

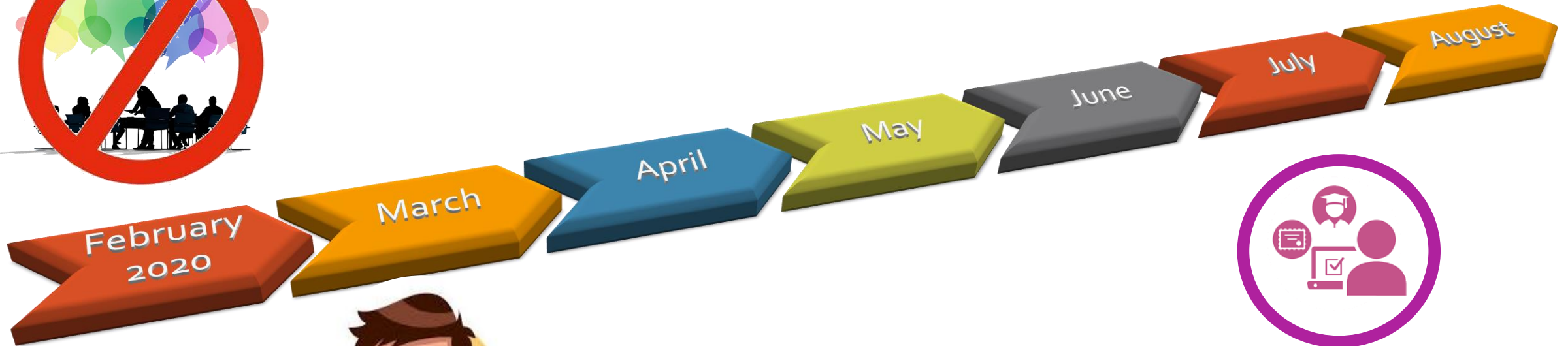
WHAT IS REMOTE DAFNE?

Amy Cowan

MCN conference 23/02/2021



Overview



Course Design



- Blended learning
- Flipped classroom
- 6x 3 hour remote group sessions over 5 weeks
- Support calls as required

Comparison

Traditional DAFNE 5x1

Educators required	2
Group size	8
Time in the classroom	40 hours
Self-directed learning	? hours
Staff time outside the classroom	12 hours
Staff costs	✓
Access to technology and internet	✗

Remote DAFNE

Educators required	1
Group size	4
Time in the classroom	18 hours
Self-directed learning	11.5 hours
Staff time outside the classroom	7 hours
Staff costs	✗
Access to technology and internet	✓

The pilot

National Pilot

- 39 DAFNE centre's
- 91 educators trained
- 80 courses piloted

NHS GG&C contribution

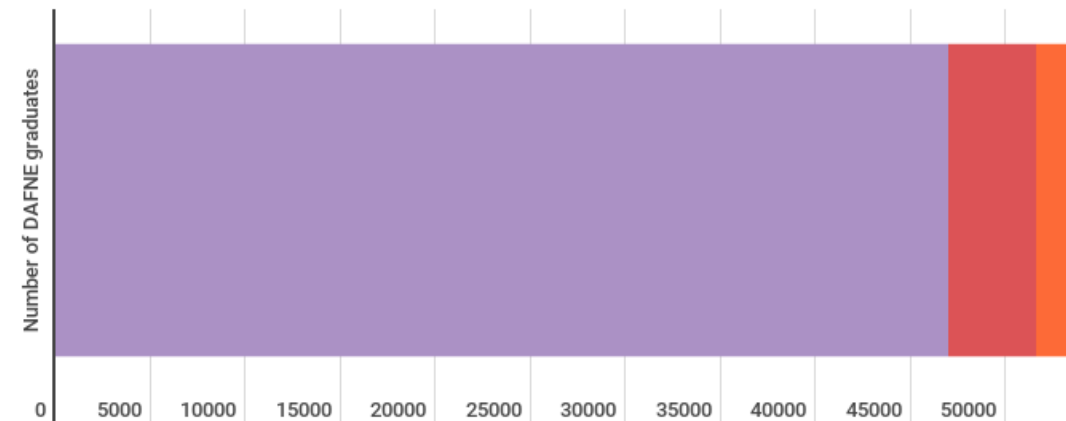
- 1 DAFNE centre
- 3 educators trained
- 3 courses piloted

