

# Diabetes

## The KLIFF COURSE

## KING'S LYNN INSULIN FOR FOOD

**For people with T1DM  
and T2DM on Multi-daily  
injections of insulin**

## Philosophy

Within a safe environment, we will share the current evidence based practice with individuals, enabling them to confidently develop self-management skills for everyday living. This will be done within a group to facilitate peer learning and support.

## Follow-up

After the KLIFF course, you will be offered some individual 1 : 1 sessions to support you in applying the principles of KLIFF.

## Referral

Ask your GP or Practice Nurse or Consultant to refer you to the Diabetes Team at The Queen Elizabeth Hospital, using the KLIFF referral form.

## Contact Information

Tel: 01553 613494

### The Diabetes Department

The West Wing  
The Queen Elizabeth Hospital  
Gayton road  
King's Lynn  
PE30 4ET

Find us: <http://www.gehkl.nhs.uk/diabetesHome.asp>

Twitter: @TeamQEHDiabetes



## Who is the course for?

People on a background Insulin and rapid Insulin (multiple daily injections - MDI).

People on mixed Insulin thinking of changing to MDI.

## Think you know it all?

This is our opportunity to share with you the most up-to-date evidence-based research to help live your life with diabetes fully.

## About the course

Do you find yourself wondering how much Insulin to give with different meals?

Do you do activity and wonder how much to reduce your Insulin by?

Do you worry about a boozy night out and how to stay safe overnight?

Do you long for that summer holiday because your blood glucose levels are better in warm weather?

**If you have ever asked yourself these questions then KLIFF is for you.**

## The KLIFF course

KLIFF is available as either a one-day face to face group session or a series of virtual sessions, covering the following topics:

- What is diabetes
- Glucose monitoring
- Roles of Insulin
- Insulin injection technique
- Carbohydrate counting; including snacks and eating out
- Corrective doses
- Hypo management
- Sick day rules
- Alcohol
- Annual review & Social Aspects
- Physical activity

*“The course was revolutionary. I should have learnt this 34 years ago” - Patient quote.*

