

DAFNE is a quality assured structured education course and stands for:

Dose
Adjustment
For
Normal
Eating

It is a way of managing Type 1 diabetes for adults, providing the skills necessary to estimate the carbohydrate in each meal and to inject the right dose of insulin. This can involve injecting and testing at least 5 times a day. The aim of DAFNE is to help a person lead as normal a life as possible, while controlling blood glucose levels, hence reducing the risk of long-term diabetes complications. DAFNE involves attending a 5-day training course (9am to 5pm Monday to Friday) plus a follow-up session around 8 weeks after the course. The structured teaching programme is delivered to groups of 6-8 participants under the supervision of DAFNE-trained educators. The DAFNE course is about learning from experience and most of the training is built around group work and sharing and comparing experiences with other participants. DAFNE allows people to fit diabetes into their lifestyle, rather than changing their lifestyle to fit in with their diabetes. Anyone wishing to be referred to the DAFNE waiting list should contact the Specialist Diabetes Team on 01387 244214.

DESMOND is a quality assured structured education course and stands for:

Diabetes
Education and
Self
Management for
Ongoing and
Newly
Diagnosed

It involves a total of 6 hours of structured group education and is delivered by 2 DESMOND-trained educators in either 1 whole day or 2 half-day sessions. It is for people who are either newly diagnosed with Type 2 diabetes or for those who have established diabetes. As well as getting up-to-date information about diabetes, participants have the opportunity to learn practical skills which they may find helpful in managing their diabetes and will be able to discuss and explore factors relating to diabetes, such as food choices, activity and medication. There is the benefit of being able to meet and talk to others in the same situation and at the end of the sessions, every one taking part in DESMOND will have information to take away for reference. Groups may have up to 10 participants and many people bring a partner/friend with them. Referrals to the DESMOND waiting list are made through a GP or Practice Nurse to the Specialist Diabetes Team.

Carbohydrate Counting sessions are run by Diabetes Dietitians and are for people with Type 1 or Type 2 diabetes who take multiple injections of insulin per day. It involves matching insulin requirements with the amount of carbohydrate consumed at each meal. For many people with diabetes, it is an effective way of managing the condition that, once mastered, will lead to better blood glucose control and greater flexibility and freedom of lifestyle. It is an approach that requires a great deal of time and effort with guidance from a diabetes healthcare professional. To do it successfully a person needs to learn all about carbohydrates, how to adjust your insulin doses and be dedicated to monitoring blood glucose levels frequently. For referral to the Carbohydrate Counting waiting list, please contact one of our Specialist Diabetes Dietitians on 01387 244346.

Insulin Skills education sessions run for 3 hours and are for people with either Type 1 or Type 2 diabetes on insulin therapy. They are delivered by a Diabetes Specialist Nurse and Specialist Diabetes Dietitian. The content of the course covers: what is diabetes and why a person needs insulin; interpreting blood sugar results and safe adjustment of insulin; why good control is important –latest evidence; understanding how injection technique can affect blood sugars; symptoms and management of high and low blood sugars; how different foods and lifestyle affect blood sugars; understanding different types of insulin and choices. To access this course is by self-referral either by contacting a member of the Diabetes Team or obtaining a self-referral form from a GP surgery.