

## DAFNE DOCTOR PROGRAMME

DAFNE is a high quality skills-based structured education patient programme in intensive insulin therapy and self management where people with Type 1 diabetes are taught to match their insulin dose to their chosen food intake on a meal by meal basis. DAFNE is an exemplar for teaching flexible insulin therapy. Training in DAFNE principles provides real insight into how insulin therapy can be made to work best.

DAFNE provides people with Type 1 diabetes 38 hours of structured group education. It is delivered by specially trained diabetes specialist nurses and dietitians, supported by specifically trained physicians, to groups of between 6 and 8 patients over a consecutive 5-day period on an outpatient basis. It is an evidence-based, evaluated, professionally delivered, quality assured, peer reviewed and audited education package for Type 1 diabetes and it meets the 5 criteria required to fulfil the NICE requirements.

The DAFNE Doctor Programme (DDP) is a structured training programme for Consultant Diabetologists and SpRs, specifically designed for doctors who, while not intending to train as educators, will support patient graduates of the course and the courses themselves. It aims to provide doctors with the skills required to provide the leadership and clinical support that enables DAFNE to be incorporated into routine service delivery. To date 251 DAFNE Doctors have been trained. The training will expose you to the DAFNE principles, give you the opportunity to see it in practice and learn with colleagues how to support structured education in insulin usage in your own services. It gives unparalleled opportunity to learn how to support patients to use insulin flexibly and obtain better diabetes control.

The DDP carries 6 CPD credits from the RCP.

The National DAFNE Programme is offering 10 annual fellowships for SpRs to train as DAFNE doctors. The Fellowship will cover the training costs of the DDP, but does not include costs of accommodation and travel.

### DDP Aims

The general aim is that the doctor is able to provide leadership and clinical support that enables DAFNE to be incorporated into routine service delivery. A doctor that has completed the DDP does not deliver any of the formal sessions from the DAFNE curriculum; their role is to support the DAFNE programme.

## Learning Objectives

### Direct care (follow up, courses)

- Know what the philosophy, core principles and evidence base are for DAFNE.
- Understand principles and problems in counting carbohydrate portions and using dose adjustment algorithms.
- Know how to support individual DAFNE graduates including goal setting, action planning and dose adjustment.

### Indirect (supporting DAFNE team)

- Understand the entire role of a DAFNE Educator, and how best they can be supported.
- Appreciate the need for administrative support.

### Developing and ensuring high quality service

Understand the:

- Need for the DAFNE curriculum to be delivered as intended and in its entirety.
- Ongoing Audit and Quality Assurance programme.
- Need to work with the DAFNE team to ensure that:
  - ◆ DAFNE is embedded into services for people with T1DM.
  - ◆ DAFNE awareness training is provided for primary and secondary care staff.
  - ◆ Their service contributes to the DAFNE Collaborative.

The DDP is a three step course to be completed in sequence, consisting of:

- Step 1: Background reading – key articles provided
- Step 2: Structured observation of a full 5-day DAFNE course being delivered in a DAFNE centre. Observation ideally takes place between 2 and 8 weeks before Step 3. There will be a range of 5-day patient courses available across the country to choose from; Central DAFNE will allocate a course as close to your work place as possible.
- Step 3: Completion of a 1-day workshop

## Workshop Programme

10.00	Introduction and aims of the workshop
10.30	“DAFNE says?”
11.15	DAFNE: Philosophy, evidence and role of quality assurance
12.30	The role of doctors during the DAFNE course
13.00	LUNCH
13.30	Cases: DAFNE dose adjustment principles and practice including goal setting and action planning.
14.45	Planning and organising DAFNE: What does it involve?

- 15.45 The DAFNE Collaborative and embedding DAFNE in Type 1 services  
16.00 Outstanding issues and evaluation  
16.30 CLOSE

The course fees will be paid, but travel and any accommodation costs will not be paid.

