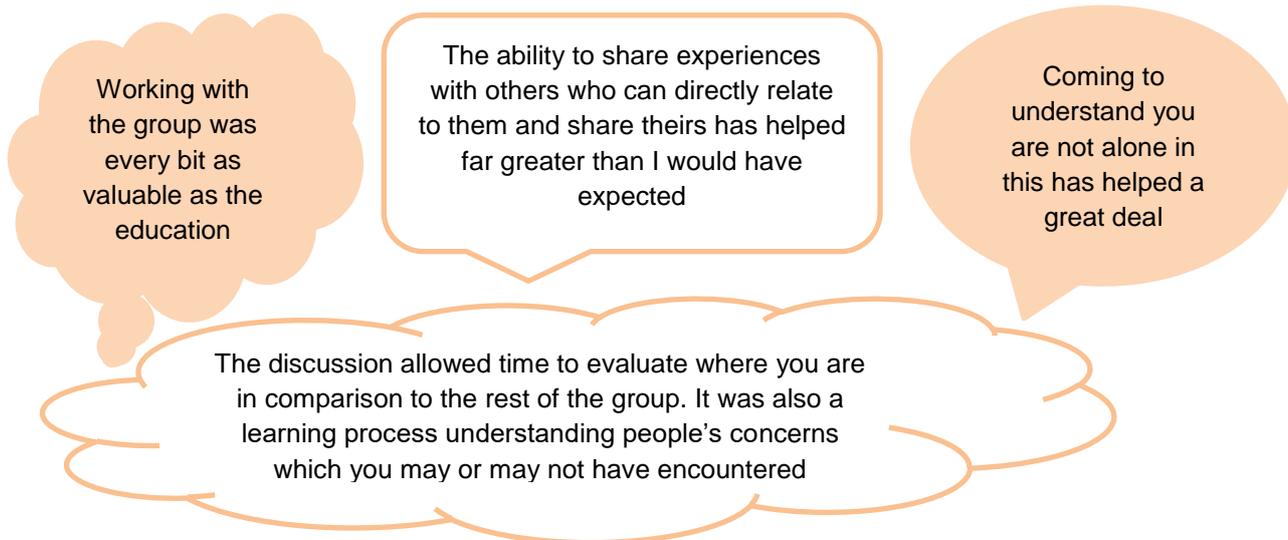


### What is Remote DAFNE?

Remote DAFNE is a flipped classroom blended learning education programme.

Retaining group interaction and learning, as when facilitated by an experienced educator it helps participants process information, draw out misconceptions, normalise their experiences and aids individuals to work towards their goals.

It also avoids the pitfalls of solely online learning (feeling isolated, difficulty with motivation, boring content, high dropout rates) whilst bringing together the advantages of self-directed learning online and of learning together. Participant feedback shows that they value the virtual group sessions.



Working with the group was every bit as valuable as the education

The ability to share experiences with others who can directly relate to them and share theirs has helped far greater than I would have expected

Coming to understand you are not alone in this has helped a great deal

The discussion allowed time to evaluate where you are in comparison to the rest of the group. It was also a learning process understanding people's concerns which you may or may not have encountered

### How is Remote DAFNE different to face to face DAFNE courses?

**Face to face formats:** all learning is delivered in person by the trained DAFNE educators. Courses are delivered in groups of 8 by 2 DAFNE educators (one a specialist dietitian and one nurse).

**Remote DAFNE formats:** the majority of learning is self-directed and completed by the participant online. The virtual group sessions, facilitated by the DAFNE educator, build on that week's learning, provide peer support for participants with the opportunity to ask questions, share blood glucose data and provide the educator with an opportunity to check participants understanding.

Virtual group sessions were designed to be delivered by 1 educator to groups of 4 to 6 participants. The table below shows the time commitment of a face to face 5 week and a Remote DAFNE course.

Week	Face to Face course - Hours		Remote course - Hours		
	Participants	Educator (x2)	Participant On-line	Participant Virtual group	Educator (x1) Virtual group
Introductory session	-	-	1	3	3
1	8	16	4 - 6	3	3½
2	7¾	15½	4 - 6	3½	3½
3	8	16	4 - 6	3½	3½
4	7	14	4 - 6	3½	3½
5	6½	13	2 - 3	3½	3½
<b>Total</b>	<b>37¼</b>	<b>74½</b>	<b>39½ - 48½</b>		<b>20½</b>

Table 1: Time (hours) for participants and educators on a face to face vs remote DAFNE course

Educator time per course participant is approx. 9 hours 20 mins for a face to face course and between 3 hours 25 mins and 5 hours 10 mins for a Remote course.