Patient experience demonstrates structured education for diabetes self management is value-based health care
Margaret Whillier, Jane Musial, Helen MacLaughlin

AIM
The aim of this study was to evaluate the OzDAFNE patient experience to determine if it provides value based health care.

METHOD
Evaluations completed using Likert scale responses and open-ended questions post; initial course, 6-week, 6-month and 12-month reviews and after the annual update day. Consultation Hub was used to identify themes.

184 of 191 participants completed the evaluation

At 12 months and annual update days 93-97% of respondents were using OzDAFNE principles most of the time or all of the time. and 72% report better control.

CONCLUSION
The RBWH OzDAFNE patient experience was very positive, with high satisfaction reported. Increased confidence, knowledge and ongoing implementation of principles resulted in improved management. OzDAFNE offers a patient-centered approach that is valued by the participants.

“The most fantastic, useful, helpful thing since sliced bread. The OzDAFNE programme is awesome and helpful. Words cannot explain how much I appreciate it.”

**RESULTS**

Confidence in managing diabetes improves after OzDAFNE (%)

<table>
<thead>
<tr>
<th>Not at all confident</th>
<th>A little confident</th>
<th>Confident</th>
<th>Very confident</th>
<th>Not answered</th>
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<td></td>
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<td>45%</td>
<td>55%</td>
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184 of 191 participants completed the evaluation

**Topics that were relevant and useful (%)**

- Exercise (24%)
- Carbohydrate counting (47%)
- Insulin adjustment (46%)

**Overall quality of the course (%)**

- Enjoyable: 92%
- Interactive: 83%
- Informative: 93%

**“OzDAFNE should be compulsory for everyone with type 1 diabetes.”**