



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

DAFNE Newsletter - Issue 11

August 2023

Welcome to the eleventh 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	1,121	7,281	699	210	76
Graduates	4,090	49,054	4,177	1,304	280

	Number
DAFNE centres	111
Delivering in localities	210
Trained DAFNE educators	1,388
Trained DAFNE doctors	1,064

As of 7th August 2023

New DAFNE centres

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

- **Bolton NHS Foundation Trust**
- **Stockport NHS Foundation Trust**

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



DAFNE in Qatar

The Hamad Medical Corporation (HMC) in Doha, have just entered into a 3-year licence agreement with the national DAFNE programme, that will see the Qatari team introducing DAFNE to their type 1 care pathway.

The HMC, is Qatar's main not-for-profit healthcare provider. Dr Dabia Al-Mohanadi will be leading the translation and development of the DAFNE programme. We will be training a core team of five diabetologists, five diabetes nurses and one diabetes educator. We will also train them on how we train educators and doctors in the UK, so that they can create their own HCP training packages.

We are looking forward to working with the HMC team and supporting them whilst they establish their own DAFNE-Qatar programme.



Updated resources for face to face courses (MDI and Pump)

The following MDI face to face resources were launched on 20th March 2023:

- DAFNE and 5x1 DAFNE course book and activity book
- DAFNE and 5x1 DAFNE curriculum
- DAFNE insulin posters
- DAFNE flipchart

Please note “DAFNE” is what we previously called “Standard DAFNE.”

There was a wash-in period until 30th June 2023, centres must now be using the updated resources for their face to face DAFNE and 5x1 DAFNE courses.

The following Pump DAFNE face to face resources were launched on 24th July 2023:

- Pump DAFNE course book and activity book
- Pump DAFNE curriculum

There is not a wash-in period for the Pump DAFNE resources, all face to face Pump DAFNE and face to face 5x1 Pump DAFNE courses must use the new resources.

Educator training requirements for face to face Pump DAFNE and 5x1 Pump DAFNE courses

Please see below training steps required depending on what an educator has already completed:

Educators already trained in F2F DAFNE but not pump or remote pump	Complete the Remote Pump conversion training now available.
Educators already trained in F2F DAFNE and Remote pump	To have attended the webinar on 18 th July “What’s new in face-to-face Pump DAFNE course delivery?” Or watch the recording from the central resources area afterwards.
Educators already trained in F2F DAFNE and the “old” F2F pump	Can now deliver, educators would just need to access the “What’s different” document on the central resources area, in the “Resources required for F2F DAFNE” tab.
Educators already trained in Remote DAFNE and Remote pump (but not in F2F)	Complete the Face-to-face conversion training first then watch the recording of the “What’s new in face-to-face Pump DAFNE course delivery?” webinar presentation.

If the above is unclear or if you have any queries, please don't hesitate to contact your central DAFNE buddy who will be happy to help you.

[Remote Pump DAFNE updates 2023](#)

Thank you to all the educators and their course participants who gave feedback on the Remote Pump DAFNE course and resources. As a result a few changes have been made including:

- Answers to activities 1.7 and 1.8 updated to match current version of Carb Portion List and educator manual.
- Activity 2.4 typo in text amended.
- Severe illness sick day rules flow chart re-formatted to make it clear that injecting with a pen and changing cannula etc is not a repeating step.
- Text amendments in participant guide and educator manual to clarify when in the course overnight basal checking can begin and that participants can wait to discuss the results of basal checks with their educator in the introductory call before making dose adjustments if they prefer.
- Record of Glucose targets, pump targets, insulin to carb ratios and correction factors at the start of the course changed to an hourly format from a time block format, to accommodate use of different time blocks / settings pre-course.

The new versions of the educator manual and participant guide are available on the Central resources area, Resources for remote courses tab.

[Collaborative 2023 feedback and Collaborative 2024 date](#)

Thank you to all 94 centres (87%) who attended our annual DAFNE collaborative meeting in June 2023. It was a great success and we are pleased to share some key feedback we received from attendees:

- 95% of attendees rated the overall meeting excellent or good
- 99% of attendees said they would recommend the collaborative to colleagues working in DAFNE
- 92% of attendees felt they learned things that will improve their practice
- 73% of attendees prefer the remote format over face to face

All presentations from the programme can be located on the central resources area for those who could not attend or for those who wish to view again.

We are pleased to announce the date of our 2024 collaborative meeting as **10th June 2024**, this will be in a remote format. We already look forward to seeing you there!

[DAFNE webinars and call for educators](#)

Webinars continue to be delivered, the most recent webinar in July was "What's new in face to face Pump DAFNE course delivery?" Thank you to all who attended.

On Thursday 14th September there will be a webinar focussing on action planning with Dr Nicole de Zoysa, this will be more of a brainstorming session with a recorded presentation circulated beforehand. Nicole received some excellent feedback from the presentation she delivered at our recent Collaborative meeting in June, so we are really excited for this webinar.

The webinar will build upon the presentation that she delivered at the Collaborative meeting. Participants will be asked to review this (recording available in the Resources tab) prior to 14th September. All centres will be emailed the finer details in the next week or so, if you are interested and wish to attend, please get in touch.

Please view the webinar programme for 2023 in the "Newsletters and Webinars" tab of the central resources area. To register for any of the webinars please contact us at dafne@nhct.nhs.uk.

All webinars are recorded and made available to view on the central resources area for those DAFNE HCPs or DAFNE administrators 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.

Is your team experienced in using ultra-long acting background insulins in DAFNE?

