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CRMC Nurse Certified as Diabetes Educator

The National Certification Board for Diabetes Educators (NCBDE) has announced that Khetta Faberzak, R.N., has achieved diabetes educator status by successfully completing the Certification Examination for Diabetes Educators. Candidates must meet rigorous eligibility requirements to be able to take the examination. Faberzak, a registered nurse at Cortland Regional Medical Center, worked for nearly three years to meet the requirements. During that time Faberzak provided over 1,000 hours of instruction to participants in CRMC's diabetes self-management program, and also conducted monthly diabetes support group meetings.

Faberzak has been a nurse for the past 14 years, 11 of those years at CRMC. She presently divides her time between staff nurse on the 3South medical/surgical unit, and serving as the hospital's patient diabetes educator.

"Diabetes is a growing problem in our community," said Faberzak "It requires more work on a daily basis on the part of the patient than almost any other healthcare problem. They are balancing things such as diet and lifestyle. People need more than just reading about it in a pamphlet. I want to give them the tools that they need and empower them to make decisions about their own lives. I really enjoy teaching the diabetes self-management classes. The participants are enthusiastic and that motivates me to do research, to learn more, and help people as much as possible to manage the disease."

Achieving certification status demonstrates to people with diabetes and employers, that the healthcare professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. NCBDE was established in 1986 to develop and

administer a certification program for healthcare professionals who teach individuals how to manage their disease. Through the development, maintenance, and protection of the certification process and CDE credential, NCBDE recognizes and advances the specialty practice of diabetes education. . Currently, there are about 16,000 diabetes educators nationwide who hold NCBDE certification.

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