

Type 1 Diabetes: Less guesswork,
more freedom, better health



DAFNE Update

Liesl Richardson
Diabetes Technology Network Educator meeting
London
Friday 6th February 2026

I have no disclosures

Disclosures

None



What is DAFNE?

- **Dose Adjustment For Normal Eating.**
- Evidence based, structured education programme.
- Empowers people living with type 1 diabetes to manage their condition in a safe and effective way.
- It aims to help adults with type 1 diabetes lead as normal a life as possible, whilst also maintaining blood glucose levels within healthy targets, to reduce the risk of long-term diabetes complications.

DAFNE is hosted by Northumbria Healthcare NHS FT.



Where is DAFNE?



- Gold standard in structured education for people with type 1 diabetes in the UK.
- Delivered by 114 DAFNE centres in 236 localities in the UK, Republic of Ireland and Crown Dependencies.
- DAFNE Q8 and OzDAFNE.
- Over 65,000 DAFNE graduates.
- DAFNE has trained 2,800 health care professionals.



Education for people with diabetes

DAFNE / 5x1 DAFNE

Pump DAFNE

Remote DAFNE and Remote Pump DAFNE

DAFNE Closed Loop essentials

DAFNE Closed Loop Optimisation

DAFNE Introduction to carbohydrate counting

Type 1 diabetes

VICTOR

Type 2 diabetes



Training for healthcare professionals

Remote DAFNE Educator Programme

Conversion training:

