

# FACT SHEET ONE

## What is DAFNE?

DAFNE is a high quality skills-based structured education patient programme in intensive insulin therapy and self management where people with Type 1 diabetes are taught to match their insulin dose to their chosen food intake on a meal by meal basis.

DAFNE provides 38 hours of structured group education and is delivered by specially trained diabetes specialist nurses and dietitians, to groups of between 6 and 8 over a consecutive 5-day period on an outpatient basis.

DAFNE is an evidence-based, evaluated, professionally delivered, quality assured, peer reviewed and audited education package for Type 1 diabetes. DAFNE meets the 5 criteria required to fulfil the NICE requirements, for further information on how DAFNE fulfils the criteria please refer to **Fact Sheet 3**.

## DAFNE Mission Statement

Our vision is to improve outcomes for people with Type 1 diabetes through high quality structured education which is embedded in the Health Service.

We will use the DAFNE programme, including the DAFNE Educator Programme (DEP), DAFNE Doctor Programme (DDP), DAFNE Advisor Programme (DAP), Peer Review, Quality Assurance (QA) and audit as a framework in which to develop this patient centred model of care.

We will continue to improve and develop DAFNE through Research and Development (R&D) and collaboration with other groups, to understand the determinants of success.

## What are the benefits of the DAFNE service?

**DAFNE is a fully evaluated programme that has been proven to work.**

DAFNE has a solid evidence base. The programme has been developed over more than 25 years of rigorous research. This includes a randomised control trial in Northern Europe and a feasibility trial and economic analysis here in the UK. Please refer to the **Fact Sheet 2** for further information.

## **DAFNE is all about quality.**

A DAFNE course delivered in one centre follows the same principles and is of the same high standard as that delivered by others in a different centre. To maintain course standards all DAFNE centres subscribe to a quality assurance programme whereby their patient courses are peer reviewed and their anonymised DAFNE patient data is audited.

A recently published article<sup>[1]</sup> provides further detail about how the DAFNE Collaborative maintain the quality of the DAFNE programme during the roll out to new centres.

There is a web-based DAFNE database where all DAFNE specific data are entered at centre level, to enable audit. The database allows a centre to keep track on how well their patients are faring after DAFNE, and also enables a centre to compare its progress against other DAFNE centres.

The database also sends monthly monitoring reports to each centre detailing patients due for post course data collection within the next 6 months and those that are overdue for data collection. This is currently the only national database of its kind.

The NHS Next Stage Review puts quality at the heart of everything that we do in the NHS, with the need to take an evidence based approach to avoid unnecessary reinvention of the wheel. In 2009 as part of the Quality and Productivity Challenge the 'Establishing the Evidence' project an evidence database was established populated with real examples of the best available, quantified evidence and examples for quality and productivity improvements, provoking ideas and discussions about changes that can be made locally in the NHS. Of more than 200 applications the DAFNE programme was one of only 56 examples of evidence accepted and published as part of the first phase of the database and is currently the only example of evidence for Type 1 diabetes. The DAFNE evidence can be viewed under long-term conditions using the following URL: [www.library.nhs.uk/qualityandproductivity](http://www.library.nhs.uk/qualityandproductivity)

Public spending will come under increasing pressure and from 2011 the Quality and Productivity collection will help the NHS identify efficiency savings that can be made while continuing to deliver high quality care.

**Fact Sheet 3** provides further information regarding the DAFNE QA and audit programmes.

[1] Oliver L, Thompson G. The DAFNE Collaborative: Experiences of developing and delivering an evidenced based quality assured programme for people with Type 1 diabetes. Practical Diabetes International 2009; 26 (9); 371-377

**Healthcare professionals are trained in the delivery of DAFNE as a key component of quality.**

The DAFNE Educator Programme (DEP), DAFNE Advisor Programme (DAP) and DAFNE Doctor Programme (DDP) are structured training programmes for healthcare professionals, with specific curricula and teaching aids. All new educators are assessed to ensure that the quality of the course they deliver is of the expected standard. Only healthcare professionals that have successfully completed the DEP can deliver the 5-day DAFNE course.

There are 8 regional DAFNE Educator Networks which promote the sharing of best practice. Each DAFNE centre is allocated to a local network, which meet twice a year.

**Fact Sheets 3 and 4** provide further information about the DAFNE HCP training programmes.

**DAFNE course curriculum and teaching aids were specifically developed and are of a high quality.**

These are regularly updated to ensure up to date information is being passed onto patients in the most effective way.

