

DAFNE: Helping to deliver better outcomes for people living with type 1 diabetes.

DAFNE is a high-quality structured education programme in intensive insulin therapy self-management for adults with type 1 diabetes. An off-the-shelf education solution with course formats for online learning with virtual group sessions (Remote) or face-to-face delivery.

For adults living with diabetes



- Remote DAFNE – one day a week over five weeks
- Remote Pump DAFNE – one day a week over five weeks
- One week DAFNE (Mon- Fri, face-to-face)
- 5x1 DAFNE – one day a week over 5 weeks (face-to-face)
- Online refresher course available for all DAFNE graduates

For the diabetes specialist team



- Regularly updated
 - DAFNE educator programme
 - DAFNE doctor programme
- Face-to-face remote conversion course .
- Pump conversion course
- 5x1 conversion course
- Remote to face to face delivery conversion course (coming soon)
- Annual revalidation of DAFNE skills and knowledge
- Insulin and carbohydrate counting online courses for wider MDT
- CPD accredited by the RCP and British Dietetic Association

Benefits for adults living with type 1 diabetes

- 40% achieving target HbA1c of 58mmol/mol
- Improved Quality of life
- Improved treatment satisfaction



- Mean HbA1c decrease of 4-6mmol/mol
- Severe hypos reduced by 75%
- DKA reduced by 80%
- Reduction in diabetes related anxiety and depression

What else do services get ?



Secure national database for entry of biomedical baseline and post course data, enabling audit and bench marking.

Allocated 'buddy' from national admin team to support with:



- National database training
- Audit data collection and data entry
- Enrolment to HCP training

Annual audit of outcomes:



- Local audit - reviewing data ascertainment, biomedical outcomes and CPD of the DAFNE team
- National audit of outcomes

Sharing best practice and accredited continued professional development opportunities:



- Programme of webinars
- Biannual remote regional educator network meetings
- Annual DAFNE collaborative meeting
- Quarterly newsletters
- Biannual support calls with central DAFNE buddy

Contact us at dafne@nhct.nhs.uk to find out more or visit our website www.dafne.nhs.uk.