



Issue 1: 26 September 2020

Welcome to the first issue of the new DAFNE newsletter. We aim to provide four newsletters each year, in the months of October, January, April and July. These newsletters will be emailed to all active DAFNE educators, doctors and administrators. Copies can be accessed via our website www.dafne.nhs.uk. We hope that you will find the content useful. If you have any suggestions for articles please let us know at dafne@nhct.nhs.uk.

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Message from National Director – Gill Thompson



2020 was going to be a remarkable year for the DAFNE programme as we planned to celebrate 20 years since the first DAFNE course. However plans had to be shelved due to the advent of the Covid-19 pandemic, resulting in major changes to how health services are delivered, DAFNE included.

Like every health service we have had to make changes to where staff work and to consider how we can restore services in an uncertain and socially distanced environment.

In response to the situation and our commitment to DAFNE services and people with type 1 diabetes, our small team have done a stupendous job creating the Remote DAFNE patient course, a blend of self-directed online learning and remote group sessions to consolidate learning.

National trainers Sally and Liesl created the course and associated training for existing educators in just 12 weeks. Becky, our operations manager and the admin team had just 2 weeks to rewrite administrative processes, produce and dispatch the new resources required for the pilot. I could not be prouder of the team.

Forty-one DAFNE centres, from all 4 nations and the Republic of Ireland volunteered to pilot the Remote DAFNE course, a truly amazing and brave response as this involved additional work on top of their local diabetes service restoration. I can't thank these pilot centres, educators and service users enough for coming forward and placing their faith in us and the DAFNE programme.

We still have much to do to fully restore services; further details are provided in this newsletter. We are also keen to hear from DAFNE services how we can support you further; please contact dafne@nhct.nhs.uk with your suggestions.

Thanks to all DAFNE centres for your patience and continued support.

Executive Board chair

Dr Helen Hopkinson stepped down as board chair this year handing over to Dr Jackie Elliott from Sheffield, Jackie officially taking over the role in May.

Helen served three terms, almost nine years as chair and has been a tireless advocate for DAFNE, we are grateful for all of the time that she dedicated to the programme and also to the central DAFNE team. We are delighted that Helen will remain a member of the board.

Jackie has been a member of the board since 2013 and has been active in DAFNE research, working with Professor Simon Heller on the five week, REPOSE and the current DAFNE*plus* research programmes. Jackie has had a baptism of fire taking over as chair amidst the pandemic, and overseeing the current redevelopment to move DAFNE face to face service offerings to remote and online. We are looking forward to working with Jackie over the next three years.

Message from Dr Helen Hopkinson



It has been an absolute honour and a pleasure to Chair the DAFNE Executive Board for the last nine years. Taking over from Stephanie Amiel - not only one of the visionary founders of DAFNE but also an internationally renowned type 1 diabetes expert - was a daunting prospect! However, Stephanie reassured me that "passion for the cause" was the most important attribute and I'm very grateful for the support she provided me in the first few months of taking on the role.

It has been uplifting to see and hear colleagues from all over the world learning about high quality structured type 1 diabetes training, then becoming advocates themselves, and ultimately being able to bring this life-changing training and support to their own clinic populations.

DAFNE could not exist as a national programme without the significant contribution of the central team in Northumbria, led in administration by Gill Thompson and Becky Hedgcock, and clinically by Sally Woolgar and Liesl Richardson. They make a phenomenal team working in partnership with the Open University: successfully bringing DAFNE onto an online platform for healthcare professionals and more recently adding self-directed learning support for people with diabetes as well.

The recent challenges brought by the pandemic to all our lives can also present opportunities for radical new ways to deliver training and support to people with type 1 diabetes, and I am proud to see how quickly we have been able to embrace this. I am delighted that Jackie Elliott has agreed to take over the Chair role. Having worked closely with Jackie through her membership of the DAFNE Executive Board I know that she will lead with consistency and enthusiasm, and I can say with confidence that DAFNE consortium is in very safe hands.

I wish the DAFNE team and all consortium members the very best for the future, which is full of exciting opportunities and important work to be done.

Message from Dr Jackie Elliott



It is a real pleasure to have been elected as Chair of the DAFNE Executive Board in 2020. The plan had been for Helen Hopkinson, the outgoing Chair, and I to work alongside each other for six months, with formal handover and thank you to Helen at the June Collaborative meeting. However, like everything else this year, plans changed and I took over in April.

Helen, like Stephanie Amiel before her, has done a fantastic job over the years. She has been an excellent role model, her enthusiasm to promote DAFNE and all that it stands for has been so impressive. I'm so pleased we will not be losing her experience and wisdom, as she has kindly agreed to continue on the Executive Board.

The last six months has tested all of us in many different ways. We've learnt a lot about ourselves, our friends and family and work colleagues too. The central DAFNE team have risen admirably to the challenge of creating a remote blended DAFNE course, piloting it over the summer, and are now in a position to launch it nationally by training more educators in this new format.

Feedback from the pilots has been overwhelmingly positive, a great credit to the central team, and highlights that people with type 1 want and need high quality training even if it is not face to face. Whilst obviously it will be a while before we get the outcomes at one year, the mixture of online learning via the Open University, and weekly virtual group sessions with an educator have provided a unique solution.

Participants can access the materials in their own time, and have reported learning so much from the group discussions too. More initiatives to convert educator and doctor training to remote learning are already underway. We will endeavour to do all we can to ensure DAFNE continues to deliver high quality training to as many people with type 1 diabetes as we can.

New DAFNE website

We launched the new DAFNE website in May. We no longer have a password protected area for DAFNE resources. All resources are now available on the Open University (OU) platform resources area.

