


**Preparing for CDCES Exam 2026**  
(Certified Diabetes Care and Education Specialist)  
**Step 2**

Beverly Thomassian, RN, MPH, BC-ADM, CDCES  
Pronouns: She, her, and hers  
President, Diabetes Education Services




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## Land Acknowledgment

► We acknowledge and are mindful that Diabetes Education Services stands on lands that were originally occupied by the first people of this area, the Mechoopda, and we recognize their distinctive spiritual relationship with this land, the flora, the fauna, and the waters that run through this area.




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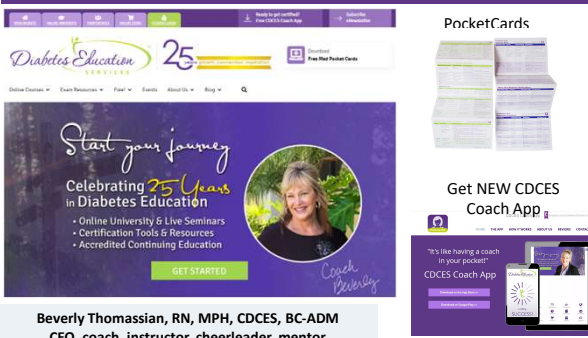
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## DiabetesEd.net Website Orientation



**PocketCards**

**Get NEW CDCES Coach App**

**Question of the Week & Sample Questions**

Beverly Thomassian, RN, MPH, CDCES, BC-ADM  
CEO, coach, instructor, cheerleader, mentor

[www.DiabetesEd.net](http://www.DiabetesEd.net) | [info@diabetesed.net](mailto:info@diabetesed.net) | 530-893-8635

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**One-click access to go-tools tools, including:**

- Medication PocketCards
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**We are Here to Help!**



**Bryanna Sabourin**  
Director of Operations

If you have questions, you can chat with us at [www.DiabetesEd.net](http://www.DiabetesEd.net) or call 530 / 893-8635 or email at [info@diabetesed.net](mailto:info@diabetesed.net)

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**Diabetes Education Services Inclusion Statement**

Based on the IDEA Initiative inspired by CDR

- ▶ Inclusion
- ▶ Diversity
- ▶ Equity
- ▶ Access



- ▶ We are committed to promoting diversity and inclusion in our educational offerings.
- ▶ We recognize, respect, and include differences in ability, age, culture, ethnicity, gender, gender identity, sexual orientation, size, and socioeconomic characteristics.
- ▶ Our goal is to promote equity and access, acknowledging historical and institutional inequities.
- ▶ We are committed to practicing cultural humility and cultivating our cultural competence.
- ▶ We wish to create a safe space within our community where one's beliefs, experiences, identity, and differences in ability, age, size, socio-cultural/socioeconomic characteristics, and political affiliations are considered and respected.

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## Prep for CDCES Exam – Step 2

- ▶ Getting ready to take Certified Diabetes Care and Education Specialist Exam Soon!
  - ▶ Exam content
  - ▶ Study strategies
  - ▶ Test taking tips
  - ▶ [Resources](#)



- ▶ View our “Becoming a CDCES” Step 1 Webinar for info on qualifications and gaining practice hours.

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HOME | GET STARTED! | ABOUT US | CONFERENCES | ONLINE COURSES | BOOKS + STUDY | FREE RESOURCES

Start Your Journey Like 

Want to know the requirements to become a CDCES?


**Step 1** Becoming a Diabetes Specialist (CDCES)



**Requirements to apply**  
May 12

Taking the CDCES Exam in the next 6 months?

**Step 2** Preparing to Take the CDCES Exam



**Focus on exam success**  
July 14

Preparing for CDCES Exam?

Future CDCES – Click Here!

Prep for CDCES Webinars Jul 14th

Preparing for BC-ADM Exam?

Future BC-ADM – Click Here!

