

**If you have any questions about certification,
visit our web site or contact the NCBDE**

national office:

National Certification Board for Diabetes Educators
330 East Algonquin Road, Suite 4
Arlington Heights, IL 60005
Phone: 877-239-3233 or 847-228-9795
Fax: 847-228-8469
info@ncbde.org • www.ncbde.org



**National Certification Board
for Diabetes Educators**

**CERTIFICATION
EXAMINATION
FOR DIABETES
EDUCATORS**



2012

National Certification Board
for Diabetes Educators
330 E. Algonquin Road, Suite 4
Arlington Heights, IL 60005



**Here's the information
you requested!**

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The Certification Examination for Diabetes Educators ("Examination") is designed and intended solely for health care professionals who have defined roles as diabetes educators, not for those who may perform some diabetes related functions as part of or in the course of other usual and customary occupational duties.

Mission

The mission of the National Certification Board for Diabetes Educators (NCBDE) is to set the standard of excellence in the profession of diabetes education.

Definition of Diabetes Self-Management Education* (DSME)

DSME is performed by health care professionals who have appropriate credentials and experience consistent with the particular profession's scope of practice. DSME involves the person with pre-diabetes or diabetes and/or the caregivers and the educator(s) and is defined as the ongoing process of facilitating the knowledge, skill, and ability necessary for self-care. It is a component of a comprehensive plan of diabetes care. The process incorporates the needs, goals and life experiences of the person with pre-diabetes or diabetes and is guided by evidence-based standards. The overall objectives of DSME are to support informed decision-making, self-care behaviors, problem-solving and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life. The process includes:

- ★ An individual assessment and education plan developed collaboratively by the individual and educator(s) to direct the selection of appropriate educational interventions and self-management support strategies.
- ★ Educational interventions directed toward helping the individual achieve self-management goals.
- ★ Periodic evaluations to determine attainment of educational objectives or need for additional interventions and future reassessments.
- ★ A personalized follow-up plan developed collaboratively by the individual and educator(s) for ongoing self-management support.
- ★ Documentation in the education record of the assessment and education plan and the intervention and outcomes.

In addition, program development and administration provided in support of the diabetes patient education program are considered a part of the DSME process.

‡Adapted from **National Standards for Diabetes Self-Management Education**, American Diabetes Association Clinical Practice Recommendations. Diabetes Care, Vol. 34, Supplement 1, January, 2011.

Initial Certification Eligibility Requirements – 2012

Refer to *2012 Examination Handbook* for a detailed explanation of current requirements for initial certification and the requirements for renewal of certification.

- ★ **DISCIPLINE:** One must be 1) a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician (M.D. or D.O.) or podiatrist holding a current, active, unrestricted license from the United States or its territories; OR 2) a dietitian holding active registration with the Commission on Dietetic Registration, physician assistant holding active registration with the National Commission on Certification of Physician Assistants, exercise specialist holding active certification as an American College of Sports Medicine (ACSM) Certified Clinical Exercise Specialist® or exercise physiologist holding active certification with the ACSM as a Registered Clinical Exercise Physiologist®; OR 3) a health care professional with a master's degree or higher in social work from a United States college or university accredited by a nationally recognized regional accrediting body.

- ★ **PROFESSIONAL PRACTICE:** After meeting discipline requirement AND before applying for the Examination, both of the following professional practice requirements must be met:

- Minimum of 2 years (to the day) of professional practice experience in the discipline under which the individual is applying for certification (examples: if an individual applies for certification as a registered nurse, 2 years experience working as a registered nurse is required; if an individual applies as a registered dietitian, 2 years experience working as a registered dietitian is required).
- Minimum of 1000 hours of DSME experience with a minimum of 40% (400 hours) accrued in the most recent year preceding application. *In meeting the hourly requirement*, professional practice experience is defined as employment for compensation as a diabetes educator in the United States or its territories within the past four years. Employment for compensation means to hold a job in which one is actively engaged in DSME and for which paid income is comparable to other diabetes educators in the same area or region of the country.*

*Exception: Qualifying hours accrued under the newly created Diabetes Education Mentorship program will also be accepted.

- ★ **CONTINUING EDUCATION:** After meeting discipline requirement AND before applying for the Examination, the following continuing education requirement must be met:

- Minimum of 15 clock hours of continuing education activities applicable to diabetes within the 2 years prior to applying for certification. *This requirement will follow the same overall guidelines as the renewal of certification by continuing education process. Visit the NCBDE web site for details.*

- ★ **APPLICATION:** Complete and submit an Application for a 2012 Examination, along with required fee. Most individuals can apply on-line, but refer to the NCBDE web site or the *2012 Examination Handbook* for additional information.

Examination Windows – 2012

The Examination is delivered by computer at over 170 Assessment Centers throughout the United States.

EXAMINATION WINDOWS	APPLICATION WINDOWS
May – June	January 15 – March 15
November – December	July 15 – September 15

Examination Fee

The examination fee is \$350. This includes a \$100 nonrefundable processing fee. Certification is valid for a period of five (5) years.

Handbook & Application

Individuals may apply to take the Certification Examination on-line or via the traditional paper method. The Examination Handbook ("Handbook") includes the paper Application, instructions for applying on-line or using the traditional paper method, general information, the Examination content outline, sample questions, references, and policies related to the certification program. There is no charge for the Handbook. The 2012 Handbook will be available in late fall 2011.

To obtain the Handbook, send a request including your mailing address, via mail, telephone, facsimile or e-mail to NCBDE's testing agency after November 1, 2011. It will be mailed to you upon publication. You may also download it from NCBDE's web site upon publication.

Send your Handbook request to:

Attention: NCBDE Coordinator
Applied Measurement Professionals, Inc.
18000 W. 105th Street, Olathe, KS 66061
Telephone: 913-895-4600
Facsimile: 913-895-4651
E-mail: info@goamp.com