

DAFNE User Group

Volume 1, Issue 1

January 2012

DAFNE Centres under threat

In the current economic climate all kinds of cuts are taking place, including Health Care Funding cuts. Add to this the impending re-organisation of the NHS and its not difficult to see why DAFNE is under threat. Those of us that have been lucky enough to benefit from the course know its many benefits including all the potential long term benefits of tighter Blood Glucose Control. Sadly many PCT's can only see the immediate future and their funding issues.

Unfortunately a number of DAFNE Centre's have been closed due to the local PCT withdrawing funding, sometimes with-

out the DAFNE Centre being told !

We are sure you would agree that the withdrawal of DAFNE in any area is a bad thing and we would like to hear from anyone who has any information about their DAFNE Centre being under threat. Unfortunately often the first the DAFNE Programme Team know about problems at a DAFNE Centre is after it has been closed. It would be much better if they or DUAG get to hear about issues before the decisions have been made. We can then assist the DAFNE Educators and local DAFNE Graduates to encourage the PCT to

continue to provide DAFNE.



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How to Get DAFNE Diaries

It seems generally it is not clear to most Graduates how they go about obtaining replacement Blood Glucose Diaries. This will hopefully clarify the situation and help you to get the replacements you need.

Your initial resource for obtaining Blood Glucose Diaries should be your local DAFNE Centre. Your local DAFNE Educa-

tors should receive supplies of DAFNE Blood Glucose Diaries.

If your DAFNE Centre does not have any copies available or you have lost contact with your DAFNE Educators, you can obtain copies for a small fee from the DAFNE Programme Team. The best way of ordering them is by using the DAFNE Website.

If you go to www.dafne.uk.com and then select 'People with Type 1 Diabetes' from the left hand menu, followed by 'DAFNE Shop'. Here you can order a number of DAFNE related items including Blood Glucose Diaries.

Did You Know:

- There are 900+ members of the DUG.
- There are 76 DAFNE Centre's in the UK and Southern Ireland, delivering in 135 localities .
- DAFNE courses are given in at least 6 countries.
- DAFNE has a new logo ! See above.

DAFNE Research News



Tip:
10G Carbohydrate equals 1 CP.
1CP raises Blood Glucose by 2-3mmol.

DUAG have been re-focusing their work to a clearer set of Goals



Tip:
For BG below 3.5mmol/l treat with rapid acting CP's

Comparison between DAFNE + MDI and DAFNE + CSII

This pilot study compared DAFNE training with a pump (CSII) against DAFNE plus multiple daily injections (MDI). A DAFNE curriculum was developed to use with patients new to insulin pumps and training given to DAFNE educators.

5 CSII courses and 4 MDI courses were completed. All follow up data, at 6 months post course, have been collected. Preliminary analysis of the results were used to plan and develop a full randomised control trial (RCT) called REPOSE which is now underway and expected to be completed in January 2016.

DAFNE delivered over 5 consecutive days and 1-day / week for 5 weeks

This study was undertaken to establish whether intermittent training (one day per week for 5 consecutive weeks) is as good as the 5 day course. This has the potential to allow those who cannot attend for 1 week to benefit from training and permit more flexible delivery where educators work part-time.

All courses have been delivered and the final follow-up data is being collected. The results are scheduled to be published late 2012.

The Irish DAFNE Study

In 2005 the Health Research Board in Ireland awarded the Irish DAFNE Study Group a five year programme grant under their Health Services R&D award. A randomised controlled trial evaluating 2 methods of follow-up care post-DAFNE training, comparing structured group follow-up care with a return to usual clinical care.

To develop a new model of ongoing care for DAFNE graduates based on group follow-up and peer support. To undertake an exploratory trial comparing this new model of care (group follow-up of DAFNE graduates) with "usual care", i.e. a return to one-to-one clinic visits following DAFNE training.

The results are currently being written up and the research team hope to have these published in 2012.

DUAG re-focus Goals

The DAFNE User Action Group (DUAG) was formed in July 2009 after an election amongst DAFNE User Group (DUG) members. The rationale for the group is that it provides 'user' input into the DAFNE Programme to help steer it in the direction that DAFNE Graduates would like it to go. Members of the group attend DAFNE meetings in the research projects that are occurring and attend the

DAFNE Executive meetings. As a group the DUAG meets every 4-6 months to discuss progress and what has happened at various meetings.

After a few years of meetings and support for the various parts of the DAFNE Team it was decided that we needed to refocus the DUAG's activity to become more effective. The following articles in the news letter provide an overview on the areas now being focused

on.

It is hoped the change of focus will allow the DUAG to become more effective and have a bigger impact on the DAFNE Programme. The DUAG membership is constantly evolving with new members joining and leaving. The normal term of membership on the DUAG is 3 years and we are always interested in hearing from anyone interested in joining the group.

Raising awareness Group

This group's aim is related to **Raising awareness** in the wider diabetic community of the existence of DAFNE, what it actually is, its value, and how it can work, to increase the demand for, and uptake of courses.

A letter has been produced to go out to magazines in regards to publishing the DUAG press release. Emails have been sent to a

number of publications including the journal of diabetes nursing, practical diabetes, Diabetes UK/online and balance, healthy, diabetes digest, the daily mail newspaper, and diabetes self management journal.

Possible interest has been received from diabetes UK on line who are thinking about how to put it on the website, the diabetes nursing journal who want to possibly use it

as a link with another article, and promises from practical diabetes and healthy magazine who have promised to take a look to see if they can use it. Something is also being worked on for local radio and an article for a village magazine.

If anyone has any other suggestions as to who we could approach please let us know.



Tip:
Recording BG results helps you spot patterns.

