Certified Diabetes Educators are valuable members of the health care team who make a difference in their patients’ lives and in their communities.

Certified Diabetes Educators

- The CDE® credential is the embodiment of a true professional.
- A CDE® serves as the patient's mentor, confidant, cheerleader, and coach.
- Earning the CDE® credential opens up more professional opportunities.
Mission

Define, develop, maintain and protect the certification and credentialing process to promote quality diabetes education.

What is NCBDE?

- Autonomous, non-profit certification organization governed by a Board of Directors
- Board - composed of volunteer CDEs from various disciplines and one public member
- Committees (members are CDEs)
  - Examination Committee – oversees exam development process
  - Credentials Committee – oversees review of eligibility requirements, application review (exam and renewal)
What NCBDE is Not?

- NCBDE is not a:
  - membership organization
  - dues-paying organization

What is purpose of CDE® program?

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

Why Earn the CDE® Credential?

- Achieve personal/professional goals.
- The CDE® credential is highly respected.
- Demonstrate your distinct and specialized diabetes knowledge.
- Earning the CDE® credential is the least you can do for your patients.
- CDEs carry their credential to each new job.
What is a CDE®?

A Certified Diabetes Educator® (CDE®)
- is a health professional who possesses comprehensive knowledge of and experience in prediabetes, diabetes prevention and management.
- educates and 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.

Who is currently certified?

As of 1/2013 – just over 17,800 CDEs.

- Others - health professionals in variety of areas, including, but not limited to, MD/DO, PA, LP, Adv Deg Social Workers, RCEP®/CES®/Adv Deg Exercise Physiologists

Credentialing Concepts

- CDE® program:
  - Different than entry level credentialing process where prior to exam, individuals need only complete mandatory, prescribed academic requirements, e.g., nursing license examination.
  - is not intended to serve as an entry to the specialty.
  - is a mastery level practice-based certification - requires individuals to accrue professional practice experience prior to applying.
Credentialing Concepts

*Mastery:*
Practice experience is necessary in order to master the knowledge and application of that knowledge associated with the specialty.

Who is the Examination for?

The Certification Examination for Diabetes Educators is designed and intended for health professionals who have responsibilities that include the direct provision of DSME as defined by NCBDE.

Diabetes Self-Management Education

Diabetes education, also referred to as diabetes self-management education or diabetes self-management training, is performed by health professionals who have appropriate credentials and experience consistent with the particular profession’s scope of practice. For purposes of this presentation, the term diabetes self-management education (DSME) is used.
Eligibility for Initial Certification - 2014

Discipline Requirement – Individuals holding active certification as either an ACSM Certified Exercise Specialist® or ACSM Registered Clinical Exercise Physiologist ® meet the discipline requirement.

Eligibility for Initial Certification - 2014

Professional Practice Experience requirements

After meeting the Discipline requirement and before applying for the exam, both of the following experience requirements must be met in United States or territories.

Visit website/Handbook for specific details on experience requirements.

Eligibility for Initial Certification - 2014

Professional Practice Experience requirements

A. Minimum of 2 years of professional practice experience in the discipline under which the individual is applying for certification

Example: if an individual applies for CDE® certification as a CES®, 2 years experience working/volunteering as a CES® is required.

The 2 year experience requirement does NOT have to be diabetes-related

AND
Eligibility for Initial Certification - 2014

Professional Practice Experience requirements continued…

B. Minimum of 1,000 hours of professional practice experience in DSME with a minimum of 40% (400) of those hours accrued in the most recent year preceding application.

In meeting the hourly requirement*, professional practice experience is defined as responsibilities (within the past 4 years) that include the direct provision of DSME, as defined by NCBDE.

*Qualifying hours accrued under the Diabetes Educator Mentorship program are also accepted.

What is Diabetes Self-Management Education?

Definition of DSME

- DSME involves the person with prediabetes 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.

Definition of DSME (continued)

- The process incorporates the needs, goals and life experiences of the person with prediabetes 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.
What is Diabetes Self-Management Education?°?

**Definition of DSME (continued)**

For purposes of eligibility, some or all of the following components of the DSME process may be performed and counted towards meeting the practice requirement:°

- 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.

