign up to have immediate access to the recorded Webcasts through December 31, 2015.*



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.

Can't make it live? 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. You can review the recorded webcasts and online courses as many times as you like through December 31, 2015.

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.

[The results are in! CDE Boot Campers passed the exam! Read Reviews>>](#)

Session Topics

Each webcast airs from 11:30 to 1pm Pacific Standard Time

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, Hypoglycemia and Monitoring

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. Insulin Therapy Bonus Course– Pattern Management One-Hour Intensive

The purpose of this bonus course is to spend focused time reviewing insulin pattern management, dosing strategies, basal bolus and carb counting. In addition, we integrate lots of poll questions to give you plenty of opportunity to apply concepts to case studies and test your knowledge. Since the main focus of this course is to prepare you to succeed at the insulin pattern management, no CEs are provided. However, this course content will boost your knowledge and confidence in preparing for the exam.

5. Meds for Type 2 – What you need to know

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

6. Exercise and Medical 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

7. Test Taking Coach Session. Join your test taking coach, Beverly Thomassian, as she reviews of a variety of sample CDE test questions. She will explain how to dissect the question, eliminate wrong answers and avoid getting lured in by juicy answers. There are no CE's provided, but there is a lot of great info to help you get ready for the exam. This session is recorded, so you can listen as often as needed. Beverly will provide 50 test questions in advance and review as many practice questions as possible within the hour time frame. We hope you can join us!

These narrated PowerPoint programs are on demand and part of our **Online University**. Once you purchase, you can start listening the day after the live broadcast and review as many times as you like..



***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 susan@diabetesed.net or call us at 530/893-8635 or visit our website at www.DiabetesEd.net.