

Structured education offered for patients with insulin-treated diabetes

Introduction to Carb Counting Course (ICC) and Dose Adjustment For Normal Eating (DAFNE)

The purpose of this leaflet is to explain about the two free courses we offer patients with insulin-treated diabetes to help choose which course will be most beneficial to them.

If a patient is going on pump therapy, then the Dose Adjustment for Normal Eating (DAFNE) course would be more beneficial to them before starting this therapy; more information about this on page 2.

1. Introduction to Carb Counting Course (ICC)

This course is offered monthly and is held in small group sessions remotely online, via Microsoft Teams. It is facilitated by a diabetes specialist nurse (DSN) and a specialist diabetes dietitian via Microsoft Teams.

Topics include:

- Hypos and driving
- Alcohol
- Sick day rules
- Injection technique
- Identifying carbs to count
- Action of insulin
- Exercise
- Calculating carbs
- Snacking and eating out

Course participants must be able to:

- Receive electronic resources via email
- Take part in the video conference call for 3 hours
- Access and use Microsoft Teams

Please see page 3 for more information on how to book.

2. Dose Adjustment For Normal Eating (DAFNE)

DAFNE is a way of managing your diabetes by working out how much insulin you need to take for what you want to eat. It is based on:

- One or two injections of long-acting (basal) insulin every day.
- Injecting quick acting insulin each time you eat foods that contain carbohydrates.
- Testing your blood sugar level before each injection.

This approach has been used in Europe since the 1980s and was introduced in Britain in 2000, funded by Diabetes UK. DAFNE is now a nationally delivered programme which is proven to reduce HbA1c without increasing the risk of severe hypoglycaemia, increasing quality of life and improving satisfaction with treatment.

Many people already have 3-5 injections every day, but often change the food they eat to match with the dose of insulin they take or the blood sugar reading they have at the time. This may mean that they eat less than they would like, or that they have to eat more often than they want to in order to avoid a hypo.

The difference with DAFNE is that it takes away the guesswork so you can match your insulin to the foods you want to eat, when you want to eat them, and it also gives you the freedom not to eat sometimes, if that is what you want to do. On a DAFNE course you will also learn the skills to manage things like exercise, illness and alcohol more safely.

What will the course involve?

- A pre-course appointment and a five-day self-management course, remotely via Microsoft Teams, with around six other people who also have type 1 diabetes.
- The course is held on a Wednesday, once a week for five consecutive weeks, with subsequent follow-up sessions at 6 weeks, 6 month and 12 month intervals.

The course is run by a diabetes specialist nurse (DSN) and a specialist diabetes dietitian. Topics covered in the programme including carbohydrate counting, blood glucose and ketone checking, insulin regimens, eating out, reading food labels, hypos, illness and exercise.

This course is offered remotely online, via Microsoft Teams, four times a year. Places on this course are limited, so first come, first served.

Further information

- **DAFNE** www.dafne.nhs.uk
- **DAFNE Online** www.dafneonline.co.uk
- **Bertie** www.bertieonline.org.uk

Please see page 3 for more information on how to book.

Booking information for both courses

Course participants must be able to:

- Receive electronic resources via email
- Take part in the video conference call for 3 hours
- Access and use Microsoft Teams

Participants will need:

- A good Wi-Fi connection
- A computer, laptop or tablet with adequate screen size, a camera and microphone
- An email address
- Google chrome

If you wish to book a place on either of the courses, please send an email to enh-tr.enhidedafne@nhs.net with your name, date of birth and hospital number, and the course you are interested in booking.

If you are unable to attend remotely:

Other options are available. Please telephone **01438 288301** and speak with a diabetes specialist nurse.

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Diabetes Specialist Nurse Team:

- Telephone 01438 288301
- Email: enh-tr.enhidedafne@nhs.net

Leaflet information

**You can request this information in a different format or another language;
please speak to your doctor or nurse.**

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