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Type 1 Diabetes: Less guesswork.
More freedom. Better health.

Issue 5: February 2022

Welcome to the fifth issue of the DAFNE newsletter. These newsletters will be emailed to all active DAFNE educators, doctors, administrators and signatories. A copy can also be accessed via our website www.dafne.nhs.uk.

Included in this edition:

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- [DAFNE centres \(new, merging and withdrawing\)](#)
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- [Face to face conversion training](#)
- [Updates to Remote DAFNE and Remote Pump DAFNE](#)

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Reminders:

- DAFNE centre contracts & annual contribution fees
- Remote refresher course for existing DAFNE graduates
- Remote refresher training for Remote DAFNE educators
- Online insulin and carbohydrate units for non DAFNE trained diabetes team members
- DAFNE centre audits to re-commence in 2023

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.

DAFNE Vital statistics

	MDI			Pump	
	Remote DAFNE (From July 2020)	Face to face – Standard DAFNE (From Feb 2000)	Face to face – 5x1 DAFNE (From June 2010)	Face to face Pump (From April 2009)	Remote Pump (From September 2021)
Courses delivered	484	7,053	619	208	30
Graduates	1,727	47,785	3,762	1,291	105

	Number
DAFNE centres	100
Delivering in localities	195
Trained DAFNE educators	1,197
Trained DAFNE doctors	823

As of 19th January 2022

New DAFNE centres

A big welcome to our **100th DAFNE centre** that joined the consortium since the last newsletter:

- Connolly Hospital Blanchardstown

We wish them well in their training and integration of the DAFNE programme into their services.



Merging DAFNE centres

In April 2022, Whipps Cross Hospital will cease being an independent DAFNE centre and will become part of Barts Health NHS Trust. We will support both centres over the coming months to ensure the merger runs smoothly.

Withdrawing DAFNE centres

The below two DAFNE centres have sadly given notice to withdraw from the consortium:

- North West Anglia NHS Foundation Trust, withdrawing March 2022
- Hull University Teaching Hospitals NHS, withdrawing December 2022

As early adaptors to DAFNE in 2005 we are sad to see them both go, however we hope we can welcome them back at some point in the future.

Remote DAFNE outcomes

The initial 12 month post course outcomes from the first Remote DAFNE courses were presented by Dr Jackie Elliott during a webinar on 19 January.

The initial 12-month post course biomedical outcomes from the first Remote DAFNE courses were presented by Dr Jackie Elliott during a webinar on 19 January. The recording of the presentation is available to view on the Open University central resources area.

Face to face conversion training

Launch of DAFNE training for educators who have only trained in Remote DAFNE to deliver the face to face course formats has been delayed until later in the year due to other priorities. However, we are currently working on an interim measure, with the possibility of a remote educator delivering with an experienced educator already trained in face to face, providing they complete some elements of training. Further information will be shared prior to April once finalised, please bear with us.

Updates to Remote DAFNE and Remote Pump DAFNE

We are working with your feedback and feedback from your course participants to improve our remotely accessed courses.

Remote DAFNE

The updated version of Remote DAFNE will launch in the last week of April to include:

- Information on using and interpreting information from CGM
- All content from the 5x1 DAFNE workbook that isn't already included in the Remote DAFNE course. Remote DAFNE will be paper-lite and no longer require a workbook as well as online content.

This means the course will have:

- Week 5 online content
- Useful resources tab to include all flow charts and quick guides to download or print.
- A new participant course guide
- A new educator manual with adapted lesson plans

Further information will be circulated in due course.

Remote Pump DAFNE

[Click here](#) to see Remote Pump DAFNE pilot: feedback and amendments.

DAFNE resources

Please note for any Remote DAFNE courses starting w/c 25th April 2022 onwards, participants will no longer require the 5x1 workbook to be included in their packs. As per section above in this newsletter, the content of the workbook will now all form part of the online material.

In addition, later in the year we will be updating some of our other resources, therefore please refrain from bulk buying this year to ensure you aren't purchasing resources that will become out of use. We will keep you updated with timescales re the other resources in the coming months.

Please consider this carefully when placing any orders.

Please share this information with your wider team where required. All DAFNE lead educators and DAFNE administrators have been emailed and will be kept updated.

Publications/Awards

Our Remote DAFNE course was selected as a finalist in the 'Recognising Innovation Related to the COVID-19 Pandemic' category of the recent Bright Ideas in Health Awards 2021. The awards celebrate the achievements of teams working within the NHS, industry and academia in the North East of England and North Cumbria and the category recognised teams that found new



ways to deliver consistently safe care despite the challenges of Covid-19.

Although we did not win the award it was fantastic that the merits of the Remote DAFNE course were recognised and is a further endorsement of the course and the team.

Diabetes UK Professional Conference 2022

Three abstracts have been accepted as e-posters at the forthcoming Diabetes UK Professional conference 2022. The abstracts provide outcomes from the Remote DAFNE course pilot and the remote educator and doctor programmes.