Prep for BC-ADM – May 11th

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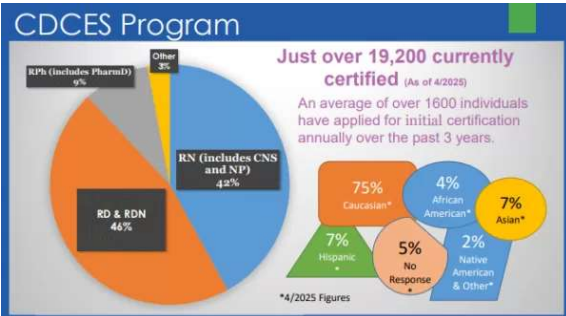
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## Fast Facts with permission from [www.CBDCE.org](http://www.CBDCE.org)




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## Calling All Health Care Professionals

- ▶ Currently, 16% of people in the United States live with diabetes, and over 38% live with prediabetes according to the [CDC](#).
- ▶ CDCES defined: a compassionate teacher and expert who, as an integral member of the care team, provides collaborative, comprehensive, and person-centered care and education for people with diabetes”




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[www.cbdce.org](http://www.cbdce.org)



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Become Certified | Currently Certified | Learn More | About | Shop

01 — 03

### Thinking about Earning the CDCES?

Join over 19,500 health care professionals who have validated their expertise and professionalism by earning the Certified Diabetes Care and Education Specialist (CDCES) credential.



#### Become Certified

CDCESs educate and support people affected by diabetes. Earn the most recognized credential in diabetes care and education.

Get started. →

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#### CBDCE Handbook Checklist 2026

Yes No

- |   |                          |  |
|---|--------------------------|--|
| <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 physiologist, registered dietitian, registered dietitian nutritionist, or registered PA, 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?       |                          |  |
| <b>OR</b>   |                          |  |
| If you do not meet either of these, you are encouraged to investigate CBDCE's Unique Qualifications Pathway. Please visit our website for more information on that pathway. |                          |  |
| <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 or are you using a Master's degree in a health-related field as a waiver for one of the two years?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 5. Have you accrued 1000 hours of practice experience in diabetes care and education (DCE) within the last 5 years?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 6. Do you have a minimum of 20% (or 200 hours) of the 1000 hours of DCE practice experience accrued within the past year?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 7. Does your practice experience include at least some or all in the DCE process: assessment, education plan, interventions, ongoing support, monitoring and communication of participant progress, documentation, and development of DSMEs services/administration?   |
| <input type="checkbox"/>  | <input type="checkbox"/> | 8. The Examination Content Outline (ECO) identifies what is covered on the Examination. Reminder that regardless of discipline, knowledge (and the ability to apply that knowledge) is necessary across all areas of the ECO. Have you reviewed the ECO and assessed your knowledge across the ECO?  |
| <input type="checkbox"/>  | <input type="checkbox"/> | 9. Have you completed (within the past 2 years) a minimum of 15 hours of continuing education activities** applicable to diabetes and provided by or approved by a provider on our List of Recognized Continuing Education Providers?  |

If the answer to any of the above questions is "no", you are not ready to apply for the Certification Examination for Diabetes Care and Education Specialists.

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## Applying to take the CDCES 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
- ▶ Audit required info:
  - ▶ Licensure
  - ▶ Documentation of Professional Practice Experience –
    - ▶ A journal of weekly hours of providing DSME
    - ▶ Supervisor to verify
  - ▶ CE course verification
  - ▶ Employment verification signed by supervisor



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## Test Taking Window

- ▶ The exam is administered on an ongoing basis
- ▶ Once application approved, candidates must schedule their testing appointment within a 90-day window on a date of their choosing
  - ▶ schedule an appointment to take the examination on a first-come, first-served basis through CBDCE Online scheduling system
- ▶ See application booklet for more details



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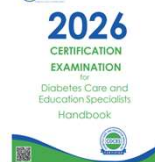
## CDCES Live Remote Proctoring (LRP)

- ▶ Candidate uses own computer from home.
- ▶ A compatibility check of the computer's audio/video, webcam and system is required prior to scheduling.
- ▶ The candidate must have a computer with a web camera that can be moved to display the entire room, a microphone, and internet connection to download the PSI secure browser.
- ▶ Calculator built into program



Live Remote Proctoring (LRP) is now available for the CDCES exam! Candidates have the convenience and flexibility of taking the CDCES exam by either testing at a PSI Test Center or by LRP.

