

Domain I: Assessment and Diagnosis

Self-Assessment of Content Knowledge for BC-ADM Examination

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

Domain I: Assessment and Diagnosis	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 1 makes up 30% of the BC-ADM exam (10 tasks)	Self-Rating	Plan
1. Task: Conduct therapeutic interviews using a systematic approach.	4 questions on the exam	
Knowledge of:		
a. Motivational interviewing		
b. Open-ended questions		
c. Person-first, strength-based language		
d. Communication for social, cultural, and/or clinical context		
e. Behavior change theory		
2. Task: Perform comprehensive assessments of diabetes, complications, and related chronic conditions across the lifespan (e.g., functional status, sensory/foot, eye exam, medication, and complementary alternative medication review).	5 questions on the exam	
Knowledge of:		
a. Obtaining a patient history: nutrition, physical activity, medical/medication therapy, mental health, health, family, and social history		
b. Developmental and cognitive ability		
c. Cultural, ethnic, and health literacy and lifestyle assessment		



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d. Self-care skills and behaviors		
e. Complications and risks		
f. Focused physical exam procedures (e.g., foot exam, skin assessment)		
g. Laboratory assessments		
3. Task: Understand how physiology and pathophysiology relates to prediabetes/diabetes, chronic conditions, complications, and comorbidities (e.g., pancreatic disease, other endocrine disorders).	5 questions on the exam	
Knowledge of:		
a. Glucose metabolism		
b. Exercise physiology		
c. Micro- and macrovascular complications		
d. Nutrient absorption and fuel metabolism		
e. Cardiometabolic conditions		
f. Hyperglycemia and hypoglycemia		
g. HHNK and DKA		
4. Task: Evaluate self-care behavior and perform behavioral health assessment.	4 questions on the exam	
Knowledge of:		
a. ADCES 7		



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b. Confidence and skills with technology		
c. Valid measures for behavioral health, and psychosocial health		
d. Diabetes distress		
e. Depression and anxiety scales		
f. Dementia		
g. Quality of life		
h. Eating disorders		
5. Task: Assess social determinants of health.	4 questions on the exam	
Knowledge of:		
a. Insurance		
b. Finances		
c. Social support		
d. Health care team access		
e. Health literacy		
f. Food insecurity		
g. Impact of social environment		



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6. Task: Implement standards of diabetes care and clinical practice guidelines pertaining to assessment.	5 questions on the exam	
Knowledge of:		
a. American Diabetes Association (ADA), American Association of Clinical Endocrinologists (AACE), Association of Diabetes Care & Education Specialists (ADCES), Endocrine Society, American Diabetes Association and European Association for the Study of Diabetes (ADA/EASD)		
b. Therapeutic inertia		
7. Task: Monitor, interpret, and apply results generated from complex patient data sets.	5 questions on the exam	
Knowledge of:		
a. Continuous glucose monitoring data (time in range, ambulatory glucose profile), blood glucose data, insulin pump data, smart pens, and wearable devices (e.g., activity trackers, biometric monitors)		
b. Device capabilities and proper use		



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8. Task: Interpret and apply results generated from assessment and diagnostic tests.	5 questions on the exam	
Knowledge of:		
a. Normal and abnormal lab values		
b. Stages of CKD, CHF, and retinopathy		
c. NASH/NAFLD		
d. Individualized glycemic targets (e.g., A1C, fasting and postprandial glucose)		
e. Micro- and macrovascular complications		
9. Task: Perform screenings and understand diagnostic criteria for diabetes and related conditions.	4 questions on the exam	
Knowledge of:		
a. National guidelines related to hypertension, lipids, and obesity		
b. Incidence and prevalence of prediabetes/diabetes across the lifespan		
c. Distinguishing features of prediabetes		
d. Type of diabetes mellitus		
e. Risk factors across lifespan		



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10. Task: Formulate and prioritize a problem list.	4 questions on the exam	
Knowledge of:		
a. Data required to prioritize and individualize problem list		
b. Individual risk factors		



Domain II: Planning and Intervention

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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. ADCES 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		



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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		
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		



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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		
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 ADCES7 Self-Care Behaviors®		

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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		



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b. Interdisciplinary teams related to quality improvement, patient/medication 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)		



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Domain II makes up 34% of the BC-ADM exam (13 tasks)	Self-Rating	Plan
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		
e. ICC (Identify, Configure, Collaborate) framework for ongoing use of technology to improve outcomes		



