

Diabetes Education Programs

Information for Young People

Dose Adjustment for Normal Eating (DAFNE)

DAFNE stands for **D**ose **A**djustment **F**or **N**ormal **E**ating and it refers to a particular way of managing diabetes by working out how much insulin to give, based on what you want to eat.

Currently many centres around Australia are offering D.A.F.N.E training for people with Type 1 diabetes who are 17yrs and older. If you would like to know more go to the OzDAFNE website www.dafne.org.au

Empowerment Program.

This is the education program offered in the Hunter, New England and Taree areas to people with Type 1 and 2 Diabetes.

It is currently only held in Newcastle.

The program is for people with diabetes who are on or starting intensive insulin therapy – four injections a day or using an insulin pump. It is for people who want to become more involved in the daily management of their diabetes. Patients ideally should have previous insulin education and basic skills for insulin injection and blood glucose monitoring before they begin the course. A support person is most welcome to attend with the person who has diabetes.

It is a free group program, at Newcastle Community Health Centre, with a medical officer and a dietitian.

The course is held over four consecutive days, from Monday to Thursday, 9am to 4pm daily, with a group follow up session two weeks after the course. Morning tea is provided daily.

Located at the Newcastle Community Health Centre Level 2. 670 Hunter st Newcastle

Topics covered include:

- Insulin action
- Insulin dose adjustment
- Carbohydrate counting
- Supermarket tour and interpreting food labels
- Physical activity options and adjusting insulin and food when exercising
- Stress management and relaxation
- Managing sick days

Diabetes Education Programs

- Managing hypos
- Staying motivated
- Support
- Complications and how to avoid them

Inquiries:

Phone: Diabetes Service Administration on Ph. 4016 4666

HNE-DiabetesServices@hnehealth.nsw.gov.au

To book into the Insulin Education Program, participants need a current written medical referral from their Medical Practitioner (GP or Specialist).

Referrals should be faxed to 49223895.