

Self-Assessment of the Competencies for the Diabetes Care and Education Specialist



The competencies for diabetes care and education were designed to help you assess your current knowledge gaps and build a plan for continued growth and opportunity. Follow the instructions below to create an education plan that is relevant to your position and career aspirations. For additional information on the ADCES competencies and how they impact your work, visit DiabetesEducat.org/DCEScompetencies

INSTRUCTIONS

Step 1: Assess current knowledge and skills

Review the knowledge and skills associated with each domain in the links below. Use the worksheet below to rate how comfortable you feel on a scale of 1-4 practicing each area of focus.

- 1 = I do not feel competent in this area.
- 2 = I need improvement in this area.
- 3 = I am proficient in this area.
- 4 = I excel in this area.

Step 2: Create a plan

Once you've rated areas of focus for all 6 domains, mark 4 areas of focus that you would like to prioritize this year that are relevant to your position and/or career aspirations.


Browse the educational resources available below to identify those that support the corresponding areas of focus you are prioritizing.

Set a target date to complete your educational goal so you can begin practicing your new skills.

Step 3: Follow up

Check in at 6 months and 1 year to determine how you are progressing on your plan. Augment with additional education or learning opportunities to ensure progress

Assess Current Knowledge and Skills

DOMAIN 1: Clinical Management Practice and Integration  Click the domain for details		
AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Clinical management of diabetes and cardiometabolic conditions		
Clinical practice: healthy coping		
Clinical practice: reducing risks		
Clinical practice: taking medication		
Clinical practice: healthy eating		
Clinical practice: monitoring		
Clinical practice: being active		
Clinical practice: problem solving		

DOMAIN 2: Communication and Advocacy		
AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Communication		
Advocacy		

DOMAIN 3: Person-centered Care and Education Across the Lifespan		
AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Assessment		
Care delivery for individual		
Care delivery for population		

DOMAIN 4: Research and Quality Improvement

AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Research and quality improvement		

DOMAIN 5: Systems-Based Practice

AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Business management		
Systems practice		
Population health management		

DOMAIN 6: Professional Practice

AREAS OF FOCUS	On a scale of 1-4, how competent do I feel in this area?	Is this a priority for my practice or career?
Lifelong learning		
Professionalism		

Create a Plan		
Priority areas of focus	Access ADCES education by area of focus (linked above) and list them here	Target completion date ?
Priority 1:		
Priority 2:		
Priority 3:		
Priority 4:		

6-Month Check-In

Date:	What is going well?	What is not going well?	Have you identified new education or resources to advance or maintain your level of competency in this area? If so, list them here.	Next Steps
Priority 1:				
Priority 2:				
Priority 3:				
Priority 4:				



Reward yourself for getting this far and keeping up with your goal.
What is something you will do you will do to reward yourself and keep you motivated?

1 Year Check-In				
Date:	What is going well?	What is not going well?	Have you identified new education or resources to advance or maintain your level of competency in this area? If so, list them here.	Next Steps
Priority 1:				
Priority 2:				
Priority 3:				
Priority 4:				



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