Learn More



<https://www.cbdce.org/apply-and-schedule>

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## CDCES Live Remote Proctoring

- ▶ **Breaks:** You are **NOT** allowed any breaks during your LRP exam session.
- ▶ **Identification:** You will be required to take a picture of yourself via the webcam. You will also be required to show via webcam your photo ID.
- ▶ **Room Scan:** You will be required to perform a 360° scan of your testing room. Room must be free of study materials, papers, reference materials, etc.
- ▶ **Calculator:** The LRP platform has a calculator built-in in the lower left-hand corner of screen.
- ▶ **Communicating with your proctor:** will be conducted via chat during the testing session.
- ▶ **Results will pop up on screen upon completion.**



Live Remote Proctoring (LRP) is now available for the CDCES exam! Candidates have the convenience and flexibility of taking the CDCES exam by either testing at a PSI Test Center or by JPT.

[Learn More](#)

CBDCE

2026

CERTIFICATION

EXAMINATION

for

Diabetes Care and

Education Specialists

Handbook



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## When will I get my results?

- ▶ You will receive your test results the same day at testing site or if using remote proctoring.
- ▶ 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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## Exam Content – Standards & Practices

### Standards & Practices (8)

- ▶ National Standards for Diabetes Self Management Education and Support
- ▶ Diabetes Prevention Program
- ▶ Practice Standards
- ▶ Advocate
- ▶ Evidence-based care and education
- ▶ Consider Social Determinants of Health
- ▶ Inclusion, Diversity, Equity

- III. Standards and Practices (8)**
- A. Describe the current National Standards for Diabetes Self-Management Education and Support (NDSMES)
  - B. Describe the National Diabetes Prevention Program Standards (National DPP)
  - C. Apply practice standards (AACD, ADA, Endocrine Society, etc.)
  - D. Develop population health strategies
  - E. Collaborate with other healthcare professionals to advance team-based care
  - F. Advocate for people with diabetes access to medications and supplies, care in institutional settings, policies, etc.)
  - G. Promote primary and secondary diabetes prevention strategies in at-risk individuals and populations
  - H. Promote evidence-based care and education
  - I. Recognize the impact of diabetes (economic, access, gender, ethnicity, geographic, etc.)
  - J. Incorporate principles of diversity, equity, and inclusion




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### Step 5: Review Articles to Prepare for CDCES Exam

**Coach Beverly's Diabetes Cheat Sheets**

Our Diabetes Cheat Sheet page delivers concise, practical tools to support your clinical practice and exam preparation. Updated annually in line with the latest ADA Standards of Care and current evidence. It includes clinical references, medication and exam study sheets, pocket cards, diabetes technology resources, nutrition guidance, person-centered coaching tools, patient teaching handouts, and connected diabetes apps—all organized for quick, easy use.

[Check Out Our Entire Catalog of Diabetes Cheat Sheets](#)

**ADA Standards of Care 2026**

This yearly publication by the American Diabetes Association outlines the national goals of care based on the latest research for diabetes management. This is one of the most important guidelines to read as a Certified Diabetes Care and Education Specialist.

[Summary of Revision: Standards of Care in Diabetes 2026](#)

[Purchase Your Copy of the ADA Standards of Care 2026 Book](#)

## What to Study?

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## Join our CDCES Facebook Study Group



### Certification Exam Study Group

<https://www.facebook.com/groups/diabeteseducationspecialiststudygroup>

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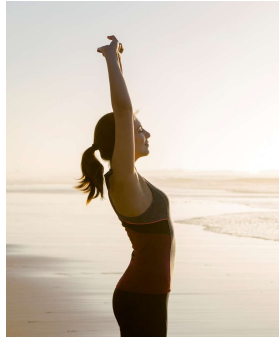
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## Taking the Exam

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



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## Keep it Person Centered

- ▶ Focus on psychosocial needs and social determinants of health.
- ▶ Start where the participant is at.
- ▶ Keep the participants characteristics in mind (age, type of diabetes, etc.)
- ▶ We are supporting efforts toward behavior change.



