



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

DAFNE Newsletter - Issue 8

November 2022

Welcome to the eighth 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.

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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	796	7,147	644	209	54
Graduates	2,834	48,302	3,879	1,297	183

	Number
DAFNE centres	108
Delivering in localities	210
Trained DAFNE educators	1,296
Trained DAFNE doctors	942

As of 2nd November 2022

[New DAFNE centres](#)

Since our previous newsletter in August, we have welcomed four additional centres to the DAFNE consortium:

- Liverpool University Hospital NHS Foundation Trust
- NHS Ayrshire and Arran
- Our Lady of Lourdes Hospital, Drogheda
- St James Hospital, Dublin

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



[Launch of updated Remote Pump participant course](#)

The updated Remote Pump DAFNE course was launched on 1st September 2022 as planned.

The changes were based on feedback received from participants and educators, plus additional content on continuous glucose monitoring and hybrid closed loops. The changes are summarised in the document 'Remote Pump DAFNE update September 2022 - what's different' which can be found in the DAFNE central resources area. The main changes are:

- Flow and order of content to allow more time for basal rate checking and make the course easier to navigate for participants.
- Additional content on using continuous glucose monitoring systems (CGM).
- Information for hybrid closed loop (HCL) users where guidance differs from general Pump.
- DAFNE guidance, for example treating hypos and hypo alerts, exercise management and checking and adjusting basal rates and ratios.

Hybrid closed loop (HCL) users can attend Remote Pump DAFNE

We have produced a supplement to the course guide for participants summarising the information for HCL users which can be sent with the course guide for participants to any HCL users who are going to take part in a Remote Pump DAFNE course.

New resources for course delivery

All updated resources relating to the updated course are in the central resources area under the "Remote Pump DAFNE" tab.

If you have any queries at all please contact the central DAFNE team.

[Remote Pump DAFNE pilot - 12-month data entry reminder](#)

Twenty centres took part in the Remote Pump DAFNE pilot in September / October 2021.

Thank you to all those centres who have collected and entered their 12-month post course data, this is so important to evidence the effectiveness of the Remote Pump DAFNE course.

It is essential that the centres who are yet to do this, plan to do so by 25th November 2022, the central DAFNE admin team will be happy to enter the data for you if this would be helpful. Please get in touch with your buddy if they can be of any support.

You did an excellent job at providing 100% course attendance figures and baseline data. Let's make the post course data just as impressive!

Development and launch of updated DAFNE healthcare professional training units

As you know, the Remote DAFNE course for participants was updated earlier this year and the new version is now being used throughout the consortium.

The online units for those completing the Remote DAFNE educator training programme (RDEP) and the Remote DAFNE doctor programme (RDDP) are in the final stages of being updated to echo the changes in the participant course.

Anyone starting the RDEP or RDDP programme after 14th November 2022 will be completing the updated units.

These changes are also being made in the online insulin regimen and carbohydrate counting units for non-DAFNE HCPs. This will enable members of your team who are not DAFNE educators or DAFNE doctors to remain up to date with the changes and to support your DAFNE graduates effectively.

The updated units for non-DAFNE HCPs will be launched week commencing 7th November 2022, non-DAFNE HCPs will no longer require the 5x1 workbook with the updated versions, they will only require the Carb Portion list.

Centres will be emailed with a reminder and the new access links to the updated online courses, it will be centre's responsibility to contact any non-DAFNE HCPs within their team they have granted access to previously and who remain working in their centre, to offer them access to the updated versions if they wish to do so. The old versions will no longer be accessible after January 2023.

Further development coming soon

We know that some participants prefer a face to face course and many educators are keen to get back to delivering face to face DAFNE courses, so our next priorities are:

- Creating new hard copy resources for face to face course delivery of the 1 week and 5 week course formats (for educators and course participants using insulin pens).
- Developing face to face conversion training for educators who are not face to face trained.
- Creating new hard copy resources for face to face course delivery of Pump DAFNE (for educators and course participants using insulin pumps).

In addition, we are also currently working to update the below:

- Revalidation for DAFNE educators and DAFNE doctors
- Annual DAFNE centre audits
- Best practice guidance

We are currently aiming to launch all of the above in the first quarter of 2023, exact dates will be confirmed in due course. Please note we are a small team

and work to develop and operationalise new resources and training runs alongside delivering our popular educator and doctor training programmes so please bear with us, we are working as quickly as we can!

