DAFNE

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DAFNE

Oz DAFNE

Dose **A**djustment **F**or **N**ormal **E**ating

Changing the way people manage type 1 diabetes

DAFNE

Screening

Pre assessment appointment ~ 1 ½ hours

5 day course

½ day review:
6 weeks
6 months
12 months

DAFNE Principles

Insulin is matched to lifestyle not the other way around

Estimating carbohydrate portions (CP)allows appropriate
insulin dose to be given. **10 grams = 1 CP**

Start ratio quick acting insulin (QA) to CP = 1:1

Corrective doses pre-meals and bedtime

DAFNE is about BG management

DAFNE Targets

Blood Glucose Targets

Fasting: 5.5-7.5mmol/L

Pre-meal: 4.5-7.5mmol/L

Bedtime: 6.5-8.0mmol/L

0300:   > 4.5mmol/L

Driving: > 5mmol/L

Impaired Hypo Awareness

Fasting: 6.0-7.5mmol/L

Pre-meal: 6.0-7.5mmol/L

Bedtime: 7.0–8.0mmol/L

0300:   >4.5mmol/L

Driving ?can drive

Stats

I hate stats!!

Summary: OzDAFNE Outcomes

HbA1c reduced by 0.4% (mean 8.2 to7.8%)

Those with highest HbA1c levels improved the most

Less severe hypos

Improvements in wellbeing (PAID)

Small weight loss (mean 0.9kg)

No change in BP or cholesterol levels

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