

JAZZ IT UP
WITH INNOVATION
AND ENGAGEMENT

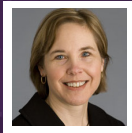
AADE15 | AUGUST 5 - 8, 2015
NEW ORLEANS, LOUISIANA



**Becoming a CDE®:
Facts & Common Myths**



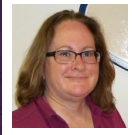
AADE15



Sue McLaughlin
MOL, BS, RD, CDE®



2015 Chair
National Certification Board for Diabetes Educators
Arlington Heights, IL



Sheryl Traficano
MBA

CEO
National Certification Board for Diabetes Educators
Arlington Heights, IL

AADE15

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

AADE15


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

AADE15

Becoming a CDE®

NCBDE Mission



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

AADE15

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

AADE15

Becoming a CDE®



NCBDE Purpose:

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

AADE15

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

AADE15

Becoming a CDE®

Credentialing

“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

AADE15

Becoming a CDE®

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

AADE15

Becoming a CDE®

Why become a CDE®?

The CDE® credential is considered the **“gold standard”** - the embodiment of a true diabetes professional

AADE15

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

AADE15

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.”

AADE15

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

AADE15

Becoming a CDE®

Eligibility: Discipline Requirement

License or registration as identified by NCBDE

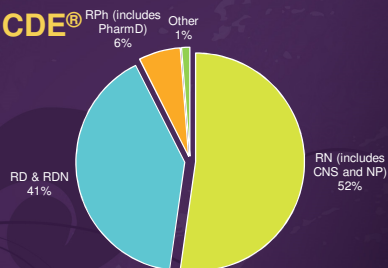
2014: Master Certified Health Education Specialist (MCHES) added

2015: ACSM certifications: name change for one of ACSM certifications reflected in requirements

AADE15

Becoming a CDE®

18,800 CDEs



AADE15

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

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

AADE15

Becoming a CDE®

Eligibility Requirements: Practice

Minimum 1000 hours of professional practice experience in DSME, with \geq 400 hours obtained in most recent year

Maximum 4 years to accrue hours; all must be in US/territories

AADE15

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

AADE15

Becoming a CDE®

Eligibility Requirements: Practice

- Mentorship Program available to accrue hours
- Volunteer DSME hours also count **outside** of mentorship program (since 2014)

Myth: Participation in the Mentorship Program required prior to applying

Fact: Mentorship program is **OPTIONAL**

AADE15

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

AADE15

Becoming a CDE®

Eligibility Requirements: Continuing Education (CE)

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

AADE15

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

AADE15

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

AADE15

Becoming a CDE®

Eligibility Requirements: DSME Hours – What Counts?

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

AADE15

Becoming a CDE®

Eligibility Requirements:

DSME Hours – What Does Not Count?

- 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 or participating in research activities which do not include provision of DSME

AADE15

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**”

AADE15

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?

AADE15

Becoming a CDE®

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 re: DSME experience – at least 1 from a CDE®
 - Pre-approval process

AADE15

Becoming a CDE®

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

AADE15

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.

AADE15

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

AADE15

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.

AADE15

Why I became a CDE...

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

AADE15

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

AADE15

Becoming a CDE®

Examination - Preparation

- Check around for other resources for review courses/materials
- Consider forming a study group
- Still nervous about exam day? Consider making use of the Practice Examination (PE)

AADE15

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

AADE15

Becoming a CDE®

In you have questions, contact NCBDE:

www.ncbde.org • info@ncbde.org

Voice 877-239-3233 (toll free) or 847-228-9795

Fax: 847-228-8469

National office:

330 E. Algonquin Rd, Suite 4

Arlington Heights, IL 60005

Facebook page: [CertifiedDiabetesEducators](#)

AADE15