1. Patient education and self-management category:- Triumph over adversity: Remote Dose Adjustment For Normal Eating (DAFNE). Is Remote DAFNE an even more effective intervention for adults with type 1 diabetes than traditional face to face DAFNE education? E-poster number P150.

This abstract has been shortlisted for the Diabetes UK Education and Self-Management award. Liesl Richardson will present the data (Oral number A13) on 29/03/2022 at 17:00.

2. Professional education category:- Improving thousands of consultations with people with type 1 diabetes. Redesign of the Dose Adjustment For Normal Eating (DAFNE) Doctor Programme - the best things in life are free. E-poster number P170.
3. Professional education category:- Is remotely delivered healthcare professional training an acceptable and effective option to face to face training? The Remote Dose Adjustment For Normal Eating (DAFNE) Educator Programme experience. E-poster number P171.

DAFNE Collaborative meeting 2022

On 21 June we held our first online Collaborative meeting. Following the high attendance rate and the positive feedback received from centres we are planning to hold this year's Collaborative meeting online too.



The remote DAFNE Collaborative meeting 2022 will take place on Monday **13th June 2022**. Please hold this date in your diary if you would like to attend.

A member of the central DAFNE admin team will be in touch in due course to ask for centres to register their interest. A draft programme will be available and uploaded onto the central resources area in the next few weeks.

DAFNE webinars

Webinars continue to be delivered, the most recent webinars delivered in January and February were **Remote DAFNE outcome data, Fat & Protein dosing in DAFNE** and **Language matters**. Thank you to all who attended.

All webinars are recorded, if you are a DAFNE HCP or DAFNE administrator they are made available to view on the Open University central resources area for those who are unable to join the live events. Please [click here](#) to see details of future webinars.

To register for any of the webinars please contact us at dafne@nhct.nhs.uk

If you have any suggested topics for future webinars, we would welcome any ideas in order to make the webinars as useful and informative as possible.

Webinars - DAFNE centre call out

If you are an educator or doctor and would like to deliver a DAFNE related webinar as part of our webinar programme we would be delighted to hear from you.

In addition, if you are a relatively new centre it would be brilliant if you could record a video of your experiences of setting up a new Remote DAFNE service.

If you are interested, please contact us at dafne@nhct.nhs.uk.

Remote DAFNE educator network meetings

Educator network meetings re-commenced in October 2021 in a remote format

and were a great success. We are aware these meetings were a big miss during covid and we were delighted to hold these again.

A summary of key discussions and action points from these meetings were shared with the consortium in November and a copy is held on the central resources area.

We are currently arranging remote educator network meetings to take place in Spring 2022. April dates will be shared in due course.

National DAFNE annual audit – courses delivered in 2020



The next annual audit will be performed on data for patients that completed a DAFNE course during 2020 with 1-year post course data due in 2021. We encourage all centres to do what they can to get as much paired HbA1c, hypo and DKA data entered for these graduates as possible.

Centres will have until 2nd May 2022 to enter baseline and 1-year post course data for the 2020 cohort.

The central DAFNE team is, as always, available to help with any queries and will be providing interim data for each centre as well as reports to show the percentage of paired data on the database and listing missing data.

We appreciate that obtaining HbA1c data may be more challenging than usual. You may want to discuss with your local lab the feasibility of obtaining HbA1c reports. Most labs can provide updated reports based on a file containing a list of patient IDs and this helps ensure complete HbA1c data are captured.

If lab HbA1c is not possible you can input HbA1c estimates from CGM data, we have issued guidance on how to retrieve this data, if you missed this just ask

central DAFNE to resend. There is also some guidance in the central resources area (in the data collection tab) relating to patients that are on DEXCOM, not Libre.

Introduction of national DAFNE patient reported outcome measures

Whilst we routinely collect biomedical data pre and post course for our national audit, we have not collected any routine patient reported outcome measures (PROMs) for over a decade and are therefore missing out on important data from our course participants.

Early in 2022 we plan to introduce national PROM data, using Survey Monkey, immediately before and after a course and then 12 months post course. The completed surveys will be returned automatically to central DAFNE, so there will be no additional data entry required by teams. Whilst we will need educators to send the pre and immediately post course surveys to participants, the central DAFNE team will send the 12-month post course survey to directly to participants.

We are currently finalising the questions for the surveys, but anticipate these to consist of between 8 and 12 questions around confidence in insulin adjustment and carbohydrate counting, hypo awareness, diabetes distress, quality of life, how useful they have found the course, if they would recommend the course and whether they continue to have contact with fellow course participants on the course.

The central DAFNE team will be able to provide further details in due course – watch this space!

Winter DAFNE centre support calls

Centre buddies are currently delivering winter support calls with all centres. These commenced in December and are due to be completed in February.

The centre buddies are thoroughly enjoying working more closely with centres and can already feel the benefits, we believe from previous survey responses that centres are too.

We look forward to receiving feedback following the winter support meetings and will take on board any suggestions that may improve the process or support offered moving forward. Thank you to all centres for engaging.

If you have any queries prior to your next support meeting, please don't hesitate to contact your buddy who will be delighted to help.



