

# DAFNE Online



[www.dafneonline.co.uk](http://www.dafneonline.co.uk)

**Site Features include:**

**User Forums** – A range of discussion areas for graduates to ask questions, compare experiences and support each other.

**Forums**

Welcome to the DAFNE Online Forums, which allow you to view and post discussion topics to other DAFNE Online users. Please see the description for each forum to choose the best area to post your discussion in.

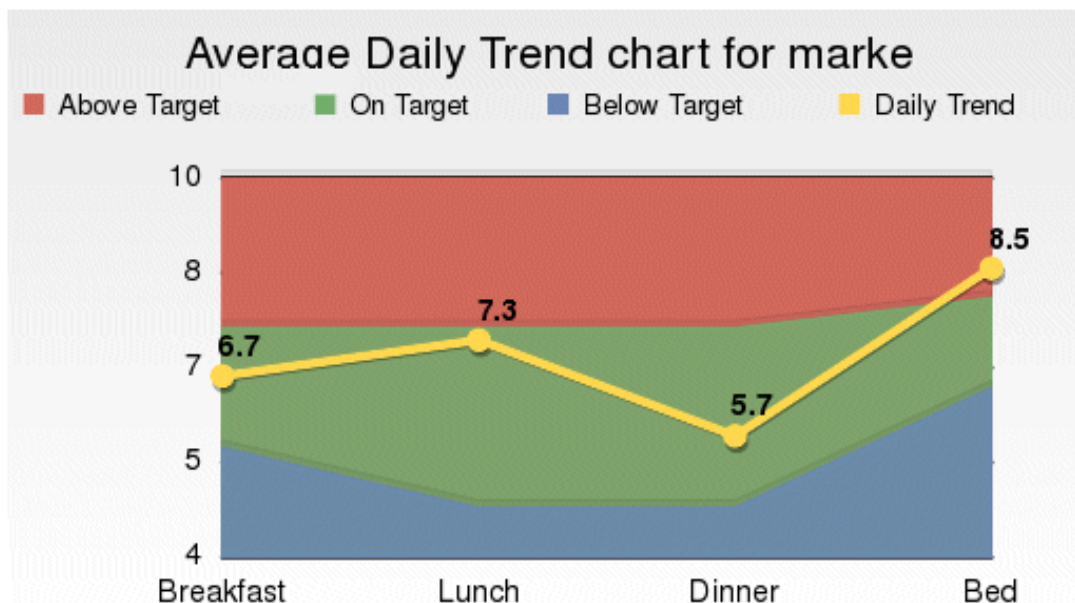
36 topic(s), 263 post(s), 58 voice(s)

Forum	Last Post
<p><a href="#">General Discussion</a> 14 topics, 124 posts</p> <p>Use this forum to discuss anything DAFNE or non-DAFNE related</p> <p><a href="#">Edit</a></p>	<p>May 29, 2009 7:29pm by <a href="#">Simon C</a> (<a href="#">view</a>)</p>
<p><a href="#">Carbohydrate Counting</a> 3 topics, 22 posts</p> <p>Come here to share tips on Carbohydrate Counting, or ask for help with specific foods/meals.</p> <p><a href="#">Edit</a></p>	<p>May 31, 2009 8:34am by <a href="#">Jim Burnett</a> (<a href="#">view</a>)</p>
<p><a href="#">Site Development</a> 8 topics, 59 posts</p> <p>Visit here to post feedback on the site as it is under development, or request new features or enhancements to the site</p> <p><a href="#">Edit</a></p>	<p>May 28, 2009 1:00pm by <a href="#">JWo</a> (<a href="#">view</a>)</p>
<p><a href="#">Questions for HCPs</a> 7 topics, 39 posts</p> <p>If you have a question that you think needs to be answered by a DAFNE Healthcare Professional, then post them here.</p> <p><a href="#">Edit</a></p>	<p>May 19, 2009 9:07am by <a href="#">Lizzie</a> (<a href="#">view</a>)</p>
<p><a href="#">Dafneonline Mobile</a> 4 topics, 19 posts</p> <p>A forum to discuss the features of DAFNE Online Mobile</p> <p><a href="#">Edit</a></p>	<p>May 22, 2009 10:12pm by <a href="#">Simon</a> (<a href="#">view</a>)</p>

[Recent posts](#)

**Blood Glucose Diary** – A means to record daily blood glucose readings online, plot them on a range of graphs and share them with HCP’s.

**Blood Glucose Diary - Graph View**



**Carbohydrate Portion Lists** – An online copy of the DAFNE Carb Counting booklet that is searchable and can be expanded with user entries.

