



**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

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**Becoming a CDE®:  
Facts, Common Myths, & Exciting  
News**

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**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


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**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

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**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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## 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

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## Becoming a CDE®

### 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.

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## Becoming a CDE®

### NCBDE Purpose

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

Exciting NEWS! As of 3/2016: The National Certification Board for Diabetes Educators received accreditation of its Certified Diabetes Educator Program from the National Commission for Certifying Agencies (NCCA).



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## 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

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## 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

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## Becoming a CDE®

### Why become a CDE®?

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

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### 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

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### Becoming a CDE®

**Eligibility:** Discipline Requirement

**2014:** Master Certified Health Education Specialist (MCHES) added

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

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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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### Becoming a CDE®

**19,316 CDEs**

Discipline	Percentage
RN (includes CNS and NP)	52%
RD & RDN	41%
RPh (includes PharmD)	6%
Other	1%

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### Becoming a CDE®

**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/](http://www.ncbde.org/certification_info/examination-handbook/)

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### 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

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## 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

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## 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)

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## 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

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## Becoming a CDE®

### Eligibility Requirements: Practice (2 of 2)

**Myth:** Participation in the Mentorship Program REQUIRED prior to applying

**Fact:** Mentorship program is OPTIONAL

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## 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

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## 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

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## Becoming a CDE®

### 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.

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## Becoming a CDE®

### 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

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## Becoming a CDE®

### 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

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## Becoming a CDE®

### 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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## Becoming a CDE®

### Eligibility Requirements: DSME Practice 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:** Any component of performing DSME can count for any patient

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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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**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?

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**Becoming a CDE®**

**Examination - Application**

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

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**Becoming a CDE®**

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

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**Becoming a CDE®**

**Examination - Application**

**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

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**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

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**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

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## 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.

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## Becoming a CDE®

### 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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## 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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## Becoming a CDE®

### Examination - Preparation

- Still nervous about exam day? Consider making use of the Practice Examination

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## Becoming a CDE®

### Examination - Preparation

- Review Exam Content Outline (ECO)
  - Responsible for knowledge over all of ECO
  - Consider your typical patient – be sure to study aspects of the ECO outside of that profile

Handbook info:

[http://www.ncbde.org/certification\\_info/examination-handbook/](http://www.ncbde.org/certification_info/examination-handbook/)

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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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## Becoming a CDE®

**In you have questions, contact NCBDE:**

[www.ncbde.org](http://www.ncbde.org) • [info@ncbde.org](mailto: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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