

Two Certifications Equal Two Opportunities:

Showcase Your Diabetes Knowledge &
Expertise



ADA ERP Presentation

Certification Board for Diabetes Care and Education

October 6, 2025



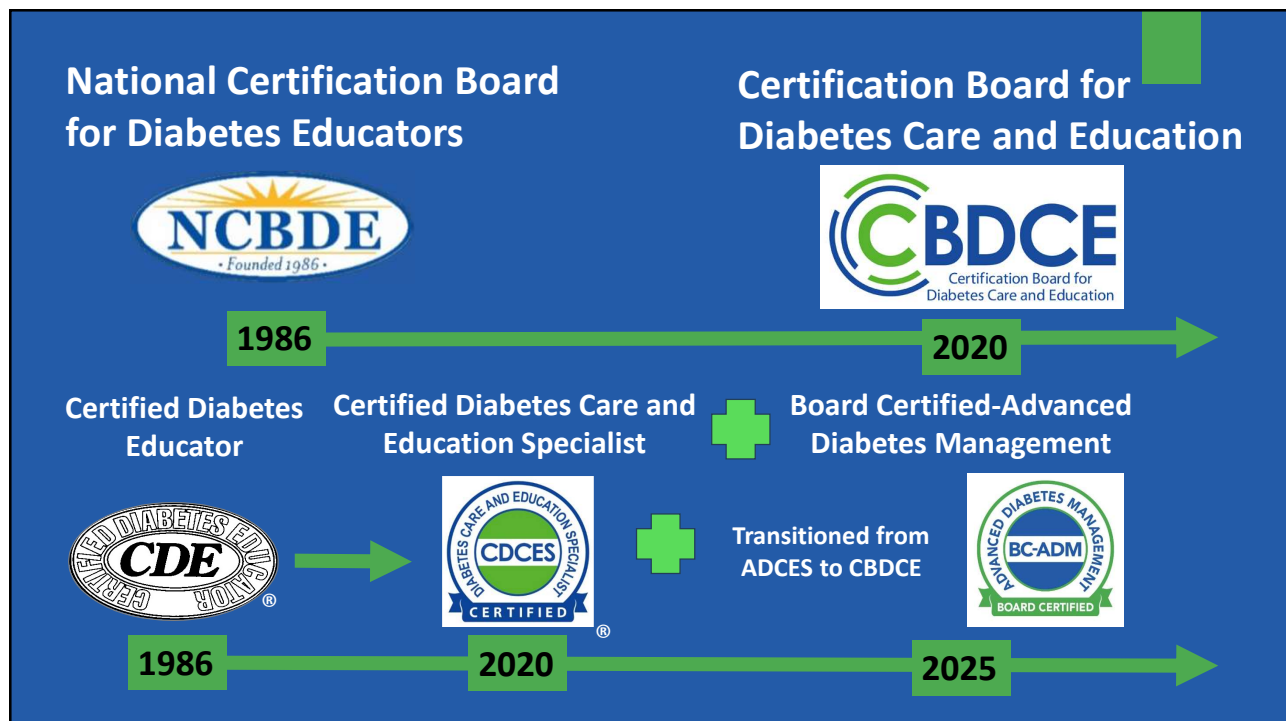
Presenters



Joanne Rinker, MS, RDN, CDCES®,
BC-ADM®, LDN, FADCES
2025 CBDCE Board Chair-Elect



Sheryl Traficano, MBA, CAE
CBDCE Chief Operating Officer



What do they do?