- F2F to remote DAFNE
- Remote DAFNE to F2F
- Remote Pump DAFNE
- VICTOR

Diabetes
specialist nurses
/ Diabetes
specialist
dietitians

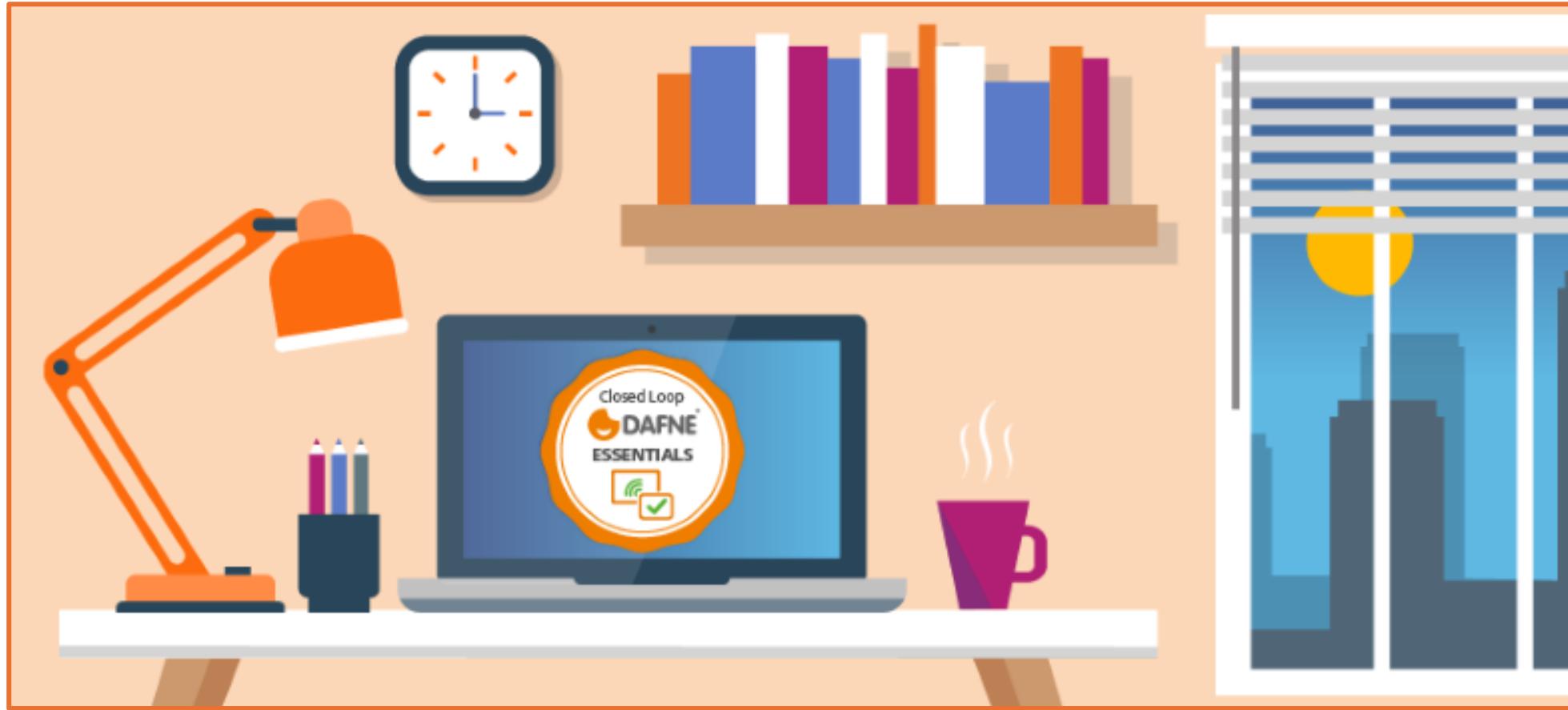
Remote DAFNE Doctor Programme

Remote Pump DAFNE doctor Programme

Doctors



Closed Loop Essentials (CLE)



Closed Loop Essentials (CLE)

The Open University | Explore OpenLearn | Accessibility hub | Liesl Richardson / Sign out

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DAFNE Type 1 Diabetes: Less guesswork, more freedom, better health

Home | DAFNE healthcare professionals | Non-DAFNE healthcare professionals | DAFNE participants | My Profile

Course description | **Course content** | Course reviews

Course content

Below is the course content. You can click on any section here and it will take you through to this section of the course. If you are signed in and enrolled on this course we can track your progress.

Course progress 82% completed

You can download or print an Activity Record at any point during this course. If you complete all sections you will gain a free 'Statement of Participation' / badge(s). These are available within your profile.

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Course rewards

Closed Loop Essentials (CLE)

Accessibility for students



Disability support at the Help Centre

Information about declaring a disability, services and additional support for exams and studying, Disabled Students' Allowance (DSA), alternative formats and specialist equipment.



Studying on a screen

Different options for everyone to try to help them study on a screen successfully.



Disabled user support at the Library

Information about the resources and services available to disabled students from the OU Library.



OU Disabled Students Group

A group run by and for undergraduate and postgraduate students, offering support and advocating for the needs of disabled students.



Module website accessibility

If you are a user of different assistive technologies and web browser settings, this section offers you information and guidance when using your module website and online tools.



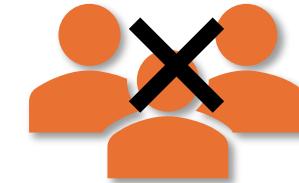
The Open University Equality and Diversity

Outlining our commitment to equality as part of our mission.



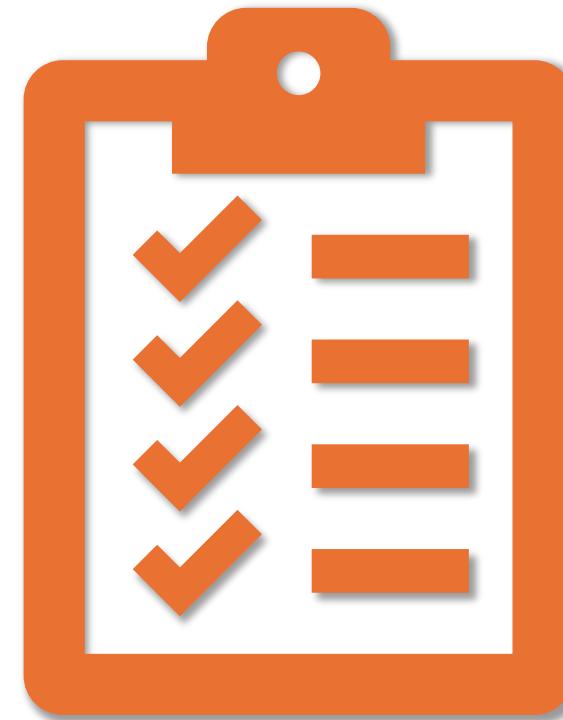


Closed Loop Essentials (CLE)



