Preparing for the CDE Exam

- New eligibility requirements
- Test Updates
- Get ready for success

Presented by:
Beverly Thomassian, RN, MPH, BC-ADM, CDE
www.DiabetesEd.net

Web Clinic Details

- To hear presentation, turn on your computer speaker or listen via your phone
- Questions? Please email us after program.
- If you are having technical difficulties, type them in the chat room.
- Thank you for joining us!

Topics

- Update to eligibility requirements
- Definition of a Diabetes Educator
- Exam content
- Study strategies
- Test taking tips
- Resources
Some Notes of Clarification

Diabetes Ed Services has no relationship with National Credentialing Board of Diabetes Educators (NCBDE).
For more info visit www.ncbde.org

Why Take the CDE® Exam

- Demonstrates to people with diabetes, employers, and third party payers that the CDE® possesses distinct and specialized knowledge, thereby promoting quality of care for patients with diabetes.
- CDE® is the recognized standard for competence in diabetes self-management education.
- Given the diabetes epidemic, access to CDE’s is critical

What is a CDE®?

- A health care professional with comprehensive knowledge and experience in diabetes management, pre-diabetes, and diabetes prevention.
- Educates and supports people w/ diabetes to understand and manage the condition.
- Promotes self-management to achieve individualized behavioral and treatment goals that optimize health outcomes.
Professional Qualifications to take CDE® - excerpted from NCBDE

- RN, clinical psychologist, OT, optometrist, pharmacist, PT, (M.D. or D.O.), or podiatrist w/ current license from U.S. or its territories.
- RD w/ CDR registration, PA w/ active registration with NCCPA, or exercise physiologist w/ active certification and Registered CEP® (master’s degree).
- HCP w/ at least a master’s degree in social work from accredited U.S. College

2014 - Professional Practice Experience - Must meet all

- A minimum of two years (to the day) of professional practice experience in the discipline under which one is applying for certification
- Minimum of 1,000 hours of professional practice experience within the past 4 years in diabetes self-management education with a minimum of 40% (400 hours = about 8 hrs a week) accrued in the most recent year preceding application.
- Minimum of 15 clock hours of continuing diabetes education within 2 years prior to applying for certification.

New- Health Educators

- Individuals holding the Master Certified Health Education Specialist (MCHES) credential,
- Plus meet all of the NCBDE eligibility requirements
- Can apply starting in 2014
New- Unique Qualifications Pathway – 2014

- Designed for health professionals holding an advanced degree in a health related area/concentration
- This pathway has different eligibility requirements and involves a “preapplication” process plus 2000 hrs DSME.
- For more: info@ncbde.org or call 877 -239- 3233

Professional Degree, DSME Practice Hours, plus CE

- Only experience occurring AFTER completing your professional degree can be counted toward the Professional Practice Experience requirement.
- Need 1000 hours of DSME Practice Hours
- If on Unique Qualifications Pathway, need 2000 hours of DSME

Practice hours through Volunteering
New for 2014

- 1000 of the needed professional practice hours can be gained through providing DSME as a volunteer
- Supervisor must attest that DSME provided meets criteria
On the Other Hand

- These are some activities that don’t count toward practice hours.

Professional practice experiences
NOT considered diabetes education

- 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/participating in research activities in which the individual is not involved in DSME
- Dispensing/prescribing meds, unless part of DSME process

Not Considered diabetes education experience cont’d

- Promoting or selling medications, diabetes supplies or products
- Providing continuing education to professionals
- Membership and committee work in professional organizations
- Having diabetes or caring for family member with diabetes
- Diabetes-related volunteer activities that do not include some or all of the components of the DSME Process
Need CE’s for CDE?
Join our Upcoming Conferences

Level 1 – Becoming an Educator - UCSF
• January 18-19 & Feb 22-23, 2014
Level 2 – Diabetes Educator Course
• April 9-11, 2014
• Modesto, CA

Earn 24 CE’s – qualifies toward CDE
DiabetesEd.net

Special Discount on “Prep for CDE Bundle”
Save $30 – ends Jan 17

• 12 courses and 13.35 CEs, it’s easy.
• Go to DiabetesEd.net - Online Courses
• Usual price $139 – Discount price $109
• Click and choose “Level 2 Preparing for CDE Exam Bundle”.
• After you hit the green button to purchase enter coupon code almond for your $30 discount
Definition of Diabetes Self-Management Education (DSME)

- By health professionals who have appropriate credentials and experience
- It involves persons with prediabetes or diabetes, caregivers and educator
- Defined as an ongoing process of facilitating the knowledge, skill, and ability necessary for self-care.