Domain III: Evaluation and Follow-up

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Domain III makes up 23% of the BC-ADM exam (4 tasks)	Self-Rating	Plan
1. Task: Perform interventions pertaining to follow-up care, reflecting standards of diabetes care and clinical practice guidelines.	9 questions on the exam	
Knowledge of:		
a. ADA, ADA/EASD, AACE, ADCES, Endocrine Society, ACOG		
2. Task: Utilize technology enhanced devices to collect, analyze, and inform judgements for individual and/or aggregated health data.	7 questions on the exam	
Knowledge of:		
b. Self-monitoring of blood glucose (SMBG)		
c. Food and activity logs		
d. Pump and CGM reports, labs and other clinical data		
e. Continuous quality improvement (CQI)		
3. Task: Review treatments and outcomes, compare and explain results.	9 questions on the exam	
Knowledge of:		
a. Benchmark data		



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Domain III makes up 23% of the BC-ADM exam (4 tasks)	Self-Rating	Plan
b. Interpreting and explaining results with common terminology		
c. Individualization of target goals for standards of care		
d. Medication efficacy (e.g., therapeutic effectiveness, tolerability, access)		
4. Task: Evaluate and adjust treatment care plans accordingly.	9 questions on the exam	
Knowledge of:		
a. Evidence-based treatment plan changes		
b. Individualization of management plans		
c. Patient empowerment strategies		
d. Use of technology		
e. Remote monitoring and care delivery		
f. Therapeutic inertia		



Domain IV: Population Health, Advocacy, and Professional Development

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Domain IV makes up 14% of the BC-ADM exam (2 tasks)	Self-Rating	Plan
1. Task: Stay informed and understand regulatory, accreditation/recognition, and reimbursement programs and standards for institutions and providers.	3 questions on the exam	
Knowledge of:		
a. The Joint Commission (e.g., inpatient glycemc recognition program)		
b. Patient-centered medical home		
c. Healthcare Effectiveness Data and Information Set (HEDIS)		
d. ADA Education Recognition Program (ERP)		
e. ADCES Diabetes Education Accreditation Program (DEAP)		
f. CMS (e.g., remote patient monitoring, telehealth,		



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reimbursement guidelines for DSMT)		
g. OSHA		
h. CLIA		
i. HIPAA (e.g., data safety and privacy regulations)		
j. FDA-Digital Therapeutics (e.g. connected devices)		
2. Task: Position an organization and other healthcare professionals as experts who can improve a system's performance by utilizing QI infrastructure to gauge population-level diabetes measures.	2 questions on the exam	
Knowledge of:		
a. Population health		
b. Chronic care model (CCM)		
c. Population/community assessment		



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Domain IV makes up 14% of the BC-ADM exam (2 tasks)	Self-Rating	Plan
d. Program planning, implementation, evaluation		
e. Addressing social determinants of health		
f. Data analysis aggregation and risk stratification		
g. Disease registries		
h. Electronic health record data		
i. Multi-disciplinary teams		
3. Task: Understand, design, and evaluate the effectiveness of continuous quality improvement (CQI) program development based on community needs.	2 questions on the exam	
Knowledge of:		
a. DSMES program		
b. Models for CQI (e.g., LEAN, Six Sigma, DMAIC, Plan-Do-Study-Act, IHI model, Re-AIM, Workflow mapping, and others)		



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c. Program evaluation (e.g., aggregated data)		
d. Development and sustainability (e.g., developing mission, vision statement, and program goals)		
4. Task: Become familiar with public health initiatives and strategies to inform practice.	2 questions on the exam	
Knowledge of:		
a. National health initiatives (e.g. Healthy People 2020)		
b. Prevention strategies (e.g. from CDC's National Diabetes Prevention Program)		
c. Public health and policy trends (e.g., insulin cost/access)		
5. Task: Engage in scholarly activities and promote the advancement of the	2 questions on the exam	



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scientific body of knowledge.		
Knowledge of:		
a. Scholarship (e.g., interpret and apply research)		
b. Research design, methodology, and basic statistical analysis		
c. Identification of clinical/system/research problems		
d. Appropriateness and credibility of data sources and research methods		
6. Task: Incorporate technology to individualize care, virtual or from a remote setting, interface with medical software, and	4 questions on the exam	



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maintain security and privacy of electronic records.		
Knowledge of:		
a. Medical software		
b. Security and privacy of electronic health records		
c. ADA Standards of Care—Technology (e.g., devices, apps, remote or virtual monitoring, telehealth)		
7. Task: Use and advocate for person-first strength-based language.	3 questions on the exam	
Knowledge of:		
a. Neutral, fact based, non-judgmental language, free from stigmas, inclusive and imparts hope		
b. Fostering collaboration		
8. Task: Display leadership qualities to manage, coordinate, supervise,	3 questions on the exam	



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and teach others to achieve goals.		
Knowledge of:		
a. Fundamental understanding of business management theory		
b. Leadership qualities		
c. Mentoring and coaching		
d. Team building and collaboration		
e. Interprofessional communication strategies		
f. Scope of practice and licensure		
g. Leadership models and skills		