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## Increase success

- ▶ If the answer you wanted isn't there – Pivot, breathe and readjust.
- ▶ Try not to overthink question/answers.
- ▶ Make sure that the answer you choose fits the situation.
- ▶ Focus on national goals and avoid using your work setting's goal.



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## Take a Practice Test – Learn how to “work” test questions

- ▶ Weed through the details
- ▶ Make sure you REALLY understand key intent of 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

- ▶ 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 – Get up and move
- ▶ Test anxiety – have a plan on how to address
- ▶ Work even simple math problem on scratch paper



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## Sample Question -1

- ▶ A patient is admitted to the hospital with elevated glucose levels with a strong family history of diabetes. She is started on fluid replacement and is placed on a clear liquid diet. Her father is in the room and is very concerned. 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 and hypertension. Additional known information.
  - ▶ Married, with 2 teenagers
  - ▶ Professor with a BMI of 32
  - ▶ Started on Metformin 500mg BID
  - ▶ Father died of kidney failure secondary to diabetes



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## Vignette Style Question 1

- He says finding time to exercise is challenging due to his work schedule. Using the transtheoretical model, what stage of change is he in?
- A. Contemplation
  - B. Cost vs. Benefit
  - C. Precontemplation
  - D. Denial



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## Behavior Change Theories

Behavior Change Theories Made Easy  
FREE Webinar



Recorded and  
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in FREE Webinars

This webinar will help you with Exam  
Success ~ without all the pain!

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## Vignette Style Question 2

- He requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?
- A. Very low-calorie diet
  - B. Eliminate all concentrated sweets
  - C. Eat 3 meals a day with snacks in between
  - D. Plate Method



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### Sample Question 3 – Carb Counting

JL uses an insulin pump and is carb counting using exchange list. A typical breakfast includes: ½ banana, 1 cup of milk, 2 tablespoons almond butter and 1 piece whole grain bread. LS’s insulin to carb ratio for breakfast is 1:12, for lunch and dinner it is 1:15. Based on this, how much insulin does LS need for breakfast?

- A. 3.5 units
- B. 3.8 units
- C. 3.0 units
- D. 2.8 units

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### Vignette Style Question 4

KL is 72 years old with a 10 year history of type 2 diabetes. KL’s has a BMI of 24.6, A1C of 7.3% and LDL cholesterol of 72 mg/dL. GFR is 62 and UACR is less than 30 gm/g. Has a history of hypertension. Current meds for diabetes include metformin ER 850mg BID, sitagliptin (Januvia) 25mg. Based on the ADA Standards of Care, what is the next best action?

- A. Start a SGLT-2 inhibitor to lower A1C and preserve renal function.
- B. Determine KL’s A1C goals and explore social determinants of health.
- C. Stop sitagliptin and suggest initiation of a GLP-1 Receptor Agonist to reduce risk of CV disease.
- D. Refer KL to a RD/RDN to help get A1C less than 7%.



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### What We Say Matters: Language that Respects the Individual and Imparts Hope | FREE Webinar & Resources



Join us May 13<sup>th</sup> or  
Enjoy the Recorded  
Version

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## Sample Question 5

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 loss and can cause kidney damage.




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## Med and Insulin PocketCards



NEW Accordion 2-sided PocketCards

**Glucagon Treatment for Diabetes-Related Hypoglycemia**

Name / Dose	Strength	Age	Peak / Onset / Duration	Age / Route / Storage
Glucagon (Hypoglycemia)	1 mg / 3 mg	12 yr and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (12 yr and older only)
Glucagon (Hypoglycemia)	1 mg / 3 mg	6 yr and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (6 yr and older only)
Glucagon (Hypoglycemia)	1 mg / 3 mg	2 yr and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (2 yr and older only)
Glucagon (Hypoglycemia)	1 mg / 3 mg	6 months and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (6 months and older only)
Glucagon (Hypoglycemia)	1 mg / 3 mg	6 months and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (6 months and older only)
Glucagon (Hypoglycemia)	1 mg / 3 mg	6 months and older	15 min / 15-20 min / 1-2 hr	Subcutaneous / Intramuscular / Oral (6 months and older only)

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### Fresh new design with easier navigation.

