Welcome to
Preparing for CDE® Exam 2013

Presented by
Beverly Thomassian, RN, MPH, BC-ADM, CDE
Diabetes Educational Services

www.DiabetesEd.net

Web Clinic Details

- To hear presentation, turn on your computer speaker or listen via your phone
- Questions? Please email us after program.
- If you are having technical difficulties, type them in the chat room.
- Thank you for joining us!

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Topics

- Qualifications to take the exam
- Recent changes in exam format
- Exam content
- Study strategies
- Test taking tips
- Resources

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Some Notes of Clarification

Diabetes Ed Services has no relationship with National Credentialing Board of Diabetes Educators (NCBDE).

For more info visit www.ncbde.org

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Professional Qualifications to take CDE® - excerpted from NCBDE

- RN, clinical psychologist, OT, optometrist, pharmacist, PT, (M.D. or D.O.), or podiatrist w/ current license from U.S. or its territories.
- RD w/ CDR registration, PA w/ active registration with NCCPA, or exercise physiologist w/ active certification and Registered CEP® (master's degree).
- HCP w/ at least a master's degree in social work from accredited U.S. College

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

New- Health Educators

- Individuals holding the Master Certified Health Education Specialist (MCHES) credential, awarded by the National Commission for Health Education, and who meet all of the NCBDE eligibility requirements may begin applying for the Certification Examination for Diabetes Educators (Examination) in 2014.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Why Take the CDE® Exam

- Demonstrates to people with diabetes, employers, and third party payers that the CDE® possesses distinct and specialized knowledge, thereby promoting quality of care for patients with diabetes.
- CDE® is the recognized standard for competence in diabetes self-management education.
- Given the diabetes epidemic, access to CDE®s is critical

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

What is a CDE®?

- A health care professional with comprehensive knowledge and experience in diabetes management, pre-diabetes, and diabetes prevention.
- Educates and supports people w/ diabetes to understand and manage the condition.
- Promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.

2013 - Professional Practice Experience - Must meet all

- A minimum of two years (to the day) of professional practice experience in the discipline under which one is applying for certification

AND

- Minimum of 1,000 hours of professional practice experience in diabetes self-management education with a minimum of 40% (400 hours = about 8 hrs a week) accrued in the most recent year preceding application.

AND

- Minimum of 15 clock hours of continuing education activities applicable to diabetes within the 2 years prior to applying for certification.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Level 2 – Diabetes Educator Course

- September 18-20, 2013 – San Diego - CA
- Earn 24 CE's – qualifies toward CDE

DiabetesEd.net

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Special Discount on "Prep for CDE Bundle" Save $30 – ends 6/12//13

- **10 courses and 11.0 CEs**, it's easy.
- Go to DiabetesEd.net - Online Courses
- Click and choose **"Level 2** Preparing for CDE Exam Bundle".
- After you hit the green button to purchase enter the coupon code ***"almond"*** and you will see your $30 discount applied.
-

Professional Practice Experience - Defined

- "Employment for compensation as a diabetes educator in the U.S. or its territories w/in past 4 years".
- "Must hold a job in which one is engaged in diabetes self-management education and **paid** comparably to diabetes educators in region".
- Only experience occurring <u>AFTER</u> completing your professional degree can be counted toward the Professional Practice Experience requirement.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Get hours through Mentorship New for 2013

- 400 of the needed professional practice hours can be gained by completing a mentorship with NCBDE approved mentor.

© Copyright 1999-2011, Diabetes Educational Services, All Rights Reserved.

Mentee Eligibility Requirements for Volunteer DSME

- Meet NCBDE discipline requirements in effect at the time of application
- Volunteer hrs must be accrued w/in 4 yrs immediately prior to CDE application
- DSME volunteer hours w/ NCBDE Mentor
- Maximum of 400 volunteer hours of the total 1000 hrs of DSME experience
- Hours provided in Accredited Program or program in compliance with national stds

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Professional Practice Hours

- The CDE is designed and intended solely for health care professionals who have job responsibilities that include the direct provision of diabetes self-management education
- It is not for those who may perform some diabetes related functions as part of or in the course of other usual and customary occupational duties

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Professional practice experiences NOT considered diabetes education

