



### Preparing for the CDE Exam

- New eligibility requirements
- Test Updates
- Get ready for success

**Handouts – DiabetesEd.Net >> Resources**  
**>> Free Webinars >> Prep for CDE**

*Presented by:*

Beverly Thomassian, RN, MPH, BC-ADM, CDE  
[www.DiabetesEd.net](http://www.DiabetesEd.net)

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### Live from Chico, CA




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### 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!

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## Topics

- Update to eligibility requirements
- Definition of a Diabetes Educator
- Exam content
- Study strategies
- Test taking tips
- Resources



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## 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](http://www.ncbde.org)

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## 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® is critical

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## 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.

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## 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



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## 2014 - 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 within the past 4 years 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 diabetes education within 2 years prior to applying for certification.

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## New- Health Educators



- Individuals holding the Master Certified Health Education Specialist (MCHES) credential,
- Plus meet all of the NCBDE eligibility requirements
- Can apply starting in 2014

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## New- Unique Qualifications Pathway – 2014



- Designed for health professionals holding an advanced degree in a health related area/concentration
- This pathway has different eligibility requirements and involves a “preapplication” process plus 2000 hrs DSME.
- For more: [info@ncbde.org](mailto:info@ncbde.org) or call 877 -239- 3233

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## Professional Degree, DSME Practice Hours, plus CE

- Only experience occurring AFTER completing your professional degree can be counted toward the Professional Practice Experience requirement.
- Need 1000 hours of DSME Practice Hours
- If on Unique Qualifications Pathway, need 2000 hours of DSME



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## Practice hours through Volunteering New for 2014

- 1000 of the needed professional practice hours can be gained through providing DSME as a volunteer
- Supervisor must attest that DSME provided meets criteria



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## On the Other Hand

- These are some activities that don't count toward practice hours.

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## Professional practice experiences NOT considered diabetes education



- Demonstration of a skill that does not include some or all of the components of the DSME Process
- supervising and managing other professionals
- Providing medical assessment, diagnosis or treatment
- Conducting/ participating in research activities in which the individual is not involved in DSME
- Dispensing/ prescribing meds, unless part of DSME process

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**Not Considered diabetes education experience cont'd**



- Promoting or selling medications, diabetes supplies or products
- Providing continuing education to professionals
- Membership and committee work in professional organizations
- Having diabetes or caring for family member w/diabetes
- Diabetes-related volunteer activities that do not include some or all of the components of the DSME Process

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**From NCBDE Handbook**

Yes No

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|---|--------------------------|--|
| <input type="checkbox"/>  | <input type="checkbox"/> | 1. As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician, podiatrist, master certified health education specialist, certified clinical exercise specialist, registered clinical exercise physiologist, registered dietitian, or registered physician assistant, is your license, certification or registration current, active and unrestricted?* |
| <b>OR</b>   |                          |  |
| Do you hold a minimum of a master's degree in social work from a United States college or university accredited by a nationally recognized regional accrediting body? |                          |  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 2. Has your practice experience occurred within the United States or its territories?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 3. Has all your practice experience occurred since you met requirement #1 above?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 4. Do you have a minimum of 2 calendar years (to the day) of practice experience since you received the license, registration or advanced degree as outlined above (within the last 4 years)?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 5. Have you accrued 1,000 hours of practice experience in diabetes self-management education (DSME) within the last 4 years?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 6. Has a minimum of 40% (or 400 hours) of the 1,000 hours of DSME practice experience been accrued within the past year?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 7. Have you completed a minimum of 15 hours of continuing education activities** applicable to diabetes within the past 2 years?   |

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**Diabetes Educator Course**

- Live Seminar – Earn 24 CEs
  - Modesto - Diabetes Ed Course + Adv Practice
- Online University
  - Level 2 – Earn over 13 CEs and get ready for CDE

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### Definition of Diabetes Self-Management Education (DSME)

- Health professionals who have appropriate credentials and experience
- It involves person with prediabetes or diabetes, caregivers and educator
- Defined as ongoing process of facilitating the knowledge, skill, and ability necessary for self-care.



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### Definition of DSME (cont'd)

- Is a component of a comprehensive plan of diabetes 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.

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### DSME Defined for Practice Experience

- **For purposes of certification eligibility, some or all of the following components of the DSME process may be performed and counted towards meeting the DSME practice experience requirement:**



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## 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
5. Documentation
6. Program development and admin provided in support of the diabetes patient education.

