

What is "DAFNE"?

DAFNE = Dose Adjustment For Normal Eating

is a group program designed for adults with type 1 diabetes. It is a way of managing type 1 diabetes by working out how much insulin you need for what you want to eat. It is based on:

- Estimating the amount of carbohydrate in your food
- 1 or 2 injections of long acting insulin each day
- Injecting quick acting insulin each time you eat
- Testing your blood glucose before each meal

Does it work?

This approach has been used in Europe for over 20 years. In 1998 the UK adapted the European course and called it DAFNE.

In Europe, people who have been taught this approach have better blood glucose control, less illness (less time off work), fewer severe hypos and less chance of diabetes complications.

OzDAFNE is now in Australia to help people with type 1 diabetes better manage their condition.



"How have I managed to survive without this week?!"



"I've learned such a lot in a short space of time – and I've had a laugh as well!"

Don't I already do this?

Many people already have multiple injections a day, but they match their food to their insulin.

The difference with OzDAFNE is that you choose how much insulin to take on a day-to-day and mealtime-to-mealtime basis.



"It's given me the real reason for doing blood tests!"

This means you can eat what you like and, more importantly, when you like.

OzDAFNE also gives you the skills to manage things like exercise, illness and alcohol more safely.



"Everyone should take the opportunity to do this!"

What does it involve?

OzDAFNE involves attending a 5 day training course (Mon - Fri, 9am - 5pm). The structured teaching programme covers topics including carbohydrate estimation, insulin adjustment, blood glucose monitoring, hypos, illness and exercise.

The OzDAFNE course is about learning from experience. During the week you practice the skills of carbohydrate estimation and insulin adjustment under the supervision of DAFNE trained nurses and dietitians.



"I now understand what I am controlling"

Most of the training is built around group work, sharing and comparing experiences with other people with type 1 diabetes.

The aim is to help you self manage you diabetes.

What are the costs?

This will vary depending on your centre.

You will need time off work to do the course. We can provide a letter of explanation for your employer.

What do I need to do?

We need to have approval from your endocrinologist for you to attend OzDAFNE. Results of your recent blood tests are also needed when you attend a pre-assessment appointment with the DAFNE educator.

You will be asked to complete a questionnaire before and 1 year after your course so that we can monitor the effects of OzDAFNE on your quality of life and overall diabetes control.

There may also be doctors, nurses or dietitians observing courses to learn how to teach OzDAFNE themselves.



**“At last, I now
have the freedom
to choose.”**

For more information:

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OzDAFNE
Dose Adjustment For Normal Eating
in Australia

*A program
for people
with type 1
diabetes.*



www.dafne.org.au

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