Closed Loop Essentials (CLE)

- Insulin and your closed loop pump.
- Bolusing for meals and snacks.
- The effects of foods on glucose and carb essentials.
- Carb counting three different ways:
 - Carb formula.
 - Carb factor.
 - Visual estimation (small, medium and large portions).



Closed Loop Essentials (CLE)



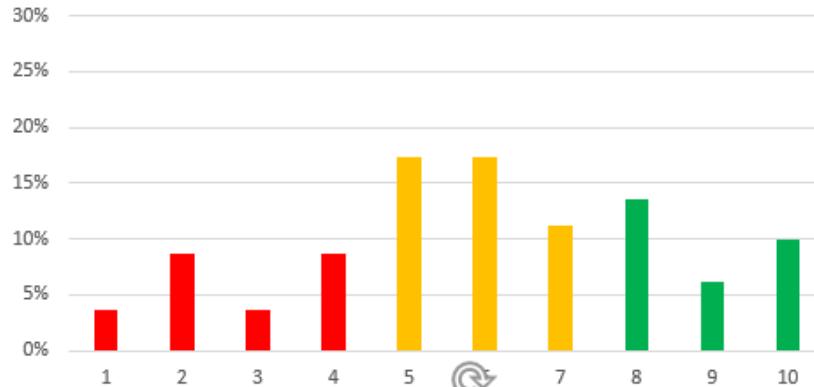
- Avoiding and treating hypos.
- Problems with your closed loop pump.
- Trace ketones management plan.
- Large ketones management plan.
- Going back to using pens.
- End-of-unit knowledge check.

Glossary / Useful Guides

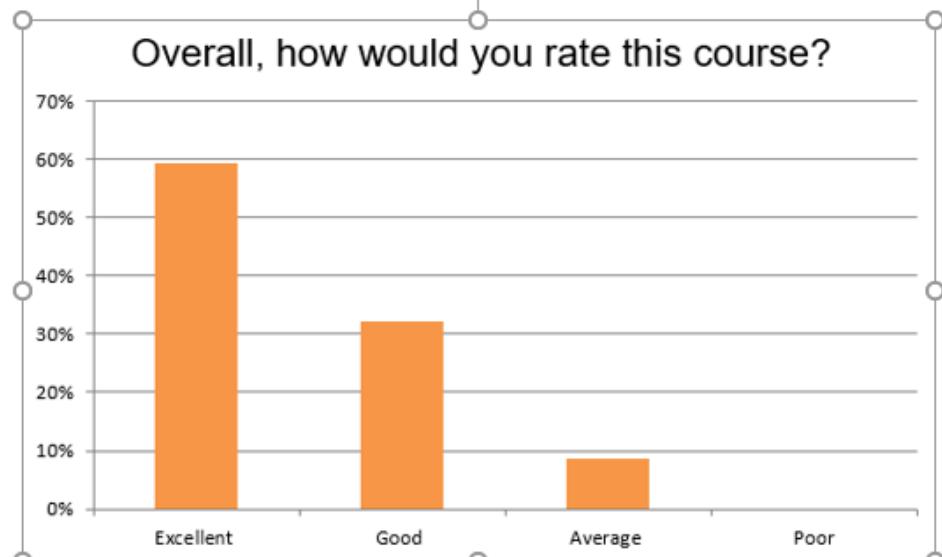
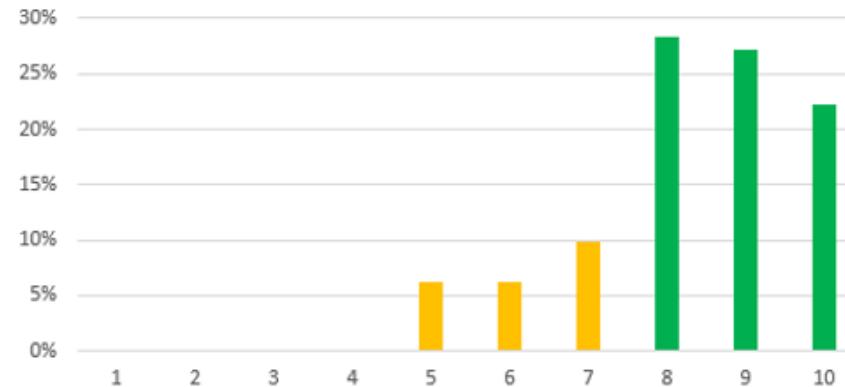