If so, would you be willing to present a 30 minute DAFNE webinar followed by a Q&A session on your personal experiences of using this type of insulin, following DAFNE insulin adjustment principles?

We are not looking to incorporate what you do into DAFNE guidance. This will be an opportunity for educators to share personal experiences.

We are hoping for a practical case study based webinar and your personal reflections of using ultra long acting BI, pros and cons. Your webinar could include:

- real world experience
- CGM / Flash traces of when insulin adjustments work and when there are challenges
- how often you adjusted BI and by how much
- case studies when a course participant has benefited from ultra long acting BI and your reflections on why
- case studies when a course participant has struggled with ultra long acting BI and a change to twice daily BI has been beneficial, and why

If you have experience to share, please get in touch with us by emailing the central DAFNE team dafne@nhct.nhs.uk.



Remote DAFNE educator network meetings

Spring 2023 educator network meetings took place throughout April and May, with 68% of centres attending, thank you to all who attended! A summary of the spring network meeting notes and actions points have been collated, shared with the consortium and uploaded onto the central resources area. Please take a look if you haven't already!

The next remote educator network meetings are due to take place in autumn, they will be scheduled throughout October 2023. Centres have been emailed with their next network meeting date, if you think you have missed this email or are unsure about the dates, please contact your central DAFNE buddy. We really look forward to seeing educators again next time.



Remote DAFNE administrator network meetings - NEW

It's not long now until we will be hosting remote network meetings for DAFNE administrators for the first time, later this year; these network meetings will be for DAFNE admin staff only. It will be an opportunity to discuss all admin related tasks involved with DAFNE, share tips, discuss ideas and for admin staff to meet others involved in the same role as them.

The dates are:

Wednesday 18th October (2pm-4pm) & Friday 17th November (2pm-4m)

DAFNE administrators can book onto either network meeting date. Please just email dafne@nhct.nhs.uk with the date you would like to be booked onto.

We are really excited to run these and we hope they are of great benefit to DAFNE administrators, who play such an important role within their DAFNE services.

DAFNE centre support calls

The summer support calls have now all been completed, of which 90% of centres attended. We are delighted to continue to receive such positive feedback and are so happy that the support calls are helpful to our DAFNE centres. Thank you to all who attended.

We look forward to meeting again in the winter, however in the meantime if you have any queries or require any assistance at all, please contact your centre buddy, they will be delighted to help you!



Annual National DAFNE audit 2024

The next annual audit will be conducted on data for participants who completed their DAFNE course in 2022, with follow-up data due throughout 2023. The deadline for getting data onto the database is 31st March 2024. Data will be analysed and presented at the Collaborative meeting on 10th June 2024.

We encourage you all to enter as much paired data as possible; a minimum of 50% paired data is required in order for your centre to be included in the analysis. We have been supporting centres by providing status reports outlining expected data and highlighting any missing data at both baseline and post course. Reports have been discussed during centre support calls. 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.



[DAFNE Executive Board elections](#)

All centres have been emailed regarding the current elections for 4 educators to join the National DAFNE Executive Board.

A nomination form to stand for election has been emailed to all current active DAFNE educators. Please visit our DAFNE website for further information: [DAFNE Executive Board elections](#).

In the meantime, if you have any questions, please contact us at DAFNE@nhct.nhs.uk.

[Remote access for face to face DAFNE graduates on completion of their course](#)

DAFNE graduates who have completed a face to face course may benefit from having access to the online Remote DAFNE participant course to refer to in the future.

Centres are welcome to give face to face DAFNE graduates the link and enrolment key upon **completion** of their face to face course if they wish to do so. **Please remember to ask your graduates not to share the link or enrolment key with others, it is for their use only.**

Reminders

[DAFNE centre SLAs and annual contribution fees - 2023-24](#)

We are delighted that 100% of centres have now signed and returned their SLA and submitted their central contribution purchase order (PO). Thank you to all centres!

We are also pleased to advise that 75% of centres have made payment, we will be chasing the remaining 25% of centres over coming weeks, we would be grateful for any assistance in chasing your finance departments to pay the central contribution invoice.

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

PROM data is important to demonstrate the benefits of DAFNE, especially when linked to biomedical data. Centres are reminded to send the survey requests for the baseline and immediately post course surveys to participants and to send the central DAFNE team details post course, so they can send requests for the 12-month post course data.

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

We hope you all enjoyed viewing the initial PROM survey results presented at the Collaborative meeting in June. Please watch the recording on the central resources area if you were unable to attend, we think all centres will find this of interest. We are also working to be able to provide PROM feedback to individual centres later this year and prior to your centre support calls going forward.

[Revalidation](#)

Revalidation of DAFNE educators and doctors was paused in 2020 due to the pandemic. Due to all the changes over the last 18-24 months, the revalidation questions required updating, therefore revalidation remained on hold throughout 2022.

We are pleased to advise that Revalidation resumed in April 2023 as planned.

All educators and doctors who trained prior to 2022 will be contacted this year with their revalidation due date and will be given plenty of notice to complete, so please don't worry. Thank you to those who have been contacted and have completed their revalidation assessment already.

[Desktop audits](#)

Desktops audits were also paused 2020 due to the pandemic and post pandemic pressures.

We are pleased to advise that Desktop audits resumed in April 2023, as planned and they will take place annually, rather than every 3-years. This is to give centres more regular updates on their audit outcomes and to provide support to centres if required.

All centres have been contacted to advise when in the year their centre's desktop audit report will be issued. Please take a look at the "Audit" tab of the central resources area which contains updated guidance and information relating to the updated audit domains.

[Online insulin and carbohydrate units for non-DAFNE trained diabetes team members](#)

Click [here](#) for further details.



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