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**CBDCE**

# CBDCE-CDCES

*Certified Diabetes Care and Education Specialist (CDCES)*

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**SAMPLE QUESTIONS**  
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**Question: 993**

In managing a patient with diabetes, which of the following is the most critical aspect of interpreting CGM data to ensure optimal care?

- A. The timing of glucose readings
- B. The patient's self-reported symptoms
- C. The trend and stability of glucose patterns
- D. The total number of readings obtained

Answer: C

Explanation: The trend and stability of glucose patterns provide valuable insight into the patient's overall glycemic control and help guide management decisions.

**Question: 994**

In a Patient-Centered Medical Home (PCMH) model, which of the following is a primary goal that differentiates it from traditional healthcare delivery models?

- A. Enhanced patient engagement and shared decision-making in care plans.
- B. Increased reliance on hospital-based care for chronic conditions.
- C. Reduced emphasis on preventive care and screenings.
- D. Limitation of care coordination to primary care providers only.

Answer: A

Explanation: The PCMH model emphasizes enhanced patient engagement and shared decision-making, aiming to provide comprehensive primary care that is coordinated and proactive, distinguishing it from traditional models.

**Question: 995**

In the context of hormonal regulation, which of the following statements about cortisol is true regarding its effect on glucose metabolism in diabetic patients?

- A. It promotes gluconeogenesis
- B. It enhances insulin secretion
- C. It decreases hepatic glucose production

D. It increases glucose uptake by peripheral tissues

Answer: A

Explanation: Cortisol promotes gluconeogenesis in the liver, increasing blood glucose levels, which can exacerbate hyperglycemia in diabetic patients.

**Question: 996**

A patient following a vegan diet is concerned about adequate protein intake. Which of the following plant-based protein sources is considered a complete protein, providing all essential amino acids?

- A. Almonds
- B. Lentils
- C. Peas
- D. Quinoa

Answer: D

Explanation: Quinoa is one of the few plant-based sources that is a complete protein, containing all essential amino acids, making it an excellent choice for those following a vegan diet to meet their protein needs.

**Question: 997**

A patient discloses their HIV status during a diabetes education session and requests confidentiality. What is the most ethical response from the diabetes educator?

- A. Encourage the patient to disclose their status to all healthcare providers.
- B. Assure the patient that their information will be kept confidential unless required by law.
- C. Document the information in the patient's chart without further discussion.
- D. Suggest the patient not mention their status to avoid complications.

Answer: B

Explanation: It is ethical to assure patients that their information will be kept confidential, respecting their privacy while also being aware of legal exceptions that may apply.

**Question: 998**

A patient with diabetes is being evaluated for the presence of glycemic variability. If their blood glucose levels are recorded multiple times a day and show fluctuations of 40 mg/dL or more, which of the following measures could help stabilize their levels?

- A. Implementing a fixed meal schedule
- B. Increasing the dose of basal insulin

- C. Reducing physical activity to avoid swings
- D. Decreasing carbohydrate intake at meals

Answer: A

Explanation: A fixed meal schedule can help stabilize blood glucose levels by evenly distributing carbohydrate intake throughout the day, which can reduce fluctuations.

**Question: 999**

A 55-year-old woman presents with a fasting glucose of 140 mg/dL and an HbA1c of 7.8%. What is the most appropriate first-line medication for her condition?

- A. GLP-1 receptor agonist
- B. Sulfonylureas
- C. Insulin
- D. Metformin

Answer: D

Explanation: Metformin is the first-line medication for the treatment of Type 2 Diabetes, especially for patients who are overweight or obese.

**Question: 1000**

A patient with diabetes has an A1C of 7.2% but reports frequent episodes of hypoglycemia. They are currently prescribed metformin and glimepiride. Which adjustment in their treatment plan should be considered to reduce hypoglycemic episodes while maintaining glycemic control?

- A. Increase the dose of metformin
- B. Substitute glimepiride with a DPP-4 inhibitor
- C. Add a long-acting insulin regimen
- D. Discontinue all diabetes medications temporarily

Answer: B

Explanation: Substituting glimepiride with a DPP-4 inhibitor can reduce the risk of hypoglycemia while still providing effective glycemic control, as DPP-4 inhibitors do not typically cause hypoglycemia.

**Question: 1001**

During a diabetes management workshop, a participant asks about the role of glycemic control in foot health. What is the most significant impact of maintaining optimal glycemic levels on foot complications?

- A. Reduces the risk of skin infections

- B. Prevents peripheral arterial disease
- C. Enhances wound healing
- D. Eliminates the need for foot care

Answer: C

Explanation: Optimal glycemic control directly enhances wound healing and reduces the risk of complications, including foot ulcers.

**Question: 1002**

A patient with type 2 diabetes is considering a new medication based on their genetic profile. Which of the following genetic factors is most likely to influence the choice of a DPP-4 inhibitor?

- A. Blood type
- B. TCF7L2 polymorphisms
- C. Age of onset of diabetes
- D. Family history of hypertension

Answer: B

Explanation: TCF7L2 polymorphisms are known to influence the effectiveness of DPP-4 inhibitors, making it a critical genetic factor in personalizing diabetes treatment.

**Question: 1003**

When educating a patient about the potential side effects of insulin therapy, which of the following should be emphasized as a primary concern?

- A. Weight loss
- B. Allergic reactions
- C. Hypoglycemia
- D. Skin irritations

Answer: C

Explanation: Hypoglycemia is the most critical and common side effect of insulin therapy, requiring patients to be vigilant about their blood glucose levels and symptoms.