**Fact Sheet 3** provides further information about the DAFNE curriculum.

**DAFNE has a central administration office, offering you full support.**

A diabetes unit that offers DAFNE becomes a member of the DAFNE Collaborative and benefits from the national infrastructure and receives the full support of the Central Administration office which is responsible for:

- ✓ Co-ordination of the DEP, DAP and DDP.
- ✓ Running the DAFNE quality assurance programme.
- ✓ Organise audit.
- ✓ Production and distribution of the DAFNE specific resources.
- ✓ Organising DAFNE Educator Networks.
- ✓ Organising DAFNE Collaborative meetings.
- ✓ Providing support to DAFNE centres.
- ✓ Co-ordinating further research within the DAFNE group.

This ensures the quality and sustainability of the national DAFNE programme. Further information regarding Central Administration office can be found in **Fact Sheet 10**.

**DAFNE has an established ongoing research programme**

The DAFNE Collaborative is committed to the continued improvement and development of DAFNE through Research and Development. The DAFNE programme provides a unique test-bed to conduct research not only to improve Type 1 diabetes management but also to learn more about educational interventions in diabetes and long-term conditions more generally. Further information about current DAFNE research can be found in **Fact Sheet 11**.

## What is involved in becoming a DAFNE centre?

Becoming a DAFNE centre involves commitment from the entire diabetes service. After completing a DAFNE course, patients are generally more autonomous and will require a different kind of diabetes service. Any diabetes service offering DAFNE must:

- ✓ Agree to be fully involved with the DAFNE quality assurance and audit system.
- ✓ Ensure all trained Educators maintain their Educator skills by delivering a minimum of one course every 26 weeks.
- ✓ Agree to help in the training of other healthcare professionals.
- ✓ Identify suitable diabetes specialist nurses and diabetes dietitians to train as DAFNE educators via the DAFNE Educator Programme (DEP) and doctors to complete the DAFNE Doctor Programme (DDP).

All DAFNE centres receive a starter pack containing all course materials and a copy of the DAFNE Centre Manual, which provides information on how to set up as a DAFNE centre and automatically become part of the DAFNE Collaborative. The DAFNE Collaborative is responsible for maintaining standards and there will be an option to become involved in further research and development of the DAFNE programme.

All DAFNE centres receive the full support of the Central Administration Office, receive up to date DAFNE course material and resources, information and help in setting up as a DAFNE centre.

## What do DAFNE graduates say?

To date more than 15,581 people with Type 1 diabetes have completed a DAFNE course. Feedback from the DAFNE graduates is overwhelmingly positive. A small selection of typical comments can be seen below. Some graduates have written about their experiences of DAFNE and some of these can be found on the DAFNE website [www.dafne.uk.com](http://www.dafne.uk.com)

“...You owe it to yourself to take quality time out to try this education course.”

“My bottom line in life is to function and DAFNE gives me that ability. For me, it is not a diabetic treatment initiative, it is my life. It informs my hourly, daily, weekly, monthly, yearly decisions; continually improving my health and my contribution to life. I have lost weight and vastly improved my blood glucose control. Together, DAFNE and I are delivering the best results in diabetic care I've experienced in 25 years.”

“The prospect of being relatively free of a ‘fixed routine’ is a concept that only a diabetic can fully understand, but this is extremely important. As the course progressed I gained confidence that this is now possible.”

“I am now doing a new job which I could never have managed before DAFNE.”

“Learned more about diabetes in 1 week than I have in the past 20 years.”

“Thank-you for making my life so much better. I now know that there is a way to live without fear.”

“I actually finished the course feeling empowered - I’ve taken control of a condition that had previously controlled me.”

“The idea of spending 30 or so hours, in one week, with people who could identify directly with the issues of diabetic life management, was an exciting and for me unique prospect.”

“An incredibly positive and life changing experience. One of the most frightening and exciting weeks of my life - thanks!”

DAFNE Online is an independent community of DAFNE Graduates, Health Care Professionals, Management and friends and family of those with Type 1 diabetes. Please visit the website to find out more.

[www.DAFNEonline.co.uk](http://www.DAFNEonline.co.uk)

For the latest information about DAFNE please check the website or email:

[dafne@northumbria-healthcare.nhs.uk](mailto:dafne@northumbria-healthcare.nhs.uk)

[www.DAFNE.uk.com](http://www.DAFNE.uk.com)