

CERTIFIED DIABETES CARE AND EDUCATION SPECIALIST (CDCES) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which side effect of starting an angiotensin-converting enzyme (ACE) inhibitor is the least concerning?**
 - A. Dry hacking cough
 - B. Swelling of face and tongue
 - C. Potassium rise to 5.8 mg/dL
 - D. Serum creatinine rise from 1.2 mg/dL to 1.6 mg/dL

- 2. What strategy is most effective for assessing Mr. B's medication knowledge and adherence?**
 - A. Preparing a written knowledge assessment
 - B. Reading through the patient's chart notes for information
 - C. Asking the patient to bring a written list of medications
 - D. Having the patient bring the medications in original containers and explain their usage

- 3. Which medication is most associated with weight gain in diabetic patients?**
 - A. Liraglutide
 - B. Metformin
 - C. Acarbose
 - D. Glimepiride

- 4. Which intervention would least likely promote better self-management in diabetes care?**
 - A. Regular follow-ups with a healthcare provider
 - B. Providing educational materials
 - C. Encouraging physical activity
 - D. Discouraging regular blood sugar checks

- 5. What is the significance of conducting regular blood glucose monitoring for diabetes management?**
 - A. It is mandated by law
 - B. It helps in understanding glycemic patterns
 - C. It is only needed during illness
 - D. It is costly and often skipped

- 6. Which of the following is NOT a potential side effect of niacin?**
- A. Flushing
 - B. Hepatotoxicity
 - C. Hyperuricemia
 - D. Hypoglycemia
- 7. What aspect of diabetes education is crucial for managing hypoglycemia risk?**
- A. Regular exercise
 - B. Medication adherence
 - C. Dietary carbohydrate counting
 - D. Continuous glucose monitoring
- 8. What is the primary characteristic that distinguishes cystic fibrosis-related diabetes (CFRD) from other diabetes types?**
- A. Polyuria
 - B. Polydipsia
 - C. Reduced lung function
 - D. Fatigue
- 9. Which factor should be monitored to manage complications in diabetics effectively?**
- A. Heart rate only
 - B. Blood glucose levels
 - C. Cholesterol levels only
 - D. Weight loss alone
- 10. How many major risk factors does a 52-year-old male patient with hypertension, low HDL, and a family history of heart disease have?**
- A. One
 - B. Two
 - C. Three
 - D. Four

Answers

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1. A
2. D
3. D
4. D
5. B
6. D
7. D
8. C
9. B
10. C

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Explanations

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1. Which side effect of starting an angiotensin-converting enzyme (ACE) inhibitor is the least concerning?

- A. Dry hacking cough**
- B. Swelling of face and tongue
- C. Potassium rise to 5.8 mg/dL
- D. Serum creatinine rise from 1.2 mg/dL to 1.6 mg/dL

Starting an angiotensin-converting enzyme (ACE) inhibitor can indeed lead to a range of side effects, and understanding their implications is crucial for safety and management in patients, particularly those with diabetes or hypertension. The presence of a dry hacking cough is a well-known side effect associated with ACE inhibitors. While it can be annoying for patients and might lead to discontinuation of the medication, it is typically not considered serious. The cough is thought to occur due to the accumulation of bradykinin, a peptide that ACE inhibitors prevent from being broken down. Though this side effect can lead to discomfort, it generally does not pose a direct threat to the patient's health. In contrast, the other options present more concerning risks. Swelling of the face and tongue can indicate an acute allergic reaction known as angioedema, which may necessitate immediate medical attention. A potassium rise to 5.8 mg/dL can indicate hyperkalemia, a potentially dangerous condition that may lead to cardiac issues. Lastly, a rise in serum creatinine from 1.2 mg/dL to 1.6 mg/dL suggests a decline in kidney function, which is another critical concern. This context helps to illustrate why the dry hacking cough, despite

2. What strategy is most effective for assessing Mr. B's medication knowledge and adherence?

- A. Preparing a written knowledge assessment
- B. Reading through the patient's chart notes for information
- C. Asking the patient to bring a written list of medications
- D. Having the patient bring the medications in original containers and explain their usage**

Having the patient bring their medications in original containers and explain their usage is the most effective strategy for assessing Mr. B's medication knowledge and adherence. This approach allows the healthcare provider to engage directly with the patient about each medication, confirming that the patient understands the purpose, dosages, and administration method for each drug. It also provides an opportunity to identify any discrepancies between prescribed medications and what the patient is actually taking, including over-the-counter medications and supplements. Utilizing original containers ensures that the healthcare provider can see the labels for prescribing information such as the name of the medication, dosage, and directions for use. Additionally, discussing the medications in real-time helps to clarify any misunderstandings the patient may have regarding their treatment regimen, enhancing communication and fostering a supportive environment for patient education. In contrast, preparing a written knowledge assessment could provide some insight into the patient's understanding but lacks the immediate feedback and dialogue that a conversation about actual medications offers. Simply reading through the patient's chart notes might not reveal the current state of adherence or understanding, as this information may not reflect recent changes or the patient's personal experiences. Asking the patient to bring a written list of medications can be useful, but it does not offer the same level of engagement or insight since it lacks the

