



PATIENT INFORMATION

Torbay Insulin Food Adjustment Course

TIFA

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

Aim of the course:

By the end of the course you will be better able to manage your diabetes to suit you individually and your lifestyle.

What is TIFA?

This course is designed for a small group of people with Type 1 Diabetes primarily, who are on a basal –bolus insulin regime. (I.e. long- acting insulin and a fast-acting insulin with meals)

Tifa is run by a team consisting of a Diabetes Specialist Nurse (DSN), Diabetes Specialist Dietician (DSD) and a Diabetes Consultant (DC). It consists of:

Pre-assessment – DSN + DSD- a 2 hour morning session at Torbay Hospital to discuss the course content, expectations and to gather baseline information. This includes weight, blood pressure and having a blood test. You will be asked to complete some questionnaires during the pre-assessment these will be collected for review prior to the course starting.

Tifa sessions – DSN, DSD + DC-a 4-hour afternoon or evening course run over 4 consecutive weeks. You will be taught various ways to assess the carbohydrate content in your food and determine the insulin dose needed to cover it. You will be supported to deal with different practical scenarios i.e. eating out. Each week you will be asked to complete a food and insulin diary which will then help you to learn how to adjust your insulin to your food intake. This can also help you understand what has an effect on your blood glucose levels. We will discuss all aspects of living with Diabetes and other reasons that can affect your blood glucose readings.

Follow-up – DSN + DSD- a 2 hour morning session at Torbay Hospital, 3 months after your course. This is an opportunity to meet as a group again to discuss progress and revisit any areas still posing difficulty.

Expectations:

To get the most out of the course it is expected that you attend all sessions and complete a food and insulin diary each week. This will require monitoring your blood glucose a minimum of 6 times a day. We will also ask what your hopes are for attending Tifa and we will reflect on these to ensure we meet your expectations for the course. The course dates count as a medical appointment to allow time off work if needed to attend.

Can I bring someone with me?

We realise it can often be helpful for partners/carers to attend; however, the aim is for the person with Diabetes to understand and gain knowledge to look after their own health. Therefore requests for extra attendees need to be discussed on an individual basis.

If you wish to discuss anything further please contact the Diabetes Specialist Nurses on 01803 655525 or Email: diabetesnurses.sdhct@nhs.net

Diabetes Specialist Dieticians on 01803 654384 or Email: tsdft.dmwtdiet@nhs.net

We also offer a virtual option for those who cannot attend the face to face course.