

## **SUPPLEMENTS S2 – TOPIC GUIDE**

### **Introduction**

Thank you for agreeing to participate in this interview. Like many seniors, you take multiple medications for different diseases. Some medications are prescribed by the GP, some by specialists or following a hospitalization. Sometimes during the hospitalization, the doctor or pharmacist and you, take the time to review all your medications. Together with you they check if there are medications that should be stopped, if medications are missing, if doses are suitable, if all medications work well together and if the treatment is in line with your preferences. This is called a medication review. As you know, at the moment we are undertaking the OPERAM project that compares different methods of medication review in seniors. Therefore, we are interested in your personal experience and thoughts on these medication changes and how it was discussed with you during your recent hospitalisation. As a patient, you know best how these medication review services should be designed to help you. The results of this research may help to improve these services for caring for people like you.

Our discussion will not take more than 1 hour. Everything you say here will remain strictly anonymous. If you agree, I will record the interview, to transcribe your remarks as accurately as possible. Do you agree?

You don't need to answer questions where you're uncomfortable with and you can withdraw from the interview whenever you wish. There are no right or wrong answers, we are interested in your personal opinion.

Do you have any questions before we begin? Can you confirm that you are happy for the interview to be recorded?

**Icebreaker**

- a) What is your general opinion about the fact that the physician or the pharmacist reviews the medication during hospitalisation (stop, start, changes of medication)?
- b) May I ask you to think about your recent hospitalisation, during which some medication changes were proposed. Could you tell me which medication changes were proposed/implemented during your hospitalisation? (*if the patient does not remember, explain the changes*)

*If the medication changes are unclear or seem unimplemented: ask to see the medication box or list to ensure you are aware which medications the patient is actually taking.*

**Patient experience of and attitudes towards medication changes (perceived utility, barriers, facilitators)**

1. What do you think about the medication changes (*refer to the proposed medication changes*) proposed by the physician or the pharmacist?

**Prompts\***

- How do you feel (physically) about these medications changes?
- How did you experience these medication changes?
  - What is good about these changes (i.e. satisfaction, advantages, as compared to the situation before hospitalisation)?
  - What is not good about these changes (i.e. fear, difficulties, discomfort, annoyance)?

**Patient experience of and perspectives on decision-making regarding medication changes (shared-decision making)**

2. During your hospitalization, the following medication changes were proposed (*remind the changes*). Could you tell me how these medication changes were proposed to you?

**Prompts\***

- Who presented these changes to you? (physician, pharmacist?)
- In which context did it happen? (time taken for discussion, location, at discharge, other people involved?)

3. What kind of information did you receive about these medication changes?

- To what extent have you understood the proposed medication changes?
  - To what extent are you satisfied or not about the information you have received?
  - When we propose to start, stop or change a medicine, there are often advantages and disadvantages to consider. To what extent were these advantages and disadvantages of medication changes discussed with you/your family?
  - In an ideal world, how would you have liked to be informed about the medication changes?
4. When deciding to change a medication, there are 3 possible ways to proceed. It is either the doctor that decides alone, or it is the patient that takes the decision alone or it is a shared decision. How was the decision of changing your medication taken during your hospitalisation?

Prompts\*:

- Was there something that helped you in deciding on medication changes?
  - Was one of your family members or a carer involved in the discussion?
    - If yes: did they help you to make decisions on your treatment? How do you feel about that?
    - If no: would you have preferred someone to be present?
  - To what extent were you satisfied or not with your involvement in decision-making?
    - Would you have liked to participate more? Not participate?
    - If the patient did not participate: what kept you from being involved in the decision?
  - In an ideal world, how would you have liked that the decision making on medication changes occurred?
  - How do you see your role as a patient in making decisions about your medications?
5. Taking into account what is important to patients, their preferences and needs is an essential part of reviewing the medication.
- For you, what is important that your medications do to you?
  - People like you taking multiple medications, have shown to distinguish between 4 care goals regarding their medications: living as long as possible, reducing/eliminating symptoms and side effects (e.g. dizziness, shortness of breath,

constipation), maintaining independence (e.g. living alone, getting dressed, washing) and reducing/eliminating pain. Could you explain me which care goals you expect from your medications? (*use Outcome Prioritization Tool as visual aid and ask the patient to prioritize the 4 care goals*)

- To what extent were your preferences discussed when the medications changes were proposed?
- To what extend did you feel listened to and understood concerning your preferences for medications?
- To what extent do you think your current medications allow you to reach (*cite the care goals prioritized by the patient*)?

### **Transition and continuity**

6. When you are hospitalised, the hospital informs your GP about the medication changes.
  - Since your hospitalisation, did you talk about the changed medications with your GP or pharmacist?
  - How did it go? What was his/her opinion about the proposed changes?

### **Suggestions for improvement**

7. As a patient, you know best how these medication review services should be designed to help you. If you should help researchers to improve the medication review service for people like you, what would be your suggestions?

#### Prompts\*

- What was good about how the medication review process was delivered?
  - What needs to be improved?
8. Would you like to add something else to everything we have discussed here today?

### **Questionnaire: Beliefs about medicines questionnaire (BMQ)**

Explain the BMQ questionnaire and let the patient complete it (*if not possible, read the questions out loud*). Invite the patient to comment out if he/she wishes while completing the questionnaire (*keep on recording the interview*). Introduce the questionnaire as follows:

- We would like to ask you questions about your personal opinion regarding medicines in general (BMQ-General) and medicines prescribed for you (BMQ-Specific).

- The following affirmations are opinions of other people about their medication.
- Please, think to what extent you agree or not to these affirmations.
- There are no correct or wrong answer. We are interested by your personal opinion.