

## DOMAIN 1: Clinical Management Practice and Integration

The diabetes care and education specialist integrates knowledge and skills into clinical practice for pathophysiology, epidemiology, clinical management and self-management of diabetes and cardiometabolic conditions.

### CLINICAL MANAGEMENT OF DIABETES AND CARDIOMETABOLIC CONDITIONS

- 1.1 Describes the differences in disease risk factors, diagnosis, treatments, and progression of diabetes and cardiometabolic conditions across the lifespan
- 1.2 Explains physiology of glucose metabolism and pathophysiologic mechanisms responsible for the development of diabetes and cardiometabolic conditions
- 1.3 Describes pathophysiology, risk factors, presentation, and management of acute hyperglycemia, hypoglycemia, hyperosmolar hyperglycemic state, and diabetes-related ketoacidosis
- 1.4 Applies pathophysiologic knowledge of diabetes and cardiometabolic conditions to direct diabetes care, education, and support
- 1.5 Applies current principles of clinical practice guidelines to prediabetes, diabetes, and cardiometabolic conditions
- 1.6 Examines health and healthcare disparities of vulnerable individuals
- 1.7 Uses health information technology to optimize care of individuals and populations

### CLINICAL PRACTICE: HEALTHY COPING

- 1.8 Integrates individuals' behavioral and emotional health into the plan of care
- 1.9 Assists individuals with recognition of barriers and implementation of strategies for healthy coping
- 1.10 Assesses for the presence of diabetes distress, depression, eating disorders, and other mental health concerns
- 1.11 Integrates knowledge of healthy coping with assessment findings to appropriately refer people to behavioral specialists
- 1.12 Facilitates the development of coping skills in people with diabetes and cardiometabolic conditions

### CLINICAL PRACTICE: REDUCING RISKS

- 1.13 Applies knowledge of diabetes-related complications and associated risk factors for education, prevention, and management
- 1.14 Implements risk reduction strategies to minimize actual and potential risks related to common diabetes-related complications
- 1.15 Implements prevention strategies to assist individuals with diabetes and cardiometabolic conditions at care transition points
- 1.16 Assists individuals with recognition of barriers and implementation of strategies to effectively reduce the risk of diabetes and diabetes-related complications

## DOMAIN 1: Clinical Management Practice and Integration

### CLINICAL PRACTICE: TAKING MEDICATION

- 1.17 Explains administration technique, dosing, frequency, side effects, storage, expiration, benefits of medication taking, and possible interactions for medications used to treat diabetes and cardiometabolic conditions
- 1.18 Evaluates appropriateness of medications for diabetes and cardiometabolic conditions
- 1.19 Evaluates medications, over-the-counter agents, and dietary supplements for potential interactions
- 1.20 Assists individuals with recognition of barriers and co-develops strategies for uninterrupted medication use
- 1.21 Applies knowledge of the healthcare system and person's medications to facilitate uninterrupted access to medications, devices, and supplies necessary to self-manage diabetes and cardiometabolic conditions

### CLINICAL PRACTICE: HEALTHY EATING

- 1.22 Applies nutrition knowledge, cultural and socioeconomic considerations, and person's preferences to assess and individualize meal plans
- 1.23 Describes general components of healthy eating, such as food sources of macronutrients, label reading, portion sizes, and meal planning
- 1.24 Explains relationship between food, activity, medication, and clinical outcomes, such as blood glucose, lipids, blood pressure, and weight
- 1.25 Explains components of healthy eating patterns, such as including non-starchy vegetables in the meal plan, minimizing added sugars and refined grains, and choosing whole foods instead of processed foods
- 1.26 Compares and contrasts various eating patterns useful for the management of diabetes and cardiometabolic conditions
- 1.27 Assists individuals with recognition of barriers and implementation of strategies for healthy eating

### CLINICAL PRACTICE: MONITORING

- 1.28 Explains available tools used for monitoring, such as self-monitoring of blood glucose, continuous glucose monitoring, and mobile applications, and appropriate techniques for accurate collection of patient generated health data (PGHD)
- 1.29 Interprets data generated from monitoring tools
- 1.30 Translates data findings into actionable recommendations based on the plan of care
- 1.31 Applies knowledge of monitoring to provide guidance on achievement of treatment goals
- 1.32 Assists individuals with recognition of barriers and implementation of strategies for effective monitoring

**DOMAIN 1: Clinical Management Practice and Integration**

**CLINICAL PRACTICE: BEING ACTIVE**

- 1.33 Understands the role and impact of physical activity and fitness in prevention and treatment of diabetes and cardiometabolic conditions
- 1.34 Applies knowledge of exercise-related glucose excursions to provide recommendations for aerobic, resistance, and other physical activity
- 1.35 Assists individuals with recognition of barriers and implementation of strategies to promote physical activity
- 1.36 Modifies recommendations for physical activity based on factors such as pregnancy, age, body mass index, weight management goals, and macrovascular and microvascular complications of diabetes

**CLINICAL PRACTICE: PROBLEM SOLVING**

- 1.37 Employs collaborative problem-solving methods to identify and resolve gaps in the plan of care
- 1.38 Utilizes knowledge of problem solving and goal setting to develop appropriate and realistic plans of care
- 1.39 Develops person-centered plan of care consistent with available support systems, and physical, developmental, and cognitive levels
- 1.40 Assists individuals with recognition of barriers and implements strategies for effective problem solving

## **DOMAIN 1: ADCES Education for Clinical Management Practice and Integration**

*Access education from ADCES to help you excel in each domain and fill existing gaps in knowledge and skills. Use this with the diabetes care and education specialist self-assessment worksheet to create a personal development action plan.*

### **CLINICAL MANAGEMENT OF DIABETES AND CARDIOMETABOLIC CONDITIONS**

[The Art and Science of Diabetes Care and Education, 5th Edition - Ch.25](#)  
[AADE Advanced Practice Certificate: Managing Diabetes Complications](#)

### **CLINICAL PRACTICE: HEALTHY COPING**

[The Art and Science of Diabetes Care and Education, 5th Edition - CH.4](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)

### **CLINICAL PRACTICE: REDUCING RISKS**

[The Art and Science of Diabetes Care and Education, 5th Edition - CH. 9](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)

### **CLINICAL PRACTICE: TAKING MEDICATION**

[The Art and Science of Diabetes Care and Education, 5th Edition - CH. 7](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)  
[Insulin Therapy Certificate Program](#)

### **CLINICAL PRACTICE: HEALTHY EATING**

[The Art and Science of Diabetes Care and Education, 5th Edition CH. 5](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)

### **CLINICAL PRACTICE: MONITORING**

[The Art and Science of Diabetes Care and Education, 5th Edition CH. 8](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)  
[Continuous Glucose Monitoring \(CGM\) Certificate Program](#)

### **CLINICAL PRACTICE: BEING ACTIVE**

[The Art and Science of Diabetes Care and Education, 5th Edition CH. 6](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)

### **CLINICAL PRACTICE: PROBLEM SOLVING**

[The Art and Science of Diabetes Care and Education, 5th Edition - CH. 10](#)  
[AADE Diabetes Education Curriculum: A Guide to Successful Self-Management, 2nd Edition](#)  
[AADE7 Self-Care Behaviors™ Online Series](#)