


Becoming a CDE®

NCBDE Mission



Promote comprehensive and ongoing quality diabetes education and support by defining, developing, maintaining, and protecting the certification and credentialing processes

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What is NCBDE?

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


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NCBDE Purpose

Conduct certification activities in a way that upholds standards for competent practice in diabetes self-management education (DSME).

The National Certification Board for Diabetes Educators received accreditation of its Certified Diabetes Educator Program from the National Commission for Certifying Agencies (NCCA) in March 2016.



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Credentialing Concepts

- 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

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



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



- Possesses comprehensive knowledge & experience in prediabetes, diabetes prevention and management
- Educates & 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

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Why become a CDE®?

The CDE® credential is considered the “gold standard”

- A recognized designation of a diabetes professional

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Benefits include:

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

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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.”



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- **Eligibility:** Discipline Requirement
License or registration as identified by NCBDE
- **Multidisciplinary certification:**
RNs, RDs, RPhs, MDs, PAs, exercise professionals, etc.
- **Myth:** RNs must have a bachelors degree in nursing
Fact: Nurses **ONLY** need RN license
- **Handbook info:**
http://www.ncbde.org/certification_info/examination-handbook/

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Eligibility: Discipline Requirement

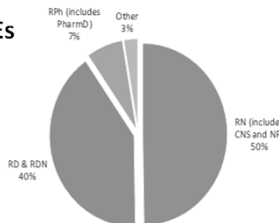
2014: Master Certified Health Education Specialist (MCHES) added

2015: American College of Sports Medicine (ACSM) certifications - name change for one of ACSM certifications reflected in requirements

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19,806 CDEs



Discipline	Percentage
RN (includes CNS and NP)	50%
RD & RDN	40%
RPh (includes PharmD)	7%
Other	3%

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Eligibility Requirements: Practice (1 of 2)

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

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Eligibility Requirements: Practice (2 of 2)

Minimum 1,000 hours of professional practice experience in DSME, with at least 400 hours obtained in most recent year

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

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Eligibility Requirements: Practice (Myth v Fact)

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)

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Eligibility Requirements: Practice (Myth v Fact)

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

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Eligibility Requirements: Practice

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

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Eligibility Requirements: Practice (Myth v Fact)

Myth: Participation in the Mentorship Program REQUIRED prior to applying

Fact: Mentorship program is OPTIONAL

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Eligibility Requirements: Continuing Education (CE)

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

15
15

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Eligibility Requirements: Continuing Education (CE) (Myth v Fact)

Myth: CE program title MUST include the word "diabetes"

Fact: Title or brief description of program must verify that topic is applicable to diabetes.

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Eligibility Requirements: Continuing Education (CE)

- What organizations are recognized?
List of Recognized Providers available on the web site – Check it out.
- New since 2014:
National Commission for Health Education Credentialing (NCHEC) Designated Providers

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Eligibility Requirements: DSME Practice Hours – What Counts? (Myth v Fact)

Fact: Any component of performing DSME can count

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

Fact: Any component of performing DSME can count for any person with diabetes

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Eligibility Requirements: DSME Practice Hours – What Counts? (Myth v Fact)

Myth: DSME must take place as part of an accredited or recognized diabetes education program to count

Fact: NOT TRUE!

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

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

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Eligibility Requirements: DSME Practice 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

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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."



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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 or verified equivalency if degree obtained outside the U.S.
- 2,000 hours of DSME, with 400 hours in last year
- 30 hours of acceptable continuing education activities
- Two recommendations re: DSME experience – at least 1 from a CDE®
- Pre-approval process

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Examination - Application

PSI/AMP administers the examination process for NCBDE, including application submission.

How to contact PSI/AMP:

www.goamp.com • info-AMP@goamp.com
Voice: 913-895-4600 • Fax: 913-895-4651

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Examination - Application

- Apply on-line or use the paper application
- 2017 fee - \$350 initial/expired; \$250 renewal

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Year-round Application and Testing

How does it work?

1. Apply
2. Receive approval notice (*unless chosen for audit*)
3. Make exam appointment on-line or by phone
4. Take the test no later than 90 days of date approval notice received

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Examination - Details

- Computer-based test offered at approximately 300 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

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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

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Why I became a CDE®...

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



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Examination - Preparation

- Review Exam Content Outline (ECO)



- Responsible for knowledge over all of ECO
- Consider your population – be sure to study aspects of the ECO outside of that profile

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Examination - Preparation

- Review Handbook information on studying for the exam and references
- Check around for other resources e.g., continuing education activities, review courses and materials
- Consider forming a study group



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Examination – Preparation



Some study tips and suggestions

- » Visit our exam preparation page at https://www.ncbde.org/certification_info/preparing-for-the-exam

Preparing for the Exam

Home - Certification Info - Exam Details - Preparing for the Exam

- » Read Exam Suggestions & Tips brochure

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Examination - Preparation

- Still nervous about exam day? Consider making use of the Practice Examination
- Learn more about the Practice Examination at: <https://www.ncbde.org/practice-examination-now-available/>

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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

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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](#)

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Before We Leave....



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