Revalidation

Many services are starting to wonder when DAFNE revalidation will resume, this was paused in 2020 due to the pandemic. Due to all the changes over the last 12-18 months, the revalidation questions now require updating, therefore revalidation will remain paused throughout 2022 and resume in 2023.

All centres will be contacted late 2022 / early 2023 to give plenty of notice so please don't worry.

DAFNE webinars

Webinars continue to be delivered, the most recent webinar in September was "Split - Slash - Success!" The webinar explored the DAFNE insulin regimen, specifically the recommendation for split basal insulin and slashed doses. It looked at the rationale for the DAFNE insulin regimen, its practical implementation and also showcased participants' experiences. Thank you to all who attended.

Please click [here](#) to see details of future webinars. To register for any of the webinars please contact us at dafne@nhct.nhs.uk.

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.

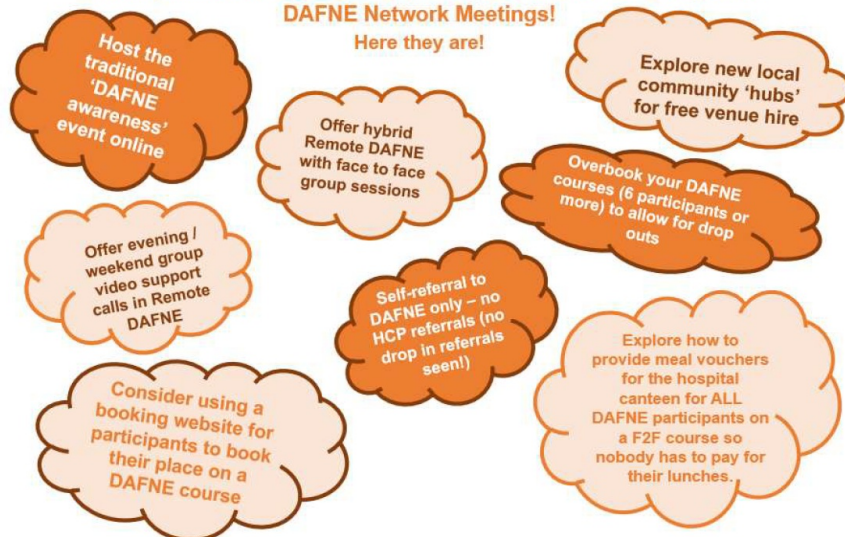
If you have any suggested topics for future webinars, we would welcome any ideas in order to make the webinars as useful and informative as possible.

Remote DAFNE educator network meetings

Remote educator autumn meetings were held throughout October 2022 and were a great success with 84 educators attending from 70 of 103 invited DAFNE centres (67%).

A summary of the notes and actions points have been collated and will shortly be shared with the consortium and uploaded onto the central resources area to view. In the meantime, we have already uploaded some key tips and ideas shared by centres during the networks to the central resources area, under the network meetings tab, please take a look!

Thank you for sharing some of your tips and ideas at the regional
DAFNE Network Meetings!
Here they are!



The next Remote educator network meetings are due to take place in Spring 2023. Centres will be emailed with their network meeting date in due course, we really look forward to seeing educators again next time.

[DAFNE centre support calls](#)

The summer support calls took place throughout June and July 2022, of which 91% of centres attended, the feedback received was wonderful to read and we are delighted that centres are finding the support calls and their buddy support so helpful.

We have already started to contact centres to arrange dates in the diary for the Winter support calls. As always, please contact your centre buddy at any time in-between support calls for advice or for data entry assistance, they will be delighted to help you!



[Patient reported outcome measures \(PROM\) data reminder](#)

The DAFNE biomedical data that all centres enter onto the clinical and audit database continues to enable audit to demonstrate the effectiveness of DAFNE. However, we have not collected any patient reported outcomes for almost a decade; such data is important to demonstrate the benefits of DAFNE, especially when linked to biomedical data.

With this in mind we have launched the collection of patient reported outcome (PROM) data before attending a course, immediately after completing a course and 12-months after completing a course. The surveys will ask about confidence in insulin adjustment and carbohydrate counting, some questions around hypos (Gold score), diabetes distress, keeping in touch with others from their DAFNE course and an option to mention anything that has changed in their life because of completing DAFNE.