Closed Loop Essentials

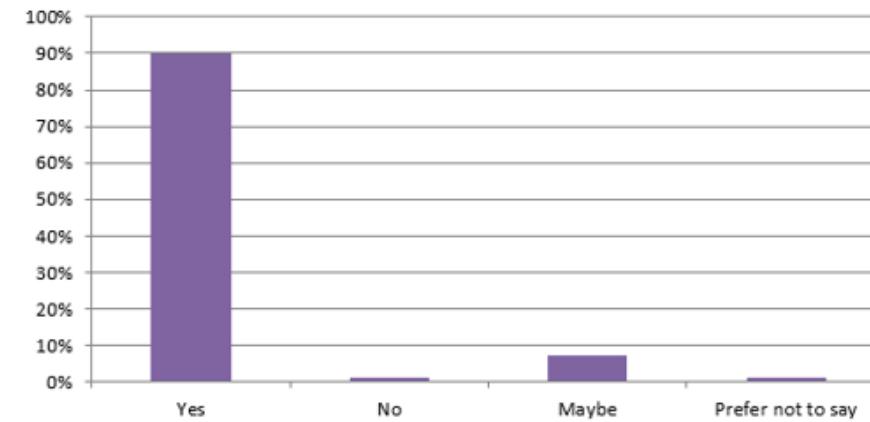
How confident did you feel about going onto a closed loop before the course?
(1 being not very confident and 10 being very confident)



How confident do you feel about going onto a closed loop after completing the course
(1 being not very confident and 10 being very confident)



Would you recommend this course to other people considering closed loop therapy?



Closed Loop Essentials



Highly Commended:

Diabetes Education Programmes – people with diabetes

DAFNE – Closed Loop Essentials

DAFNE – Northumbria Healthcare NHS Foundation Trust



Closed Loop Optimisation

Rationale:

- Not everyone achieves their TIR target despite their best efforts.
- Adults learn using repetition.
- Peer support the missing link?



Closed Loop Optimisation

DAFNE Philosophy

Aims:

- Autonomy, competency & confidence.
- Flexible lifestyle.
- Active self-managers.
- Person with diabetes drives the decision-making process.
- Ultimate responsibility lies with the person with diabetes.



Closed Loop Optimisation

DAFNE Philosophy

Beliefs and values:

- Person centred.
- Clinicians have responsibility TO but not FOR people with diabetes.
- Empathy, non-judgmental support.
- Exploration of values, beliefs and barriers.
- Sharing ideas is a two-way process.
- Behavioural and health-related resilience.



Closed Loop Optimisation

DAFNE Philosophy

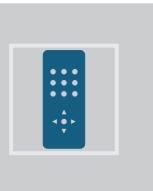
Skills and processes:

- Problem solving environment.
- Adult education techniques.
- Learner centred.
- Socratic questioning and reflection.
- Structured framework.
- Active group participation.
- Goal setting and action planning.



