

# CDE Exam Preparation Sessions

WaterlooWellington  
D I A B E T E S

Facilitated by: Trina Fitter *RD CDE, Resource  
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Wellington Diabetes*

These sessions are designed to help prepare you to write the Certified Diabetes Educator examination and will cover key topics, provide study tips and an opportunity for Q&A

## Session #1

March 5, 2024  
2:00pm- 4:00pm

### All About The Numbers

Learn tips on how to prepare for the exam, review definitions, diagnosis criteria, screening algorithms, risk reduction strategies, glycemic targets/monitoring recommendations, hypoglycemia and hyperglycemia emergencies.

*(Covering Chapters 3-5, 8-9, 12, 14-15 of the clinical practice guidelines)*

## Session #2

March 26, 2024  
2:00pm- 4:00pm

### Lifestyle & Mental Health Recommendations

Review physical activity and nutrition guidelines, smoking cessation, diabetes and driving, mental health as well as self management strategies.

*(Covering Chapters 6-7, 10-11, 17-18, 21 of the clinical practice guidelines)*

## Session #3

April 16, 2024  
2:00pm- 4:00pm

### Pharmacotherapy & Diabetes Complications/Comorbidities

Review current medication treatment options, dose adjustments, dyslipidemia, hypertension, heart disease, CKD, retinopathy, neuropathy, foot care, sexual dysfunction.

*(Covering Chapters 13, 19-20, 22-33 of the clinical practice guidelines)*

## Session #4

May 7, 2024  
2:00pm- 4:00pm

### Special Populations

Review diabetes in pregnancy guidelines, diabetes in indigenous peoples, older adults, pediatrics, in-hospital management recommendations.

*(Covering Chapters 16, 34-38 of the clinical practice guidelines)*

**Sessions will be hosted via online virtual classroom. Registration is required.  
For more information or to register, please visit [www.wselfmanagement.ca](http://www.wselfmanagement.ca)  
or call 1-866-337-3318**