- Forums to connect with your peers
- Instant access to blogs and news
- Quizzes with rationale

### One-click access to go-tools tools, including:

- Medication PocketCards
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- Available on mobile, tablet + desktop-friendly
- SUB 100% FREE

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## Sample question 6

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, advise person to:

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




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Test Taking Practice Exam  
Toolkit | Webinar + 220  
Sample Practice Test  
Questions

\$ 49.00

Quantity - 1



•On-Demand course, reviews a sampling of the questions and explains how to dissect the question, eliminate the wrong answers and avoid getting lured in by juicy answers.  
•220 questions in total divided into Four 50+ computerized quizzes. These quizzes include clinical practice exam questions that provide vignette-style situations and other critical content that will prepare you for the actual exam.

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## Cert Bundles and Virtual DiabetesEd Training

Course credits through AMA PRA Category 1 Credits™, ACPE, ANCC, and CDR!

<p>CDCEs Boot Camp Basic Exam Prep Bundle 1 2 3</p> <p>CDCEs Online Boot Camp   50+ CE's From \$ 449.00</p>	<p>DiabetesEd Training Seminar Online Live in San Diego DiabetesEd Training Seminar   Oct. 28 &amp; 29, 2026   Earn 30+ CE's From \$ 499.00</p>	<p>ADA Standards of Care 2026 Complete Review   2.5 CEs   Level 2 From \$ 44.99</p>	<p>2026 PocketCard Bundle From \$ 17.99</p>
<p>VIRTUAL DIABETESED TRAINING CONFERENCE From \$ 404.00</p>	<p>BC-ADM Online Boot Camp   50+ CE's From \$ 459.00</p>	<p>Dual Certification Boot Camp   Earn 60+ CE's From \$ 319.00</p>	<p>Diabetes Mastery &amp; Cert Readiness Level 3 Level 3   Diabetes Mastery &amp; Cert Readiness   15+ CE's \$ 279.00</p>

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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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## CDCES / BC-ADM Success Page

Melissa is a Registered Dietitian Nutritionist based out of North Miami. She is most passionate about using her Medical Nutrition Therapy coupled with Motivational Interviewing skills to help our most vulnerable populations. Since she became a Dietitian and began working with her community, she knew she would pursue a specialization in Diabetes Management to maximize her impact and help those who need it most. She is very excited to join the CDCES community of providers!

Melissa Dolan, MS, RDN, LD/N, CDCES



I want to thank you all for the support you give to Diabetes Educators, but also to those of us preparing for the CDCES Exam. I truly want to THANK YOU for that! I just passed my exam on June 1st, 2023. I appreciate all that you do to simplify the updates and new evidence based practice information. The cheat sheets you provided were the one thing that I would say helped really reinforce the information for me. I also watched the boot camp videos. I had less stress because of your supportive site and that helped so much! I am so honored to be able to make Diabetes easier for patients everyday.

Carolyn Fletcher, BSN, RN, CDCES



Enroll at [www.DiabetesEdUniversity.com](http://www.DiabetesEdUniversity.com)

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## Thank You – Keep in Touch

### Certification Exam Study Group

Diabetes Education Services Certification Exam Study Group



#### Let's Keep Connected

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[DiabetesEd.net](http://DiabetesEd.net)

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- ▶ Linked In: <https://www.linkedin.com/in/beverlythomassian/>
- ▶ Monthly Newsletter: <https://diabetesed.net/monthly-newsletter-past-issues/>
- ▶ Sign up for Blog Bytes – Question of Week: <https://diabetesed.net/diabetes-blog-bytes-sign-up/>

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## You are Going to Do Great!



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## Thank You



- ▶ Questions?
- ▶ Email  
[info@diabetesed.net](mailto:info@diabetesed.net)
- ▶ Web  
[www.DiabetesEd.net](http://www.DiabetesEd.net)
- ▶ Phone 530-893-8635

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