Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

TIFA – Torbay Insulin Food Adjustment Course

What is TIFA?

Torbay and Insulin Food Adjustment course (TIFA) is a face-to-face course designed for a small group of people with Type 1 Diabetes, who are on a basal – bolus insulin regime (a long- acting insulin and a fast-acting insulin with meals). During the course you will be taught how to count the carbohydrate in your meals and adjust your fast-acting insulin for meals and activity.

We also offer a virtual course for those who cannot attend in person or find it difficult to attend due to work or home commitments (please contact us for further information).

Expectations

To get the most out of the courses it is expected that you attend all sessions and complete a food and insulin diary each week. This will require monitoring/scanning your blood glucose a minimum of 6 times a day. We 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.

TIFA is run by a team consisting of a Diabetes Specialist Nurse, Diabetes Specialist Dietician and a Diabetes Consultant.

It consists of:

Pre-assessment – You will be asked to complete some questionnaires at the first session, prior to the course commencing.

TIFA sessions – These are 4-hour afternoon or evening sessions run over 3 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 and activity. 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.

We will also discuss all aspects of living with Diabetes to help you understand the many aspects that can affect on your blood glucose levels.

Follow-up – This is a 20-minute telephone consultation 3 months after your course. This is an opportunity to discuss progress, revisit any areas still posing difficulty and answer any questions.

Virtual TIFA – This course includes 2 taught sessions over a group virtual meeting online. It also includes a follow up, 1 month and 3 months after completing the course. Although this course covers some similar topics as the face-to-face course it is not as comprehensive.

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 have any special requirements that you feel might prevent you from attending a course, please contact us.

The TIFA course is now run on an opt-in basis, therefore

If you wish to opt- in to attend the TIFA course, please contact the diabetes specialist nurses and advise us via the details below

Diabetes Dietician on 01803 654384 or email: tsdft.diabetesdietitians@nhs.net

Or Diabetes Specialist Nurses on 01803 655525 or email: tsdft.diabetesnurses@nhs.net

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

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