

New Hires Program

Canadian Diabetes Educator Certification Board Competencies Addressed

Competency		Program Session &/or Activity Addressing Competency
Pathophysiology		
1.A	Describes the pathophysiology and progression of all types of diabetes.	Diabetes 101 Medical Management Teaching for Effect
1.B	Distinguishes between the major types of diabetes in terms of etiology, signs and symptoms, incidence and prevalence.	Diabetes 101
1.C	Identifies normal and abnormal blood glucose ranges in fasting and postprandial states.	Diabetes 101 Medical Management Teaching for Effect
1.D	Identifies the diagnostic criteria for all types of diabetes.	Diabetes 101
1.E	Describes the effects of endogenous insulin, counterregulatory and gut hormones.	Diabetes 101
1.F	Identifies the effects of hormones on blood glucose levels during each life stage.	*not addressed
1.G	Describes the impact of lifestyle, genetics and body composition on diabetes.	Diabetes 101 Physical Activity & Diabetes Nutrition & Diabetes Foot Care & Diabetes Teaching for Effect
1.H	Describes the impact of lifestyle on the development of type 2 diabetes.	Diabetes 101 Physical Activity & Diabetes Nutrition & Diabetes Foot Care & Diabetes
1.I	Describes strategies for the prevention of diabetes.	Diabetes 101 Medical Management Teaching for Effect
1.J	Differentiates between hyperglycemia, diabetic ketoacidosis (DKA) and hyperosmolar hyperglycemic state (HHS).	*not addressed
1.K	Describes the pathophysiology of the dawn phenomenon.	*not addressed
1.L	Identifies situations where a medication or medical condition may be related to the development of diabetes.	Diabetes 101
Nutrition		
2.A	Describes the effects of macronutrients on diabetes.	Nutrition & Diabetes
2.B	Identifies the major food sources of macronutrients.	Nutrition & Diabetes
2.C	Assesses nutrition education needs.	Nutrition & Diabetes
2.D	Identifies various nutrition strategies for diabetes management.	Nutrition & Diabetes
2.E	Identifies nutrition strategies to address socio-economic and lifestyle factors.	Nutrition & Diabetes
2.F	Identifies nutrition strategies for persons with diabetes who have complications or comorbidities.	Nutrition & Diabetes (high-level)
2.G	Describes the principles, process and application of carbohydrate counting.	Nutrition & Diabetes (high-level)
2.H	Identifies nutrition strategies for sick day management.	*not addressed

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Medications		
3.A	Describes different types of non-insulin antihyperglycemic agents in terms of mechanism of action, indication, adverse effects and other therapeutic considerations.	Medical Management
3.B	Describes different types of insulin in terms of time-action profile, adverse effects and other therapeutic considerations.	*not addressed
3.C	Identifies specific therapeutic regimens based on client characteristics and properties of the treatment.	Medical Management
3.D	Describes various insulin delivery systems and their advantages or disadvantages.	*not addressed
3.E	Identifies appropriate injection technique.	*not addressed
3.F	Describes recommendations for the handling and storage of antihyperglycemic agents in a variety of situations.	Medical Management (excluding insulin)
3.G	Identifies appropriate antihyperglycemic agent adjustments.	Medical Management (including when insulin is an appropriate treatment option)
3.H	Describes the impact of various prescription medications on diabetes management.	Medical Management
3.I	Describes the impact of various non-prescription medications and natural health products on diabetes management.	Medical Management Nutrition & Diabetes
Self-Care Management: Hypoglycemia		
4.1.A	Describes hypoglycemia in terms of signs, symptoms, causes, prevention and management.	Teaching Activity (Hypoglycemia)
4.1.B	Identifies hypoglycemia unawareness in terms of signs, symptoms, causes, prevention and management.	*not addressed
4.1.C	Identifies nocturnal hypoglycemia in terms of signs, symptoms, causes, prevention and management.	Teaching Activity (Pattern Management)
4.1.D	Describes pseudo-hypoglycemia in terms of signs, symptoms, causes, prevention and management.	Diabetes 101 Teaching Activity (Hypoglycemia)
Self-Care Management: Hyperglycemia		
4.2.A	Describes hyperglycemia in terms of signs, symptoms, causes, prevention and management.	Diabetes 101 Teaching Activity (Pattern Management)
4.2.B	Describes DKA and HHS in terms of signs, symptoms, causes, prevention and management.	*not addressed
4.2.C	Identifies appropriate self-care actions during a period of concurrent illness.	Diabetes 101 Medical Management
Self-Care Management: Physical Activity		
4.3.A	Describes the physical activity recommendations for individuals with diabetes.	Physical Activity & Diabetes
4.3.B	Describes the benefits and risks of various physical activities for individuals with type 1 diabetes.	*not addressed
4.3.C	Describes the benefits and risks of various physical activities for individuals with type 2 diabetes.	Physical Activity & Diabetes
4.3.D	Identifies strategies to manage the effects of physical activity for individuals with diabetes.	Physical Activity & Diabetes

