

DAFNE Update Event

Hertfordshire DAFNE Centre

Background

- At Hertfordshire DAFNE Centre the team of DAFNE educators provides over 8 DAFNE courses per year. This year we decided to host an update session open to all former DAFNE graduates covering the latest information. This poster discusses this fantastic event.
- Part of the Community Specialist Diabetes Service in Hertfordshire Community NHS Trust



Invitations and Attendance

- Herts wide DAFNE database 2009-2018: 815 patients had previously attended DAFNE
- **Invitations sent to:**
- 399 via Synertec (£250 fee)
- 146 posted by hand: 146
- 76 emailed
- 194 were not contacted/RIP/had moved away
- **Responses from 100 graduates:**
- 91 'Sold' on Eventbrite
- 9 sent emails unable to come but interested in future events
- **Outcome:**
- 74 Attended
- 17 Cancelled or non-attended

Programme

Friday 22nd June 2018
 Woodhall Community Centre in Welwyn Garden City AL7 3XD
 9:30am Welcome Lindsay Ochiltree, DAFNE Educator Lead in Hertfordshire
 9:40am Changes within type 1 diabetes treatments and technologies
 Dr Pulsalkar, Consultant in Diabetes and Endocrinology
 10am Getting to grips with DAFNE principles
 Lindsay Ochiltree and Claire Phipps DAFNE Dietitian in Hertfordshire
 10:20am Open Questions
 Dr Pulsalkar, Lindsay Ochiltree
 10:30am Refreshments and Information stands
 Diabetes UK updates, Herts Active forms, DAFNE handy resources
 Refreshment snacks were labelled per 10g of carbohydrate
 Supported by Abbott and Roche
 10:45am Workshops - Challenging Carbohydrates and Managing Exercise
 All DAFNE Educators in Hertfordshire
 12:00 Wellbeing Service
 Michael Elkabbas, Senior Clinician and Lead in Watford

What is DAFNE?

- DAFNE (Dose Adjustment For Normal Eating) is the leading structured patient education programme for adults with Type 1 diabetes in the UK.
- Provided by a not-for profit NHS governed consortium, it enables patients to self-manage their disease through a skills based education programme.
- DAFNE provides people with the skills necessary to estimate the carbohydrate in each meal and to inject the right dose of insulin.
- People applying DAFNE principles learn to stabilise their blood glucose which reduces the risk of complications, improves quality of life for them and their families, reduces the risk of severe hypoglycaemia, and reduces NHS costs.
- It enables diabetes services to be compliant with the new NICE type 1 diabetes guideline, NG17
- The reliability, credibility, impact and effectiveness of DAFNE can be demonstrated through over 25 years of peer-reviewed published research in both the UK and Europe.

www.dafne.uk.com

Attendees Feedback

- Friends and family cards returned from 27/74 - of which 93% said likely-extremely likely to recommend, and only 7% ticked unlikely but gave positive text comments.
- Some of the comments in written feedback: 'Useful', 'Every T1 should attend', 'DAFNE has made a major improvement to my life', 'Good workshop – helped me to re-focus', 'Poor acoustics in venue', 'Worth while', 'Time management not great'.
- Patient survey returned from 42/74 – of which 100% likely-extremely likely to recommend
- Some of the written comments in survey: 'Timing poor', 'Latest updates and the basics covered', 'Too many abbreviations', 'Friendly and helpful', 'Support is excellent', 'Opportunities to ask questions and advice', 'Informative and very useful', 'Venue not good for presentations', 'Empowering', 'could not hear some of it with background noise', 'Wellbeing speaker was a good idea', 'important to have updates', 'disappointed that continuous blood glucose monitoring aids not available on prescription', 'DAFNE has been a huge help', and lots of responses with 'Enjoyable and informative'

Evidence of our patient motivation

- Future email consent forms were returned from the majority of attendees
- DAFNE post course data forms were returned from the majority of attendees to update and be scanned to their patient notes
- During the event an anonymous raffle entry was encouraged to answer 'yes' or 'no' to establish if they were **following the DAFNE principles at present?**



Considerations for future events

- Administration support, venue location, event budget and sponsorship, sound quality, timing check of sessions/presentations.
- Topics to include insulin pumps, DVLA on Libre, a Diabetes UK local support group stand, a podiatry presentation, and more on smart meters.
- The generic email address set up specifically for the event proved invaluable for patients and us for efficient communication

hct.hertfordshire.diabetesdafne@nhs.net

Event Summary

- This was our first official event like this and so the number of invitations and SystmOne entries required was huge.
- The free service provided by Eventbrite online proved to be efficient for us and was patient friendly.
- Interestingly the uptake was a mixture of DAFNE graduates having completed the course from over the nine years we have been providing it so far. At a glance it was also evident we have trained more men than women on the course.
- Many patients find it hard to attend multiple clinical appointments and this was an opportunity to re-educate with input from the whole multidisciplinary team.
- The event was held on a small budget which could explain some of the negative feedback but in the NHS cost effectiveness is an ongoing challenge.
- Overall it has been considered a huge success, in terms of patients responding positively to the idea, lots of verbal positive feedback on the day and in being able to upskill and educate a large group of people with standardised advice.
- A public relations press release followed after the event to continue to raise awareness of our valuable commissioned DAFNE education within the Specialist Diabetes service in Hertfordshire Community NHS Trust.

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