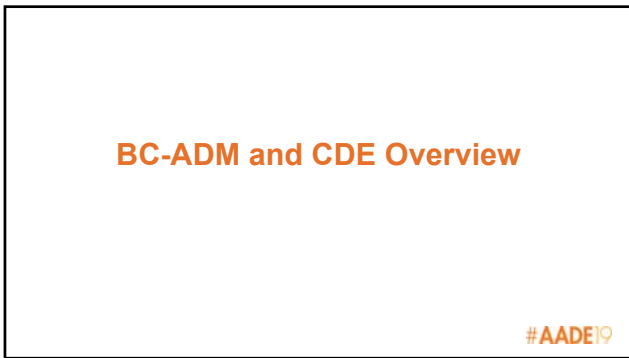


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2



3



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Disclosure to Participants

- Notice of Requirements For Successful Completion
 - Please refer to learning goals and objectives
 - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- Conflict of Interest (COI) and Financial Relationship Disclosures:
 - Presenter: Melissa Young, PharmD, CDE, BC-ADM - No COI/Financial Relationship to disclose
 - Presenter: Leonard Sanders, MD, FACP, BC-ADM, CLS, CDE - No COI/Financial Relationship to disclose
 - Presenter: Sheryl Traficano, MBA, CAE - Employee of NCBDE
- Non-Endorsement of Products:
 - Accredited status does not imply endorsement by AADE, ANCC, ACPE or CDR of any commercial products displayed in conjunction with this educational activity
- Off-Label Use:
 - Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration.

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Objectives

- Explain the difference between the BC-ADM and CDE® eligibility requirements.
- Describe study and test taking tips for exam preparation.
- Differentiate the renewal criteria for each certification.

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BC-ADM Overview: History

- In 2001, Collaboration between AADE & ANCC:
- Development of advanced-practice nursing credential with a specialty in diabetes
 - Original Candidates:
 - Clinical nurse specialists, NP's, RD's', Pharmacists
 - 2010: AADE became sole owner of BC-ADM
 - 2012: MD/DO's, PA's added as candidates

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BC-ADM Overview: What's Happening?

- Recently...
 - 2018: Item writing / new test form Dec. 2018
- Currently... **1210 BC-ADM's**
 - ~ 200 test takers per year (100 per June/Dec. test windows)
 - Pass Rate ~ 70%
- Upcoming...
 - Early 2020: Role Delineation Study

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Functions of the BC-ADM

- The BC-ADM skillfully manages complex needs, and assists people with diabetes (PWD) with therapeutic problem-solving. Within their scope of practice, healthcare professionals with a BC-ADM certification may perform the following functions:
 - Adjust medications
 - Treat and monitor acute and chronic complications and comorbidities
 - Counsel PWDs on lifestyle modifications
 - Address psychosocial issues
 - Participate in research and mentoring

Handbook info: http://casteworldwide.com/aaide/AppSystem/6/Public/Resource/AADE_Candidate_Handbook.pdf

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Eligibility

Eligibility Criteria	Registered Nurse Includes NP's, CNS's	Registered Dietitian	Pharmacist	Physician Assistant	Physician
Licenses/Registration	Current, active RN license	Current, active dietitian registration (RD/RDN)	Current, active pharmacist registration/licensure Pharm D or RPh, MS	Current active physician assistant license	Current active MD/DO license
Advanced Degree	Specific discipline's degree, Master's or higher degree in a relevant clinical, educational, or management areas	Specific discipline's degree, RD's with a Master's or higher degree in a relevant clinical, educational, or management	Specific discipline's degree, Master's or higher degree in a relevant clinical, educational, or management	Specific discipline's degree, Master's or higher degree in a relevant clinical, educational, or management	Specific discipline's degree, MD/DO degree
Experience	500 clinical practice hours within 48 months prior to taking certification examination. (Clinical hours must be after relevant licensure and advanced degree was obtained)				
Level of Practice	Skillfully manages complex patient needs and assists patients with therapeutic problem-solving. Within their discipline's scope of practice, healthcare professionals who hold the BC-ADM certification adjust medications, treat and monitor acute and chronic complications and other comorbidities, counsel patients on lifestyle modifications, address psychosocial issues, and participate in research and mentoring.				

