

# OzDAFNE Pump: Optimising pumps through evidence- based group education

# Why does Australia need an insulin pump education program?



# Dose Adjustment For Normal Eating



# UK DAFNE



- Lower HbA1c
- No increased risk of hypoglycaemia
- Decreased hospital admission for diabetic ketoacidosis
- Improved quality of life (QOL)

# OzDAFNE Evidence

- Lower HbA1c
- **Decreased risk of severe hypoglycaemia**
- Decreased hospital admission for diabetic ketoacidosis
- Improved quality of life (QOL)



# REPOSE Study

RESEARCH



OPEN ACCESS

## Relative effectiveness of insulin pump treatment over multiple daily injections and structured education during flexible intensive insulin treatment for type 1 diabetes: cluster randomised trial (REPOSE)

The REPOSE Study Group

Correspondence to: S Heller  
Department of Oncology and  
Metabolism, University of  
Sheffield, Sheffield, UK  
s.heller@sheffield.ac.uk

Cite this as: *BMJ* 2017;356:j1285  
<http://dx.doi.org/10.1136/bmj.j1285>

Accepted: 8 February 2017

### ABSTRACT

#### OBJECTIVE

To compare the effectiveness of insulin pumps with multiple daily injections for adults with type 1 diabetes, with both groups receiving equivalent training in flexible insulin treatment.

#### DESIGN

Pragmatic, multicentre, open label, parallel group, cluster randomised controlled trial (Relative

achieving an HbA1c value of <7.5%. Secondary outcomes included body weight, insulin dose, and episodes of moderate and severe hypoglycaemia. Ancillary outcomes included quality of life and treatment satisfaction.

#### RESULTS

317 participants (46 courses) were randomised (156 pump and 161 injections). 267 attended courses and 260 were included in the intention to treat analysis,

# REPOSE Study

- Lower HbA1c
- Reduced risk of severe hypoglycaemia
- Decreased hospital admission for diabetic ketoacidosis
- Improved quality of life (QOL)

With further benefits in quality of life and dietary freedom for those using a pump.

# Why OzDAFNE Pump?

- Increase in pumps
- REPOSE study outcomes
- Success of OzDAFNE for MDI
- NDSS funding



# OzDAFNE Pump

- Same principles of insulin assessment and adjustment and carbohydrate counting

## Pump specific sessions:

- Bolus wave options
- Protein and fat dosing
- Sensing devices
- What to do when the pump stops working
- Pump features and technology



# Suitability Criteria

- ✓ 18yo or older
- ✓ Using an insulin pump
- ✓ Proficient in the use of an insulin pump

OzDAFNE Pump is not intended as a pump start program

# Optimising Pump Therapy

- Understanding pump settings
- Bolus wave options
- Protein and Fat dosing
- Pump failure
- Sensing devices

# OzDAFNE Pump and Hybrid Closed Loop Systems

Hybrid Closed Loop (HCL) relies on several key concepts for success.

- **Minimum** 48 hrs insulin delivery data in manual mode
- Counting carbohydrates correctly
- Strengthening the Insulin to Carbohydrate Ratio.

Medtronic: *“ICR is the setting that has the greatest impact on glycaemia and time spent in range.”*

# OzDAFNE Pump: Summary

- Evidence based group education program for adults using an insulin pump
- Based on UK DAFNE Pump and OzDAFNE (MDI)
- Enables self-management and improves collaboration
- Well positioned to assist participants to optimise their pump therapy and to fully utilise this technology.

# How to refer into OzDAFNE Pump pilot program

Email: [OzDAFNE@diabetesvic.org.au](mailto:OzDAFNE@diabetesvic.org.au)

Phone: 03 9667 1719

OzDAFNE Pump Project lead - Michelle Cox [mcox@diabetesvic.org.au](mailto:mcox@diabetesvic.org.au)

OzDAFNE Pump Dietitian Lead - Lauren Bais [lbais@diabetesvic.org.au](mailto:lbais@diabetesvic.org.au)

Cost = FREE



Funding support for OzDAFNE is provided by the National Diabetes Services Scheme (NDSS). The NDSS is an initiative of the Australian Government administered with the assistance of Diabetes Australia.



**Diabetes Victoria**  
570 Elizabeth St  
Melbourne 3000

**Email** [mail@diabetesvic.org.au](mailto:mail@diabetesvic.org.au)  
**Website** [diabetesvic.org.au](http://diabetesvic.org.au)  
**Fax** 03 9667 1778  
**Phone** 1300 437 386  
**NDSS** 1300 136 588

**Facebook**  
DiabetesAustraliaVic  
**Twitter**  
@DiabetesVic

Patron – The Governor of Victoria: The Hon Linda Dessau AC