



Domain II: Planning and Intervention

Self-Assessment of Content Knowledge for BC-ADM Examination

Use this as a guide to assess your knowledge across Domain II

Domain II: Planning and Intervention	Rating Scale:	
	1= Understands 90% of content, little review 2= Understands 75% of content, minimal review 3= Understands 50% of content, extensive review 4= Understands <10% of content, start from beginning	
Domain II makes up 34% of the BC-ADM exam (13 tasks)	Self-Rating	Plan
1. Task: Implement interventions that reflect standards of diabetes care and clinical practice guidelines.	4 questions on the exam	
Knowledge of:		
a. ADA, ADA/EASD, AACE, ADCES, Endocrine Society, ACOG, ISPAD		
b. FDA-approved therapies		
2. Task: Incorporate appropriate behavior change models and techniques to improve health outcomes through problem solving and teamwork.	4 questions on the exam	
Knowledge of:		
a. DSMES, Diabetes Prevention Program (DPP)		
b. AADE 7 Self-care Behaviors		
c. Behavior change techniques to promote behavior adoption such as motivational interviewing, readiness to change		
d. Exercise prescription and special considerations		



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3. Task: Educate individuals about medical nutrition therapy.	4 questions on the exam	
Knowledge of:		
a. Healthy eating principles (e.g., ADA Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report)		
4. Task: Manage pharmacologic therapy options and interventions for diabetes, cardiometabolic, and related conditions.	5 questions on the exam	
Knowledge of:		
a. Therapeutic inertia		
b. Disease pathophysiology		
c. Micro-/macrovascular complications		
d. Drug classes, safety and efficacy, side effects		
e. Recommended progression for therapeutics		
f. Deprescribing and overtreatment		
g. Lipid and hypertension therapy		
h. Obesity		
i. Skin abnormalities		
j. NASH/NAFLD		
k. Sexual dysfunction		
5. Task: Discuss surgical options for diabetes management including eligibility, risks, benefits, and long-term outcomes.	3 questions on the exam	
Knowledge of:		
a. Metabolic/bariatric		
b. Tissue/organ transplant		



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6. Task: Incorporate technologies into practice for maintenance and/or management of diabetes.	4 questions on the exam	
Knowledge of:		
a. Insulin pump		
b. Continuous glucose monitoring (CGM)		
c. Apps/software, virtual care, connected devices		
7. Task: Collaborate with individuals to individualize and prioritize their care.	4 questions on the exam	
Knowledge of:		
a. Targets for A1C, glycemic management, TIR, and cardiometabolic conditions		
b. Shared decision making		
c. Social determinants of health		
d. Stages of growth and development		
8. Task: Collaborate with healthcare providers to coordinate care for individuals and populations.	4 questions on the exam	
Knowledge of:		
a. Referrals		
b. Case management		
c. Risk stratification		
d. Team-based care		
e. Value-based care		
f. EMR tools		
g. Decision support tools		
h. Therapeutic inertia		

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i. Quadruple Aim from Institute for Healthcare Improvement		
9. Task: Establish and implement measurable self-care goals to improve health outcomes.	4 questions on the exam	
Knowledge of:		
a. SMART goal setting using AADE7 Self-Care Behaviors®		
10. Task: Collaborate with mental health providers to adjust interventions for psychosocial conditions.	3 questions on the exam	
Knowledge of:		
a. Eating disorders, depression, diabetes distress, and mild cognitive impairment (including family caregiving education)		
11. Task: Manage and adapt interventions for special populations.	4 questions on the exam	
Knowledge of:		
a. Children and adolescents, preexisting pregnancy, gestational diabetes (GDM), older adults, steroid-induced diabetes, cystic fibrosis, prediabetes		
12. Task: Manage diabetes in the hospital and during transitions of care.	4 questions on the exam	
Knowledge of:		
a. Consensus report of the 4 critical times to refer for DSMES		
b. Interdisciplinary teams related to quality improvement, patient/medication		



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safety, clinical informatics, and decision support		
c. Impact/use of personal technology(e.g. pumps, CGM) in inpatient management		
d. Management of steroid-induced diabetes		
e. Management of DKA/HHS, hypoglycemia in an inpatient setting		
f. Evidence-based order sets/protocols		
g. Glycemic management software		
h. Variation in insulin requirements with enteral or parenteral feedings		
i. Survival skills education and readiness to learn		
j. IV insulin use and conversion to subcutaneous dosing		
k. Clearly communicated care plan for post hospital follow up (including identifying and mitigating risk factors for readmission)		
13. Task: Engage in telehealth services for diabetes management.	3 questions on the exam	
Knowledge of:		
a. Remote monitoring		
b. How to effectively provide virtual care (knowledge of available platforms, integration of patient generated health data into the visit)		
c. CMS regulations for virtual visits		
d. Benefits and limitations		



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e. ICC (Identify, Configure, Collaborate) framework for ongoing use of technology to improve outcomes		
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