## DOMAIN 1: Clinical Management Practice and Integration

The diabetes care and education specialist integrates knowledge and skills into clinical practice for pathophysiology, epidemiology, clinical management and self-management of diabetes and cardiometabolic conditions.

### CLINICAL MANAGEMENT OF DIABETES AND CARDIOMETABOLIC CONDITIONS

1.1 Describes the differences in disease risk factors, diagnosis, treatments, and progression of diabetes and cardiometabolic conditions across the lifespan
1.2 Explains physiology of glucose metabolism and pathophysiologic mechanisms responsible for the development of diabetes and cardiometabolic conditions
1.3 Describes pathophysiology, risk factors, presentation, and management of acute hyperglycemia, hypoglycemia, hyperosmolar hyperglycemic state, and diabetes-related ketoacidosis
1.4 Applies pathophysiologic knowledge of diabetes and cardiometabolic conditions to direct diabetes care, education, and support
1.5 Applies current principles of clinical practice guidelines to prediabetes, diabetes, and cardiometabolic conditions
1.6 Examines health and healthcare disparities of vulnerable individuals
1.7 Uses health information technology to optimize care of individuals and populations

### CLINICAL PRACTICE: HEALTHY COPING

1.8 Integrates individuals’ behavioral and emotional health into the plan of care
1.9 Assists individuals with recognition of barriers and implementation of strategies for healthy coping
1.10 Assesses for the presence of diabetes distress, depression, eating disorders, and other mental health concerns
1.11 Integrates knowledge of healthy coping with assessment findings to appropriately refer people to behavioral specialists
1.12 Facilitates the development of coping skills in people with diabetes and cardiometabolic conditions

### CLINICAL PRACTICE: REDUCING RISKS

1.13 Applies knowledge of diabetes-related complications and associated risk factors for education, prevention, and management
1.14 Implements risk reduction strategies to minimize actual and potential risks related to common diabetes-related complications
1.15 Implements prevention strategies to assist individuals with diabetes and cardiometabolic conditions at care transition points
1.16 Assists individuals with recognition of barriers and implementation of strategies to effectively reduce the risk of diabetes and diabetes-related complications
### DOMAIN 1: Clinical Management Practice and Integration

#### CLINICAL PRACTICE: TAKING MEDICATION

1.17 Explains administration technique, dosing, frequency, side effects, storage, expiration, benefits of medication taking, and possible interactions for medications used to treat diabetes and cardiometabolic conditions

1.18 Evaluates appropriateness of medications for diabetes and cardiometabolic conditions

1.19 Evaluates medications, over-the-counter agents, and dietary supplements for potential interactions

1.20 Assists individuals with recognition of barriers and co-develops strategies for uninterrupted medication use

1.21 Applies knowledge of the healthcare system and person’s medications to facilitate uninterrupted access to medications, devices, and supplies necessary to self-manage diabetes and cardiometabolic conditions

#### CLINICAL PRACTICE: HEALTHY EATING

1.22 Applies nutrition knowledge, cultural and socioeconomic considerations, and person’s preferences to assess and individualize meal plans

1.23 Describes general components of healthy eating, such as food sources of macronutrients, label reading, portion sizes, and meal planning

1.24 Explains relationship between food, activity, medication, and clinical outcomes, such as blood glucose, lipids, blood pressure, and weight

1.25 Explains components of healthy eating patterns, such as including non-starchy vegetables in the meal plan, minimizing added sugars and refined grains, and choosing whole foods instead of processed foods

1.26 Compares and contrasts various eating patterns useful for the management of diabetes and cardiometabolic conditions

1.27 Assists individuals with recognition of barriers and implementation of strategies for healthy eating

#### CLINICAL PRACTICE: MONITORING

1.28 Explains available tools used for monitoring, such as self-monitoring of blood glucose, continuous glucose monitoring, and mobile applications, and appropriate techniques for accurate collection of patient generated health data (PGHD)

1.29 Interprets data generated from monitoring tools

1.30 Translates data findings into actionable recommendations based on the plan of care

1.31 Applies knowledge of monitoring to provide guidance on achievement of treatment goals

1.32 Assists individuals with recognition of barriers and implementation of strategies for effective monitoring
### DOMAIN 1: Clinical Management Practice and Integration

<table>
<thead>
<tr>
<th></th>
<th>CLINICAL PRACTICE: BEING ACTIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.33</td>
<td>Understands the role and impact of physical activity and fitness in prevention and treatment of diabetes and cardiometabolic conditions</td>
</tr>
<tr>
<td>1.34</td>
<td>Applies knowledge of exercise-related glucose excursions to provide recommendations for aerobic, resistance, and other physical activity</td>
</tr>
<tr>
<td>1.35</td>
<td>Assists individuals with recognition of barriers and implementation of strategies to promote physical activity</td>
</tr>
<tr>
<td>1.36</td>
<td>Modifies recommendations for physical activity based on factors such as pregnancy, age, body mass index, weight management goals, and macrovascular and microvascular complications of diabetes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>CLINICAL PRACTICE: PROBLEM SOLVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.37</td>
<td>Employs collaborative problem-solving methods to identify and resolve gaps in the plan of care</td>
</tr>
<tr>
<td>1.38</td>
<td>Utilizes knowledge of problem solving and goal setting to develop appropriate and realistic plans of care</td>
</tr>
<tr>
<td>1.39</td>
<td>Develops person-centered plan of care consistent with available support systems, and physical, developmental, and cognitive levels</td>
</tr>
<tr>
<td>1.40</td>
<td>Assists individuals with recognition of barriers and implements strategies for effective problem solving</td>
</tr>
</tbody>
</table>
**DOMAIN 1: ADCES Education for Clinical Management Practice and Integration**

Access education from ADCES to help you excel in each domain and fill existing gaps in knowledge and skills. Use this with the diabetes care and education specialist self-assessment worksheet to create a personal development action plan.

**CLINICAL MANAGEMENT OF DIABETES AND CARDIOMETABOLIC CONDITIONS**
The Art and Science of Diabetes Care and Education, 5th Edition - Ch.25
AADE Advanced Practice Certificate: Managing Diabetes Complications

**CLINICAL PRACTICE: HEALTHY COPING**
AADE7 Self-Care Behaviors™ Online Series

**CLINICAL PRACTICE: REDUCING RISKS**
AADE7 Self-Care Behaviors™ Online Series

**CLINICAL PRACTICE: TAKING MEDICATION**
AADE7 Self-Care Behaviors™ Online Series

**CLINICAL PRACTICE: HEALTHY EATING**
AADE7 Self-Care Behaviors™ Online Series

**CLINICAL PRACTICE: MONITORING**
The Art and Science of Diabetes Care and Education, 5th Edition CH. 8
AADE7 Self-Care Behaviors™ Online Series

**CLINICAL PRACTICE: PROBLEM SOLVING**
AADE7 Self-Care Behaviors™ Online Series