Strong showing by DAFNE at Diabetes UK Professional Conference

The DAFNE community had a strong presence at the 2012 conference with 11 abstracts, 2 oral presentations and Prof. Simon Heller delivering the Arnold Bloom Lecture, writes Gill Thompson.

Vital Statistics

As of 31 March 2012: DAFNE is delivered by 76 diabetes services in 141 localities across the UK and Southern Ireland. There are:

- 581 Trained DAFNE Educators
- 43 Trained DAFNE Advisors
- 356 Trained DAFNE Doctors
- 3351 DAFNE courses have been delivered to 23,762 people with Type 1 diabetes

“Hatches”, “Matches” & “Dispatches”

Gill Thompson updates us on the latest comings and goings in the DAFNE Community

A Hatch

Welcome to the Blackpool Diabetes Unit from the Blackpool Royal Hospital, who will commence DAFNE training in May. The team will initially train 2 Educators with the first DAFNE course taking place the week commencing 20 July 2012.
The 2012 Conference – the UK’s only event run exclusively for healthcare professionals and scientists working in the field of diabetes, was held in March at the Scottish Exhibition and Conference Centre in Glasgow. A new DAFNE exhibition stand was unveiled, with a host of information displays and a competition to spread the DAFNE success story. DAFNE Graduate and member of the DAFNE Action User Group (DUAG) Peter Fairbairn helped man the stand, sharing his experience of DAFNE with the many visitors.

How many CPs in a jar of jelly beans?
The stand attracted a lot of interest from the thousands of attendees, and the ‘Guess the CPs in the jar of Jelly Beans’ competition proved especially popular. Guesses (or “calculations”!) ranged from 50 CPs to 40,000 CPs. Nottingham swept the board, with visitors from The Queen’s Medical Centre winning all 3 prizes. Sophie Taylor, Dietitian and DAFNE Educator was the only person to guess the correct answer of 162 CPs, winning the top prize of a Kindle. Dr Pauline Jones was second with her guess of 161 CPs and Trish Stewart, DSN, was drawn from the 6 entries estimating 160 CPs to take 3rd prize.

A view from the DAFNE stand - Laura Hunt
It was a great experience representing DAFNE at Diabetes UK this year. We had prime position in the exhibition hall, which, along with our eye catching stand and DAFNE cupcakes,

A Match
Due to local reorganisation the Birmingham Central & West and Birmingham East & North diabetes (and DAFNE) teams merged in January 2012 to form a single diabetes and DAFNE service, Birmingham Community Diabetes Team.

And a Dispatch
We bid a sad farewell to the South East Kent DAFNE team. This DAFNE service was withdrawn as of 1 April 2012 after 6 years. The South East Kent team completed training in January 2008 and had trained a total of 6 DAFNE Educators and 5 Doctors. During this four year period the committed team delivered a total of 33 DAFNE courses to 246 people in their area.

We are sorry to see the DAFNE service withdrawn across this area, and hope we may be able to welcome the team back to the DAFNE Collaborative at some point in the future.

Spring/Summer HCP Events:
Educator Regional Network Meetings – various dates nationwide:
Network Meetings in spring will be a forum to discuss course timetables, internal QA training, audit, Educator Group membership, ‘myths and misconceptions’, Leicester foundation programme, new and potential resources, Diabetes UK APC and DUAG
ensured we had no end of interest throughout the three days. We had a great deal of encouragement from many people who had recently become DAFNE Educators, people with family members who have benefited from completing a DAFNE course, and several DAFNE graduates. The phrase “DAFNE has changed my life” was a great reminder that we are all doing a good job.

We were also greatly inspired by the number of diabetes centres who are keen to get on board with DAFNE, and hopefully we will see a few new additions to the DAFNE family this year. Finally, we were surprised and delighted to realise there is a large number of diabetes centres who remain unaware of DAFNE. We viewed this positively, considering the potential to spread the word even further and see many more people embark on the journey to becoming a DAFNE centre.