The bigger picture

National data

- 20 years of DAFNE 2020
- 8,023 courses complete
- 53,264 participants
- 1671 participants (NHS GG&C)

NHS GG&C contribution



Feedback

Gained knowledge and built confidence

Its nice to speak to other people with the same condition

The online course works really well

I would recommend this course to anyone with type 1 diabetes

A life changing course

The remote course is a lot more manageable for people who have jobs

Even having had diabetes for a long time and thinking you had it under-control, I learned so much from the course

Great that's its spread over 5 weeks, I don't have to take time off work

I gained more than expected from this course. Despite being a diabetes for more than 30 years, I was surprised by some of the gaps in my understanding

I now feel confident to adjust doses myself and CP count my meals

Sick day rules were a complete revelation to me and now I feel much better equipped

I thought I knew a lot and was confident prior to this course. However, on reflection there were gaps in my knowledge and I learned so much

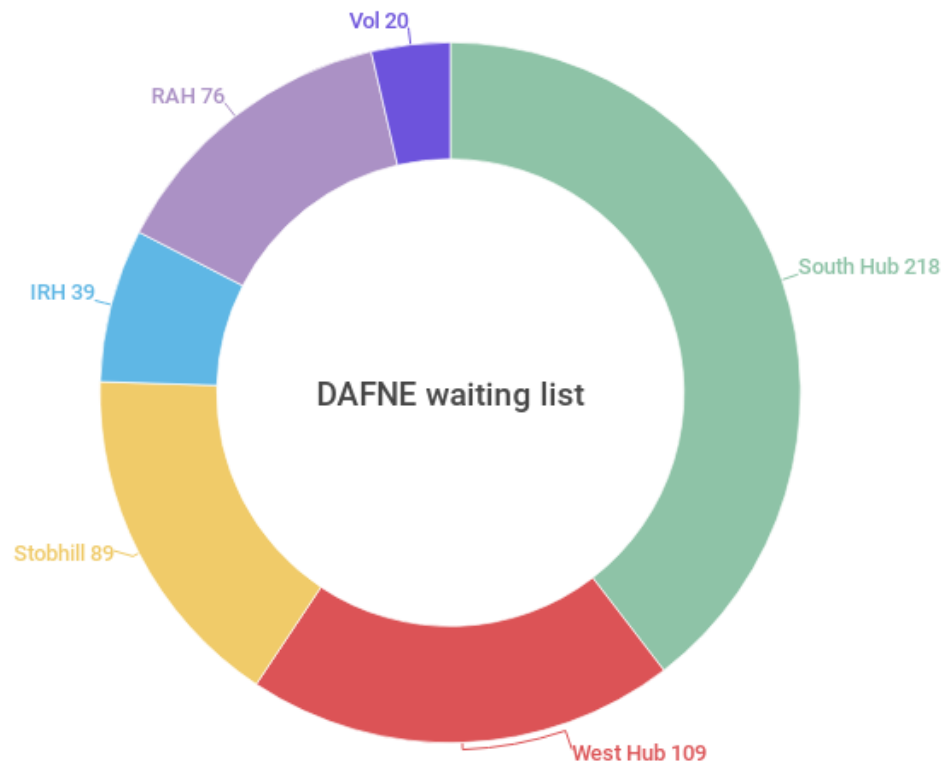
I've never been able to say that I feel in control, but now I can honestly say its on the horizon

I learned more in the past 5 weeks than I learned in the past 4 years

Outcomes



Where we are now



- 10 members of staff trained health board wide
- 8-10 members of staff not trained health board wide
- 551 waiting to access this education

What's next

- Type 1 diabetes strategic group:
 - Agreement on number of courses per educator/per year
 - Agreement on number of educators facilitating remote courses
- Trained staff: Set dates and communicate this with the DAFNE administrator
- Untrained staff: Complete training and set course dates





Thank you

Amy Cowan
Lead type 1 Diabetes educator
Phone: 07971 902 732
amy.cowan@ggc.scot.nhs.uk

For access to the DAFNE waiting list, referral forms and training materials please have a look at our supporting document.

All completed referrals should be emailed to:

strucgg658@ggc.scot.nhs.uk