CDCESs educate and support people affected by diabetes. They help people and their families:

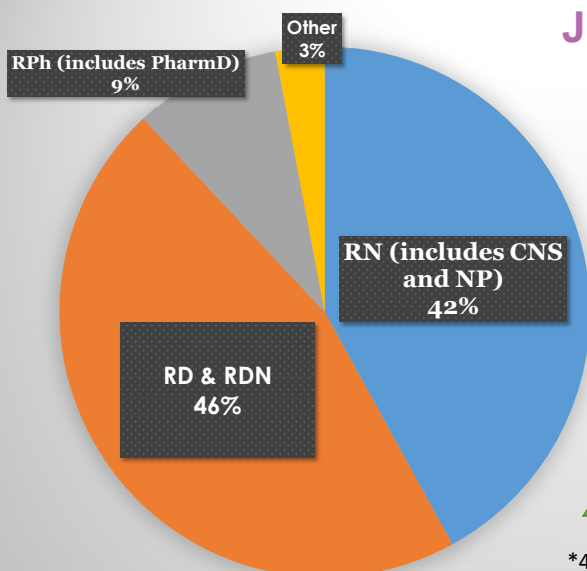
- Understand and manage the condition
- Achieve behavioral and treatment goals
- Optimize health outcomes

*Within their discipline's scope of practice and licensure

BC-ADM holders manage complex patient needs*:

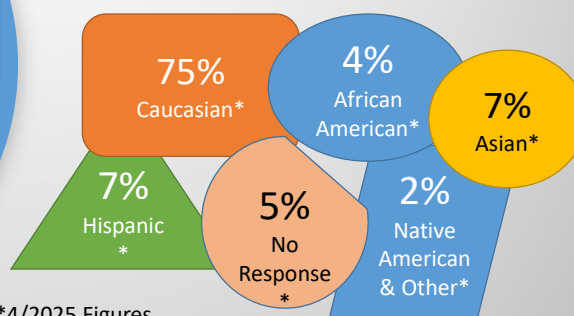
- Assist people at risk for and with diabetes and other cardiometabolic conditions with therapeutic problem-solving
- Adjust/prescribe medications
- Treat and monitor acute and chronic complications and other comorbidities
- Counsel on lifestyle modifications
- Address psychosocial issues
- Participate in research and mentoring

CDCES Program



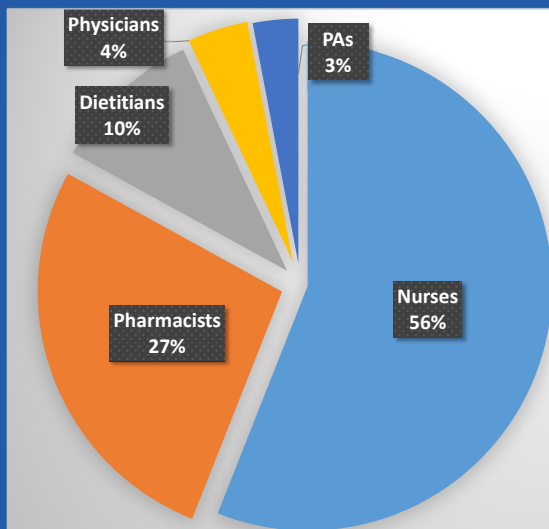
Just over 19,200 currently certified (As of 4/2025)

An average of over 1600 individuals have applied for initial certification annually over the past 3 years.

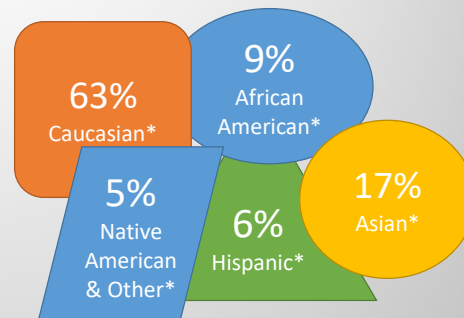


*4/2025 Figures

BC-ADMs Program



These percentages have been consistent over time. We consistently get about 240 people sitting for the exam each year, with about 1,900 currently certified. (as of January 2025)



*2023 & 2024 Average Test Takers Exit Data

Certification Process – Similar, but Different

Similar Requirement...

- Discipline – but different
- Experience – but different
- Exam – but definitely different
- 5-year cycle – no difference
- Renewal – but different

Definitely different...