*° For 2014 certification


What is Diabetes Self-Management Education?°?

DSME process continued...

- 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.

*° For 2014 certification

What is Diabetes Self-Management Education?°?

DSME process continued...

- 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.

Note: Regardless of discipline, knowledge and the ability to apply that knowledge is necessary across all areas of the examination content outline.

*° For 2014 certification
Eligibility for Initial Certification - 2014

Continuing Education requirements

Minimum of 15 clock hours of continuing education activities applicable to diabetes within the 2 years prior to applying for certification.

This requirement follows the same overall guidelines as renewal of certification by continuing education.

Eligibility for Initial Certification - 2014

Eligibility-wise, of all the requirements, most questions focus on the 1,000 hour DSME practice requirement.

Exercise is an important component in helping people successfully manage their diabetes.

Individuals holding either the CES or RCEP credential might be found providing diabetes education when working in settings such as cardiac rehabilitation or back pain/rehab center. However, those are not the only settings. So how do you know?

Am I doing DSME?

Questions to consider:

- Have you reviewed the definition of DSME?
- Have you talked with your supervisor about it to get their feedback?

Your supervisor is the individual that must verify your experience if you are audited when you apply, so it’s important that they are on the same page regarding your role.
Eligibility for Initial Certification - 2014

Am I doing DSME?

Questions to consider:

- Have you looked over the examination content outline?
- The outline is built on a survey of what CDEs are doing in their jobs.
- When you review the outline, you may identify many activities you are already performing in your setting.

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Eligibility for Initial Certification - 2014

Am I doing DSME?

Still not sure – few more things to think about:

- Does part of your role include patient education and counseling?
- Do you work with patients with diabetes?
- Is there documentation of your work with the patient in their record?

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Eligibility for Initial Certification - 2014

Am I doing DSME?

Still not sure – here are some examples to think about:

- Do your patients with diabetes receive the same educational content as those without diabetes (not DSME)?
- OR rather, do you teach those patients how diabetes medication impacts blood glucose levels (DSME), explain the hypoglycemia risk associated with physical activity (DSME)?
Eligibility for Initial Certification - 2014

Am I doing DSME?
Still not sure – here are some examples to think about:

- Do you simply teach an individual how to use a blood glucose meter (not DSME)?
- OR rather, do you provide guidance when teaching the meter about blood glucose goals pre and post physical activity (DSME)?

Examination Application

- Applied Measurement Professionals (AMP) administers the examination process for NCBDE, including application submission.
- Most individuals can apply on-line using AMP’s web site. See NCBDE web site or Handbook for the few restrictions requiring submission of a paper application.
- 2014 application fee - $350 initial/lapsed; $250 renewal.

Examination Application

- Applications accepted within 2 application windows annually.
- Once confirmation to sit is obtained, individual may make appointment using on-line option or via telephone.
Examination

- Computer-based test, offered during 2 testing windows at over 190 different test centers. Each window is open for approximately 2 months.
- Will be 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

Examination

- 200 multiple-choice, objective questions, including 25 pre-test (unscored) questions
- 4 hour time frame
- Normally, score reports provided upon completion of examination.

Preparing for the Examination

- Review ECO – need knowledge covering all areas of ECO
- Look for areas that may not be a part of your day to day experience - e.g., diabetes education program management aspects if you are a CES or wound care if you are a pharmacist.
- Consider your typical patient – study aspects of the ECO outside of that profile - e.g., usually work with adults – think about pediatric patient or usually work with people with Type 1 diagnoses – think about gestational diabetes or Type 2.
Preparing for the Examination

- Review Handbook information on studying for the examination and references
- Check around for other resources for review courses/materials
- Nervous about exam day? Consider making use of the Practice Examination (PE). Developed by NC8DE and available through AMP. PE is taken via the internet – provides “feel” for actual exam experience; 50 questions - $55 fee.

Renewal

- Renewal is 5 year cycle & must be completed during year of expiration.
- Does include a practice requirement, though definition of practice is expanded.
- If practice requirement met, renewal be done via Examination or Continuing Education process. Otherwise, will need to obtain continuing education and pass Examination.

Questions
How do you contact NCBDE?

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