

DAFNE Programme activity 1 April – 31 March 2014

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.

Background

The Dose Adjustment For Normal Eating (DAFNE) programme is nationally recognised as the gold standard of an evidenced based structured education programme in intensive insulin therapy for adults with type 1 diabetes.

The benefits of DAFNE can be mapped against the NHS Outcomes Framework and the Diabetes in Adults Quality Standard.

DAFNE is included in the NHS Evidence database as a recommended publication, scoring in the top 10% of all studies published in the QIPP collection¹.

Activity 2013-14

1. DAFNE services Availability (UK and Republic of Ireland)

- Delivered in 76 – 78 specialist diabetes services
 - in 141 – 145 localities
- Courses delivered: 560
- Patients trained: 3,661

2. HCP training

Training course	No. courses delivered	No. HCPs trained	Comments
Educator	4	43	A 5 th course commenced 24-26 Mar 14, trainees will not complete training until June 14
Doctor	4	44	10 Drs trained via the fellowships provided by DAFNE for members of the YDEF
Advisor	2	18	6 trainee advisors in Feb 14 will not complete clinical supervision until July 14
5-week format	3	47	
CSII format	1	4	
QA	0	0	Course, with 10 trainees cancelled – trainer sickness; currently being rescheduled

¹ the DAFNE case study can be found at:

<https://www.evidence.nhs.uk/search?om=%5B%7B%22srn%22%3A%5B%22+qipp+%22%5D%7D%5D&q=DAFNE>

3. Centre 3-yearly Audits

- Number of centre audits due: 25
- Number of centre audits completed: 25
- Number of reports issued: 25

The following were developed and introduced:

- New electronic audit forms were introduced to improve the audit process.
- Additional support/follow-up was introduced for centres missing audit targets in any of the audit domains; centres to be followed-up within 18 months of initial audit to assess if action plan has been achieved and to offer further support where possible.
- New outcome KPIs (key performance indicators) were introduced as part of the audit to assess achievement of improved HbA1c and reduced episodes of hypoglycaemia.

4. Best Practice and training updates

4.1 Network meetings

Each of the 8 regional Educator networks met twice during 2013/14

Network	Spring Meeting - No. Centres		Autumn Meeting - No. Centres	
	Invited	Attended	Invited	Attended
1	5	5	3	3
2 West	8	7	8	5
2 East	8	8	9	6
3	9	7	9	8
4	9	8	9	7
5	24	17	25	19
6	8	7	9	8
7	5	5	6	6
Total	76	64	78	62

4.2 Annual DEP Peer Reviewer best practice workshop:

17 of the 32 active Peer Reviewers attended this workshop.

4.3 Annual Collaborative meeting:

139 delegates attended the meeting, representing 52 of the 75 active DAFNE centres in the UK and ROI and representatives from overseas DAFNE teams (Australia and Kuwait).

Feedback was received from 104 (75%) attendees.

- 99% would recommend the meeting to colleagues
- 84% agreed the meeting was a key event in their professional calendar
- 96% stated they had learnt something new
- 94% stated they had learnt something new which would improve their practice

5. Rolling 3-yearly update of all DAFNE teaching and patient resources.

The following DAFNE HCP and patient resources were due for update in 2013/14

Resource	Patient/HCP resource	Updated	Piloted	Printed	Issued
Patient Carbohydrate Portion booklet	Patient	Yes	No	Yes	Dec 2013
5-day curriculum	HCP	Yes	Yes	Final proof	All due to be launched 23 June 2014
5-week curriculum	HCP	Yes	No	No	
CSII curriculum	HCP	Yes	No	No	
5-day workbook	Patient	Yes	Yes	Yes	
5 week workbook	Patient	Yes	No	Final proof	
CSII workbook	Patient	Yes	No	No	
Peer Review/QA Session learning outcome forms	HCP	Yes	Yes	No	

The update of all 3 curricula and workbooks has been a major undertaking including the amendment of the curricula format to reflect Broom taxonomy.

6. Access to quality assured patient resources to support the teaching provided during the 5-day, 5 week and CSII DAFNE course.

Supplies of all resources maintained.

7. Access to the secure web-based DAFNE Audit Database,

The DAFNE database provides centres with the ability to establish the impact of DAFNE and benchmark against other DAFNE services in the DAFNE Consortium. Access to the database has been maintained; no access issues have been reported.

The following improvements have been made to the database during 2013/14:

Reports: KPI reports to assess changes in:

- HbA1c
- hypoglycaemia episodes

Data recording: Inclusion of:

- background insulin fields
- updated HbA1c test fields to eliminate errors

Data from the research section of the DAFNE web-based database were extracted and used to prepare the following papers and abstracts

Completed peer reviewed manuscripts:

- J Elliott *et al*, Substantial reductions in episodes of diabetic ketoacidosis and severe hypoglycaemia requiring emergency treatment decreases costs following structured education in adults with type 1 diabetes. *Diabetic Medicine*, accepted 17th March 2014, DOI: 10.1111/dme.12441. Open access: <http://onlinelibrary.wiley.com/doi/10.1111/dme.12441/pdf>
- P.Thokala *et al*, Assessing the cost-effectiveness of Type 1 Diabetes Interventions: The Sheffield Type 1 Diabetes Policy Model. *Diabetic Medicine* 5 Feb 2014. DOI: 10.1111/dme.12371

- J. Kruger *et al*, The Cost-Effectiveness of Dose Adjustment For Normal Eating (DAFNE) Structured Education in Type 1 Diabetes Mellitus: An Update using the Sheffield Type 1 Diabetes Policy Model) *Diabetic Medicine*, 01 Oct 2013, 30 (10): 1236-1244, DOI:10.1111/dme.12270.

Published abstracts & conference presentations:

- HE Hopkinson *et al*, A twice daily basal insulin (BI) replacement regimen achieves better glycaemic control than a once daily regimen during structured education in adults with Type 1 diabetes in routine UK clinical practice. *Diabetes UK Annual Professional Conference* March 2014. Shortlisted for education award

8. Access to technical support for the DAFNE Audit Database Monday to Thursday 9am to 5pm and 9am to 4.30pm Friday.

First line queries dealt with by the admin team; second/third line queries dealt with by Epigenesys. Epigenesys provided a total of 110 hours support (including database amendments) during the period.

9. Access to the Central DAFNE team for advice and information.

Service has been provided Monday to Thursday 9.00am to 5pm and 9.00am to 4.30pm Friday, apart from bank holidays and 3-day Christmas office closure (Fri 27 Dec, Mon 30 Dec and Tuesday 31 Dec 2013).

In addition access to the following services has been maintained throughout the period.

- Access to dafneonline (<http://www.dafne.uk.com/>) for patients that have completed a DAFNE course, providing online access to support forums, electronic blood glucose monitoring diary, carbohydrate portion information and the DAFNE patient course workbook.
- Use of the national DAFNE website to advertise local DAFNE stories / initiatives
- Support for a national user involvement group which informs the programme.