- diabetes related functions performed as part of or in the course of other routine occupational duties (e.g., routine nursing care, routine nutritional counseling, routine pharmacy practice)
- providing continuing education to professionals
- supervising and managing other professionals
- volunteer activities, including diabetes camp
- any experience in a student capacity
- membership and committee work in professional organizations

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Not considered diabetes education experience cont'd

- providing medical assessment, diagnosis, or treatment
- conducting/participating in research activities
- dispensing/prescribing medications or diabetes supplies
- promoting or selling meds or diabetes supplies and products
- employment by manufacturers of diabetes products and/or product services (e.g., insulin delivery devices)
- having diabetes or caring for family member w/diabetes
- any work experience in practice settings outside the
- United States or its territories
- Work experience > 4 years prior to date of application

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Diabetes Self Management Education (DSME)

- Ongoing process of facilitating knowledge, skill, and ability necessary for self-care.
- Incorporates needs, goals and life experiences and is guided by evidence-based standards.
- Goal is to support
  - informed decision-making,
  - self-care behaviors,
  - problem-solving and
  - active collaboration with health care team to improve clinical outcomes, health status, and quality of life.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

What's included in DSME?

1. Assessment and education plan developed by individual and educator(s) to direct
   - appropriate educational interventions and
   - self-management support strategies.
2. Educational interventions to help individual
   - achieve self-management goals.
3. Periodic evaluations to determine if goals met
4. A personalized follow-up plan for ongoing self management support.
5. Documentation

Applying to take the CDE® 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

- If you are submitting a paper application, call AMP if it has been more than 4 weeks since application was mailed and you have not received notice of receipt or audit. Call the AMP at (913) 895-4600

© Copyright 1999-2011, Diabetes Educational Services, All Rights Reserved.

What is included in audit if requested?

- Licensure
- Documentation of Professional Practice Experience
- CE course verification
- Employment verification signed by supervisor

© Copyright 1999-2011, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Test Now Computerized

- Window to apply for Spring testing
  - Jan 15 – March 15: -Take test in June
- Window to apply for Fall testing
  - July 15- Sept 15: 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

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Overview of CDE® Exam

- Composed of 200 multiple-choice, objective questions with a total testing time of four (4) hours.
- Based on a content outline developed from a job analysis completed in 2008, which surveyed diabetes educators about the tasks they performed.

© Copyright 1999-2011, Diabetes Educational Services, All Rights Reserved.

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 200 questions are new - but are **not** counted in the determination of individual examination scores.

© Copyright 1999-2011, Diabetes Educational Services, All Rights Reserved.

CDE® Exam Test Stats from NCBDE

http://www.ncbde.org/annual-reports-for-the-certification-examinations-and-renewal-by-continuing-education/?pg=2

- 2006 - 80%
- 2007 – 81%
- 2008 – 80%
- 2009 – 69 % (test changed based on work study analysis and computerized)
- 2010 – 69%
- 2011 -65%
- 2012 – 63.5%

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Exam Content

- Assessment (45)
  - Learning/Self-Care Behaviors (15)
  - Medical, Psycho-Socioeconomic and Health Status (10)
  - Current Knowledge and Practices Related to Diabetes Care (20)

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Exam Content

- Intervention (112)
  - Collaboration with Patient, Family, Caregiver, and Healthcare Team (14)
  - Teach/Counsel Regarding Principles of Diabetes Care (70)
  - Review, Evaluation, Revision, and Documentation (14)
  - Follow-up and Referral Recommendations (14)

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Exam Content

- Program Development and Administration (18)
  - Diabetes Patient Education Program (8)
  - Evaluate Outcomes and Quality (6)
  - Promote Diabetes Advocacy (4)
- For detailed outline go to: http://www.ncbde.org/exam_outline.cfm

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

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

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

When will I get my results

- You will receive your test results the same day
- You can retake the test as many times as needed
- Cost –
  - 1st time $350
  - Renewal - $250

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

TAKING THE TEST

Questions, Answers and Pitfalls

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Reading too Fast Pitfalls

- Choosing a “good” answer, but not the right one for the stem
  - key intent of question
- Failing to read an important words (always, never, most, probably, usually)
- Choosing an answer you did not understand because the others seem too easy

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Empowerment Errors

- Focusing on the medical need rather than the psychosocial needs
- Failing to keep in mind the patient’s characteristics (age, type of diabetes, etc.)