- Advanced degree requirement – BC-ADM
- Initial CE Requirement – CDCES

Initial Certification Requirements – Summary

Requirement	CDCES - Standard Pathway	BC-ADM
Discipline	Many including RN, RD/RDN, RPh	RN, RD/RDN, RPh, PA, MD/DO
Education	n/a	Master's or higher degree in a clinically relevant area
Experience (after discipline)	2 years general work experience 1000 hours of diabetes care and education in up to 5 years, with 200 hours in last 12 months	500 hours of clinical practice in advanced clinical diabetes management in up to 48 months (clinical hours must be earned after advanced degree obtained)
Continuing education	15 hours applicable to diabetes within 2 years before applying	n/a
Exam	Yes – review ECO 150 scored, 25 pretest	Yes – review ECO 150 scored, 25 pretest

Exam Content Outlines

	CDCES	BC-ADM
Total Scored Items	150	150
Total Pre-Test (Unscored) Items	25	25
Time to Test	4 hours	3-1/2 hours
Domains	4	3
Domains with Number of Questions (Scored Items)		
I	Assessment (37#/25% of exam)	Assessment and Diagnosis (45#/30% of exam)
II	Care and Education Intervention (105/70% of exam)	Planning and Intervention (50#/33% of exam)
III	Standards and Practices (8#/5% of exam)	Evaluation and Follow-Up (34#/23% of exam)
IV	n/a	Population Health, Advocacy, and Professional Development (21#/14% of exam)

For full ECOs - Refer to [CDCES Exam Handbook](#) and [BC-ADM web page](#)

Exam Content Outline - CDCES

Example...

I. Assessment (37)

A. Physical and Psychosocial (12)

1. Diabetes-relevant health history (diagnosis, duration, symptoms, complications, treatment, comorbidities, healthcare utilization)
2. Diabetes-specific physical assessment (biometrics, site inspection, extremities, etc.)
3. Social determinants of health (economic, living situation, healthcare access, social supports, and food/housing insecurity)
4. General health history (family, medical, mental health, substance use, surgical, allergies and medication)
5. Diabetes measures and other laboratory data
6. Mental health wellbeing (adjustment to diagnosis, coping ability, etc.)
7. Considerations related to diabetes self-care practices (cognitive, physical, language, cultural, spiritual, family/caregiver dynamics, fears and myths, life transitions, etc.)

B. Self-Management Behaviors and Knowledge (15)

1. Disease process
2. Eating habits and preferences
3. Activity habits and preferences
4. Medication practices and preferences (prescription, nonprescription, complementary and alternative medicine)
5. Monitoring and data collection (glucose, ketones, weight, dietary intake, activity, etc.)
6. Use of resources
7. Use of technology (monitors, smart delivery systems, apps, online education, patient portals, etc.)
8. Risk reduction of acute and chronic complications
9. Problem solving

Exam Content Outline – BC-ADM

Example...

Domain I: Assessment and Diagnosis (45)

A. Conduct therapeutic interviews using a systematic approach (4)

1. Motivational interviewing
2. Open-ended questions
3. Person-first, strength-based language
4. Communication for social, cultural, and/or clinical context
5. Behavior change theory

B. Perform comprehensive assessments of diabetes, complications, and related chronic conditions across the lifespan (e.g., functional status, sensory/foot, eye exam, medication, and complementary alternative medication review). (5)

1. Obtaining a patient history: nutrition, physical activity, medical/medication therapy, mental health, health, family, and social history
2. Developmental and cognitive ability
3. Cultural, ethnic, and health literacy and lifestyle assessment
4. Self-care skills and behaviors
5. Complications and risks
6. Focused physical exam procedures (e.g., foot exam, skin assessment)
7. Laboratory assessments

