

## What is OzDAFNE?

DAFNE stands for **D**ose **A**djustment **F**or **N**ormal **E**ating. OzDAFNE is the Australian version.

**OzDAFNE Pump** is a five-day structured group education program for adults living with type 1 diabetes who are using an insulin pump. OzDAFNE Pump equips participants with strategies to self-manage their insulin rates and ratios based on the amount of carbohydrate they eat and other factors such as exercise and illness.

The principles of insulin assessment and adjustment that are used during OzDAFNE Pump are based on the UK DAFNE Pump program and the OzDAFNE Pens program (for people living with type 1 diabetes using multiple daily injections of insulin). These programs have been shown to improve diabetes management and quality of life for adults living with type 1 diabetes.

During the OzDAFNE Pump program, participants will learn how to:

- Adjust basal insulin rates to approximate basal insulin requirements;
- Count carbohydrates;
- Calculate bolus insulin doses according to carbohydrate intake and their insulin to carbohydrate ratio (carb ratio);
- Correct 'out of target' glucose levels;
- Evaluate their glucose patterns;
- Adjust their insulin rates and ratios to attain glucose levels in their target range.

The standard OzDAFNE Pump glucose targets are as follows:

- Before meals: 4.0 to 6.0 mmol/L
- 2 hours after a meal: No more than 3 mmol/L higher than before meal
- At 3 am: 5.0 mmol/L or more
- Before driving: 5.0 mmol/L or more
- Before exercise: 7.0 to 10.0 mmol/L

**Participants who have impaired awareness of hypoglycaemia or retinopathy may be advised to use the upper end of these targets initially.**

Biochemical, anthropometric, and quality of life data is collected before the OzDAFNE program and 12 months post-program to measure the program's effectiveness. This data is coded, de-identified and securely stored in the national OzDAFNE database.

OzDAFNE Pump has recently finished a pilot phase and it is expected that evaluation of the pilot will reflect similar benefits for participants to those seen in the OzDAFNE Pens audit and the REPOSE study.

These benefits include:

- Improved HbA<sub>1c</sub>
- Reduced severe hypoglycaemia
- Reduced hospital admissions from DKA
- No weight gain or increase in blood lipids
- Increased dietary freedom
- Reduced diabetes distress

Visit [www.dafne.org.au](http://www.dafne.org.au) to read more about the OzDAFNE program.

## The OzDAFNE Pump approach – don't we already do this?

OzDAFNE Pump is a comprehensive and structured group education program facilitated by accredited OzDAFNE Pump diabetes nurse educators and dietitians.

Glucose pattern recognition allows for the adjustment of both basal rates and carb ratios using a systematic approach. Group learning and peer support enables participants to develop skills and learn to problem solve in a hands-on, supportive environment.

OzDAFNE Pump also has a strong evidence base. The DAFNE principles which have been trialled and evaluated in Europe, the UK, and Australasia, have demonstrated improved outcomes for thousands of participants. Strict quality assurance and training standards ensures that OzDAFNE Pump facilitators provide a consistent program to all participants, which in turn allows for the comparison of data across centres and countries.

Participants tell us that OzDAFNE is “life changing” – providing them with the confidence, knowledge, and skills to self-manage whilst reducing their stress and anxiety.

## Why are OzDAFNE programs so long?

Five days enables participants to assess and make changes to their insulin rates and ratios and discuss their progress each day with ongoing support from experienced health professionals. Many OzDAFNE graduates comment that the peer support and problem-solving opportunities over this time is invaluable. Both facilitators and participants agree that five days is needed. One participant typifies the feedback received: *“Five days seemed outrageous, yet now that I've done OzDAFNE you must have five days, or it wouldn't work.”*

## Is OzDAFNE Pump a “pump start” program?

**No**, OzDAFNE Pump is **not** a pump start program.

OzDAFNE Pump program participants are required to be proficient in the use of their insulin pump prior to commencing the program. OzDAFNE Pump is not designed to replace pump start programs and is an adjunct to the support and education offered by the primary diabetes health care team with whom OzDAFNE Pump facilitators aim to collaborate with.

## What about people using insulin pens? Can they do OzDAFNE?

Yes! OzDAFNE was originally designed for people using multiple daily injections, with newer formats such as OzDAFNE Pump added to the suite of OzDAFNE programs over the years. OzDAFNE Pens programs are offered in 3 formats – a 1 week intensive program; a program running 1 day a week over 5 weeks (known as 5x1); and also as an online program involving online lessons and regular online group meetings.

## References:

REPOSE study group. Relative effectiveness of insulin pump treatment over multiple daily injections and structured education during flexible intensive insulin treatment for type 1 diabetes: cluster randomised trial (REPOSE) BMJ 2017;356:j1285

Speight, J, et al. Structured type 1 diabetes education delivered in routine care in Australia reduces diabetes-related emergencies and severe diabetes related distress: The OzDAFNE program. Diabetes Res Clin Pract (2015), <http://dx.doi.org/10.1016/>