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Qualifying Clinical Practice Hours in Advanced Diabetes Management

Within your discipline's scope of practice:

- Adjusting medications
- Treating and monitoring acute and chronic complications and comorbidities
- Counseling PWDs on lifestyle modifications
- Addressing psychosocial issues
- Participating in research and mentoring
- Directly supervising students in clinical practice performing advanced diabetes management

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Domains Exam Content Outline

Category	Domains of Practice	No. of Questions	Percent
I	Assessment and Diagnosis	47	31%
II	Planning and Intervention	48	32%
III	Evaluation and Follow-up	37	25%
IV	Leadership and Advanced Professional Practice	18	12%
Total		150 scored items	100%

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Exam Content Outline-Study Sheets

BC-ADM Self-Assessment of Content Knowledge

Domain I: Assessment and Diagnosis	Rating Scale:
Content Knowledge	1 = Understands 90% of the content, requires little review
	2 = Understands 75% of the content, minimal review
	3 = Understands 50% of the content, extensive review
	4 = Understands <10% of the content, start from the beginning
Domain I – 18 Subdomains	
Domain I makes up 31% of the BC-ADM Exam	
	Self-Rating
Subdomain 1: Therapeutic Interviews (e.g., motivational interviewing, open-ended questions)	Plan
a. Motivational interviewing techniques	7 Items on the exam
b. Most effective interview style for various situations	
Subdomain 2: Comprehensive history and physical exam techniques across the lifespan (e.g., functional status, sensory, fundoscopic, medication and complementary alternative medication review).	6 Items on the exam
*Required for obtaining medical, family,	

https://www.diabeteseducator.org/education/certification/bc_adm/resources #AADE19

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Certified Diabetes Educator® (CDE®) Overview



National Certification Board for
Diabetes Educators (NCBDE)

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NCBDE – The Organization

- National, nongovernmental, not-for-profit certification organization
- Autonomous specialty board overseen by a Board of Directors (BOD)
- BOD made up of volunteer CDEs & public member
- Committees & Task Forces – volunteer CDEs & public members
- Responsible for maintaining NCCA program accreditation for CDE® program
- **Mission** - Promote comprehensive & ongoing quality diabetes clinical management, education, prevention & support by defining, developing, maintaining, & protecting the certification and credentialing processes

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Certified Diabetes Educator® (CDE®) Program

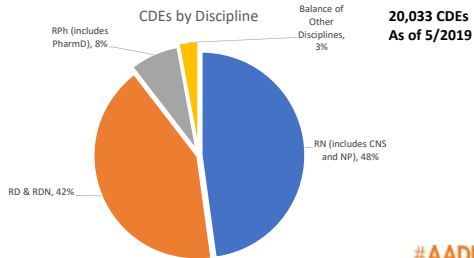
- A CDE® is a health professional who:
- possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management
 - educates, supports, and advocates for people affected by diabetes, addressing the stages of diabetes throughout the lifespan
 - promotes self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes



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Certified Diabetes Educator® (CDE®) Program



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Becoming a CDE® - Short & Sweet



Four steps to achieve CDE certification:

- Step 1 - Meet disciplinary requirement – various license and registrations qualify
- Step 2 – Work (or volunteer)
 - Step 2a – 2 years general experience (full time/part time)
 - Step 2b – 1,000 hours diabetes education experience, with at least 400 hours in last 12 months

Handbook info: http://www.ncbde.org/certification_info/examination-handbook/

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Becoming a CDE® - Short & Sweet

