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®

Tommy Johnson
PharmD, CDE®, BC-ADM, FAADE
2016 Chair, NCBDE Board of Directors

Sheryl Traficano
MBA, CAE
CEO
National Certification Board for Diabetes Educators
Arlington Heights, IL

NCBDE Mission

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

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

Becoming a CDE®

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


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Credentialing Concepts
"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.

Becoming a CDE®

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®

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

Becoming a CDE®

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 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

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

19,316 CDEs

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:

- 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/
Becoming a CDE®
Eligibility Requirements: Practice (2 of 2)
• Minimum 1000 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

Becoming a CDE®
Eligibility Requirements: Practice (2 of 2)
• Mentorship Program available to accrue hours
• Volunteer DSME hours also count outside of mentorship program (since 2014)

Becoming a CDE®
Eligibility Requirements: Practice (2 of 2)
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 (2 of 2)
Myth: Participation in the Mentorship Program REQUIRED prior to applying
Fact: Mentorship program is OPTIONAL

Becoming a CDE®
Eligibility Requirements: Practice (2 of 2)
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: Continuing Education (CE)
Minimum of 15 clock hours of continuing education activities applicable to diabetes within the 2 years prior to applying for certification
Eligibility Requirements: Continuing Education (CE)

**Myth:** CE program title MUST include the word “diabetes”

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

Eligibility Requirements: DSME Practice Hours – What Counts?

**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

Eligibility Requirements: Continuing Education (CE)

What organizations are recognized?

Check the website for listing of recognized providers

New since 2014:
National Commission for Health Education Credentialing (NCHEC) Designated Providers

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

**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?

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

Examination - Application

• Apply on-line or use the paper application
• 2016 fee - $350 initial/expired; $250 renewal

NEW! 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

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

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

Why I became a CDE®…
"The CDE® enables me to stand out from other non-certified practitioners, especially in a competitive market."

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