Closed Loop Optimisation



-  Face-to-face OR remote.
-  No weekly online learning.
-  Simple participant workbook.
-  Focus on actions and behaviours not theory
-  Not too much focus on device-specific information



Closed Loop Optimisation

- Hopes and Expectations
- Accurate Glucose checks
- Using your CGM and closed loop pump
- Looking after your insertion sites
- Baseline data and PROM data collection
- Time In Range
- The 3-day diary

1

Getting started



Closed Loop Optimisation

Hopes and Expectations

- Glucose ranges
- Skills and knowledge
- How life will be different
- Support required
- Weekly schedule and commitments
- Confidence



Closed Loop Optimisation

3-day diary

Each hour is RAG rated:

- **Red = Below target range.**
- **Yellow = Above target range.**
- **Green = Within target range.**

Options to change a red or yellow hour to a green hour

e.g.

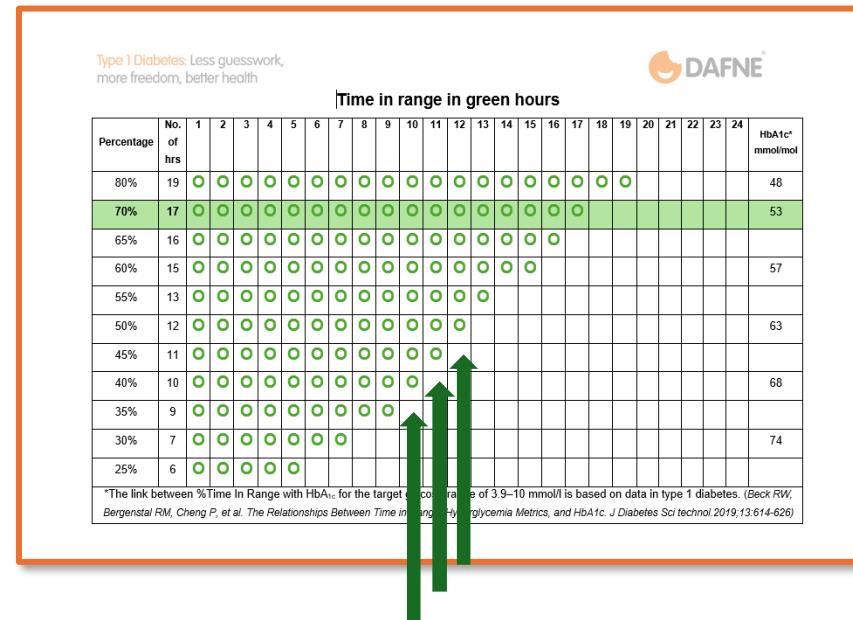
- Bolus before breakfast.
- Check carb count at lunch.
- Assess ratio at evening meal.



Closed Loop Optimisation

Visual representation of Time in range

Demonstrates the impact of changing 1 or 2 hours from yellow to green.
e.g. 3 more green hours in one day increases TIR from 35% to 45%
A 5% increase in TIR has significant benefit.



Closed Loop Optimisation

2

Moving Forward



- What is diabetes?
- Emotional health.
- DAFNE CLO self-care suggestions and the Diabetes Bill of Rights.
- Diabetes stigma and mental health support.
- Social support.
- Looking after the future YOU and additional healthcare checks.
- Hypoglycaemia / severe hypos and driving.

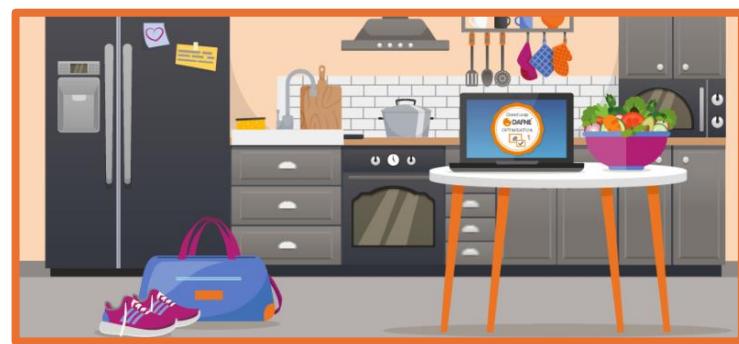


Closed Loop Optimisation

- Managing exercise and physical activity.
- Troubleshooting meals and snacks.
- Insulin profile.
- Factors that cause out-of-range Glucose and how to avoid them.
- Checking and adjusting a mealtime ratio.
- Counting carbs (optional).
- The effects of high fat and protein on Glucose.

