

WP2 Phase 2 Healthcare Practitioner Interviews Topic Guide

Practitioners

From the survey it looks like you are a (Dr/Nurse) in a (Sexual health clinic/Gp practice) is that right?

What I'd like to do is just fill you in on where we are up to with designing the next part of the study, then it would be good to hear your views about that and there are a few specific questions it would be useful for me to ask if that's OK?

Main question: We have developed an evidence-based intervention (option 2 presented). We want to ask you about particular aspects of the intervention but first of all, what are your initial thoughts about the intervention?

Weight loss goal:

We know from other studies that losing 5-10% body weight in 12-16 weeks is possible and this makes sense in terms of making a clinical difference to risk.

As a practitioner introducing the programme would you be happier to have this goal stated upfront because it is based on evidence of reducing risk? Or not?

Potential participants

The evidence shows that as people's BMI gets higher so does the risk so we need to think who to ask to take part. We have to decide whether we offer it to people with a BMI between 25 and 30 or only people with BMI over 30

Our feedback suggests that people with a BMI under 30 might find it more insulting to have the topic of weight management brought up. However, they might feel more able to lose 5-10% of body weight because the amount of weight to lose is less.

What do you think? 25-30 BMI or just over 30? Why?

NHS resources

We would need to include already existing NHS resources like the online weight loss plan and national exercise referral scheme. Do you refer to them (and what feedback have you had from patients?) What do you think about including these?

Weighing in clinic

We thought it would be helpful for practitioners to know the woman's BMI as she comes into the consultation as an introduction to the discussion of weight.

What do you think? Do you weigh all your LARC patients routinely?

(If yes) does this information get used?

(If no) would this be possible? What would you think about doing this?

Timing

Our feedback has indicated that LARC removal might be too late to introduce this intervention.

How would you personally feel about raising the topic of pre-pregnancy weight management at LARC removal?

When do you think a good time would be to ask women to take part in a pre-pregnancy weight management programme?

In our intervention, we have given the option to enrol on the intervention with or without LARC removal. How successful would you expect this strategy to be?

Main Question - We want to ask about how you would feel about talking to women about taking part

Engaging women

If you were introducing it - how do you think we can describe it to make it appeal to people? What ideas would you think would engage people and how should we describe them? Do you think it would be more or less helpful to talk about the risks associated with being overweight during pregnancy?

We want to try and ensure we engage as wide a group of women as possible. Should we also offer it out also to the general population - for those planning a pregnancy - eg via social media?

Skills and confidence

We know that practitioners want to be assured about the quality of the programme – what would you need to know about it to be happy to ask women to take part?

What support or training do you think you would want to feel confident about asking women to take part?

Would this be an intervention you'd be happy to recruit patients to?

Would it be something you'd recommend to a friend who fitted the criteria?

Main question: Are there any obstacles to this intervention that you can foresee?

We have tried to make the intervention as flexible and accessible as possible, while maintaining the focus of pre-pregnancy weight loss. Other than what we've already discussed, do you foresee any challenges, barriers or obstacles either for the health service or patients?

What would you change in order to reduce these challenges?

Main question: What is your opinion on the feasibility of this intervention(s) - do you think this would be successful?

Main question: We would like to ask you about conversations you've had with patients about weight and weight loss

Probe questions:

Success

We know from our surveys that these conversations about weight can be really tricky for both the patient and the practitioner so we are interested to find out what factors might make them easier and more helpful.

Can you tell us about conversations about weight that have gone well? What were the circumstances eg type of appointment, What was positive about it, how did you approach the topic, what was the reaction or feedback from the patient?

WL interventions

As a practitioner, do you have any weight loss interventions available to offer? (any patient, not necessarily pre-pregnancy)? If yes: How do you make the judgement to offer these? E.g. only if they ask or making a judgement based on their BMI? What has the reaction been from patients when you offer them an intervention?

If no: what do you feel is needed?

Personal experience

Some practitioners who are themselves overweight have told us that they feel their weight is either a help or a hinderance - either because it's relatable or it seems hypocritical. Do you have any experience of this? (If yes - What kind of things do you do to seem more understanding – do you tell them you've struggled to lose weight yourself and does this help?)

Main question: Anything else you want to add?