**Question: 1004**

A diabetes educator is tasked with evaluating the impact of a new diabetes education curriculum. What is the most effective method to measure the curriculum's success?

- A. Comparing patient outcomes before and after the implementation of the curriculum
- B. Conducting surveys only among healthcare providers
- C. Analyzing the curriculum's content without assessing patient feedback

D. Relying on anecdotal evidence from patients

Answer: A

Explanation: Comparing patient outcomes before and after implementation provides measurable evidence of the curriculum's effectiveness in improving diabetes management.

**Question: 1005**

In a case where a patient with type 2 diabetes is exhibiting poor adherence to their medication regimen, which intervention would most effectively address psychological barriers to adherence?

- A. Conducting a motivational interviewing session
- B. Referring the patient to a diabetes educator
- C. Providing a written medication schedule
- D. Simplifying the medication regimen

Answer: A

Explanation: Motivational interviewing can help address underlying psychological barriers, such as ambivalence or lack of motivation, which are often significant factors in medication adherence.

**Question: 1006**

A patient utilizing a diabetes management app reports a daily average blood glucose reading of 220 mg/dL. If the target range for this patient is 80-130 mg/dL before meals, what is the percentage of readings that fall outside the recommended range if the patient records 14 readings over two weeks?

- A. 50%
- B. 71%
- C. 64%
- D. 79%

Answer: B

Explanation: If all 14 readings are above the target range, then 100% of readings fall outside the recommended range. Therefore, if only 4 readings were within range, that would be 71% outside the recommended range.

**Question: 1007**

A diabetic patient is researching the role of omega-3 fatty acids in their diet. Which of the following food sources is the best recommendation for increasing omega-3 intake while managing diabetes?

- A. Fatty fish such as salmon
- B. Red meat

- C. Processed dairy products
- D. White bread

Answer: A

Explanation: Fatty fish, such as salmon, are excellent sources of omega-3 fatty acids, which can support heart health and may improve insulin sensitivity, making them beneficial for individuals with diabetes.

**Question: 1008**

A patient reports that their insulin pump is not delivering the expected amount of insulin, leading to high glucose readings. What is the first step the healthcare provider should recommend?

- A. Check the infusion site for kinks
- B. Change the insulin type
- C. Increase the bolus dose
- D. Monitor glucose levels more frequently

Answer: A

Explanation: Checking the infusion site for kinks or blockages is the first step, as these can directly affect insulin delivery and lead to elevated glucose levels.

**Question: 1009**

A clinical trial shows that a new DPP-4 inhibitor significantly reduces HbA1c levels. What is the most likely mechanism of action for this class of drugs?

- A. Enhancing insulin sensitivity
- B. Delaying gastric emptying
- C. Inhibiting glucagon secretion
- D. Stimulating pancreatic beta cells

Answer: C

Explanation: DPP-4 inhibitors work by inhibiting glucagon secretion and enhancing insulin secretion in response to meals, effectively lowering blood glucose levels.

**Question: 1010**

A patient's ketone test shows negative results, but their blood glucose is 255 mg/dL. How should the diabetes educator interpret this situation?

- A. The lack of ketones indicates hypoglycemia
- B. The patient is managing their diabetes effectively

- C. The patient is not at risk for DKA
- D. The patient needs to monitor more frequently

Answer: C

Explanation: Negative ketones at elevated glucose levels suggest that the patient is not at immediate risk for DKA, but monitoring is still necessary.

**Question: 1011**

A patient with diabetes is evaluated for eligibility in a clinical trial focusing on a new insulin therapy. If the trial requires participants to have an A1C level greater than 8.0%, which of the following A1C results would qualify the patient?

- A. 7.5%
- B. 8.0%
- C. 9.0%
- D. 8.5%

Answer: D

Explanation: To qualify for the trial with the requirement of having an A1C greater than 8.0%, the patient must have an A1C level of 8.5% or higher.

**Question: 1012**

A diabetic patient presents with a history of poor foot care and reports numbness in her feet. Which condition is most likely resulting from her diabetes?

- A. Morton's neuroma
- B. Plantar fasciitis
- C. Charcot foot
- D. Achilles tendinitis

Answer: C

Explanation: Charcot foot is a serious condition that can develop due to neuropathy in diabetic patients, leading to joint degeneration and deformities.

**Question: 1013**

A patient is educated on the importance of monitoring for microalbuminuria. What is the primary purpose of this monitoring in patients with diabetes?

- A. To assess kidney function only
- B. To detect early signs of kidney damage

- C. To predict the onset of cardiovascular disease
- D. To determine the need for dialysis

Answer: B

Explanation: Monitoring for microalbuminuria helps detect early signs of kidney damage in patients with diabetes, allowing for timely intervention.

**Question: 1014**

In the context of diabetes management, what is the primary action of the hormone somatostatin?

- A. It stimulates insulin secretion.
- B. It promotes glucagon secretion.
- C. It inhibits glucagon and insulin secretion.
- D. It enhances glucose uptake by tissues.

Answer: C

Explanation: Somatostatin inhibits the secretion of both insulin and glucagon, thus playing a regulatory role in glucose metabolism.

**Question: 1015**

A community health worker is addressing diabetes disparities in an underserved urban area. Which strategy is most likely to improve diabetes management among this population?

- A. Providing educational materials only in English
- B. Offering diabetes education through online platforms only
- C. Focusing only on individual behavior change without community involvement
- D. Engaging community leaders to promote health initiatives

Answer: D

Explanation: Engaging community leaders can foster trust and enhance participation in health initiatives, addressing disparities more effectively through culturally appropriate outreach and support.

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