- Step 3 – Accrue 15 hours of continuing education applicable to diabetes within last 2 years
 - Steps 2a, 2b & 3 – can all be done at the same time
- Step 4 – Apply for, take, and pass the exam



Handbook info: http://www.ncbde.org/certification_info/examination-handbook/

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Exam Content Outline – CDE® Program

Category	Domain	No. of Questions/Percent
I	Assessment	59 (34% scored)
II	Intervention	88 (50%)
III	Disease Management	28 (16%)
Total Scored Items		175 (100%)
Pre-test Unscored Items		25 (any above category)

Exam Content Outline: https://www.ncbde.org/assets/1/7/Examination_Content_Outline_1July2019.pdf

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Exam Content Outline – CDE® Program

Category/Section	Domain	Number of Questions (% of Scored Items)
I.A.	Assess Learning	19 (11%)
I.B.	Assess Health and Psychosocial Status	19 (11%)
I.C.	Assess Knowledge and Self-Management Practices	21 (12%)
II.A.	Collaborate with Individual/Family/Caregiver/Health Care Team to Develop: <ul style="list-style-type: none"> • Individualized education plan based on assessment • Instructional methods • Goals for lifestyle changes 	18 (10%)
II.B.	Educate Based on Individualized Care Strategies	35 (20%)
II.C.	Evaluate, Revise, and Document	26 (15%)
II.D.	Referral, Support, and Follow-Up	9 (5%)
III.A.	Education Services Standards	8 (5%)
III.B.	Clinical Practice	18 (10%)
III.C.	Diabetes Advocacy	2 (1%)

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Studying For and Taking the Exam



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Test Preparation


- Develop study plan
- Know amount of content
- Develop time line
- Organize content
- Prioritize content on your strengths and weaknesses
- Study in short bursts
- Take breaks

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Prep Tips

- 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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Prep Tips

- 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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Prep Tips

BC-ADM Program

- Reference list: https://www.diabeteseducator.org/education/certification/bc_adm/resources
- BC-ADM online practice area discussion group (for AADE members) <http://www.myaadenetwork.org/cm/id/fid=1>
- Test taking tips in candidate handbook



CDE® Program

- Visit our exam preparation page at https://www.ncbde.org/certification_info/preparing-for-the-exam/
- Read Exam Suggestions & Tips brochure at https://www.ncbde.org/assets/1/7/ExamTipsBrochure_Current.pdf

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Anatomy of a test item

The color of the sky at midnight is:

- A) Green
- B) Orange
- C) Blue
- D) Black

Stem

Distractors

Answer

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Test Taking Strategies

- Focus on the stem
- Read every option
- Look for strategic words
 - Best, first, immediately, most appropriate, most likely, initial, next, primary
 - Look for absolutes, such as always, never
 - Safety issues

Silveri, L.A. (2014). Saunders Comprehensive Review for the NCELEX-RN Examination (6th ed.).



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Working the Test

- Pace yourself:
 - Estimate amount of time per question
 - Know where you are at halftime
- Use ALL the time allowed
- No blanks- answer all – guess
- Changing answers?
- Avoid careless errors



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Working the Test: Common Errors

- Avoiding the easy answer; thinking you need a complicated answer
- Missing an important word (“most important”, “best”, “usually”)
- Ignoring the patient’s characteristics
- Being thrown by a technical term
- Looking for a “right” answer which is not among the choices
- Selecting a response which is idealistic, controversial, or unrealistic



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Working a Test Item

What is a common symptom of cardiovascular autonomic neuropathy?

