



## **The DAFNE Course (Dose Adjustment For Normal Eating)**

DAFNE is a structured education course for adults with Type 1 Diabetes.

We are proud to be one of the many centres across the UK and abroad that run DAFNE. This structured education programme is the leading course for those with Type 1 Diabetes covering all aspects of diabetes management, centred around carbohydrate (Carb) counting and identifying blood glucose patterns for dose adjustment with a focus on your goals for the future.

### **Is it for me?**

This fun, practical and inspiring course runs in groups of 6-8 participants with two DAFNE trained educators (Our Diabetes Specialist Dietitians and Nurses) and a session with one of our DAFNE Doctors.

Its focus is on self-management, you being your expert and taking control of your diabetes.

If you have had Diabetes from 6 months to many years, this course will offer you a re-fresher and update of your knowledge and skills and a new way to manage your diabetes with improved quality of life and glycaemic outcomes.

### **What will I learn from the course?**

Our DAFNE Educators will lead you through the DAFNE style of diabetes management which will be personalised to you with you at the heart of the decisions. While you learn, you will also be implementing appropriate changes, trying new things under supervision and making personal progress over the course towards your own goals.

The topics covered include;

- Understanding the role of insulin and how your insulins work. Injection sites and technique
- Learning to Carb Count with ease & top tips for carb counting at home, takeaways, buffets, restaurants & more
- Exercise, sport & snack management
- Sick day rules, Hypo management and correcting high blood glucose levels.
- Driving, Pregnancy, Travel & Work
- Affects and management of Alcohol
- What to expect with Annual screening. Preventable & Treatable Complications
- Insulin pumps, Blood Glucose monitoring systems and Closed Loop technology

- An opportunity to ask one of our DAFNE Doctors about any aspect of diabetes, whether it is related to yourself or the latest news, research and developments in the world of Type 1 Diabetes.

Our DAFNE courses allow you to share experiences, learn from others with Type 1 Diabetes, build confidence & gain reassurance.

DAFNE allows you to fit Diabetes into your lifestyle, rather than changing your lifestyle to fit in with your Diabetes.

### **What time is involved to complete the course?**

The course runs in 3 different styles.

1. Our **Standard Course**, Monday – Friday. Face-2-Face at the Diabetes Centre.
2. Our **Remote Course**. One half day per week on TEAMS over 6 weeks. Please allow up to 6 hours between each week for work to be completed at home at your leisure. Completion allows you to move on to the next week.
3. Our **5 by 1 Course**. One day per week over 5 weeks. Face-2-Face at the Diabetes Centre.

### **Parking, Time off Work & Lunches.**

We will provide parking permits so that parking is free for the time you attend the hospital.

If you require a letter of support to an employer to allow you to gain paid time off, please ask. DAFNE has shown that it reduces time off sick from diabetes issues.

If you attend a Face-2-Face course, please bring your lunch with you. We have a kitchen for refreshments (which are provided throughout the week), a fridge to store your lunch and you will also have time to buy lunch from the nearby shops or hospital canteen / cafes. We will also have a buffet lunch on one day and a take-away on another to practice that all important carb counting.

### **How do I get on a Course?**

If you would like to join a DAFNE course, let one of our team know and we will arrange for you to be sent the dates. Once you have selected your preferred dates, we will enrol you onto a course.

### **Finding out more & Our DAFNE Graduate's feedback ?**

Speak to our team and / or visit [www.dafne.nhs.uk](http://www.dafne.nhs.uk) to find out more.

When asked what they would say to someone with Type 1 Diabetes about the course, our Graduates said;

“It has been an amazing, incredible & informative course presented by wonderful, caring, friendly and non-judgemental professionals”

“You get to meet others with Diabetes and understand that we’re all going through similar issues”

“The course made it easier to calculate carbs and know exactly how much insulin to inject. You will have a better understanding of your Diabetes and realise you can have a normal life with Diabetes”

“Go on it. It’s life changing”

**We look forward to welcoming you on a DAFNE Course soon.**