Studying for the CDE Exam: Let's get this Party Started

Resources:
http://www.cdecb.ca/ for exam information

http://guidelines.diabetes.ca/fullguidelines Check the website for updates. The exam is set in Jan/Feb of 2018 and will include any updates up to and including Jan/Feb 2018.

http://guidelines.diabetes.ca/healthcareprovider tools case studies, Motivational interviewing summary sheet, quick tools

http://guidelines.diabetes.ca/slides-and-videos PowerPoint summary of chapters, with key points and recommendations

Empowerment

Transtheoretical Model (TTM): Stages of Change

Motivational Interviewing (MI) adapted from
- http://www.behaviourchangeinstitute.ca/WELCOME.html
  - Dr Michael Vallis and associates’ website with vignettes, tools, and manuals regarding behaviour change.
  - This site may be helpful for people who want more information regarding empowerment and motivational interviewing, & assessing readiness to change.

Travel and insulin dose Adjustments
- Saskatchewan Advanced Insulin Dose Adjustment Module, 2010

Standards of Diabetes Education in Canada (2014)

• Process standards:
  “Performance expectations of those who provide education, which lead to desired client outcomes.”

• Structure standards:
  “Supporting resources (e.g. facilities, equipment, time, personnel) essential to the achievement of ‘Process’ and ‘Outcome’ standards.”

• Outcome Standards:
  “Observable, verifiable effects, which indicate that specified intentions or action strategies, have been achieved or implemented.”
Wednesday November 1, 2017: Pre-Conference Workshop D

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Resources for Nutrition Therapy

   Nutrition Therapy S45-S55
   Weight Management S82-S86

2. Diabetes Canada: Building Competency in Diabetes Education: The Essentials

   - Or Google” Eating Well with Canada’s Food Guide”

4. www.diabetes.ca
   A) Main Header (navy) two resources: 1. Diabetes &You – left hand side
      2. Clinical Practice & Education -right hand side
   B) Shop- located under Search Box

Diabetes & You>Healthy Living Resources>Diet &Nutrition

Page 1: Basic Meal Planning

   Portion Guide

   Carbohydrate Counting

   The Glycemic Index

   Alcohol & Diabetes

Page 2: Sugars and Sweeteners

   Understanding the Nutrition Label

   Dash Diet

Clinical Practice & Education < Professional Resources < Diet &Nutrition (scroll to bottom of page)

a) Beyond the Basics- download- Beyond the Basics Presentation, Helpful Hints for Educators
b) Basic Carbohydrate Counting- Carbohydrate Counting Resource
   -Carbohydrate counting Presentation: fibre, sugar alcohol

Continued page 2
Shop > Educational Resources > Diet and Nutrition (left hand side)

Alcohol & Diabetes
Basic carbohydrate counting
Just the Basics
The Glycemic Index
Sugars and Sweeteners
The Glycemic Index