- Fixed heart rate
- Tachycardia with exercise
- Headaches
- Burning and numbness in feet

Heart =Autonomic
(not feet) *Handwritten*
complications

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Prep Tips-Practice Exams

- Still nervous about exam day? Consider making use of a practice examination
- BC-ADM Program - Learn more at: https://www.diabeteseducator.org/education/certification/bc_adm/resources
- CDE® Program - Learn more at: https://www.ncbde.org/certification_info/studying_for-the-examination/#PracticeExam

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FAQs and Myths

Initial Certification

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BC-ADM Initial Certification: FAQs & Myths

- How do I document my Clinical Practice Hours?
- Once I take the exam, how long before I get my score and how will I be notified?
- **Myth:** To practice, you need to have both credentials, the CDE and the BC-ADM
- **Myth:** Having the BC-ADM certification changes scope of practice
- **Myth:** Clinical practice hours while in training count towards the 500 required hours

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CDE® Initial Certification: FAQs & Myths

- What counts for experience?
https://www.ncbde.org/certification_info/professional-practice-experience/
- How do I track experience?
- **Myth:** RNs need a bachelor's degree
- **Myth:** Two years of practice must be: a) in diabetes or b) full time
- **Myth:** Work/volunteer role must be full-time diabetes education positions
- **Myth:** Work/volunteer diabetes education hours don't count unless doing a minimum of 4 hours per week

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Renewing BC-ADM Certification

Requirements

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BC-ADM Practice Hours for Renewal

- A minimum of 1000 practice hours related to your role as an advanced diabetes manager must be completed within the 5 years preceding the postmark on your renewal application submission

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6 Professional Development Categories- BC-ADM Renewal

- Category 1 CEU's
- Category 2 Academic Credits
- Category 3 Presentations
- Category 4 Publications/Research
- Category 5 Preceptor
- Category 6 Professional Service

https://www.diabeteseducator.org/education/certification/bc_adm/renewal
<https://www.diabeteseducator.org/docs/default-source/education-and-career/certification/practice-hours-explained.pdf?sfvrsn=2>

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Renewing the CDE® Credential Requirements

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Renewing the CDE® Credential

Important Info About Renewal

1. Know your expiration date and accrual dates
2. Review the renewal practice requirement
3. Be sure NCBDE has your current contact info



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Renewing the CDE® Credential

What's New for Renewal of Certification?

- Reminder– Retired status available – for those no longer practicing in diabetes education (volunteer or employment) – small one time fee, recognition on NCBDE web site
- Practice Requirement – no changes

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Renewing the CDE® Credential

What's New for Renewal of Certification? (continued)

- Exam Option – year-round testing in approximately 300 exam sites
- Continuing Education Option – Expanded CE Activities
- Additional deadline – “Grace period” – available from December 16 – March 31

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Renewing the CDE® Credential

Renewal: Eligibility Requirements

- Maintain original license/registration held at the time of your initial certification
- Accrue minimum of 1,000 hours of professional practice experience during five-year certification cycle
- Document 75 hours of continuing education activities or pass exam.
- Apply and pay application fee for renewal method chosen

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Renewing the CDE® Credential

Renewal: Eligibility Requirements Professional Practice

- What it is?
 - Providing direct/indirect professional contribution to the care and self-management education of people with diabetes
- What it is not?
 - Employment in manufacture, direct sales or distribution of diabetes-related products or services

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Renewing the CDE® Credential

Renewal: Continuing Education Option - Expectations

- Health professionals specializing in diabetes education will demonstrate through renewal of certification: knowledge and skills are up-to-date, ability to practice proficiently, safely, and in a manner consistent with current National Standards of Diabetes Self-Management Education and Support (NSDSMES).
- All CDEs who select renew by continuing education will engage in a personal assessment to identify professional needs and participate in appropriate activities that are inclusive of the Examination Content Outline in the current Handbook.

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Renewing the CDE® Credential 75 75
75 75

Renewal: Continuing Education Option

Minimum total of **75 clock hours** of continuing education in content areas applicable to diabetes within your accrual cycle. You can earn hours through both the Formal and Expanded Continuing Education Activities.

Formal CE:

- Activities need to be related to Diabetes
- At professional level that enhances the quality and effectiveness of diabetes education practice
- Does NOT have to be discipline-specific, nor does it have to be in any specific area of concentration.

