

Association of Diabetes Educators Singapore

Certified Diabetes Educator (CDE)

Program Description

A. Introduction

It is critically important to understand at the outset that the certification program is designed and intended only for nurses who have defined roles as diabetes educators. An extension of current nursing advancement in diabetes management, where either certification or credentialing is recognized in the healthcare organization, and certainly beneficial for people with diabetes receiving education delivered by certified diabetes educators. In Singapore, this group of diabetes educators is known as Certified Diabetes Educators (CDE) recognized by Association of Diabetes Educator Singapore (ADES) and Endocrine Metabolic Society of Singapore (EMSS).

B. Purpose Statement

The mission of the Association of Diabetes Educator Singapore (ADES) is to set the standard of excellence in the profession of diabetes education.

C. Objectives of Certification

- Provide a mechanism to demonstrate professional accomplishment and growth as a validation to self and working organization.
- Provide formal recognition of specialty practice and knowledge.
- Promote continuing commitment to best practices, current standards and knowledge in diabetes education.

D. Definition of a Certified Diabetes Educator

A Certified Diabetes Educator (CDE) is a specialty nurse who possesses comprehensive knowledge of and experience in diabetes management, pre-diabetes and diabetes prevention. A CDE educates and supports people affected by diabetes to understand and manage the condition, while promoting self-management to achieve individual behavioral and treatment goals. It is the responsibility of each CDE to stay abreast of changes in certification and re-certification requirements in a timely manner.

E. History of ADES

ADES was established in 1997 as an independent non-profit organization to promote the interests of diabetes educators and the public at large by granting certification to qualified diabetes educators involved in teaching people with diabetes. This is made possible through establishment of eligibility criteria and formal written examination. Since 2011, we are proud to be recognized by International Diabetes Federation (IDF) and continued to be member with active participation at multiple conferences internationally.

F. Vision

To improve the life of people with diabetes through education.

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G. Mission

To promote optimal health and well-being for people with diabetes through effective education and counseling.

H. Operational Guidelines

CDE program is scheduled annually. Application is usually opened in March and closed in May. MCQ examination is usually scheduled in August.

I. Eligibility Requirements

Applicants must have an active annual membership with ADES and meet the following criteria:

1. Certification

- Hold a current Practicing Certificate with Singapore Nursing Board (SNB).
- Completed at least 320 hours of core curriculum on diabetes training.
These hours can be achieved through:
 - Courses (including Specialist Diploma in Nursing - Diabetes Nurse Educator) or HMDP Overseas Diabetes Training)
 - Diabetes-related conferences, seminars, formal lectures and/or self-directed learning hours (max 15 hours/ year) on SNB CPE print-out)
 - Diabetes-related research/evidence-based projects (10 hours per project for Principal Investigator/Leader; 5 hours per project for Co-investigator/member)
 - Community work hours (max 15 hours/ year) on diabetes counseling/education with supporting documents from the organizer.
- Completed at least 1,200 hours of diabetes-related patient education and counseling.
- A completed log book at submission verified by the supervisor is compulsory.
- Obtain a pass in a multiple choice question (MCQ) examination.

2. Re-certification

- Applicants must have an active annual membership renewal in the last 5 years with ADES
- CDE certification is valid for 5 years
- Failure to recertify within year of expiry will require new application for Certification (See Eligibility requirements for Certification above) and not eligible for re-certification. e.g. Certification/ Re-certification in 2014, next re-certification is due in 2019)
- Hold a current Practicing Certificate with Singapore Nursing Board (SNB).

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- Completed at least 100 hours of core curriculum on diabetes training. These hours can be achieved through:
 - Courses (including Specialist Diploma in Nursing (Diabetes Nurse Educator) or HMDP Overseas Diabetes Training)
 - Diabetes-related conferences, seminars, formal lectures and/or self-directed learning hours (max 15 hours/ year) on SNB CPE print-out)
 - Diabetes-related research/evidence-based projects (10 hours per project for Principal Investigator/Leader; 5 hours per project for Co-investigator/member)
 - Community work hours (max 15 hours/ year) on diabetes counseling/education with supporting documents from the organizer.
- Completed at least 500 hours of diabetes-related patient education and counseling.
- A completed log book at submission verified by the supervisor is compulsory.
- No MCQ examination

J. Competencies for Diabetes Educators

Main academic training is provided by NanYang Polytechnic (NYP) that conducts 'Specialist Diploma in Nursing (Diabetes Nurse Educator)'. The course is recommended and designed for Registered Nurses currently working in the diabetes health care setting with the knowledge and skills to assume their roles as diabetes educator, case manager or nurse practitioner.

Duration: 335 hours will be taken into account as diabetes-related training hours out of the 690-hours course comprises 10 months of part-time studies including 2-week clinical attachment and 8-week on-the-job training. Classes will be conducted on Monday, Wednesday and Friday from 1800 hours - 2100 hours.

K. These guidelines are a reference and framework in best practice standards for diabetes education and counseling. They are extracted from established guidelines as follows:

- Australian Diabetes Educators Association (ADEA)
- American Association of Diabetes Educators (AADE)
- National Certification Board for Diabetes Educators (NCBDE)
- International Standards for Diabetes Education (IDF ISDE)