

DAFNE pump study (REPOSE) Interview sub-study

Patient ID:.....
Location:.....
Date:.....

Interview Topic Guide for Patients – Post course

Note: the contents of the topic guide might be revised in light of issues identified during an on-going analysis of interview data. This is standard procedure in a qualitative study employing an emergent design.

Background and history of diabetes

- Background: can you tell me a bit about yourself, such as who you live with and what you do? When did you first find out you had diabetes?
 - Support needs:
 - What contact have you had with health services and healthcare professionals (HCPs) since diagnosis?
 - How have you felt about past advice and support from HCPs?
 - What types of support have you received from family/friends?
 - Have you sought any additional information and support? From where?
 - Living with and managing diabetes since your diagnosis:
 - What sorts of things have you done to manage your diabetes over time? (*e.g. taking insulin, SMBG; food/alcohol, physical activity*)
 - Has your treatment (i.e. type of insulin and timing of injections etc) changed over time? In what ways? How did you feel about this?
 - Before DAFNE, what was your self-management of diabetes like?
 - Over time, what things have affected your diabetes self-management?
 - Tell me about your experiences and responses to episodes of hypoglycaemia in the past?
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Food choices, dietary patterns and physical activity (pre-course)

- Background food choices before starting DAFNE:
 - Can you tell me about the types of foods you usually eat, starting with the first meal of the day (*Explore meal contents, when/where eaten, variation in choices, snacking, routines*)?
 - Who chooses and prepares your food? Are there any exceptions to this?
 - Are there any circumstances that impact on mealtimes and dietary patterns? (*Explore family-, social-, work-life*).
 - When did you normally choose to inject surrounding eating?
 - What types of sports/physical activities were you involved in before your course?
 - How did you manage your diabetes when you were doing these activities?
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Decisions to attend DAFNE, pre-course

- Approaches regarding DAFNE and decision to enrol
 - How and by whom were you approached?

- What did you hope and expect to gain from the course? Why did you decide to attend?
 - What did you think when told it would be a group education course?
 - Had you previously received any education on or relating to any of the information you received on the DAFNE course – e.g. carb counting?
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Views about the trial and decision-making surrounding attendance

- At what point in the process of waiting to hear about your place on a course were you invited to take part in the trial?
 - How were you approached and what did you think/feel at the time?
 - What was your understanding of the purpose of the trial?
 - Why did you agree to take part?
 - When informed about the trial, did you have a preference for attending a standard DAFNE course or a pump course? (*probe to establish whether patients had ever talked to HCPs about the possibility of moving onto a pump prior to being approached to take part in the trial*)
 - How did you feel after finding out which course you had been allocated to?
 - At any point did you consider withdrawing from the trial? Why?
 - Any other hopes, expectations or concerns about taking part in the trial?
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Views on the course attended

- Looking back at the course you've just attended, which aspects did you find helpful and unhelpful? (*e.g. timing /duration of course, specific aspects of the curriculum*)
 - Did the course fulfil your initial expectations? (*Explore any assumptions made regarding course type in advance of randomisation*).
 - [If relevant, why did the participant not feel able to complete the full course?]
 - What new skills did you learn when attending the course?
 - What barriers might affect your use of specific skills taught on the course (*e.g. carb counting, SMBG, diary keeping, using a pump (if relevant)*)
 - *What kinds of adjustments did you make to your treatment (e.g changes to ratios) during the course? How did you feel about making these changes?*
 - Views on group education and comparisons with previous experiences
 - What aspects of the group education format did you like and dislike? (*explore normalising / sharing of experience, emotional support given and received, increased self-efficacy, pro's/cons of group?*).
 - How did you feel about the review sessions and group environment?
 - How able were you to participate and have an active role?
 - How does DAFNE training compare with your past experiences of educational instruction?
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- Views on how diabetes is managed following the course attended
 - Following your course, have you made any changes to how you think about and self-manage your diabetes? What are these changes?
 - What impacts do think the skills and education received on the course might have on your daily life in the coming months? (*e.g. meal choices, family life, social life*)
 - Have you made any immediate changes to dietary patterns? What changes have you made, and why?
 - How do you think using the DAFNE principles will fit within your everyday life? (*e.g. impact of family-life, pressures of work*)
 - How do you feel about continuing to record your CPs and BG readings in the diary?
 - What were the goals that you set during the course? How did you decide upon these? Have any of them changed since the course? How realistic / achievable are they?
 - Has your approach to managing hypos changed at all following the DAFNE course? Why?
 - After DAFNE, have there been any changes in how you approach food / exercise / injection timing? Might this change in future?