**Carbohydrate Portion List**

[Alphabetical](#)
[Categories](#)
[Add Entry](#)
[All Entries](#)
[Search](#)

Categories	item_description	category	portion	weight	CP	username	
Alcohol	Alcopops	Alcohol	1 bottle	275ml	2	Verified	<a href="#">Del</a>
Biscuits	Allbran	Cereals	4 tbsp/0.75 cup	40g	2	Verified	<a href="#">Del</a>
Bread	Angel Delight	Puddings	0.25 packet	100g	1.5	Verified	<a href="#">Del</a>
Cakes	Apple	Fruit	medium	120g	1	Verified	<a href="#">Del</a>
Cereals	Apple pie	Fast Food	1		2.5	Verified	<a href="#">Del</a>
Fast Food	Apricots	Fruit	3 raw	120g	1	Verified	<a href="#">Del</a>
Fruit	Apricots (semi-dried)	Fruit	4	30g	1	Verified	<a href="#">Del</a>
Home Baking	Bagel	Bread	1	70g	4	Verified	<a href="#">Del</a>
Hypo treatment	Baileys	Alcohol	1 measure	50ml	1	Verified	<a href="#">Del</a>
Ice Cream	Baked Beans	Main Meal	1 small tin	200g	1	Verified	<a href="#">Del</a>
Indo Asian	Banana	Fruit	1 medium	100g	2	Verified	<a href="#">Del</a>
Main Meal	BBQ/Sweet n Sour Dip	Fast Food	1 pot		1	Verified	<a href="#">Del</a>
Milk and Dairy	Beer/lager	Alcohol	1 pint		1	Verified	<a href="#">Del</a>
Pasta and Rice	Bhaji	Takeaways	3	145g	3	Verified	<a href="#">Del</a>
Pies, Pizza	Bhajia(Battered)	Indo Asian	3	145g	3	Verified	<a href="#">Del</a>
Potato	Big Mac	Fast Food	1		4.5	Verified	<a href="#">Del</a>
Preserves	Bitter	Alcohol	1 pint		1	Verified	<a href="#">Del</a>
Puddings	Boiled Potato	Potato	1 egg sized	60g	1	Verified	<a href="#">Del</a>
Snacks	Boiled Potato	Potato		100g	1.5	Verified	<a href="#">Del</a>
Soft Drinks	Bombay mix	Snacks		100g	3.5	Verified	<a href="#">Del</a>
Soups Sauces							
Sweets							
Takeaways							

Pages: [previous](#) [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#) [11](#) [12](#) [13](#) [14](#) [15](#) [16](#) [17](#) [next](#)

Showing: Verified Entries

**Course Handbook** – An online copy of the course handbook given to graduates during the DAFNE course.

## Online DAFNE Handbook - Contents

- [New Handbook Topic](#)
- [Types of diabetes](#)
- [Introduction](#)
- [What is diabetes?](#)
- [Metabolic Control](#)
- [Insulin](#)
- [The DAFNE approach - food and insulin](#)
- [Hyperglycaemia](#)
- [Coping when you are ill](#)
- [Hypoglycaemia](#)
- [Physical Activity and Exercise](#)
- [Setting Goals and Action Planning](#)
- [Annual Review](#)
- [Footcare](#)
- [Travel](#)
- [Driving](#)
- [Pregnancy](#)

Course Handbook Version 7 - © DAFNE 2008

### Disclaimer:

The DAFNE Course Handbook was developed with the sole purpose of providing supporting material to accompany information given to individuals completing a 5-day DAFNE structured education course. These 5-day courses are delivered by appropriately trained and certified DAFNE Educators.

The DAFNE Course Handbook is not a stand-alone information source and should not be used by any individual who has not completed a 5-day DAFNE course or for any other purpose than that for which it was developed.

The DAFNE Course Handbook is not intended to provide or replace and personal medical advice provided by a healthcare professional

The DAFNE Programme and DAFNE Online assume 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 DAFNE Course Handbook

## News – All the latest DAFNE news.

### News

Below is the latest news from DAFNE Online - including stories related to the website, the DAFNE Course, and Type 1 Diabetes in general. If you feel you have a noteworthy news item, please [contact us here](#).

#### Mobile version expanded

By [marke](#) on May 22, 2009 9:50pm [Edit](#) | [Delete](#)

In case you have not noticed, the mobile version of the site has now been 'upgraded'. It now includes the DAFNE handbook and the forums. Can anyone with a mobile that has internet access try accessing it and let us know about any problems. We can then work on fixing them to provide the best service possible via mobile as well as normal PC.

#### DAFNE Online now mobile

By [Simon](#) on Apr 20, 2009 6:48pm [Edit](#) | [Delete](#)

You can now access DAFNE Online via your mobile device! Currently this is a cut-down version of the site, with access only to the Carbohydrate Counting and BG Diary parts of the normal site, but formatted nicely for the small screen. Point your mobile browser at [www.dafneonline.co.uk](http://www.dafneonline.co.uk) to see the mobile login screen.

Please use the [mobile forum](#) to provide feedback on the mobile site, and request new features.

#### DAFNE in Peril

By [marke](#) on Apr 2, 2009 1:21pm [Edit](#) | [Delete](#)

We have heard today that the Wirral PCT are intending to withdraw funding for DAFNE at Arrowe Park and are forcing the DAFNE educators there to cancel all planned courses.

This is totally unacceptable and if you can put us in touch with any people in this PCT's area who can help by complaining to the PCT, please post in the **General Discussion** forum under the [DAFNE in Peril topic](#).

**Mobile Version** – All of the above features formatted for and available on mobile devices such as mobile phones and PDA's, giving you access wherever in the world you are.