Definition of DSME (cont’d)

- Is a component of a comprehensive plan of diabetes care.
- Incorporates needs, goals and life experiences and is guided by evidence-based standards.
- Goal is to support:
  - informed decision-making,
  - self-care behaviors,
  - problem-solving and
  - active collaboration with health care team to improve clinical outcomes, health status, and quality of life.

DSME Defined for Practice Experience

- For purposes of certification eligibility, some or all of the following components of the DSME process may be performed and counted toward meeting the DSME practice experience requirement:
What’s included in DSME?
1. Assessment and education plan developed by individual and educator(s) to direct appropriate educational interventions and self-management support strategies.
2. Educational interventions to help individual achieve self-management goals.
3. Periodic evaluations to determine if goals met.
4. A personalized follow-up plan.
5. Documentation.
6. Program development and admin provided in support of the diabetes patient education.

Applying to take the CDE® Exam

At the time of your online application you will receive:
- On-line notification of either approval
- Or that you have been selected for audit
- If you are submitting a paper application, call AMP if it has been more than 4 weeks since application was mailed and you have not received notice of receipt or audit. Call the AMP at (913) 895-4600

What is included in audit if requested?
- Licensure
- Documentation of Professional Practice Experience
- CE course verification
- Employment verification signed by supervisor
Test Now Computerized

- Window to apply for Spring testing
  - Jan 15 – March 15: Take test in June
- Window to apply for Fall testing
  - July 15 – Sept 15: Take test in December
- Once you receive confirmation of eligibility
  - Schedule an appointment to take the examination on a first-come, first-served basis through Castle’s online scheduling system.

When will I get my results

- You will receive your test results the same day (except for Spring 2014)
- You can retake the test as many times as needed
- Cost –
  - 1st time $350
  - Renewal - $250

Scoring the Exam

- Reported as raw and scaled scores
  - Raw score: number of right answers
  - Scaled score: statistically derived from the raw score
- Total score determines pass/fail and is reported as a scaled score ranging between 0 and 99
- To pass: 70 scaled score units
CDE® Exam Test Stats from NCBDE

- 2006 - 80%
- 2007 – 81%
- 2008 – 80%
- 2009 – 69% (test changed based on work study analysis and computerized)
- 2010 – 69%
- 2011 -65%
- 2012 – 63.5%

Overview of CDE® Exam

- Composed of 200 multiple-choice, objective questions with a total testing time of four (4) hours.
- Based on job analysis completed in 2013, which surveyed diabetes educators about the tasks they performed.
- Spring test takers won’t get results for 8 wks

Exam Details

- Questions are linked directly to a task or tasks.
- Each question is designed to test if the candidate possesses the knowledge necessary to perform the task or has the ability to apply it to a job situation.
- 25 of the 200 questions are new - but are not counted in the determination of individual examination scores.
Exam Content

- Assessment (45)
  - Learning/Self-Care Behaviors (15)
  - Medical, Psycho-Socioeconomic and Health Status (10)
  - Current Knowledge and Practices Related to Diabetes Care (20)

Exam Content

- Intervention (112)
  - Collaboration with Patient, Family, Caregiver, and Healthcare Team (14)
  - Teach/Counsel Regarding Principles of Diabetes Care (70)
  - Review, Evaluation, Revision, and Documentation (14)
  - Follow-up and Referral Recommendations (14)

Exam Content

- Program Development and Administration (18)
  - Diabetes Patient Education Program (8)
  - Evaluate Outcomes and Quality (6)
  - Promote Diabetes Advocacy (4)

For detailed outline go to: http://www.ncbde.org/exam_outline.cfm
TAKE THE

TEST

Questions, Answers and Pitfalls

Reading too Fast

Pitfalls

- Choosing a “good” answer, but not the right one for the stem key intent of question
- Failing to read an important words (always, never, most, probably, usually)
- Choosing an answer you did not understand because the others seem too easy

Empowerment

Errors

- Focusing on the medical need rather than the psychosocial needs
- Failing to keep in mind the patient's characteristics (age, type of diabetes, etc.)
Thinking Pitfalls

- Imaging a right answer and getting thrown when it is not among the choices
- Over thinking question/answers
- Choosing an answer that did not fit the situation
- Being thrown by a technical term you did not know