We had fun watching everyone guess the CPs in the jar of jelly beans! At the end of day 3 we were very proud to see the winning guess was made by a DAFNE Educator.

For more news and information from DUK APC 2012, visit www.dafne.uk.com/Diabetes_UK_APC_2012-I458.html
DAFNE Mythbusters

Myth No1 – “A hypo overnight will cause a high morning BG” (Rebound Hyperglycaemia)

"A hypo overnight will cause a high morning BG" (Rebound Hyperglycaemia)

Not true!

We now know that the stress response to most nocturnal hypoglycaemia is very minimal (hence so much is asymptomatic) and unlikely to cause a rebound hyperglycaemia reports Carolin Taylor.

Studies of overnight continuous blood glucose monitoring show most high blood glucose values first thing in the morning are not due to previous nocturnal hypoglycaemia. Rather, they are due to inadequate insulin levels at the end of the night. This is usually due to the inadequacies of bedtime Background Insulin, which may not last long enough or be a high enough dose for the morning.

This may simply require a Background Insulin dose increase, or a move to a later injection time.

Where there does appear to be good insulinisation still at 3am (i.e. blood glucose within target range) but then loss of control before rising, a change from a conventional isophane/NPH to an analogue Background Insulin may be indicated, or consideration of CSII pump therapy.

This was first presented on behalf of the Executive Board at the 2011 Collaborative Meeting. For full text and references email the DAFNE Admin office at dafne@nhct.nhs.uk

DAFNEWS

‘Hi’ – The friendly greeting your BG meter gives you when you’ve eaten way too much cake (and not covered it with enough QA)

Taken from the Official Dictionary of Diabetes Slang – www.d1.org.au

Next issue release date 1st August 2012

Do you have any interesting news or humorous quotes to contribute? Please send (brief) ideas to carolin.taylor@sth.nhs.uk by 30th June 2012

Editorial Board

Carolin Taylor – DSN/DAFNE Educator Group Chair, Sheffield
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Mark Endacott – DUAG Member/dafneonline Administrator/DAFNE graduate, Kent

Issue 1 Contributors

Laura Hunt – DAFNE Educator/Dietitian, Glasgow
DAFNE User Action Group (DUAG) focuses on Follow-Up

As part of the DAFNE User Action Group’s (DUAG) efforts to refocus, a survey was compiled and put on the internet for DAFNE Graduates to complete writes Mark Endacott. The focus of the survey was DAFNE Follow-up training and ten questions were posed as part of the survey. Although the final results of the survey have not yet been compiled this article provides a synopsis of the data available so far.

The initial part of the survey focused on where the graduate had been trained and the follow up training offered. Overall, approximately 50% were offered follow-up and most of these (47% of the total sample) attended the follow-up offered. Then the reasons for non-attendance were requested and provided.

When then asked if follow-up was needed, just over 70% felt that it was, with a range of reasons provided. In terms of follow-up training the greatest proportion of respondents wanted delivery either as access to a DAFNE Educator in clinic or in a group session. Many expressed a preference for evening sessions due to work commitments. The majority of responders were not aware of any plans to offer changed or enhanced follow-up at their centre. The majority have also never been asked their views on follow-up training. Finally a majority would be happy to assist their centre to provide experience at recruitment sessions.

News from Central DAFNE Office

Central Contribution and training fees frozen
We are always striving to be as cost effective as possible and to pass savings on to DAFNE services. We are delighted to confirm that the DAFNE central contribution for the coming financial year (2012/12) will be frozen at £3,650 per centre. In addition the training fees for the DAFNE Educator (DEP) and DAFNE Doctor Programme (DDP) will also be frozen at the 2011 prices. We are currently looking at the cost of level 1 DAFNE Advisor training (DAP) and hope to be able to reduce the training fees, so watch this space……
New DAFNE teaching resources
Following requests from DAFNE Educators two new insulin action posters have been developed to reflect:

- normal insulin secretion
- thrice daily QA analogue plus twice daily BI analogue

Each DAFNE centre will receive their free copy of the two new posters during April or May.

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