Do you have **Type 1 diabetes?**

**DAFNE**
may be able to help you

[Image of a woman juggling fruits and a chocolate cake]

[Website: www.dafne.co.uk]

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What is DAFNE?

DAFNE stands for:

**Dose Adjustment For Normal Eating**

It is a way of managing your diabetes by working out how much insulin you need to take for what you want to eat.

It is based on:

- 1–2 injections of long-acting (Background) insulin each day
- Injecting quick acting insulin each time you eat
- Testing your blood sugar level before each injection.

This approach has been used in Europe since the 1980’s and was introduced in Britain in 2000, funded by Diabetes UK (British Diabetic Association).

DAFNE is now a nationally delivered programme.

DAFNE has proven to:

- Reduce HbA1c without increasing the risk of severe hypoglycaemia
- Increase quality of life
- Improve satisfaction with treatment.

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"It's given me the real reason for doing blood tests."
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Questions you may have for your Diabetes Team

What does it involve?

DAFNE involves attending a 5-day training course (9am–5pm Monday to Friday) with around seven other people with Type 1 diabetes, plus a follow up session around eight weeks after the course and yearly half-day top up sessions. The structured teaching programme covers topics including carbohydrate estimation, blood glucose and ketone monitoring, insulin regimens, eating out, reading food labels, hypos, illness and exercise.

The DAFNE course is about learning from experience. During the week you practice the skills of carbohydrate estimation and insulin adjustment under the supervision of DAFNE trained educators.

Most of the training is built around group work, sharing and comparing experiences with other people with Type 1 diabetes. However, there are opportunities for each person to speak to a doctor, nurse or dietitian individually.

“Everyone should be offered the opportunity to do this.”

Questions you may have for your Diabetes Team

What are the costs?

Structured education is now seen as part of routine diabetes care. In 2002 the government asked the National Institute for Health and Clinical Excellence (NICE) to provide guidelines on structured education for diabetes management. NICE is the independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.

In 2003 NICE issued their guidance as a Technical Appraisal (number 60) and as of January 2006 all Primary Care Trusts had to offer all people with diabetes high quality structured education, such as DAFNE.

You may need to reorganise family commitments or take time off work to do the course. However, we can provide a letter of explanation for your employer.

There may also be doctors, nurses or dietitians observing courses to learn how to teach DAFNE themselves.

What else is involved?

Before doing a course you will need to book an appointment with the diabetes team to have some blood tests taken and for advice on how you may need to adjust your insulin in preparation for the training week.

You will be asked to complete questionnaires before your course and at annual follow-up. These data will be entered onto a national DAFNE database by your diabetes team. Your data is entered in a way which makes it impossible for anyone other than your diabetes team to identify you – this is called pseudo-anonymised data.

“I’ve learnt such a lot in a short space of time – and I’ve had a bit of a laugh as well.”