Representing the DUG

The **Representing the DUG** groups aim is to do what we were elected for. If we don't do that we are not a representative group of the DUG and cannot claim to be so.

This newsletter is the first output of this group and it is hoped it will help the DUAG 'connect' with the DAFNE User Group

(DUG) and DAFNE Graduates as a whole. If we really are your representatives then we need to be feeding your ideas and opinions into the DAFNE programme. So far this has not really happened, the questionnaire that was sent out last year didn't receive a huge response. We are very grateful to those that

did respond and this input has been taken on board, however we would like more.

If there was a reason people didn't respond please let us know, if there are other questions we should be asking and/or other information we should be providing you let us know and we will do our best to provide it.



Interest has been received from a number of publications regarding publicising DAFNE.

Appropriate follow-up training

The **Working to introduce appropriate follow-up training for DAFNE graduates in all centres** groups aim is as the name suggests. As things stand we all have a positive view of initial training. It is apparent

however that follow-up sessions seem to be fairly differently enforced, or run, in different parts of the country. The only mandatory training is follow-up within first 12 weeks post DAFNE course, anything be-

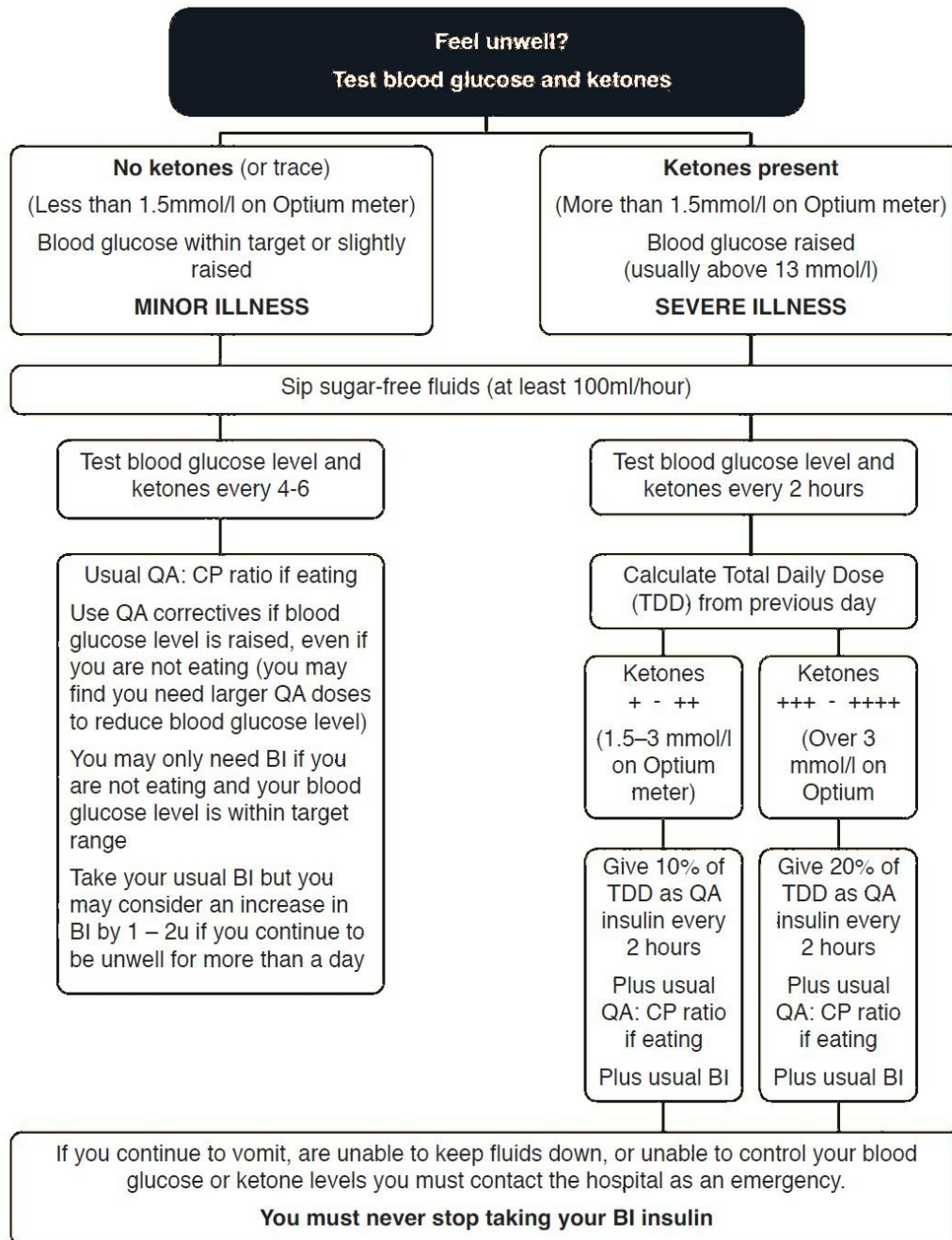
yond that is down to the local DAFNE Centre.

To gather information an online survey has been created. You can access it at www.surveymonkey.com/s/L3WPVCK



Tip:
Rotate your injection sites to ensure even absorption of insulin.

Sick Day Rules Reminder



Disclaimer

This diagram is extracted from supporting material that accompanies information given to individuals completing a 5-day DAFNE structured education course. The diagram is not a stand-alone information source and should not be used by any individual who has not completed a 5-day DAFNE course.

The diagram is not intended to provide or replace any personal medical advice provided by a healthcare professional. The DAFNE Programme assumes no responsibility or liability for any injury, loss, damage or expense that may be caused by any action, or lack of action, that may be taken as a result of reading the diagram.