Why I became a CDE…

“As an addition to my RD credential the CDE® has provided me invaluable status and credibility with physicians and peers, as well as advanced salary increases and secured career opportunities. The CDE® is well worth the time and money.”

~ MO, RD, LD, CDE®, Fairbanks, AK

Becoming a CDE®

- NCBDE Mission/What is NCBDE?
- What is a CDE/Why become a CDE?
- Credentialing
- Eligibility
  - Requirements
  - Facts vs. Myths
- Examination
  - Application
  - Preparation

Becoming a CDE®

NCBDE Mission

Define, develop, maintain and protect the certification and credentialing process to promote ongoing quality diabetes education and support
Becoming a CDE®

What is NCBDE?
- Autonomous specialty board overseen by Board of Directors made up of volunteer CDEs & public member
- Committees & Task Forces – volunteer CDEs & Board’s public member
- NOT a membership association or dues paying organization

NCBDE Purpose:
Conduct certification activities in a way that upholds standards for competent practice in diabetes self-management

Becoming a CDE®

Credentialing
Certification differs from entry level credentialing
- Above and beyond mandatory, prescribed academic requirements (e.g., nursing license)
- NOT intended to serve as entry to the specialty
- “Mastery-level” practice-based certification requires accrual of professional practice experience

“Mastery-level”: accrual of sufficient practice experience to “master” knowledge about diabetes, critically analyze a situation and apply the associated learnings to guide patients toward positive outcomes

A CDE® is a health professional who....

- Possesses comprehensive knowledge and experience in prediabetes, diabetes prevention and management
- Educates and supports people affected by diabetes to understand and manage the condition
- Promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes

Why become a CDE®?
The CDE® credential is considered the “gold standard” – the embodiment of a true diabetes professional
Becoming a CDE®

Benefits include:
- Enhanced ability to contribute to the overall goal of improving patient outcomes
- Demonstration to patients, colleagues & employers that you have comprehensive knowledge necessary to provide the high level of education and care needed
- Recognition of a valued skills and service compared to other, non-certified practitioners, especially in a competitive market

Why I became a CDE...

“I am making a small, but important, difference in my community... The look of understanding and relief on their faces is priceless when they realize that they can manage their disease with knowledge and support.”

Becoming a CDE®

Eligibility: Discipline Requirement
License or registration as identified by NCBDE
Multidisciplinary degree:
- RNs, RDs, RPhs, MDs, PAs, exercise professionals, etc
Myth: RNs must have a bachelors degree in nursing
Fact: RN license is only requirement for nurses

2014: Master Certified Health Education Specialist (MCHES) added
2015: ACSM certifications: name change for one of ACSM certifications reflected in requirements

Becoming a CDE®

Eligibility Requirements: Practice
Minimum 2 years of practice in your discipline
Myth: Two years of practice must be:
   a) in diabetes or b) full time
Fact: Neither is true

18,800 CDEs

AADE15
Becoming a CDE®
Eligibility Requirements: Practice
Myth: Job must be full-time DSME
Fact: Four year window allows part-time DSME hours to count
Myth: DSME hours don’t count unless doing a minimum of 4 hours per week
Fact: Not true since changed in 2010

Becoming a CDE®
Eligibility Requirements: Practice
Minimum 1000 hours of professional practice experience in DSME, with ≥ 400 hours obtained in most recent year
Maximum 4 years to accrue hours; all must be in US/territories

Becoming a CDE®
Eligibility Requirements: Practice
Myth: Job title must be “Diabetes Educator (DE)”
Fact: Job title of DE is NOT required; applicant must have responsibilities that include direct provision of DSME

Becoming a CDE®
Eligibility Requirements: Practice
Myth: Participation in the Mentorship Program required prior to applying
Fact: Mentorship program is OPTIONAL

Becoming a CDE®
Eligibility Requirements: Continuing Education
What organizations are recognized as credible sources of CE?
Check the website for listing of recognized providers
New since 2014: National Commission for Health Education Credentialing (NCHEC) Designated Providers

Becoming a CDE®
Eligibility Requirements: Continuing Education
Minimum of 15 clock hours of continuing education activities applicable to diabetes within the 2 years prior to applying for certification
Myth: CE program title MUST include the word “diabetes”
Fact: Title or brief description of program must verify that topic is applicable to diabetes
Becoming a CDE

Eligibility Requirements: DSME Hours – What Counts?

Any component of performing DSME can count

Myth: Every step of the DSME process must be completed with every patient for the hours to qualify

Fact: Teaching to match individual patient needs is what is important

Myth: DSME must take place as part of a complete diabetes education program to count

Fact: DSME may be provided in individual units or as part of a complete program, per patient needs

Myth: Hours count only if provided in 1-on-1 sessions

Fact: Group classes and 1-on-1 sessions count

Why I became a CDE...

“The CDE enables me to demonstrate to patients, colleagues & employers that I have comprehensive knowledge necessary to provide the high level of education and care needed”

Becoming a CDE

Eligibility Requirements

Are you a health professional with an advanced degree in a health related concentration who does not have a license or registration currently listed under NCBDE’s standard discipline listing?
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Eligibility Requirements

• Launched in 2014 – Unique Qualifications Pathway
  • Advanced degree in health related concentration or major
  • 2,000 hours of DSME, with 400 hours in last year
  • 30 hours of acceptable continuing education hours
  • Two recommendations on DSME experience – at least 1 from a CDE®
  • Pre-approval process

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Examination - Application

• Applied Measurement Professionals (AMP) administers the examination process for NCBDE, including application submission.
  • How to contact AMP:
    www.goamp.com • info@goamp.com
    Voice: 913-895-4600 • Fax: 913-895-4651
  • Apply on-line or using paper application
  • 2015 fee - $350 initial/lapsed; $250 renewal

Becoming a CDE®

Examination - Application

• Two testing windows w/ separate application windows per year.
  • Each window is open for approximately 2 months.
  • Individual may make appointment on-line or via phone.

Becoming a CDE®

Examination - Details

• Computer-based test offered at over 190 different test centers
• Based on examination content outline (ECO) developed from 2013 practice analysis surveying CDEs about tasks they perform
• Each question is linked directly to a task or tasks on ECO

Becoming a CDE®

Examination - Details

• 200 multiple choice, objective questions, including 25 pre-test (unscored) questions
• 4 hour time frame
• Normally, score reports provided upon completion of examination.

Becoming a CDE®

Why I became a CDE...

“The CDE enables me to stand out from other non-certified practitioners, especially in a competitive market”
Becoming a CDE®

Examination - Preparation

• Review ECO (Handbook/NCBDE website)
• Responsible for knowledge over all of ECO
• Consider your typical patient – be sure to study aspects of the ECO outside of that profile
• Review Handbook information on studying for the examination and references

Why I became a CDE...

"Of all of my credentials, may I say I am most proud of the CDE®. The experiences necessary to earn and maintain it are rigorous. They require a repertoire of fresh knowledge to educate each patient based upon their unique abilities.

It is a disease that is more manageable currently than ever before, largely because Certified Diabetes Educators care deeply to impart accurate information to patients."

~ HG, MS, RD, CDE®, LDN, Seekonk, MA

In you have questions, contact NCBDE:

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