

Getting Active with DAFNE

DAFNE Collaborative 2011

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The workshop ran as a mixture of a presentation and open discussion. The Gallen and Perry (2009) paper was circulated and referred to as an overall

Main issues with activity session highlighted by educators:

- Understanding/explaining why BGs rise during/after exercise
- Making the session relevant/being able to include all DAFNE patients in the session
- Understanding the physiology
- How to manage BI insulin and how great a change will be effective?
- Resistance by patients to adjust BI at all
- Is it worth adjusting Lantus at all?
- How to manage hypos that occur several hours after the actual exercise itself?
- Ensuring that the effects of daily routine physical activities are understood and accounted for
- A large amount of information to share in a small amount of time- difficult to account for all within this time
- The DAFNE week is often very sedentary for many patients and therefore these patients do not feel this is relevant

Top tips suggested by the educators:

- Ask patients to volunteer their activities and include all activities including daily routines that affect BGs that do not partake in actual purposeful exercise
- Oz DAFNE use the American guidelines to provide a target cut-off BG of 5.5mmols/l that exercising patients should not fall below during the activity itself
- To ensure understanding- include an extra scenario session on another day which includes exercise scenarios- therefore patients have had some time to digest and think afresh about the many principles covered and how to apply them
- Use real examples from the group, with dose adjustment to actually see the effects
- Go for a walk so that all participants can see the many variables for each group member and how to apply the principles in real terms
- When calculating the percentage changes for exercise: calculate the total dose (therefore including correctives) before incorporating percentage change

Conclusion

Overall, many educators found the physical activity session to often be a challenging, but rewarding. It is felt that continued support in the form of the Masterclass and Collaborative workshops is very useful.