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Renewing the CDE® Credential

Renewal: Continuing Education Option – Formal Activities

Formal Continuing Education Activities (Traditional CEs)

1. Need to be approved by a provider on the NCBDE List of Recognized Providers
2. A minimum of 45 of the 75 hours must be earned from this Formal Activities categories (remaining 30 under the Expanded Activities).
3. Not required to earn hours under the Expanded.
4. Note that if you are NOT using hours from the Expanded Activities, you will need to earn all the hours under the Formal Activities.

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Renewing the CDE® Credential

Renewal: Continuing Education Option – Expanded Activities

Expanded Activities

1. Includes taking academic courses, giving presentations, writing publications, and Service as Mentor in NCBDE mentorship program
2. Maximum of 30 hours can be used from the Expanded. See Table B in the renewal handbook for individual limits for each Expanded Category.
3. Using Expanded CE hours is not required to renew.
4. If you will not be using hours from the Expanded Activities, then all your CE will need to be earned from the Formal Activities.
5. Expanded activities need to be related to diabetes

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Renewing the CDE® Credential

Renewal: Continuing Education Option - Guidelines

For additional details on the Formal and Expanded Activities Categories, please refer to Tables A and B in the:

Renewal by Continuing Education Update for CDEs Renewing in 2017 and Later: Guidelines for Reporting Continuing Education Activities or the current Renewal Handbook.

Download available on the NCBDE web site at:

https://www.ncbde.org/assets/1/7/RenewalGuidelinesExpDoc_final.pdf



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Renewing the CDE® Credential

WANT TO: 1) TRACK CE ACTIVITIES OR 2) IF RENEWING IN 2019, ACCESS THE ONLINE RENEWAL FORM? ACCESS THE CDE PORTAL

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Renewing the CDE® Credential

Click here to enter ce activities (optional)

Click here for online renewal by ce application

CDEs - Landing

Track Hours

Online Renewal Application

My Account

Name: Shari Tulliano
Certification number: 00000042
Expiration Date: 12/31/2017
Last Exam or Renewal Date: 06/13/2017

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FAQs and Myths

Renewal of Certification

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BC-ADM Renewal FAQs, Myths and Facts

- What if I fail the first time?
- Myth - I can take the exam any time throughout the year
- Myth - I can accumulate my CE's over 6 years
- Myth - I will pay the member fee if I join at any time
- Myth - The number of practice hours to renew is the same as for the initial application

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CDE® Renewal of Certification: FAQs & Myths

- How do I track renewal experience?
- Myth – Working in industry is not acceptable.
- Myth – Must accrue 200 hours/yr.
- Myth – I have to be working full time as a diabetes educator to renew.
- Myth – I have to be directly providing DSMES to people living with diabetes for experience to count for renewal.
- Myth – The word “diabetes” must be in the CE activity’s title to count.

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How to Apply - CDE® Program

Be sure you've reviewed the appropriate handbook before starting the application process.

Initial Certification & Renewal of Certification by Exam:
PSI/AMP administers the examination process for NCBDE, including application submission. Reach them at www.goamp.com, info-AMP@goamp.com, 913-895-4600.

Renewal of Certification by Continuing Education:
NCBDE oversees the renewal by continuing education application process: www.ncbde.org, info@nbde.org, 877-239-3233.

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How to Apply-BC-ADM

Be sure you've reviewed the candidate handbook before starting the application process

Castle WorldWide administers the examination process for AADE, including application submission. Reach them at ibt@castleworldwide.com, 919-572-6880

Online application can be accessed here:
<https://castleworldwide.com/aaade/public/Welcome.aspx?AppSystemiD=6>

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AADE

- bcadm@aadenet.org
- www.diabeteseducator.org
- 1-800-338-3633
- National Office:
- 200 West Madison St, Suite 800, Chicago, IL 60606
- <https://www.facebook.com/diabeteseducator/>

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