

Welcome to
Preparing for BC-ADM® Exam
2012



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www.DiabetesEd.net

Web Clinic Details



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- Questions? Please email us after program.
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- Thank you for joining us!

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Topics

- Qualifications to take the exam
- Applying for exam
- Exam content
- Study strategies
- Test taking tips
- Resources



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Professional Qualifications to take BC-ADM[®] excerpted from AADE

•	RN	RD	Pharmacist	PA	Physician
Licenses/ Registration	Current, active RN license	Current, active dietitian registration	Current, active pharmacist registration /licensure	Current active Physician Assistant License	Current active MD/DO License
Advanced Degree	Master's or higher degree in a relevant clinical, educational, management area such as, education (med), nutrition, gerontology, advanced diabetes management or other relevant to credential				
Experience	500 clinical practice hours within 48 months prior to taking certification examination. (Clinical hours must be after relevant licensure and advanced degree has been obtained)				
Level of practice at Provider Level	Advanced/expert diabetes educators skillfully manage complex patient needs, assisting diabetes patients with therapeutic problem-solving, counseling, and regimen adjustments.				

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Board Certification –Advanced Diabetes Management (BC-ADM) Description

Advanced /expert diabetes educators who skillfully manage complex patient needs, assisting with therapeutic problem solving, counseling and regimen adjustments. At this level, the educator models and mentors others in clinical and program management skills



Bev's Perspective

- First took exam in 2001 (before kids)
- Strong background in inpt management
- Passed test – but opened another professional door in my life – expanded my perspective, encouraged me to keep learning
- Created Critical Assessment Course as result
- Member of team that provided “Review Course” for ANCC in mid 2000s
- Retook exam in 2006
- Renewed by completed a bunch of stuff in 2011
- Declined to participate in committee to update exam in 2011 (although I really wanted to)

Why Take the BC-ADM® Exam



- Demonstrates to people with diabetes, employers, and third party payers that the BC-ADM possesses distinct and specialized knowledge, thereby promoting quality of care and *management* of patients with diabetes.
- May provide more opportunities for reimbursement
- ADA Recognized Programs recognize BC-ADMs

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..provides opportunities for health care professionals to expand their roles beyond traditional boundaries and to demonstrate their effectiveness in performing at an advanced level of practice

ANNE DALY, MS, RD, BC-ADM, CDE
ADVANCED PRACTICE IN DIABETES CARE *DIABETES SPECTRUM* JANUARY 2003 VOL. 16 NO. 1 24-26

2012 – Qualifications

- Clinical licensure plus masters degree as outlined
- AND
- 500 clinical practice hours in advanced diabetes management within 48 months prior to taking the exam

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Scope of BC-ADM

- Patient management skills such as
 - medication adjustment,
 - medical nutrition therapy,
 - exercise planning,
 - counseling for behavior management and psychosocial issues.
 - Attaining optimal metabolic control in the diabetic client may include treatment and monitoring of acute and chronic complications.

SCOPE of BC-ADM

- The depth of knowledge and competence in advanced clinical practice and diabetes skills affords:
 - an increased complexity of decision making which expands the traditional discipline specific practice.
 - Research, mentoring, and continuing professional development are expected skills sets.

Applying to take the BC-[®] ADM Exam



You need to register with Castle Approved Testing Centers

- at www.castleworldwide.com/aade
- You can either apply online or download a paper application
- A percentage of candidates will be audited to ensure compliance with eligibility criteria.

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What application materials do I need to submit?



- Completed application including
 - Proof of Licensure
 - Documentation of 500 Advanced Practice Clinical Hours
 - Diploma of Master's level (or higher)
 - Payment
 - AADE Members = \$600
 - Non AADE Members = \$900

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Test Now Computerized



- Window to apply for Spring testing
 - May 1- Take test in June
- Window to apply for Fall testing
 - November 1- Take test in December
- Once you receive confirmation of eligibility
 - schedule an appointment to take the examination on a first-come, first-served basis through Castle's online scheduling system

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Overview of BC-ADM® Exam

- Composed of 175 multiple-choice, objective questions with a total testing time of four (3.5) hours.
- Results will be mailed within 4-6 weeks after the close of the testing window.



