

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

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

### 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 nurse, diabetes specialist nurse or diabetes specialist dietitian.

Prior to attending BARNI the patient will be asked to attend a one to one clinic appointment with the diabetes specialist nurse to review their current management of their diabetes.

### The course

The programme is delivered over four consecutive weeks, one session per week. Each session lasts four hours. The total learning time is 16 hours.

## Topics covered in the BARNI programme are:

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

## 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.

## BARNI team

Poe Budge	Diabetes Clinical Nurse Specialist	(01271) 349105
Ellie Williams	Diabetes Specialist Dietitian	(01271) 314072
Kate Smith	Diabetes Specialist Nurse	(01271) 322726
Natalie Evans-Lee	Administrator	(01271) 314188

## Further information

If you have any queries about BARNI or feel that you meet the criteria and would benefit from attending, please do not hesitate to contact one of the team on the contact numbers above.

We look forward to hearing from you.

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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