



Dearadh agus Nuálaíocht Chliniciúil; Oifig an Príohifigeach Cliniciúil  
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Deputy Darren O'Rourke, TD  
Dáil Éireann  
Leinster House  
Kildare Street  
Dublin 2

**RE: PQ 7895/21**

**To ask the Minister for Health the number of persons in each county waiting to participate in a DAFNE course; and if he will make a statement on the matter.**

Dear Deputy O'Rourke,

The Health Service Executive has been requested to reply directly to you in relation to the above parliamentary question, which you submitted to the Minister for Health for response. I have consulted with the National Clinical Programme for Diabetes on your question and have been informed that the following outlines the position.


DAFNE (Dose Adjustment for Normal Eating) is a self-management education course for people living with type 1 diabetes. In this course, people learn how to adjust their insulin dosage to suit their free choice of food, rather than having to work their life around their insulin doses. DAFNE aims to encourage and equip people who have type 1 diabetes to manage their insulin regimens actively and independently. Research has proven that participation in DAFNE education results in positive outcomes, specifically, a reduction in HbA1c levels, reduced rates of severe hypoglycaemia and improvements in patient-reported quality of life.

DAFNE education is currently delivered in seven centres throughout Ireland. Information regarding DAFNE education, including waiting lists, is not routinely collated centrally by the National Clinical Programme for Diabetes (NCP Diabetes). Based on the best information available to-date, it is reported that there are currently 713 individuals on a waiting list for DAFNE education. It is not possible to provide the break-down of this number per county.

In line with international best-practice as set-out in the NCEC Clinical Guidelines for Adult Type 1 Diabetes (accessible here: [adult-type-1-diabetes-mellitus.pdf \(hse.ie\)](https://www.hse.ie/eng/health/clinicalguidelines/adult-type-1-diabetes-mellitus.pdf)), the NCP Diabetes continues to advocate for and support further roll-out of DAFNE education in Ireland with the aim that all people living with type one diabetes would have access to DAFNE education.

I trust this information is of assistance to you, but should you have any further queries please do not hesitate to contact me.

Yours sincerely



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**Anne Horgan**  
**General Manager**