There are 4 DDP available in the next 12 months:

### **Programme 1**

Step 2: Observation course  
Venues and dates currently available:

#### **12-16 April 2010**

Aberdeen  
Derby  
East Lancashire (Blackburn)  
Leicester  
North Lincolnshire  
Pennine  
Sandwell

#### **19-23 April 2010**

Beaumont, Dublin  
Central Middlesex Hospital, London  
Glasgow Victoria Infirmary  
Guys and St Thomas, London  
Hinchingsbrooke  
Hull  
King's College Hospital, London  
Lagan Valley Hospital, Northern Ireland  
Salford, Manchester  
Selly Oak Hospital, Birmingham  
St John's Livingston, Scotland  
Taunton, Somerset  
UCLH, London  
Wakefield

Step 3: 1-day workshop  
Sheffield: 27 April 2010  
Delivered by Professor Simon Heller and Carolin Taylor

## Programme 2

Step 2: Observation course  
Venues currently available:

### **10-14 May 2010**

East Lancashire (Burnley)  
University Hospital, Galway, Southern Ireland  
Glasgow, Victoria Infirmary  
Leicester  
Monklands, Airdrie  
Pennine  
Wythenshawe

### **17-21 May 2010**

Addenbrooke's Cambridge  
Birmingham (BEN PCT)  
Guys and St Thomas, London  
Harrogate  
Rotherham

### **24-28 May 2010**

Beaumont, Dublin  
Hinchingsbrooke  
Nottingham  
Queen Elizabeth, London  
Royal Edinburgh  
Salford  
South of Tees Hospital, Middlesbrough

### **7-11 June 2010**

East Lancashire (Accrington)  
Leicester  
Pennine  
Queen Elizabeth London

### **14-18 June 2010**

Hull  
Leicester  
St John's Livingston, Scotland  
St Vincent's, Dublin  
Wakefield

### **21-25 June 2010**

Birmingham (BEN PCT)  
Monklands Hospital, Airdrie  
Pennine  
Salford, Manchester  
Sandwell, West Midlands  
Guys and St Thomas, London

Step 3: 1-day workshop  
London: 9 July 2010  
Delivered by Professor Stephanie Amiel and Helen Rogers

### **Programme 3**

Step 2: Observation course  
Venues currently available:

**20-24 September 2010**

Addenbrooke's Cambridge  
James Pagent, Great Yarmouth  
Northwick Park Hospital, Harrow, Middlesex  
Rotherham  
Salford, Manchester  
West Essex, Epping

**4-8 October 2010**

Aberdeen  
University College Hospital, Galway, Southern Ireland  
Monklands Hospital, Airdrie  
North Lincoln, Scunthorpe  
Northumbria  
Southern General, Glasgow  
Queen Elizabeth London

**11-15 October 2010**

East Lancashire (Blackburn)  
Pennine  
Salford, Manchester

**18-22 October 2010**

Heart of Birmingham (Hagley Road, Birmingham)  
Hinchingbrooke  
James Pagent, Great Yarmouth  
St John's Livingston, Scotland

**25-29 October 2010**

Guys and St Thomas, London

**8-12 November 2010**

Aberdeen  
University College Hospital, Galway, Southern Ireland  
Pennine  
South of Tees Hospital, Middlesbrough

Step 3: 1-day workshop  
North Shields: 18 November 2010  
Delivered by Dr Simon Eaton and Lindsay Oliver

#### **Programme 4**

Step 2: Observation course  
Venues currently available:

**15-19 November 2010**

Addenbrooke's Cambridge  
Salford, Manchester  
Guys and St Thomas, London

**22-26 November 2010**

Birmingham (BEN PCT)  
East Lancashire (Blackburn)  
East Lancashire (Burnley)  
Hinchingsbrooke  
James Pagent, Great Yarmouth  
Lagan Valley Hospital, Northern Ireland  
Pennine  
Salisbury  
South East Essex (Southend)  
Southern General, Glasgow  
St John's Livingston, Scotland  
Wythenshawe

**29 November-3 December 2010**

Beaumont, Dublin  
Bedford

**6-10 December 2010**

Addenbrooke's Cambridge  
Central Middlesex Hospital, London  
King's College Hospital, London  
Northumbria  
Pennine  
Queen Elizabeth London

Step 3: 1-day workshop  
Leicester: 11 January 2011  
Delivered by Dr Ian Lawrence and Sarah Phillips

## **Further Details**

Closing date for applications is 5pm on Tuesday 23 March 2010. Successful applicants will be contacted on Wednesday 24 March 2010.

Sponsored by the National DAFNE Programme