 - What is the main message you took from your course?
 - How, if at all, do you see your diabetes impacting upon your health in future?
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For patients who attend the pump course

- What's it been like moving onto a pump? How do you think using a pump compares with experiences of managing your diabetes using injections?
 - Has using the pump been different to what you imagined it would be like
 - Any unanticipated benefits/problems to using the pump
 - Impact on lifestyle compared to previous experiences of injection regimens
 - How have other people reacted to you moving onto a pump?
 - Are you wanting and willing to remain on a pump (for the duration of the trial, in the long term), why?
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Future developments

- Do you have any ideas/suggestions for how the course you've just attended could be improved?
- What support might help you to continue using the skills and training received on the course? (*Explore support from HCPs, family and friends*)
- What are your hopes and expectations for the future
- Is there anything else you would like to add that you think I haven't covered?

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Interview Topic Guide for Patients – 6 month follow-up

N.B. the follow-up interviews will be tailored to individual patients and in light of their specific responses in their previous interview.

Introductory questions:

- What's been happening in your life since we last spoke?
 - Have there been any changes in your circumstances – job, family, living arrangements – *tailor for those you have knowledge of*. Do you have any significant events coming up in the near future?
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Living with diabetes post-course

- Can you tell me what it's been like for you in managing your diabetes since we last spoke in *[month]* when you had completed the course?
- How, if at all, has your management of diabetes changed over the last six months since attending the course?
- To what extent are you testing your BG and keeping a DAFNE diary (BGs and CPs)? What affects your testing regimen and diary keeping? If recording/testing: How manageable have you found this to be?
- How are you determining CPs? What has got in the way? Do they use the course book at all? How?
- How, if at all, have you made adjustments to insulin doses over time? *[Check for changes to background insulin and/or QA ratios. Are adjustments being made short-term – corrections, or are they following a stepwise approach? If completing diaries then do they use these to determine patterns? If not, why not?]*
- Do you look for patterns? What has helped/hindered you in making adjustments? *(i.e. understanding of insulin peaks/profile; pattern spotting/recording; support)*.
- Do you feel that you are following DAFNE or adapting its rules for yourself?
- How, if at all, do the DAFNE targets feature in your management?
- Can you remember the goals that you set following the course? How have you progressed with regards this goal? Have you set any further goals?
- How much of the information do you remember from the course?

VERSION 01 07JAN2011

- What have been the main successes of your approach? And what have been the main challenges you have encountered? *Explore any 'disappointments'.*
 - What do you feel is the impact of diabetes on your daily life now? What about the impact of diabetes on significant others (partner/family/friends)?
 - How do you feel about your role in managing your diabetes, six months after completing the course? Has it changed?
 - How have you felt about being able to continue using the DAFNE principles?
 - What is your current experience of hypoglycaemia and how are you currently treating your hypos?
 - Are there specific aspects of the education received on the course which you have put into practice to help you manage your diabetes? (*hypo treatment; sick day rules, correctives*) Any aspects that you had more difficulty in implementing? Why?
 - Have you had any recent HbA1c readings taken? When was this? Why did you have the test done at this point in time? [Why did you hold off having it?] What was this? What effect, if any, did this reading have for you? *Explore in relation to the patient's previous results? Are they better/worse?*
 - What effect has your HbA1c reading had on your views of DAFNE?
 - Can you think of any ways in which your current diabetes management has affected your life/lifestyle? What are these / why?
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Tailored questions for pump users

- Explore likes/dislikes of using a pump; how this compares with previous experiences of managing diabetes using injections
 - If relevant, explore reasons for discontinuing pump usage
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Food, exercise and lifestyle in general

- Have you made any changes to your food choices since attending your course? What are these changes and what prompted them? (*Explore: food cooked in the house; eating out; daily routines and at weekends; snacking behaviour*).
 - Have there been any changes to the way that you relate to food / the sorts of foods that you eat? What are these? Why?
 - Tell me about your food choices for breakfast, lunch and dinner?
 - DAFNE also contained advice on exercise. Have you found the advice that was offered to be of use? In what ways? How do you now approach exercise?
 - How have you managed with alcohol and the DAFNE guidance provided?
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Support structures and environment

