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 Concepts
- Eligibility
  - Requirements
  - Facts vs. Myths
- Examination
  - Application
  - Preparation
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
**Becoming a CDE®**

**Why become a CDE®?**

The CDE® credential is considered the "gold standard" - A recognized designation of a diabetes professional

**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

**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."

**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 bachelor's degree in nursing
  - Fact: Nurses ONLY need RN license

**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

**19,806 CDEs**
Becoming a CDE®

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

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

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

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

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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 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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Eligibility Requirements: DSME Practice Hours – What Does Not Count?
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
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

**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 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**

Some study tips and suggestions
- Visit our exam preparation page at [https://www.ncbde.org/certification_info/preparing-for-the-exam/](https://www.ncbde.org/certification_info/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/

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

Becoming a CDE®

Questions - contact NCBDE:
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  Arlington Heights, IL 60005
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Before We Leave….