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Exam Details

- 25 of the 175 questions are new - but are **not** counted in the determination of individual examination scores.
- Candidates score is based solely on the 150 scored questions



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Exam Content

Domains	# of Questions
• Foundational Knowledge	15
• Assessment/Data Collection	19
• Diagnosis / Problem Identification	19
• Planning and Intervention	45
• Evaluation	22
• Public & Community Health	8
• Quality Improvement / Research	11
• Leadership /Professional Practice	11

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Your questions

- For the 500 hours, what is considered advanced diabetes management?
- How do you document your hours?
- What standards are used? ADA, AACE and from which year?
- How do I prepare for CQI, Stats, Research part?
- What is a passing score?

Your questions

- As a RD/CDE, how will this expand my role?
- What is average pay scale for a BC-ADM?
- Is the AADE version of the BC-ADM Exam is very much like the CDE Exam?
- Will studying from of AADE Core Curriculum – Art and Science Desk Reference help?
- What is the best source of information on the newer diabetes medications?

Sample Question -1

- A healthy adolescent with 2 year history of type 1 DM returns for a quarterly appt. For the past month, he has experienced abdominal pain and diarrhea after some high carb meals. An advanced diabetes manager's first intervention is to order a:
 - A. 72-hour fecal fat collection
 - B. Colonoscopy
 - C. Stool Sample
 - D. Transglutaminase Autoantibody Test

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Sample Question 2

- A 34 year old male with a BMI of 36 has been treated for type 2 for three years. His wife reports he snores while sleeping. Which symptom supports the presence of obstructive sleep apnea?
 - A. Headaches upon wakening
 - B. Increased mid morning hunger
 - C. Nocturnal polyuria
 - D. Unplanned weight loss

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Sample Question 3

An advanced diabetes manager best facilitates the learning process for adults by:

- A. Administering pre and post tests
- B. Creating an environment in which the learner is an active participant.
- C. Delivering content using a standardized slide presentation
- D. Insisting upon full participation

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Sample question 4

An 84 yr old with class 2 New York heart failure and diabetes was started on sitagliptin (Januvia) 50 mg a month ago. The pts A1c level is 7.1% and creatinine clearance is 28 mL/min. The advanced diabetes manager's recommendation is to:

- A. Add glyburide (Micronase)
- B. Add metformin (Glucophage)
- C. Increase the Januvia dose
- D. Reduce the Januvia dose

application

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Sample question 5

Which research problem is phrased as a null hypothesis that leads to the most accurate study results?

- a. A diet containing 500 mg of daily calcium does not decrease the incidence of postmenopausal osteoporosis.
- b. Can oral contraceptives enhance human sexuality?
- c. Increasing exercise by 30 minutes a day will result in a 20% decline of artificial sweeteners
- d. Which method of delivery of diabetes education is more effective, online or classroom based?

application

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Sample question 6

Current recommendations for screening for diabetes and prediabetes in asymptomatic young adults include:

- a. Individuals with a HDL of 52 mg/dl
- b. Individuals with a history of Addison's disease
- c. Offspring with a parent with type 1 diabetes
- d. Women with polycystic ovary disease

application

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Resources – DiabetesEd.net Resources – Level 3

- [ADA-Standards of Care](#) A must read if preparing to take the CDE® or BC-ADM Exam.
- [Chapter on Diabetes Mellitus and Metabolic Syndrome](#) by Thomassian, excerpted from Cardiac Nursing, 6th Ed
- [An Algorithm for Glycemic Control](#). ACE/AACE 2009
- [ACE Medical Guidelines for Clinical Practice for the Management of Diabetes Mellitus](#). American Association of Clinical Endocrinologists. (2011).

Resources – DiabetesEd.net Resources – Level 3



[Nurses Guide to Diabetes Care. 2nd edition - Book \(2009\)](#). Childs, B. (editor). An excellent reference for all health care professionals providing advanced level diabetes care and treatment. Great Study tool

[BC-ADM Summary Report – 4/24/12 – more good info](#)

- [Links to Summary Pages](#)
 - Medications for Lipid Management
 - Medications for Hypertension
 - Management of Neuropathy
- [Diabetes Medication PocketCards](#)

AADE – The Art and Science of Diabetes Self Management Education – 2nd Ed



AADE Price: \$ 249.00

Our Price: \$199.00

Both for \$249

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Other Clinical Books that will Help www.DiabetesEd.net



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Prep For CDE Web Clinic

Purchased at DiabetesEd.net:

- 100 question computerized quiz
- Listen as often as you like, when you like, from any computer
- Print handouts





Advanced Practice Courses

Level 3 – Advanced Practice Course

- Modesto in April, San Diego in Fall
- Online – Level 3 – Critical Assessment
- Special Populations – Women, Kids, Older Adult

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You are Going to Do Great!



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