

Type 1 Diabetes: Less guesswork.
More freedom. Better health.



DAFNE Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
09.15-09.45 Introduction	09.15-10.30 Discussion: Individual blood glucose levels	09.15-10.30 Group discussion: Glucose levels	09.15-10.30 Group discussion: Glucose levels	09.15-10.30 Group discussion: Glucose levels
09.45-10.45 What is diabetes?				
10.45-11.00 Coffee	10.30-10.45 Coffee	10.30-10.45 Coffee	10.30-10.45 Coffee	10.30-10.45 Coffee
11.00-12.30 Nutrition 1 <ul style="list-style-type: none"> Identify carbohydrates 	10.45-12.30 All about insulin	10.45-12.30 Hypoglycaemia	10.45-12.30 Nutrition 4 <ul style="list-style-type: none"> Alcohol Eating out Healthy eating / weight control 	10.45-11.45 Sick day rules
				11.45-12.30 Social aspects (Contraception and pregnancy - optional)
12.30-13.30 Lunch	12.30-13.30 Lunch	12.30-13.30 Lunch	12.30-13.30 Lunch	12.30-13.30 Lunch
13.30-15.00 Self monitoring	13.30-15.00 Nutrition 2 <ul style="list-style-type: none"> Putting carbohydrate estimation into practice 	13.30-15.00 Nutrition 3 <ul style="list-style-type: none"> Food packaging Recipes 	13.30-15.00 Annual review and screening	13.30-14.30 Quiz
				14.30-15.30 Evaluation and follow up arrangements
15.00-15.15 Coffee	15.00-15.15 Coffee	15.00-15.15 Coffee	15.00-15.15 Coffee	Close
15.15-17.00 New insulin regime and individual targets	15.15-16.15 DAFNE insulin adjustment	15.15-16.15 Managing physical activity	15.15-16.15 Questions for the Doctor	
	16.15-17.00 Discussion: Individual blood glucose levels	16.15-17.00 Discussion: Individual blood glucose levels	16.15-17.00 Discussion: Individual blood glucose levels	