- Can you tell me about the follow-up support – did you attend the meeting? If so, then of what use was it to you? Why/why not?
 - How did you find meeting up with the group again at the follow-up event? How were others doing? How did this affect you?
 - Any further contact with any of the group outside of DAFNE? What did this consist of and did you find it beneficial?
 - Over the last six months, what experiences/contact have you had with healthcare professionals? (*Who, are they DAFNE trained? DAFNE educators; for pump users – have these HCPs been familiar with pump usage*)
 - Have you had contact with other HCPs outside of DAFNE? What effect, if any, has your DAFNE training had on these encounters?
 - Have you attended/received any further follow-up events since attending the DAFNE course; what are your views about this?
 - What support do you feel would be of benefit to you at this point in time and in the near future? (*Exploring unmet needs*). What might have helped earlier?
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Summary questions

- How, if at all, do you see your disease impacting upon your current health and your health in the future?
 - Looking back six months to the time when you attended the DAFNE course, is there anything that might have been done differently 1) on the course itself or looking at how it was structured, 2) by yourself following the course?
 - What would you like to happen next? Preferences for future treatment (pumps Vs MDIs)
 - What's it been like taking part in the trial so far?
 - Views about randomisation outcome
 - Willingness to complete questionnaires etc.
 - Anything else you would like to add?
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Interview Topic Guide for DAFNE Educators

Note: the contents of the topic guide might be revised in light of issues identified during an on-going analysis of interview data. This is standard procedure in a qualitative study employing an emergent design.

Background and involvement in DAFNE

- To get some background, can you tell me a bit about your career to date?
 - How, and why, did you first get involved in working with patients with type 1 diabetes?
 - When and why did you decide to train as a DAFNE educator?
 - Tell me about your training and what it consisted of?
 - How much experience do you have of working on DAFNE courses?
 - What do you think you personally bring to the course?
 - What previous experiences do you have of moving patients onto pumps?
 - What do you think are the biggest and / or most typical challenges T1DM patients encounter in managing their disease?
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Background and involvement in the trial

- Can you tell me a bit about how, and why, you come to be involved in the pump trial?
 - Were you involved in recruiting patients onto the trial?
 - What were patients' responses to being approached to take part?
 - Was there any sense that patients had a preference for one type of course (pump course vs standard DAFNE) rather than another?
 - Did any patients decline to take part in the trial? Why?
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Experiences of delivering DAFNE pump courses

- How does your experience of delivering the pump course compare with your experiences of delivering standard DAFNE courses? Were there any differences in delivery?
 - Has the pump course and your delivery of it panned out in the ways that you had initially expected?
 - Did any issues arise delivering the pump course which you had not expected, what were these; how did you deal with these?
 - What do you think about the way in which the curriculum has been adapted for pump course? Do you think that further refinements and adaptations are needed? What are these?
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Views about course dynamics

- Do you think there are any obvious differences in how patients interact and support one another on pump courses compared with the standard DAFNE course?
 - Do you think there are any differences in the kinds of insulin adjustments (to background, quick acting doses and ratios) made and in how these are considered by patients?
 - Do you think the adjustments are more or less conservative on pump course compared to a standard DAFNE course? Why?
 - Do you perceive any other obvious differences and/or similarities between how patients have received and responded to the two types of course?
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The DAFNE course: attributes of success / failure

- Drawing on examples from a the most recent pump course you have delivered, which elements did you think patients found the most beneficial? Why do you think this? Do you think there were any differences in benefits received on pump course compared to a standard DAFNE course?
 - Which features of the course do you think patients find the most difficult to implement? Why do you think this is? (*Draw on specific examples, e.g. CHO counting SMBG, occurrences of hypos*) Did this differ from your experience of difficulties surrounding a standard DAFNE course?
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Patients experiences of managing the diabetes on a pump

- What sorts of patients, in your opinion would benefit from being moved onto a pump?
 - Based on your experiences to date, what do you think the main issues and challenges patients confront managing their diabetes after moving onto a pump?
 - Do you think some patients adapt better to pumps than others? Why?
 - What kinds of input and support do you think patients need to manage their diabetes using a pump over time?
 - Based on your experience, why do you think some patients discontinue using pumps?
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Future courses/other points

- Do you have any suggestions for ways in which this method of delivering a DAFNE pump course might be improved? (*e.g. content of curriculum, timing of courses*).
- Do you anticipate there being any differences in outcomes between patients attending the standard DAFNE courses and patients attending a pump course? (*Explore differences in clinical / psychological outcomes*) Why?
- Do you have anything else you would like to add that I haven't covered?