

CDE Exam Preparation Sessions

WaterlooWellington
D I A B E T E S

Facilitated by: Trina Fitter *RD CDE, Resource
Clinician and Project Lead for Waterloo
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 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 #2

April 9, 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 #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
or call 1-866-337-3318