3. Which medication is most associated with weight gain in diabetic patients?

- A. Liraglutide
- B. Metformin
- C. Acarbose
- D. Glimepiride**

Glimepiride is an oral sulfonylurea medication used to manage type 2 diabetes. One of the well-known side effects of sulfonylureas, including glimepiride, is weight gain. This occurs because sulfonylureas stimulate the pancreas to release more insulin regardless of blood sugar levels. Increased insulin can lead to lower blood sugar, but it also promotes fat storage and can result in weight gain. This phenomenon is particularly relevant in diabetic patients who may already be struggling with weight management. Other medications listed, while they have their own profiles, are associated with weight management in a different manner. Metformin is often used as a first-line treatment for type 2 diabetes and is actually associated with weight neutrality or slight weight loss in many patients. Liraglutide, a GLP-1 receptor agonist, has also been shown to facilitate weight loss in some patients due to its effects on appetite and digestive processes. Acarbose, an alpha-glucosidase inhibitor, has not been linked with weight gain and may help in managing blood glucose without promoting weight gain. Thus, glimepiride stands out among the choices as the medication most commonly associated with weight gain in diabetic patients, making it

4. Which intervention would least likely promote better self-management in diabetes care?

- A. Regular follow-ups with a healthcare provider
- B. Providing educational materials
- C. Encouraging physical activity
- D. Discouraging regular blood sugar checks**

Discouraging regular blood sugar checks would least likely promote better self-management in diabetes care because monitoring blood glucose levels is a critical component of effective diabetes management. Regular checks help individuals understand how their dietary choices, physical activity, and medication affect their blood sugar levels. This self-monitoring provides essential feedback that empowers individuals to make informed decisions regarding their health and adjust their behaviors as needed. In contrast, regular follow-ups with a healthcare provider, providing educational materials, and encouraging physical activity are all strategies that support self-management and enhance individuals' understanding of their condition, improve their skills in managing diabetes, and foster overall health. Regular visits reinforce the importance of adherence to treatment plans, while education helps build knowledge around diabetes, and physical activity contributes to better glycemic control and overall well-being. Thus, discouraging blood sugar checks weakens the framework for effective self-management, making it the least favorable intervention in this context.

5. What is the significance of conducting regular blood glucose monitoring for diabetes management?

- A. It is mandated by law
- B. It helps in understanding glycemic patterns**
- C. It is only needed during illness
- D. It is costly and often skipped

The significance of conducting regular blood glucose monitoring for diabetes management primarily lies in its role in helping individuals understand their glycemic patterns. By monitoring blood glucose levels consistently, patients can ascertain how various factors such as diet, physical activity, medications, and stress impact their blood sugar. This ongoing assessment enables them to make informed decisions for their diabetes management. Understanding glycemic patterns is crucial because it allows for the identification of trends. For instance, if a patient notices that their blood glucose spikes at certain times, they can adjust their eating habits or medication accordingly. This proactive approach to diabetes care promotes better overall health outcomes and can significantly reduce the risk of complications associated with poorly managed diabetes. Regular monitoring also provides valuable data that healthcare providers can use to tailor treatment plans and interventions for each individual, improving the efficacy of diabetes management strategies. Overall, the ability to track and adjust based on real-time data is a fundamental aspect of managing diabetes effectively.

6. Which of the following is NOT a potential side effect of niacin?

- A. Flushing
- B. Hepatotoxicity
- C. Hyperuricemia
- D. Hypoglycemia**

The correct answer is that hypoglycemia is not a potential side effect of niacin. Niacin, also known as vitamin B3, is used to treat dyslipidemia and has various effects on lipid profiles, typically increasing HDL ("good" cholesterol) and decreasing triglycerides and LDL ("bad" cholesterol). Niacin is known for several side effects, including flushing, which is caused by the release of prostaglandins and often resolved by gradual dose escalation or taking aspirin beforehand. Hepatotoxicity is another serious potential side effect, especially at high doses used for treating dyslipidemia, as it can lead to liver damage. Additionally, hyperuricemia can occur with niacin use, as it can reduce renal excretion of uric acid, potentially leading to gout. In contrast, hypoglycemia is not associated with niacin use. While niacin can affect glucose metabolism, leading to insulin resistance in some individuals, it does not typically cause low blood sugar levels. Understanding these distinctions is crucial for diabetes management and patient education, as it informs healthcare providers about the safe use of niacin in patients, particularly those who may be at risk for hypoglycemia.