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## 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

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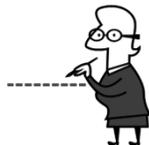
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## What is included in audit if requested?



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

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## 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

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## When will I get my results

- You will receive your test results the same day (except for Spring 2014)
- You can retake the test as many times as needed
- Cost –
  - 1<sup>st</sup> time \$350
  - Renewal - \$250



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## 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



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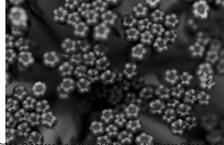
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## CDE® Exam Test Stats from NCBDE

<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%



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## Overview of CDE® Exam



- Composed of 200 multiple-choice, objective questions with a total testing time of four (4) hours.
- Based on job analysis completed in 2013, which surveyed diabetes educators about the tasks they performed.
- Spring test takers won't get results for 8 wks

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## 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.



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## Exam Content

- Assessment (60)
  - Learning/Self-Care Behaviors (20)
  - Medical, Psycho-Socioeconomic and Health Status (20)
  - Current Knowledge and Practices Related to Diabetes Care (20)



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## Exam Content

- Intervention (89)
  - Collaboration with Patient, Family, Caregiver, and Healthcare Team (16)
  - Teach/Counsel Regarding Principles of Diabetes Care (50)
  - Review, Evaluation, Revision, and Documentation (17)
  - Follow-up and Referral Recommendations (6)



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## Exam Content

- Disease Management (26)
  - Diabetes Patient Education Program (8)
  - Clinical Practice Standards (6)
    - Inpatient Standards (AACE, ADA, Endo Society, etc)
    - Outpt Standards (AACE, ADA, Endo Society, etc.
  - Promote Diabetes Advocacy (2)



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# TAKING THE TEST



Questions, Answers and Pitfalls

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## 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



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## 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.)



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## 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



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## 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



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## 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



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## 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

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## 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).



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## 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



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## 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 1<sup>st</sup> trimester hyperglycemia?
  - A. macrosomia
  - B. vascular defects
  - C. shoulder dystocia
  - D. spina bifida

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## 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

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## 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

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## 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



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## 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

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## Sample Question 3

Metformin is an antidiabetic agent different than that of sulfonylurea drugs. Some features of the drug are 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

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## 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

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## STUDYING

Confidence, Habits and Time

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## 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



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## 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



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## 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



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## Knowledge = Confidence

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



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## 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



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## AADE – The Art and Science of Diabetes Self Management Education – 2<sup>nd</sup> Ed



Art and Science  
Our Price: \$229.00  
Both Books for  
\$279  
[www.DiabetesEd.net](http://www.DiabetesEd.net)

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### Diabetes Educator Course

- Live Seminar – Earn 24 CEs
  - Modesto - Diabetes Ed Course + Adv Practice
- Online University
  - Level 2 – Earn over 13 CEs and get ready for CDE

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## Diabetes in 21<sup>st</sup> Century Course at your facility

- **What's included ?** As part of the package, we provide the 8-hour Diabetes Seminar plus:
- **Continuing Education Credit for Nurses, RDs and CA Pharmacists**
- Camera-ready original syllabus for reproduction
- Free **insulin and medication pocket cards** for each participant
- Useful Resources on **Managing Hyperglycemia in the Hospital Setting**

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Let us know how we can best serve you on your journey



Oral Diabetes Medications	
Acetaminophen	1600 mg
Aspirin	81 mg
Atorvastatin	20 mg
Chlorzoxazone	250 mg
Clopidogrel	75 mg
Codeine	30 mg
Diazepam	5 mg
Dicyclanil	1 mg
Diphenhydramine	25 mg
Doxycycline	100 mg
Enoxacin	400 mg
Famotidine	40 mg
Fluoxetine	20 mg
Hydrocodone	5 mg
Ibuprofen	400 mg
Lorazepam	1 mg
Metformin	500 mg
Morphine	10 mg
Nitroglycerin	0.4 mg
Omeprazole	20 mg
Penicillin	250 mg
Propranolol	10 mg
Quercetin	500 mg
Simvastatin	20 mg
Sildenafil	50 mg
Sulfonylurea	2 mg
Tamoxifen	20 mg
Tetracycline	500 mg
Valproic acid	500 mg
Vitamin D	400 IU
Zinc	50 mg

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## You are Going to Do Great!



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