

The following criteria can be used to determine if a person is suitable to attend an OzDAFNE Pump program. If you are still unsure, please contact the OzDAFNE team at OzDAFNE@diabetesvic.org.au to discuss the person's individual circumstances.

Suitability criteria

- **Diagnosis of type 1 diabetes**

There is no restriction on length of diagnosis before attendance; however, people who are newly diagnosed should be assessed for readiness to attend OzDAFNE Pump. They must satisfy the remaining criteria, including the need to be familiar with the use of their pump.
- **18 years or older**

This is an adult program, but mature 17-year-olds may attend at the discretion of the OzDAFNE facilitators.
- **Using an insulin pump**
- **Familiar with the use of their insulin pump**

This is not a pump start program. The OzDAFNE Pump curriculum does not teach participants how to use an insulin pump. The scope of OzDAFNE Pump is to equip participants with strategies to self-manage their insulin doses based on the amount of carbohydrate they eat and other factors such as illness and exercise. Prior to attending OzDAFNE Pump, participants need to be familiar with how to competently operate their pump, change settings, download data, insert cannula and set up the line.
- **Able to hear, speak, understand and read English**

Some resources may be able to be reproduced in large print if required.
- **Able to attend a pre-program appointment (1 to 1.5 hours)***
- **Able to attend all five days of the program***
- **Able to attend review sessions after the program***

Review sessions are held at 6 weeks, 6 months and 12 months after the program, and run for about 4 hours each time.
- **Prepared to adjust their own insulin according to what they eat, their glucose levels and other factors (for example, exercise)**
- **Prepared to adjust basal rates and carb ratios as required, and check and record glucose levels at least 4 to 5 times a day.**
- **Absence of any severe physical or mental impairment that would prevent them from following the OzDAFNE Pump principles**

Suitability may need to be confirmed with the referring doctor or endocrinologist.
- **HbA_{1c} less than 108 mmol/mol (12 %)**

People with an HbA_{1c} of more than 108 mmol/mol (12 %) will be assessed for suitability on a case-by-case basis. This may require discussion with their referring doctor or endocrinologist.

Consideration: An HbA_{1c} of more than 108 mmol/mol (12 %) may indicate that a person is omitting insulin. At the pre-program appointment, the person may be asked if they ever omit insulin. Facilitators will then determine readiness to attend the program.

* **Supporting documentation for employers is available.**

➤ **Absence of 'end-stage' diabetes complications**

People with 'end-stage' diabetes complications will be assessed for suitability on a case-by-case basis; this may include discussion with their doctor or endocrinologist.

Considerations:

- *Retinopathy* – How well can the person independently manage essential skills like carbohydrate estimation, glucose level monitoring, operating their pump. Some resources may be able to be reproduced in large print.
- *Nephropathy* – While insulin action may be affected in end-stage renal failure, motivated people should not be excluded. Note that:
 - Hypos are a greater risk once creatinine clearance drops below 15 mL/min as the clearance/degradation of insulin via the kidneys is impaired and the half-life of circulating insulin is increased. Insulin requirements therefore decrease.
 - Uraemic patients are insulin resistant because of impaired glucose uptake. This is resolved once the uraemia is addressed using dialysis.
 - OzDAFNE Pump facilitators may require the support of diabetes/renal medical colleagues before taking on these participants.
- *Gastroparesis* – People who are unable to eat normally due to nausea and vomiting, or who require artificial nutrition for severe gastroparesis may not benefit from the OzDAFNE Pump program.

Further considerations for suitability

The following people will be considered on a case-by-case basis by the OzDAFNE Pump facilitators. OzDAFNE Pump facilitators may prefer to have experience delivering OzDAFNE and the support of the person's specialist medical team before accepting these participants or other people with complex medical needs.

➤ **Pregnancy**

Pregnant women with type 1 diabetes may attend an OzDAFNE Pump program but will need to be guided by their endocrinologist/obstetric team regarding pre- and post-prandial glucose level targets and suggested frequency of glucose level monitoring.

➤ **Disordered eating**

People with disordered eating may not want to discuss dietary and carbohydrate intake with OzDAFNE Pump facilitators or other group members. This makes insulin dose adjustment very challenging.

➤ **Secondary diabetes from pancreatic disease, cystic fibrosis.**

Although not type 1 diabetes, OzDAFNE Pump principles may be applied.

➤ **Type 2 diabetes**

A maximum of one person with type 2 diabetes may be accepted in an OzDAFNE Pump program if the person has commenced on a pump. This is at the discretion of the lead facilitator and requires consent from the treating endocrinologist or doctor.