

DAFNE COLLABORATIVE

10 JUNE 2011

FOLLOW-UP

Facilitators: Dr Sean Dinneen, University College Hospital, Galway
Carolin Taylor, DSN, Sheffield Teaching Hospitals
Cathy Breen, St Columcille's Hospital, Dublin
Mary O'Scannail, DSN, St Columcille's Hospital Dublin

Aim:

'DAFNE Graduates: getting them back and keeping them on track'.

Learning outcomes

- Discuss what follow-up DAFNE graduates need.
- Reflect on local approaches to follow-up.
- Be aware of current recommendations or models of follow-up: Ireland and UK
- Consider how to integrate follow-up into your DAFNE service.

Feedback

- The general consensus among educators was that, yes, DAFNE graduates did need some form of follow-up. Attendees felt that follow-up helped people to re-motivate, to start using the DAFNE principles again if they had stopped doing so; it offers emotional support and helps to embed information.
- Experience of follow-up was variable. Some reported poor attendance rates at organised group follow-up. The consensus was that the best rates of attendance were found when dates for follow-up were scheduled ahead of time and graduates could then book into these when/if necessary. It was acknowledged that many graduates need to be able to access support/follow-up at a time when they need it, which may not necessarily fit with our schedule of offering structured follow-up at predefined intervals. The skill set of the whole diabetes team is also important as often follow-up contact is opportunistic (e.g. in clinic) so the more DAFNE aware health care professionals on the team, the better.
- Attendees reported a wide variety of modes of follow-up currently available to DAFNE graduates, after completion of the course and the standard (and required for QA) 6-12 week follow-up. These included:
 - Email and telephone contact with educators, initiated by DAFNE graduates
 - Ad hoc 1:1 review with educators in diabetes centres when requested by graduates / when identified through clinic

- Group based follow-up (not necessarily in original groups) offered at intervals throughout the year, which cover a different theme or topic at each session, which DAFNE graduates then book into
- Evening refresher sessions
- 1:1 follow-up in clinic with educators (i.e. a specific DAFNE educator-led clinic) at 6 and 12 months
- Group based follow-up with original groups at 6 and 12 months
- DAFNE on-line
- DAFNE graduates may need and value a menu of options for follow-up support to choose from if and when necessary