



# Barnstaple Area Re-education, Nutrition & Insulin (BARNI)

## What is Barnstaple Area Re-education, Nutrition and Insulin (BARNI)?

BARNI is a structured education programme for patients with type 1 diabetes.

It is run by the Diabetes Specialist Nurses and Diabetes Specialist Dietitians at North Devon District Hospital.

BARNI has been devised, in line with NICE guidelines, to teach patients with type 1 diabetes the lifestyle skills needed to manage their diabetes in the best way possible.

Diabetes is a complex condition. Most day to day decisions (including food choices, activity levels and the taking of medication or insulin) which affect blood glucose levels are made by the person with diabetes. As such, people with diabetes are responsible for managing their own condition.

People with diabetes require knowledge and skills to enable them to understand the effects of lifestyle on their diabetes. They also need information on the consequences of poor control.

**This is why we developed the BARNI programme.**

To be referred to the BARNI course patients must be on a basal bolus insulin regimen and have an interest in carbohydrate counting. Patients can be referred by their G.P, practice

## Topics covered in the BARNI programme are:

Philosophy of BARNI	Hypoglycaemia
What is diabetes?	Advanced carbohydrate counting
Insulin action	Exercise and diabetes
Insulin injection sites and storage	Travel
Blood glucose monitoring	Eating out and takeaways
Psychological support	Alcohol
Food and carbohydrate counting	Long-term health and diabetes
Insulin dose adjustment	Annual review
Hyperglycaemia	Setting goals
Managing illness	

## How will BARNI help you?

BARNI has been created with the aim of teaching patients with type1 diabetes the best ways to manage their condition.

By managing the condition effectively it will not only give the patient a better quality of life, it will also help to prevent the long-term complications of this disease.

## Evaluation of BARNI

The patients attending BARNI will complete an evaluation sheet at the end of each session. This information is used to assess the course and update any areas which patients feel need changing.

We also update the course regularly in accordance with new information and any new guidance which may have been produced by the government.