We are mindful that we do not want to increase the burden of data

collection/entry so we are collecting the PROM data using online surveys. We need centres to send the survey requests for the baseline and immediately post course surveys to participants; however the central DAFNE team will send requests for the 12-month past course data.

All centres have been sent an email outlining the process and containing the survey links, however if you have any queries at all please email dafne@nhct.nhs.uk.

Thank you in advance, it is much appreciated and we look forward to sharing the results with you all in due course.

[Annual National DAFNE audit - Courses delivered in 2021](#)

This is an important reminder that centres should be collecting data ready for the next audit, which will take place in 2023 and be presented at the Collaborative meeting in June. Data for all participants completing a course from January to December 2021 will be audited, including 12 month data, which is due for collection in 2022.

The deadline for data entry will be 31st March 2023. Reports will be provided to all centres over the winter and will be discussed at your winter support call meetings, these will clearly outline the data expected and highlight any missing data. Please also remember that your centre buddy from the central DAFNE admin team will be more than happy to assist with data entry if this helps.



[Diabetes Self Management Alliance \(DSMA\) conference, Belfast, 21st-22nd November 2022](#)

Workshop: **Key ingredients that make remotely delivered diabetes self-management education engaging and effective? The DAFNE experience.**

Sally Woolgar will be facilitating a workshop with Dr Sean Dinneen (DAFNE doctor and educator from Galway) and Brenda Crummey (DAFNE educator from Belfast Health and Social Care Trust) and DAFNE graduate, Catherine Ward, at the forthcoming DSMA conference in Belfast, on Monday 21st November. The workshop will cover our experience of developing the Remote DAFNE courses.

Follow this link for more information about the conference including speakers and the full programme : www.dsma2022.org






[DAFNE Executive Board - New members needed](#)

The DAFNE Executive board is responsible for the strategic direction of DAFNE. In 2023 we will be looking for new members from DAFNE educator, doctor and graduate backgrounds to join the board.

We will share more information in our January newsletter when we will confirm the actual number of, educator, doctor and graduate seats available and the timeline for the election process. We will hold elections if we receive more volunteers than the available seats. In the meantime, if you are interested in joining the board and have questions, please contact us at DAFNE@nhct.nhs.uk.

[New helpful resources now available for centres](#)

We are encouraging all centres to take a look at the “Guidance and useful information for centres” tab in the central resources area. Over the last couple of months, a number of new documents have been added that we think centres will find useful, particularly for helping to recruit participants:

-  [DAFNE: Helping to deliver better outcomes for people living with type 1 diabetes](#)
-  [Remote DAFNE course and HCP training](#)
-  [Differences between face to face and remote DAFNE courses](#)
-  [Does type 1 diabetes get in the way of the life you want?](#)
-  [You can attend a DAFNE course in different ways](#)

[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. Earlier in the year we introduced a way of celebrating some of the things we notice by sharing in our newsletters and issuing certificates to centres.

Please see below who and what we have noticed this time:

Sandwell and West Birmingham NHS Trust - This was the first DAFNE centre to send PROM data surveys to their participants and email central DAFNE the data required on completion of the course. Hugely appreciated!

Julie Warrington, Betsi Cadwaladr University Health Board - Julie shared at the Autumn 2022 educator network meetings that her centre searches for 'Community hubs' to deliver their face to face courses - these have appeared in their area following the Covid pandemic and are free for the NHS. Thanks for sharing this tip!

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

Reminders

[DAFNE centre SLAs and annual contribution fees - 2022-23](#)

All current DAFNE centres (100%) have signed their SLA and submitted a PO for their contribution fee - huge thank you to you all.

SLAs for 2023-24 will be issued in December / January, we would really appreciate it if centre's signatories could aim to return their signed SLAs within 28 working days of receipt.

[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 to recommence in 2023](#)

Click [here](#) for further details.

[DAFNE and the BAME community](#)

DAFNE audit data has shown the DAFNE course is effective for those with type 1 diabetes from a BAME origin who are confident in the use of English and they should be encouraged to attend a DAFNE course. The data was presented as a poster (P170) at Diabetes UK conference in 2021. The abstract can be found [here](#).



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