Meet the team: Overview of National DAFNE Operations

Manager role

We thought it would be interesting to share with you a little more detail about the roles within the central DAFNE team. This newsletter issue, Becky Hedgcock shares an overview of her role as National DAFNE Operations manager, [click here](#) to view.

Update to the online content – Timing of QA insulin

The Executive Board have acted on feedback from the Consortium and have agreed to amend the text in the 'Timing of QA insulin' sections of all online units:

- Remote DAFNE, Week 2, Timing of QA insulin
- DAFNE insulin regimen: basic information for healthcare professionals (session 1, section 1.7.2)

- DAFNE insulin regimen: foundation training for DEP and DDP (session 1, section 1.7.2)

This amendment reflects the use of newer QA insulins with a shorter onset of action.

The recommendation to inject pre-meal remains for all QA insulin types, based on available evidence. Participants are encouraged to find their personal optimal pre-meal injection time. A safe starting point is the onset of action of their insulin.

DAFNE Drop outs - Remote courses

Occasionally a participant will drop out of a DAFNE course after they have been given access to the online learning, whether this be close to the course commencing or during a course.

It is important in these circumstances that centres email dafne@nhct.nhs.uk with the individual's email address so that access can be removed.

It is essential that centres advise participants when recruiting that should they withdraw, their email address will be shared with Central DAFNE in order to remove access.

100 Great things about DAFNE

Last year we invited DAFNE graduates, educators, doctors and admin teams to complete a survey outlining what they thought was great about DAFNE. We had a fantastic response with more than 280 response received. We will be posting these on social media over 100 days from the 11th January, the centenary of the first use of insulin in humans. Thank you to all who contributed.

If you already follow us on Facebook and Twitter– look out for your contribution

being posted. If you don't already follow us now is a great time to start!



[@DAFNEUK](https://twitter.com/DAFNEUK)



[@UKDAFNE](https://facebook.com/UKDAFNE)

DAFNE Freebies

We are delighted to advise that we will be supporting DAFNE centres again in 2022-23 by providing the below:

- Free HCP training

All formats of HCP training will be delivered free of charge (5x1, RDEP, RDDP, R-PUMP and Remote conversion), providing a purchase order (PO) has been submitted for the 2022-23 annual contribution fee.

- Free patient resources for Remote DAFNE courses

Centres will be offered free Remote DAFNE participant resources to cover up to 6 Remote DAFNE courses (based on 4 participants per course). However, centres must ensure that all Remote DAFNE course dates from April 2021 - March 2022 are added to the database by 18th March 2022.

Free resources will be issued to centres throughout April and May.

Who have we noticed?

We regularly notice amazing things that DAFNE centres are doing. We know on many occasions that DAFNE teams are going above and beyond for service users and we wanted to introduce a way of us sharing and celebrating some of the things we notice.

Each quarter we will recognise up to 5 achievements. Certificates will be

issued to those centres and achievements shared in our newsletters.

Let's get started then... Please see below who and what we have noticed:

Worcestershire Acute Hospitals NHS Trust - For going above and beyond for their DAFNE participants by delivering Remote DAFNE virtual group sessions on Saturdays.

Northamptonshire Healthcare NHS Foundation Trust - For using breakout rooms to facilitate group support calls and diary sessions. Great idea!

Community Integrated Diabetes Service, Tameside and Glossop - For going above and beyond for their DAFNE participants by delivering Remote DAFNE virtual group sessions in the evening between 4pm and 7pm.

Essex Partnership University NHS Foundation Trust (St Margaret's Hospital) - For offering refresher support to their graduates, including a support session 6 weeks after access granted to the online course.

Manchester Foundation Trust, University College Hospital Galway and BCUHB, Glan Clwyd - These were the top 3 centres achieving an absolute increase in % completeness of paired HbA1c data between the 2018 and 2019 national DAFNE annual audit, well done to all!

Well done to all centres and DAFNE teams involved in these fantastic achievements! We know there will be many more too.

Reminders

DAFNE centre contracts

One centre's contract is still outstanding for 2021-22. Thank you!

SLAs are currently being issued for 2022-23, seventeen centres have already signed and returned - huge thank you to those centres.

We would appreciate your help ensuring that contracts are signed and returned as soon as possible and prior to 1st April 2022.

Annual DAFNE centre contribution fees

All centres have submitted a PO (purchase order) for their 2021-22 contribution fee. Thank you!

Please submit your PO for 2022-23 if you haven't already done so, nineteen centres have, which is much appreciated.

We would appreciate your help ensuring that the PO for the 2022-23 central contribution fee is raised and sent to us as a matter of urgency and prior to 1st April 2022.

Remote refresher course for existing DAFNE graduates

[Click here](#) for further details.

Remote refresher training for Remote DAFNE educators

[Click here](#) for further details.

Online insulin and carbohydrate units for non DAFNE trained diabetes team members

[Click here](#) for further details.

DAFNE centre audits

[Click here](#) for further details.

The DAFNE programme is currently sponsored by:



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