Take a Practice Test – Learn how to “work” test questions

- Make sure you REALLY understand the question
- Find the stem
  - Identifies key intent of the question
- Read all the options or answers
- Eliminate obvious wrong answers
- Select BEST option

Look for Clues in The Answers

- If two answers are opposites or similar, one of them is probably correct
- Answers with the following words are usually incorrect: always, never, all, none, only, must, and completely
- Answers with the following words are usually correct: seldom, most, generally, tend to, probably, usually
Getting to the Right Answers

- Do not leave any answers blank
- Look for clues in the question
- Don’t get lured in by juicy answers
- Avoid imposing your life experience into the question/answer
- Keep breathing
- Even simple math problem should be worked out on scratch paper

Three Types of Questions

- Recall – facts, principles, procedures
- Application – ie – application of knowledge that varies based on pt characteristics
- Analysis – integration or synthesis of a variety of concepts or elements (ie evaluating complex problems with many variables.

Sample Question -1

Which of the following would suggest a diagnosis of new onset type 1 diabetes vs type 2 diabetes?
A. Hyperglycemia
B. Polyuria
C. Ketosis
D. Polydipsia
Sample Question 2

- MJ has type 1 diabetes and wants to know the possible complications that can result from hyperglycemia during the first trimester of pregnancy. Which of the following complications can result from 1st trimester hyperglycemia?
  A. macrosomia
  B. vascular defects
  C. shoulder dystocia
  D. spina bifida

Vignette Style Question

- Read the following vignette to answer the next 3 questions.
  - A 47 yr old man with newly diagnosed type 2 diabetes. Additional known information.
    - Married, with 2 teenagers
    - Professor, obese
    - Started on Metformin 500mg BID
    - Father died of kidney failure secondary to diabetes

Vignette Style Question 1

- Given what you know about this patient, what emotions would you expect him to express?
  A. Fear of hypoglycemia
  B. Reluctance to start on insulin
  C. Panic disorder
  D. Fear of complications

© Copyright 1999-2014, Diabetes Educational Services, All Rights Reserved.
Vignette Style Question 2

What is most likely to be a potential barrier to lifestyle change?
A. Difficulty exercising due to obesity
B. Excessive alcohol intake
C. Teenage children
D. Long work hours

Vignette Style Question 3

The patient requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?
A. 1,200 calorie exchange plan
B. Avoid all concentrated sweets
C. Eat 3 meals a day with snacks in between
D. Healthy eating based on the "My Plate" method

Sample Question 3

Metformin is an antidiabetic agent different than that of sulfonylurea drugs. Some features of the drug are that it:
A. Stimulates insulin secretion and increases hepatic glucose production.
B. Causes hypoglycemia
C. Lowers hyperglycemia in persons with diabetes, but does not lower blood glucose levels in people without diabetes.
D. Results in weight gain and increase in plasma glucose levels.
Sample question 4

A person with type 2 is on a twice daily dose basal/bolus insulin and complains of waking up with morning headaches. If the fasting capillary BG is 291, this person should be advised to:

A. Increase evening dose of basal insulin
B. Increase morning dose of bolus insulin
C. Check 3am blood glucose
D. Eliminate bedtime snack

STUDYING

Confidence, Habits and Time

Study Habits

- Find your best time of day to study
- Determine your learning style
  - Auditory – discussion, study groups, tapes
  - Visual – books, handouts, notes, videos
  - Kinesthetic – workshops, demonstration
- Set up a study space
- Set up a study plan
  - Schedule your time
  - Make an appointment with yourself
Study Group

- Set a location, time and schedule
- Have an agenda
- Set the rules
  - Everyone does their share
  - Everyone commits to attend
- Can be a great source of moral support and can help decrease test anxiety

Study Time

- Review of what you know: 30 to 40%
- Learning new materials: 60 to 70%
- CDE* prep courses, flash cards & sample tests
- Teach the content to someone else
- Use down time/waiting time productively

Knowledge = Confidence

- Most important aspect of test taking
- Knowing the content will improve your confidence
- As you study your knowledge base expands
Combating Test Anxiety

- Positive thinking and affirmations
- Use relaxation techniques we teach pts
- Take practice exam
- Rest well night before
- Know how to get to test site
- Arrive at exam room early
- Know your stuff – self-study or courses

AADE – The Art and Science of Diabetes Self Management Education – 2nd Ed

Art and Science
Our Price: $229.00
Both Books for $279
www.DiabetesEd.net

You are Going to Do Great!

© Copyright 1999-2014, Diabetes Educational Services, All Rights Reserved.