

IDEA-CF

Improving Diabetes Education in Adults with CF

What is IDEA-CF?

IDEA-CF is our virtual group education session for cystic fibrosis related diabetes (CFRD)

The course is based on a programme called BERTIE, which aims to help you control your diabetes by being aware of what factors can influence your blood sugars. Therefore it gives you the knowledge and confidence to modify your insulin doses according to different situations and to help improve your carbohydrate awareness, which allows for more accurate insulin dosing

Why should I complete IDEA-CF?

Managing CFRD is challenging and by undertaking the course, we aim to empower you to take control of your own diabetes and know how to respond to different situations, so you don't feel that diabetes is controlling you

Running these sessions as a group will also enable you to meet (although virtually) others with CFRD and realise you are not alone in managing it and hopefully you will be able share and learn tips from each other along the way

Improving your knowledge on diabetes management will also help you to improve your blood sugar control and therefore reduce your risk of developing diabetes complications in the future, including a decline in lung function and weight

From running previous courses, we have seen a significant change in HbA1C

How is the course delivered?

The courses are virtual and you will be sent a Teams link prior to the session

The sessions are delivered by the CF diabetes nurse and 1 of the CF dietitians

There will be 4-8 people in the group. If you are camera shy you can turn your camera off but we do like participants to join as you are the experts of your diabetes and it can be really helpful to share your questions, thoughts and tips with others!

What do the sessions cover?

The course is based on BERTIE so you will be sent a link to BERTIE online. Once you register, you are able to access the different modules and will be asked to complete the assessments at the end of each module and send your results over to us. Once registered, you will always have access to BERTIE to refer back to

Session 1:

Introduction to the course

Setting aims and objectives – what do you hope to achieve by completing the course?

Introduction to carbohydrate counting, hypoglycaemia, accessing BERTIE modules

Before session 2:

Complete the 2 BERTIE modules online

Practice carbohydrate counting at home, take photos of your meals to share with the group to practice carbohydrate counting, complete food and insulin diary

Session 2:

Insulin dose adjustment, eating out and glycaemic index, using Libre

Reviewing answers from modules 1 and 2

Before session 3:

Complete last online BERTIE module

Consider if your background insulin is correct, complete food/insulin/exercise diaries

Session 3:

Questions for CF doctor

Diabetes annual review, reviewing answers from module 3, hyperglycaemia

What is the commitment? What do I need to do? When do the sessions run?

There are 3 sessions over a 6 week period, each lasting 2 hours

You will need to attend all 3 sessions

There will be some questionnaires we will ask you to complete before and after the course and will also ask for Libre data or blood sugar readings before and after the course. The aim of this is to see if completing the course has improved your diabetes knowledge, blood sugar control and quality of life

Sessions are offered on a Tuesday, Wednesday and Saturday with varying dates and times across the year

Patient feedback

“What I found great about IDEA-CF was actually interacting with other CF patients that are going through the same thing. You always think that it's only yourself that's going through these issues. And sometimes you think that other people are doing it better or they're able to do it and you're not. Idea-CF told me that that isn't the case - we're all in the same boat and learning from each other in that way was really beneficial to myself”

“I've been CF diabetic for about 23 years. I have to say it's an absolute pain. Literally and any other way that you can think of, it's like the final straw of CF in some ways. But what has made a huge difference to me is the fact that I've taken part in an education program for CF diabetics, which was excellent run by our local CF centre and gave you the opportunity to really sort of look at CF and diabetes”