Domain I: Assessment and Diagnosis
Self-Assessment of Content Knowledge for BC-ADM Examination
Use this as a guide to assess your knowledge across Domain I

Domain I: Assessment and Diagnosis	Rating Scale: 1= Understands 90% of content, little review 2= Understands 75% of content, minimal review 3= Understands 50% of content, extensive review 4= Understands <10% of content, start from beginning	
Domain 1 makes up 30% of the BC-ADM exam (10 tasks)	**Self-Rating**	**Plan**
1. Task: Conduct therapeutic interviews using a systematic approach.	4 questions on the exam	
Knowledge of:		
a. Motivational interviewing		
b. Open-ended questions		
c. Person-first, strength-based language		
d. Communication for social, cultural, and/or clinical context		
e. Behavior change theory		
2. Task: Perform comprehensive assessments of diabetes, complications, and related chronic conditions across the lifespan (e.g., functional status, sensory/foot, eye exam, medication, and complementary alternative medication review).	5 questions on the exam	
Knowledge of:		
a. Obtaining a patient history: nutrition, physical activity, medical/medication therapy, mental health, health, family, and social history		
b. Developmental and cognitive ability		

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c. Cultural, ethnic, and health literacy and lifestyle assessment		
d. Self-care skills and behaviors		
e. Complications and risks		
f. Focused physical exam procedures (e.g., foot exam, skin assessment)		
g. Laboratory assessments		
3. Task: Understand how physiology and pathophysiology relates to prediabetes/diabetes, chronic conditions, complications, and comorbidities (e.g., pancreatic disease, other endocrine disorders).	5 questions on the exam	
Knowledge of:		
a. Glucose metabolism		
b. Exercise physiology		
c. Micro- and macrovascular complications		
d. Nutrient absorption and fuel metabolism		
e. Cardiometabolic conditions		
f. Hyperglycemia and hypoglycemia		
g. HHNK and DKA		
4. Task: Evaluate self-care behavior and perform behavioral health assessment.	4 questions on the exam	
Knowledge of:		
a. AADE 7		
b. Confidence and skills with technology		
c. Valid measures for behavioral health, and psychosocial health		
d. Diabetes distress		
e. Depression and anxiety scales		

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f. Dementia		
g. Quality of life		
h. Eating disorders		
5. Task: Assess social determinants of health.	4 questions on the exam	
Knowledge of:		
a. Insurance		
b. Finances		
c. Social support		
d. Health care team access		
e. Health literacy		
f. Food insecurity		
g. Impact of social environment		
6. Task: Implement standards of diabetes care and clinical practice guidelines pertaining to assessment.	5 questions on the exam	
Knowledge of:		
a. American Diabetes Association (ADA), American Association of Clinical Endocrinologists (AACE), Association of Diabetes Care & Education Specialists (ADCES), Endocrine Society, American Diabetes Association and European Association for the Study of Diabetes (ADA/EASD)		
b. Therapeutic inertia		
7. Task: Monitor, interpret, and apply results generated from complex patient data sets.	5 questions on the exam	
Knowledge of:		

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a. Continuous glucose monitoring data (time in range, ambulatory glucose profile), blood glucose data, insulin pump data, smart pens, and wearable devices (e.g., activity trackers, biometric monitors)		
b. Device capabilities and proper use		
8. Task: Interpret and apply results generated from assessment and diagnostic tests.	5 questions on the exam	
Knowledge of:		
a. Normal and abnormal lab values		
b. Stages of CKD, CHF, and retinopathy		
c. NASH/NAFLD		
d. Individualized glycemic targets (e.g., A1C, fasting and postprandial glucose)		
e. Micro- and macrovascular complications		
9. Task: Perform screenings and understand diagnostic criteria for diabetes and related conditions.	4 questions on the exam	
Knowledge of:		
a. National guidelines related to hypertension, lipids, and obesity		
b. Incidence and prevalence of prediabetes/diabetes across the lifespan		
c. Distinguishing features of prediabetes		
d. Type of diabetes mellitus		
e. Risk factors across lifespan		
10. Task: Formulate and prioritize a problem list.	4 questions on the exam	
Knowledge of:		

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a. Data required to prioritize and individualize problem list		
b. Individual risk factors		