3

Core Skills and
Time In Range



Closed Loop Optimisation

4

Expand your skills
and TIR



- DAFNE CLO ketone management plans and DKA.
- Going back to pens.
- Travel and holidays (optional).
- Alcohol with a closed loop (optional).
- Snacks and eating out.
- Time in Range/ the 3-day diary/ Looking ahead.



Closed Loop Optimisation

- Participants' agenda.
- Focus on fat and protein (optional).
- Review of 3-day diary and TIR targets.

5

Follow-up



Closed Loop Optimisation

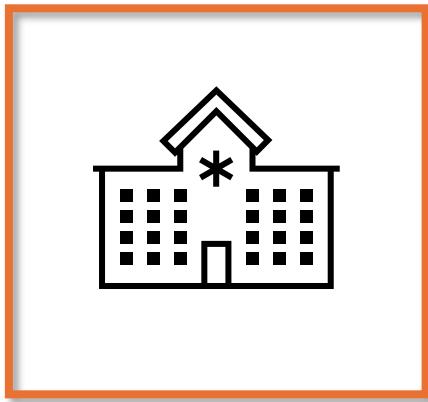
Train-the-trainer' programme

Stage 1	(6 hours)	Orientation
Stage 2	(6 hours)	Online course review and pre-workshop preparation
Stage 3	(1 hour)	Attend DAFNE CLO Educator workshop
Stage 4	(1 hour)	Post-course group support call
Total time	14 hours	



Closed Loop Optimisation

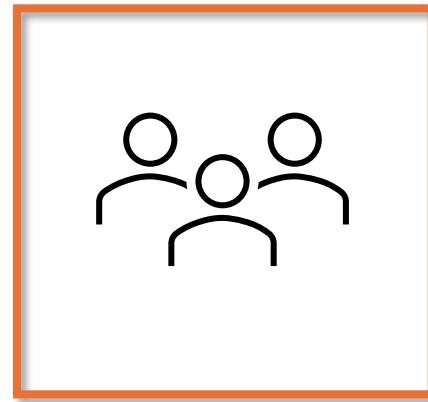
DAFNE CLO pilot



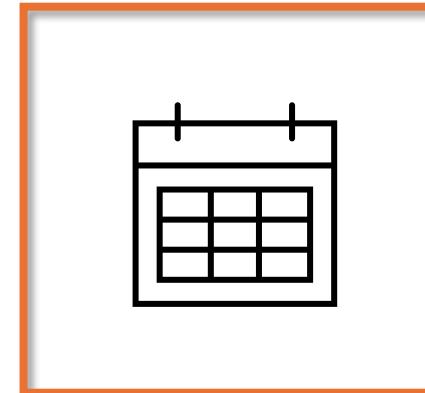
25



56



TBC
Feb. 2026
(Minimum 25)



02/03/2026
30/03/2026
27/04/2026



DAFNE CLO Resources

For the course:

- DAFNE CLO Educator manual.
- DAFNE CLO participant workbook (150 pages).
- Carb portion list (optional).
- DAFNE flip charts

Supporting documents for the service:

- Leaflets for potential participants – to email or print.
- Identifying who may benefit from the DAFNE CLO course.
- FAQ's for HCPs and participants.

The DAFNE team



Alexa



Sam



Paula



Becky



Liesl



Bev



Louise



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Any questions?

You can email the central DAFNE team at: dafne@nhct.nhs.uk

Visit the DAFNE website at: www.dafne.nhs.uk



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@UKDAFNE