7. What aspect of diabetes education is crucial for managing hypoglycemia risk?

- A. Regular exercise
- B. Medication adherence
- C. Dietary carbohydrate counting
- D. Continuous glucose monitoring**

Continuous glucose monitoring (CGM) plays a critical role in managing hypoglycemia risk as it provides real-time data about blood glucose levels. This technology allows individuals with diabetes to see their glucose trends and fluctuations, enabling them to take proactive steps to prevent hypoglycemic episodes. For example, if the CGM indicates that blood glucose levels are dropping, a person can take preventive measures—such as consuming carbohydrates—before reaching a dangerously low level. Additionally, CGMs often have alerts that notify users when their glucose is falling rapidly, which can further assist in recognizing and responding to hypoglycemia early. While regular exercise, medication adherence, and dietary carbohydrate counting are important aspects of diabetes management, they might not directly address hypoglycemia risk in the same way that continuous glucose monitoring does. Regular exercise can contribute to overall glucose control but may also pose a risk for hypoglycemia if not balanced with food intake or insulin adjustments. Medication adherence is pivotal for maintaining stable blood glucose levels, but without a monitoring system, it may not effectively prevent hypoglycemia from occurring. Dietary carbohydrate counting is beneficial for managing overall carbohydrate intake; however, it requires appropriate blood glucose monitoring to ensure that carbohydrate consumption aligns with the individual's glucose levels to avoid hypoglycemia. In

8. What is the primary characteristic that distinguishes cystic fibrosis-related diabetes (CFRD) from other diabetes types?

- A. Polyuria
- B. Polydipsia
- C. Reduced lung function**
- D. Fatigue

The primary characteristic that distinguishes cystic fibrosis-related diabetes (CFRD) from other diabetes types is reduced lung function. This is an important aspect to understand because cystic fibrosis is a genetic disorder that primarily affects the lungs and digestive system. The underlying condition leads to thick mucus buildup, causing chronic lung infections and progressive lung damage. These respiratory issues are directly linked to the development of CFRD. Diabetes occurs in the context of cystic fibrosis due to pancreatic insufficiency, as thickened secretions can obstruct the pancreatic ducts, impairing insulin production. While diabetes can present with symptoms such as polyuria or polydipsia common to other types, the concomitant reduction in lung function is a specific feature of CFRD that ties the condition back to the primary disease process of cystic fibrosis. Other symptoms like fatigue can occur with diabetes but are not exclusive to CFRD and can arise in various types of diabetes due to elevated blood glucose levels or unrelated factors. Therefore, when considering the complete picture of CFRD, the link to reduced lung function as a result of cystic fibrosis is key in distinguishing it from other types of diabetes.

9. Which factor should be monitored to manage complications in diabetics effectively?

- A. Heart rate only
- B. Blood glucose levels**
- C. Cholesterol levels only
- D. Weight loss alone

Monitoring blood glucose levels is essential for managing complications in individuals with diabetes. Consistently tracking glucose levels helps in assessing how well diabetes is being controlled, allowing for timely adjustments to medications, diet, and lifestyle. Elevated blood glucose can lead to immediate issues, such as hyperglycemia, and long-term complications affecting the eyes, kidneys, nerves, and cardiovascular system. While heart rate, cholesterol levels, and weight can provide additional important information regarding a person's overall health and risk for complications, they do not specifically target the management of diabetes-related complications as effectively as blood glucose levels do. Heart rate could indicate cardiovascular stress but isn't a direct measure of diabetes control. Cholesterol levels are important for cardiovascular risk assessment but do not reflect the day-to-day management of diabetes. Weight loss alone may be beneficial for some individuals with type 2 diabetes, but it is one of many factors in managing blood glucose and overall health. Therefore, monitoring blood glucose levels is the cornerstone of effective diabetes management and complication prevention.

10. How many major risk factors does a 52-year-old male patient with hypertension, low HDL, and a family history of heart disease have?

- A. One
- B. Two
- C. Three**
- D. Four

Understanding risk factors for coronary heart disease, the focus is on conditions that meaningfully raise risk. Hypertension is a major modifiable risk factor because high blood pressure damages arteries and accelerates atherosclerosis. Low HDL increases risk because HDL helps remove cholesterol from vessels; when HDL is low, the protective effect is diminished. A family history of heart disease qualifies as a major non-modifiable risk factor, especially if it involves premature disease in first-degree relatives, signaling a genetic predisposition. In this scenario, the factors explicitly present are hypertension, low HDL, and a family history of heart disease. Each of these is counted as a major risk factor, giving three in total. While age is also a risk factor for heart disease, the question focuses on the listed conditions, so the count reflects these three factors.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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