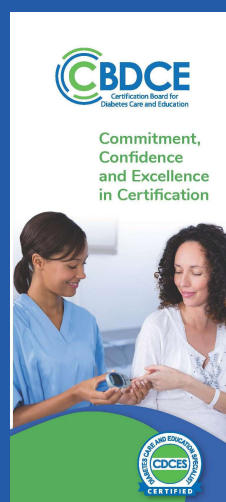
Applying/Taking the Exam

	CDCES	BC-ADM
Testing Window	Apply and Test Year-Round	Two testing windows – June and December; deadlines to apply in May and November respectively
Test Modalities	In Person Test Center or Live Remote Proctoring	In Person Test Center or Live Remote Proctoring
Apply where?	Via CBDCE website	Via test vendor website
Test Vendor	PSI	Meazure Learning

Becoming Certified

Exam Details & Preparation

Learn more by visiting the CBDCE website at cbdce.org and/or downloading the appropriate examination handbook



CDCESs...

CDCESs Value their Credential



of CDCESs said they help people at risk for or living with diabetes improve their health outcomes



of CDCESs said they're proud of their certification



of CDCESs said they value their certification



of CDCESs said certification provides them with greater personal satisfaction



of CDCESs said certification provides them with greater professional satisfaction



of CDCESs said certification enhances their confidence



of CDCESs said certified professionals are respected members of the diabetes care team



of CDCESs said certification enhances their career opportunities and marketability



of CDCESs said the cost and effort of maintaining their certification is worth it to them

*2022 Value of Certification Survey

Renewing Your Certification

- Five-year cycle
- Maintenance of current, active, unrestricted original license/reg used to qualify for initial certification
- BC-ADM & CDCES program – similar, but still different, renewal requirements

Renewal of Certification

	CDCES	BC-ADM
Discipline	Maintain same as qualifying discipline as initial certification; active unrestricted	
Ways to Renew	▪ Practice & exam ▪ Practice and CE ▪ CE and exam	Professional Development (2 of 6): CE, Academic Credits, Presentations, Publication/Research, Preceptor, Volunteer
Practice Hours	If using, 1000 hours with expanded definition vs initial certification	1000 clinical hours of advanced diabetes management
More Info	Refer to handbook	Refer to handbook

Renewing the CDCES Credential

What's New for Renewal of Certification?

- Exam Option – year-round testing in approximately 300 exam sites or via live remote proctoring option
- Continuing Education Option:
 - Expanded CE Activities
 - Standards of Care Update CE Activities (more details later slide)
 - Encouraged CE Activities (2025 and future)

<https://www.cbdce.org/renewal>

Renewing the CDCES Credential

Renewal: Continuing Education Option - Expectations

- Demonstrate knowledge and skills are up-to-date, ability to practice proficiently, safely, and in a manner consistent with current National Standards of Diabetes Self-Management Education and Support (NSDSMES) and ADA Standards of Care in Diabetes
- All CDCESs who select renewal by continuing education will engage in a personal assessment to identify professional needs and participate in appropriate activities that are inclusive of the Examination Content Outline in the current Handbook.

Renewing the CDCES Credential

Renewal: Continuing Education Option - Expectations

NEW – Effective with renewals starting in 2025

- CDCESs must participate (virtually or in-person) in CE activities twice during their renewal cycle regarding the annual release of American Diabetes Association's Standards of Care for Diabetes*.

*The Standards of Care for Diabetes are updated on an annual basis. CBCDE encourages CDCESs to participate in CE activities every year that focus on the updates. The CE activities for the updates are widely available; some may be free or at a minimal charge, e.g., via the American Diabetes Association or Association of Diabetes Care & Education Specialists.

BC-ADM Renewal - Professional Development Categories

All candidates must complete 2 of the 6 categories.

