

## **2026 CDE Study Schedule**

- ❑ Step #1- Download the complete PDF of the 2018 Diabetes Canada Guidelines here- <https://cdestudycourse.com/wp-content/uploads/2024/08/Full-2018-Diabetes-Canada-Guidelines-click-here.pdf>
- ❑ Read chapter 1 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-1-study-guide-introduction/>
- ❑ Ignore chapter 2- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-2-study-guide-methods/>
- ❑ Read chapter 3 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-3-study-guide-definition-classification-and-diagnosis-of-diabetes/>
- ❑ Review the [Free Diagnosis and Remission cheat sheet](#) (only S11-13 material) and then repeat [Free Diagnosis and Remission quiz](#) until you can get 80%+. The other material will be tested in a future quiz once you are further along in the guidelines.
- ❑ Review pathophysiology lecture #1- <https://cdestudycourse.com/pathophysiology-lectures/lesson-1-pathophysiology/>- Note pathophysiology lectures requires a Package C or higher.
- ❑ Read chapter 4 and study guide-<https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-4-study-guide-screening-for-diabetes-in-adults/>
- ❑ Read chapter 5 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-5-study-guide-reducing-the-risk-of-developing-diabetes/>
- ❑ Review pathophysiology lecture #2- <https://cdestudycourse.com/pathophysiology-lectures/lesson-2-pathophysiology/>
- ❑ Read chapter 6 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-6-study-guide-organization-of-diabetes-care/>
- ❑ Read chapter 7 and study guide-<https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-7-study-guide-self-management-education-and-support/>
- ❑ Check out the Exam Forum. If you have a question try using the search function to get an instant answer. Likely your question has been asked for a student from a prior year. Otherwise feel free to post your question and I will answer in a few days- <https://cdestudycourse.com/forum/> You can also check what other people thought of the prior exams. Note Exam Forum requires a Package C or higher.
- ❑ Read chapter 8 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-8-study-guide-targets-for-glycemic-control/>
- ❑ Review the [UKPDS and DCCT/EDIC video](#) which the targets recommendation are based upon

- Review the [Free Targets cheat sheet](#) (only S43 material) and then repeat [Free Targets Quiz](#) until you can get 80%+. The other material will be tested in a future quiz once you are further along in the guidelines.
- Read chapter 9 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-9-study-guide/>. Note there is an update to this chapter. However some info in this chapter is not contained in the update so this chapter should still be reviewed.
- Read chapter 10 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-10-study-guide-physical-activity-and-diabetes/>
- Note that all chapters above 10 require Package D or higher.
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- Read chapter 11 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-11-study-guide-nutrition-therapy/>
- Review the [Diabetes Canada Beyond the Basics carbohydrate poster](#) then repeat the [Carbohydrate quiz](#) until you can get 80%+.
- Review pathophysiology lecture #3- <https://cdestudycourse.com/pathophysiology-lectures/lesson-3-pathophysiology/>
- Skip chapter 12 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-12-study-guide-glycemic-management-in-adults-with-type-1-diabetes/>. Note there is an update to this chapter so just skip this chapter and study guide but review the chapter 12 update and updated study guide.
- Review the [Insulin calculations cheat sheet](#) then try the [Insulin calculations quiz](#). Note that in the past few examinations there have been no insulin calculations. I suggest reviewing this for real life as I am sure you will encounter patients with diabetes on insulin. However I suggest not spending too much time studying this quiz so you do not need to aim for 80%+.
- Review the [Insulin Delivery Methods video](#)
- Review the [Insulin Pump videos](#)
- Skip chapter 13 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-13-study-guide-pharmacologic-glycemic-management-of-type-2-diabetes-in-adults/>. Note there is an update to this chapter so just skip this chapter and study guide but review the chapter 13 update and updated study guide.
- Skip chapter 14 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-14-study-guide-hypoglycemia/>. Note there is an update to this chapter so just skip this chapter and study guide but review the chapter 14 update and updated study guide.
- Read chapter 15 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-15-study-guide-hyperglycemic-emergencies-in-adults/>

- ❑ Read chapter 16 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-16-study-guide-hospital-management-of-diabetes/>
- ❑ Read chapter 17 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-17-study-guide-weight-management-in-diabetes/>
- ❑ Skip chapter 18 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-18-study-guide-diabetes-and-mental-health/>. Note there is an update to this chapter so just skip this chapter and study guide but review the chapter 16 update and updated study guide.
- ❑ Read chapter 19 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-19-study-guide-influenza-pneumococcal-hepatitis-b-and-herpes-zoster-vaccinations/>
- ❑ Read chapter 20 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-20-study-guide-diabetes-and-transplantation/>
- ❑ Read chapter 21 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-21-study-guide-diabetes-and-driving/>
- ❑ Read chapter 22 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-22-study-guide-complementary-and-alternative-medicine-for-diabetes/>
- ❑ Read chapter 23 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-23-study-guide-cardiovascular-protection-in-people-with-diabetes/>
- ❑ Review the Diabetes Canada health care provider tool Reducing Vascular Risk - <https://guidelines.diabetes.ca/reduce-complications/risk-assessment>. Repeat until you are able to be able to predict which medications are needed with about 80+ accuracy.
- ❑ Read chapter 24 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-24-study-guide-screening-for-the-presence-of-cardiovascular-disease/>
- ❑ Read chapter 25 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-25-study-guide-dyslipidemia/>
- ❑ Read chapter 26 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-26-treatment-of-hypertension/>
- ❑ Read chapter 27 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-27-guide-management-of-acute-coronary-syndromes/>
- ❑ Read chapter 28 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-28-guide-treatment-of-diabetes-in-people-with-heart-failure/>
- ❑ Read chapter 29 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-29-guide-chronic-kidney-disease-in-diabetes/>