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Self-Care Management: Monitoring		
4.4.A	Describes the benefits and appropriate scheduling of SMBG.	Teaching Activity (Pattern Management)
4.4.B	Describes the purpose and methods of quality control for SMBG.	Teaching Activity (Pattern Management)
4.4.C	Describes the factors contributing to variance, and acceptable levels of variance, between SMBG and laboratory results.	Teaching Activity (Pattern Management)
4.4.D	Describes benefits, indications and limitations for the use of continuous glucose monitoring (CGM) systems.	*not addressed
4.4.E	Identifies situations for and limitations of alternate site testing.	*not addressed
4.4.F	States the definition, interpretation, purpose, limitations and recommended frequency of A1C and alternate laboratory testing.	Diabetes 101 Teaching Activity (Pattern Management)
4.4.G	Identifies individualized glycemic treatment targets.	Diabetes 101
4.4.H	Describes the recommendations for ketone testing.	*not addressed
Self-Care Management: Foot Care		
4.5.A	Describes strategies to prevent foot problems.	Foot Care & Diabetes
4.5.B	Describes symptoms of potential foot problems.	Foot Care & Diabetes
4.5.C	Identifies interventions for clients with foot problems.	Foot Care & Diabetes
Microvascular and Macrovascular Complications		
5.A	Identifies the potential microvascular and macrovascular complications of diabetes.	Diabetes 101
5.B	Describes the pathophysiology of microvascular and macrovascular complications of diabetes.	Diabetes 101
5.C	Identifies the risk factors which contribute significantly to microvascular complications of diabetes.	Diabetes 101
5.D	Identifies the risk factors which contribute significantly to macrovascular complications of diabetes.	Diabetes 101
5.E	Describes the recommendations for screening for microvascular and macrovascular complications of diabetes.	Diabetes 101
5.F	Describes the recommendations for prevention and management of microvascular complications of diabetes.	Diabetes 101
5.G	Describes the recommendations for prevention and management of macrovascular complications of diabetes.	Diabetes 101 Medications Physical Activity & Diabetes Nutrition & Diabetes Foot Care & Diabetes
Psychosocial / Lifestyle		
6.A	Identifies the psychosocial impact of the diagnosis of diabetes, complications and comorbidities.	Perspective & Understanding
6.B	Identifies the impact of socio-economic status, environment and daily living on diabetes management.	Perspective & Understanding
6.C	Identifies psychosocial strengths and barriers to diabetes management.	Perspective & Understanding
6.D	Identifies the psychosocial impact of hypoglycemia and/or hyperglycemia on diabetes management.	Perspective & Understanding

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6.E	Identifies the impact of diabetes on life situations (e.g. interpersonal relationships, vocation, and education).	Perspective & Understanding
6.F	Identifies the interaction between diabetes and the stages of life.	Perspective & Understanding
6.G	Differentiates between grieving and depression in the context of diabetes.	*not addressed
6.H	Differentiates between diabetes distress and major depressive disorder (MDD).	Perspective & Understanding (high level)
6.I	Identifies situations when psychological intervention is required.	Perspective & Understanding (high level)
6.J	Identifies the effects of stress on diabetes management.	Perspective & Understanding
6.K	Identifies the effects of substance abuse on diabetes management.	*not addressed
6.L	Identifies the interaction between diabetes and sexual health and its impact.	*not addressed
6.M	Identifies the impact of culture and beliefs on diabetes management.	Perspective & Understanding Nutrition & Diabetes
6.N	Identifies the effects of psychiatric disorders on diabetes management.	*not addressed
6.O	Identifies the relationship between disordered eating and diabetes management.	*not addressed
Special Situations		
7.A	Identifies aspects of assessment and diabetes management for the elderly.	Case Studies
7.B	Identifies aspects of assessment and diabetes management for children and adolescents.	*not addressed
7.C	Identifies aspects of assessment and diabetes management for pregnancy.	*not addressed
7.D	Describes strategies for diabetes management in relation to travel.	*not addressed
7.E	Describes strategies for diabetes management in relation to medical procedures, surgery and diagnostic tests.	*not addressed
7.F	Describes strategies for diabetes management in relation to fasting for an extended period of time.	Nutrition & Diabetes
7.G	Describes strategies for diabetes management in relation to driving.	Case Studies
Education/Research		
8.A	Applies principles of learning to the development of client management plans.	Teaching for Effect Case Studies
8.B	Adapts management strategies based on principles of motivational interviewing.	Teaching for Effect Choices & Changes Practice Session Case Studies
8.C	Applies knowledge of the social determinants of health to diabetes management.	Perspective & Understanding Nutrition & Diabetes Case Studies
8.D	Identifies principles of program development.	Program Planning

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8.E	Identifies appropriate use, advantages and disadvantages of various teaching and facilitation methods.	Teaching for Effect
8.F	Describes the quality improvement process for diabetes education programs.	Program Planning
8.G	Applies the principles of behavioural change to diabetes management.	Perspective & Understanding Choices & Changes Practice Session
8.H	Describes the implications of major diabetes research results for practice.	Diabetes 101 (key studies) Imbedded in all sessions