- Category 1 CEUs - 75 contact hours (may be doubled to 150 contact hours)
- Category 2 Academic Credits - 5 semester credits or 6 quarter credits (may be doubled)
- Category 3 Presentations - Total presentation time of at least 5 hours (may be doubled to 10 hours)
- Category 4 Publications/Research – varying refer to Handbook
- Category 5 Preceptor - At least 120 hours (may be doubled to 240 hours of precepting)
- Category 6 Professional Service - At least 100 hours of volunteer service related to diabetes care during the certification cycle (may not be doubled)

<https://www.cbdce.org/faqs-bc-adm-renewal-of-certification>

BC-ADM Renewal – Practice Hours for Renewal

A minimum of 1000 practice hours related to your role as an advanced diabetes manager must be completed within the 5 years prior to the submission date on your renewal application



Initial Certification Myths & Facts

CDCES Initial Certification: FAQs & Myths

- What counts for experience?
<https://www.cbdce.org/faqs/>
- How do I track experience?
- **Myth:** RNs need a bachelor's degree
- **Myth:** Two years of practice must be: a) in diabetes or b) full time
- **Myth:** Work/volunteer role must be full-time diabetes education positions
- **Myth:** Work/volunteer diabetes education hours don't count unless doing a minimum of 4 hours per week

BC-ADM Initial Certification: FAQs & Myths

- How do I document my Clinical Practice Hours on the application?
- What if I fail the exam the first time?
- Once I take the exam, how long before I get my score and how will I be notified?
- **Myth:** To practice, you need to have both credentials, the CDCES and the BC-ADM
- **Myth:** Having the BC-ADM certification changes scope of practice
- **Myth:** Clinical practice hours while in training count towards the 500 required hours



Panel Session

Panel members



Melanie Batchelor, MHS, RD, LDN, CDCES®,
2025 CBDCE Board Immediate Past Chair



Alison Evert, MS, RDN, CDCES®, FADCES
2025 CBDCE Board Member

Panel Questions

- How did you hear initially about the certification?
- Why did you choose to pursue the credential?
- How has holding the certification changed your experience as a member of the diabetes care team?
- How has holding the certification changed your opportunities on a professional basis?



Mentorship/Career Advancement

CDCES Mentorship Program

- Optional mentorship program partners experienced CDCESs with health professionals who are interested in gaining experience in providing diabetes education.
- Helps the individuals accrue experience in order to meet the practice requirement to sit for the CDCES exam.
- CDCESs volunteer as mentors – provide avenue for the mentee to accrue hours providing DSMES to people with diabetes
- As partnerships are completed, mentors can accrue equivalent CEs towards renewal by CE requirements
- Mentor Spotlight Award – annual – launched 2020
- [Learn more on the cbdce.org site](https://cbdce.org)

CDCES Scholarship Program

- Recipients receive voucher to cover initial certification application fee (\$350 value)
- Categories
 - Diversity and Inclusion
 - Young Professional
 - Veterans/Military Service
 - Profession Expansion
 - Under-Resourced Populations
- Recipients also gain access to practice exam at no cost (\$55 value)
- [Learn more](#)

Applications
taken Mar 15-
May 15

New! BC-ADM
Scholarships to be
available.



Questions??



www.cbdce.org • info@cbdce.org

Phone: 847.228.9795

**Certification Board for Diabetes Care
and Education
Schaumburg, IL**



Why I Became a CDCES® ...

“It is crucial to have a CDCES as a team member in the hospital, as well as, outpatient setting...Not only does the CDCES educate, they also encourage and collaborate on how to manage and improve care. CDCESs are a vital part of the diabetes management team and have the time to spend with patients that physicians do not always have to help achieve the best outcomes.”

Rebecca Morrison, BSN, RN, CDCES®
Marietta, GA

Why I Became a CDCES® ...

“Every CDCES that I have met at local and national meetings are so excited to share their ideas; it is like one big family who really cares about treating people with diabetes and helping each other to do better in our careers. How can someone not be excited to join such a group!”

Julie Stading, PharmD, CDCES®
Creighton University, Eagle, NE

Why I Became a CDCES®...

“The most rewarding part of being a CDCES is helping people with diabetes overcome barriers and improve their health. My decision to becoming certified was the best career move I have taken as a Registered Dietitian!”

Debra D'Angelo, RDN, CDCES®
Dietitian/Diabetes Educator,
Regal Medical Group, Camarillo, CA