- ❑ Read chapter 30 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-30-guide-retinopathy/>
- ❑ Read chapter 31 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-31-guide-neuropathy/>
- ❑ Read chapter 32 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-32-foot-care/>
- ❑ Read chapter 33 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-33-sexual-dysfunction-and-hypogonadism-in-men-with-diabetes/>
- ❑ Skip chapter 34 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-34-guide-type-1-diabetes-in-children-and-adolescents/> Note there is an update to this chapter so just skip this chapter and study guide but review the 2025 update and updated study guide.
- ❑ Read chapter 35 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-35-study-guide-type-2-diabetes-in-children-and-adolescents/>
- ❑ Read chapter 36 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-36-study-guide-diabetes-and-pregnancy/>
- ❑ Read chapter 37 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-37-diabetes-in-older-people/>
- ❑ Read chapter 38 and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-38-type-2-diabetes-and-indigenous-peoples/>
- ❑ Read Appendices and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/appendices/>
- ❑ Read Diabetes Canada Position statement on Ramadan and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/diabetes-canada-position-statement-for-people-with-types-1-and-2-diabetes-who-fast-during-ramadan/>
- ❑ Skip chapter 2020 13 update- Pharmacological Management of Type 2 Diabetes and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/pharmacologic-glycemic-management-of-type-2-diabetes-in-adults-2020-update/>. Note there is an update to this chapter so just skip this chapter and study guide but review the 2024 update and updated study guide.
- ❑ Review the [Medications cheat sheet](#) and try the [Medications Quiz](#) Repeat until you can get 80%+.
- ❑ Read Diabetes Canada Position statement on Cannabis and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/diabetes-canada-position-statement-on-recreational-cannabis-use-in-adults-and-adolescents-with-type-1-and-type-2-diabetes-2019-and-2020/>

- Read the chapter 9 update on Blood Glucose Monitoring and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/blood-glucose-monitoring-in-adults-and-children-with-diabetes-update-2021/>
- You now you have read all the information for the Full Targets quiz. Review the [Targets cheat sheet](#) and try the [Targets Quiz](#). Repeat until you can get 80%+.
- Read Remission of Diabetes chapter and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/remission-of-type-2-diabetes/>
- You now you have read all the information for the Diagnosis and Remission quiz. Review the [Diagnosis and Remission cheat sheet](#) and try the [Diagnosis and Remission Quiz](#). Repeat until you can get 80%+.
- Read the chapter 18 update on Mental Health and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/diabetes-and-mental-health-update/>
- Now you have read all the information for the Statistics and Studies quiz. Review the [Statistics and Studies cheat sheet](#) and try the [Statistics and Studies Quiz](#). Repeat until you can get 80%+.
- Read the 2023 Diabetes Canada Position statement on DIY Insulin Delivery System and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/do-it-yourself-automated-insulin-delivery-a-position-statement/>
- Read the 2023 chapter 14 update on Hypoglycemia and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/hypoglycemia-in-adults-2023-update/>
- Read the 2024 chapter 13 update- Pharmacological Management of Type 2 Diabetes and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-13-update-pharmacologic-glycemic-management-of-type-2-diabetes-in-adults-2024-update/>
- Read the 2025 Chapter 12 Update/Chapter 34/new Chapter 41-Glycemic Management Across the Lifespan for people with Type 1 Diabetes- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-12-update-glycemic-management-across-the-lifespan-for-people-with-type-1-diabetes-a-clinical-practice-guideline/>
- Read the chapter 2025 update-Chronic Kidney Disease in Diabetes- <https://cdestudycourse.com/guidelines-chapter-study-guide/chapter-29-update-2025-chronic-kidney-disease-in-diabetes/>
- Read chapter 42 2025 - Diabetes and Metabolic Dysfunction Associated Steatotic Liver Disease and study guide- <https://cdestudycourse.com/guidelines-chapter-study-guide/masld-chapter/>

- Now you have read all the information for the full screening quiz. Review the [Screening cheat sheet](#) and try the [Screening Quiz](#). Repeat until you can get 80%+.
- Try one of the Practice Examinations. Aim for 80+%. This should be the **LAST STEP**. Link is here- <https://cdestudycourse.com/practice-examinations/exam-start/>