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Thinking Pitfalls

- Imaging a right answer and getting thrown when it is not among the choices
- Over thinking question/answers
- Choosing an answer that did not fit the situation
- Being thrown by a technical term you did not know

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Take a Practice Test – Learn how to "work" test questions

- Make sure you REALLY understand the question
- Find the stem
  - Identifies key intent of the question
- Read all the options or answers
- Eliminate obvious wrong answers
- Select BEST option

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Look for Clues in The Answers

- If two answers are opposites or similar, one of them is probably correct
- 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

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

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
- Even simple math problem should be worked out on scratch paper

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Three Types of Questions

- Recall – facts, principles, procedures
- Application – ie – application of knowledge that varies based on pt characteristics
- Analysis – integration or synthesis of a variety of concepts or elements (ie evaluating complex problems with many variables.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Sample Question -1

- 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

application

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

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 1st trimester hyperglycemia?
  - A. macrosomia
  - B. vascular defects
  - C. shoulder dystocia
  - D. spina bifada

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Vignette Style Question

- Read the following vignette to answer the next 3 questions.
- A 47 yr old man with newly diagnosed type 2 diabetes. Additional known information.
  - Married, with 2 teenagers
  - Professor, obese
  - Started on Metformin 500mg BID
  - Father died of kidney failure secondary to diabetes

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Vignette Style Question 1

- Given what you know about this patient, what emotions would you expect him to express?
  - A. Fear of hypoglycemia
  - B. Reluctance to start on insulin
  - C. Panic disorder
  - D. Fear of complications

- analysis

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Vignette Style Question 2

- What is most likely to be a potential barrier to lifestyle change?
  - A. Difficulty exercising due to obesity
  - B. Excessive alcohol intake
  - C. Teenage children
  - D. Long work hours

- analysis

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Vignette Style Question 3

- The patient requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?
  - A. 1,200 calorie exchange plan
  - B. Avoid all concentrated sweets
  - C. Eat 3 meals a day with snacks in between
  - D. Healthy eating based on the “My Plate” method

- application

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Sample Question 3

Metformin is an antidiabetic agent different than that of sulfonylurea drugs. Some features of the drug <u>are</u> 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 gain and increase in plasma glucose levels.

recall

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Sample question 4

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, this person should be advised to:

A. Increase evening dose of basal insulin
B. Increase morning dose of bolus insulin
C. Check 3am blood glucose
D. Eliminate bedtime snack

application

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

STUDYING

Confidence, Habits and Time

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Study Habits

- Find your best time of day to study
- Determine your learning style
  - Auditory – discussion, study groups, tapes
  - Visual – books, handouts, notes, videos
  - Kinesthetic – workshops, demonstration
- Set up a study space
- Set up a study plan
  - Schedule your time
  - Make an appointment with yourself

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Study Group

- Set a location, time and schedule
- Have an agenda
- Set the rules
  - Everyone does their share
  - Everyone commits to attend
- Can be a great source of moral support and can help decrease test anxiety

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Study Time

- Review of what you know: 30 to 40%
- Learning new materials: 60 to 70 %
- CDE® prep courses, flash cards & sample tests
- Teach the content to someone else
- Use down time/waiting time productively

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Knowledge = Confidence

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

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Combating Test Anxiety

- Positive thinking and affirmations
- Use relaxation techniques we teach pts
- Take practice exam
- Rest well night before
- Know how to get to test site
- Arrive at exam room early
- Know your stuff – self-study or courses

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

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

Art and Science

Our Price: $229.00

Both Books for $279

www.DiabetesEd.net

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Level 2 – Diabetes Educator Course

- September 18-20, 2013 – San Diego - CA
- Earn 24 CE's – qualifies toward CDE

DiabetesEd.net

Course Faculty: Left to Right: Diane Pearson, Dana Armstrong, Beverly Thomassian and Lonnie Vaughn

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

Special Discount on "Prep for CDE Bundle" Save $30 – ends 6/12//13

- **10 courses and 11.0 CEs**, it's easy.
- Go to DiabetesEd.net - Online Courses
- Click and choose **"Level 2** Preparing for CDE Exam Bundle".
- After you hit the green button to purchase enter the coupon code ***"almond"*** and you will see your $30 discount applied.

You are Going to Do Great!

DiabetesEd.net
Keep in Touch!

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.

© Copyright 1999-2013, Diabetes Educational Services, All Rights Reserved.