

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/healthcareprovidertools> 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

- Funnell, M. & Anderson, R. (2004) Empowerment and self-management of diabetes. Clinical Diabetes, 22 (3) p. 123.

Transtheoretical Model (TTM): Stages of Change

- <http://www.prochange.com/transtheoretical-model-of-behavior-change>. Accessed Oct 26, 2017

Motivational Interviewing (MI) adapted from

- https://www.umass.edu/studentlife/sites/default/files/documents/pdf/Motivational_Interviewing_Definition_Principles_Approach.pdf Accessed Oct 26, 2017
- http://guidelines.diabetes.ca/cdacpg_resources/Motivational-Infographic.pdf
- <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
<https://www.ehealthsask.ca/services/resources/Resources/advanced-insulin-dose-adjustment-module.pdf> accessed October 26, 2017.

- Pinsker J., Becker, E., Mahnke, B., et al. (2013). Extensive clinical experience: a simple guide to basal insulin adjustments for long distance travel. J Diabetes Metab Disorder: 12, 59.

Standards of Diabetes Education in Canada (2014)

Definitions Canadian Diabetes Association, Diabetes Educator Section, Standards for Diabetes Education in Canada (2014) pg. 13. Accessed October 26, 2017
<https://www.diabetes.ca/getmedia/63683bc6.../diabetes-education-booklet.pdf.aspx>

- **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

Studying for the Certified Diabetes Educators (CDE) Exam: Let's Get this Party Started

Resources for Nutrition Therapy

1. 2013 Clinical Practice Guidelines Can J Diabetes 2013;37
Nutrition Therapy S45-S55
Weight Management S82-S86
2. Diabetes Canada: Building Competency in Diabetes Education: The Essentials
3. Canada's Food Guide – www.Canada.ca <Get your Copy< PDF version
- 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