New Remote DAFNE patient course

As many services struggle to offer socially distanced DAFNE courses, the central DAFNE team has taken the original face to face DAFNE course and redesign it into a flipped classroom blended online and remote group course. In addition, we have also developed remote training for existing DAFNE educators on how to facilitate the remote group sessions and provide support to the participants.

Remote DAFNE is facilitated by one educator over five weeks, plus a remote group session 6-8 weeks following course completion, to groups of 4 participants incorporating:

- online learning materials around carbohydrate counting and insulin adjustment (weeks 1 – 4)
- independent study and activities (DAFNE 5-week participant workbook)
- remote group activities facilitated by a DAFNE educator (weeks 1-5 plus the 6-8 week follow-up)

This approach brings together the advantages of self-directed online learning with the advantages of learning together; it avoids the typical pitfalls, such as isolation or difficulty with motivation, when online learning is the only format used and means participants can still learn from each other.



Roll out of Remote DAFNE

We opened up the Remote DAFNE course and training for existing educators to all DAFNE centres in August, there is no charge for this training in the current financial year.

We are on schedule to train an additional 148 educators before the end of this year, by which time 77(87%) DAFNE centres will have been trained to deliver the Remote course.

Our Oz DAFNE colleagues in Melbourne, who have been impacted by rising Covid-19 cases, also completed Remote DAFNE training in September; the DAFNE Q8 (Kuwait) are scheduled to complete their training in October.

Further adaptations are being made to the Remote educator training to make this online followed by a shorter group session; making the training more adaptable and reduce the waiting list and make time to training as short as possible. This updated training was launched 12 October 2020.

For further information and training availability please contact the central DAFNE team at dafne@nhct.nhs

Developing new educator and doctor training in the Remote DAFNE format

Whilst the pilot and roll out of Remote DAFNE continues our team is working on the creation of remote DAFNE educator (RDEP) and doctor (RDDP) programmes aimed at training new educators and doctors on the delivery of the Remote DAFNE course.

This will also enable us to welcome new centres to the DAFNE programme. Piloting of the RDEP has already commenced, with RDDP to follow shortly. Please contact the central DAFNE team for more details dafne@nhct.uk

DAFNE Pump curriculum and workbook

Work on the finalisation of the updated pump curriculum and workbook has been paused whilst we focus on getting patient and HCP training developed into a remote format. We hope to finalise this work in 2021, this will include the development of the current educator conversion workshop from face to face to remote. We will keep you all updated with progress.

Free patient resources for Remote DAFNE

To help centres get going with the new Remote DAFNE courses, in September we provided all current DAFNE centres 24 free sets of patient resources (5x1 DAFNE workbooks, food diaries, blood glucose diaries and carb portion lists) enough resources for up to six Remote DAFNE courses.

Supporting DAFNE graduates in your service

Twenty years of DAFNE provision in the UK and Republic of Ireland has resulted in excess of 52,700 DAFNE graduates. Development of the Remote DAFNE course has enabled the opportunity for DAFNE centres to offer their DAFNE graduates a way of refreshing their DAFNE knowledge.

DAFNE centres will be able to give their DAFNE graduates access to the online units used in the Remote DAFNE course to refresh and update their knowledge, for no additional fee. Graduates will not of course have access to the remote groups. Local arrangements can be made for them to bring any questions they may have to their next clinic appointment.

Launch of online insulin and carbohydrate units for non DAFNE trained diabetes team members

We acknowledge that many of your diabetes team members will not have been able to train as DAFNE educators and doctors. We are also aware that this can lead to DAFNE graduates not always being able to access DAFNE trained team members and may lead to mixed messages on insulin adjustment.

In August, to support DAFNE services we launched online insulin and carbohydrate units, based on DAFNE principles. These have been made available, at no cost, to all DAFNE centres to allocate access to individuals in their wider diabetes MDT.

These units are not part of the DAFNE educator programme (DEP/Remote DEP) or DAFNE doctor programme (DDP/Remote DDP). Completion of these units will

make some parts of the DAFNE educator or doctor training easier in the future but they are not part of DAFNE training.

The central DAFNE team has already contacted lead educators at each centre regarding arrangements for allocating access. If you missed this communication or have any queries please contact the central DAFNE team dafne@nhct.nhs.uk

DAFNE database video tutorials

We have recently added some database tutorial videos to the OU resources area, under the Clinical & Audit database tab. Please check these out and let us know if they were helpful or suggestions for improvement.

Webinars to replace 2020 collaborative and network meetings

To ensure that we continue to engage with DAFNE centres to share data and best practice we are developing a programme of monthly webinars commencing October 2020. A draft programme and details on how to register can be found [here](#)

Educator and doctor revalidation

As part of the DAFNE quality assurance and best practice programme introduced in 2019 all DAFNE educators and doctors need to complete the revalidation unit every 2 years to retain their DAFNE educator status. All existing active educators have completed their revalidation. All doctors were due to have completed by the end of March 2020, this deadline has been extended until the end of March 2021 due to the impact of Covid. To date 49% of doctors have completed their revalidation.

External audits

Our external audit programme was paused in March due to Covid-19; this decision is reviewed at the last DAFNE board meeting on 6 October 2020, the decision was taken for external audit to be paused until end of January 21; the board will review this again at the next board meeting in January 2021.

We are also looking to improve how we do audit, to ensure that we are able to support centres to improve audit outcomes. We hope to be in a position to share more about the new process in the new year.

We know times are difficult for everyone at the moment and would like to take this opportunity to thank NHS and all key workers who are striving so hard to get us all through this pandemic.

Kind regards,
The DAFNE Team