Background

• Dose Adjustment for Normal Eating (DAFNE) structured education programme is an effective tool in improving glycaemic control in patients with Type-1 diabetes while reducing the frequency of hypoglycemic episodes.
• DAFNE however, does not solve all glucose related problems and patients often request or are recommended continuous subcutaneous insulin infusion (CSII) therapy post DAFNE.

Objective

• Out of our 370 DAFNE graduates, 46 have subsequently gone on to CSII therapy.
• The aim of our audit was to examine glycaemic control of the 46 DAFNE graduates before and after they completed DAFNE & then before and after starting CSII therapy and their reason for starting CSII therapy.

Methods

• The data was collected using the hospital’s electronic database (CELLMA and PIPE) and by contacting the patients via phone for further details.

Results

• 56% patients were female.
• Mean Age was 40 ± 9.4 (mean±SD) years with a BMI of 26.6±4.5 kg/m².
• Mean duration of Diabetes was 17.2±8.5 years.
• Duration since completion of DAFNE at the time of study was 5.8±2.2 years.
• Duration of CSII therapy was 4.0±2.2 years.
• HbA1c before DAFNE was 8.3±1.2% (67.2±9.8 mmol/mol) compared to 8.05±1.0% (64.5±11 mmol/mol) 12 months post DAFNE - p value=0.31. (Chart-1)
• The indication for commencement of CSII therapy was to improve overall glycemic control in 45% patients, impaired awareness of hypoglycaemia in 26% and patient preference, felt it would suit their lifestyle, in 23%.
• HbA1c before commencement of CSII was 8.3%±1.07 (67.2±11.7 mmol/mol) compared to 7.9%±0.9 (62.8±9.9 mmol/mol) after 12 months of CSII therapy - p value=0.04. (Chart-2).

Conclusion

• DAFNE is an effective education programme for patients with Type-1 Diabetes but may not improve glycaemic control in all.
• Selected patients benefit from going on to CSII therapy post DAFNE and this can be associated with an improvement in their HbA1c.