

A Research Database for Structured Diabetes Education (DAFNE)

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BACKGROUND

DAFNE (Dosage Adjustment For Normal Eating)

- Structured education for people with T1DM
- Original trial (BMJ 2002; 325: 746-9) showed
 - Improved HbA1c
 - Improved HADS/PAID scores
 - No change hypoglycaemia
- DAFNE currently available in 71 centres in UK with ca 17,000 graduates

AIMS FOR FUTURE

NIHR Programme Grant 2008-2012. 'Improving management of Type 1 diabetes in the UK: the DAFNE programme as a research test-bed'

One major aim of the DAFNE research programme is to test the feasibility of constructing a database of research quality to

- support randomised clinical trials within DAFNE
- provide data to analyse detailed outcomes

METHODS

Web-based data entry system.
NRES approval and subject consent

10 larger established DAFNE centres

Support

- One 0.5 WTE database manager
- 0.1 WTE admin assistant per site

DATA COLLECTED

| | Baseline | Annual follow-up |
|---------------------------------|----------|------------------|
| Demographics | √ | |
| Biomedical | √ | √ |
| Insulin regimen | √ | √ |
| Hypoglycaemia | √ | √ |
| Complications | √ | √ |
| Inpatient and outpatient events | √ | √ |
| Questionnaires | √ | √ |
| Self-management questionnaire | | √ |

Questionnaires - HADS, PAID, DSQoL, SF-12, EQ-5D

DATA COLLECTION TO DATE

| Year | Possible | Baseline | Follow-up |
|------|----------|------------|------------|
| 2009 | 668 | 594 89% | 430 72% |
| 2010 | 627 | 533 85% | |

Number (percentage) of eligible subjects

DEMOGRAPHICS 2009 COHORT

Male 298 Female 295

| | Median | Range |
|----------------|--------|----------|
| Age (yrs) | 39 | 17-77 |
| Duration (yrs) | 14 | 0-55 |
| HbA1c (%) | 8.5 | 4.9-16.6 |

SUMMARY

We have devised a research database to record and study outcomes after DAFNE education.

It is feasible to collect data of this complexity at good levels of ascertainment in routine clinical care in willing centres at modest revenue cost

DATA ANALYSIS

Provisional working groups have been set up to analyse certain information on this database.

Biomedical outcomes

Hypoglycaemia

Questionnaires (HADS, PAID etc) and outcomes

Different insulins and outcomes

Outcomes by Centre/Educator

Self Management Questionnaire

Pump users

Duration of diabetes and outcomes

Health economics

The database is intended to be an 'open' resource.

Anyone wishing to join a working group or with new ideas for data analysis is welcome to contact Dr Peter Mansell (peter.mansell@nuh.nhs.uk)

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