

SEED Method Toolkit: SCAN Examples

Included examples:

- Focus group guide example
- Key informant interview guide example
- Focus group recruitment flyer example

Focus Group Guide

Introduction

[Moderator: introduce self and any co-moderators or other project members present]

Patients with chronic conditions such as hypertension (high blood pressure) or diabetes are often told to follow specific dietary restrictions in order to improve/maintain their health. In this focus group/interview, we want to hear your opinions and experiences regarding the factors that affect the ability of patients or caregivers of patients to follow those dietary restrictions or diets.

This conversation is part of a larger project funded by the Patient-Centered Outcomes Research Institute, or PCORI, through VCU. We are trying to learn more about the factors that affect the ability of patients or caregivers of patients to follow those dietary restrictions or diets. We also want to learn more about how to involve patients, caregivers and other stakeholders in the process of developing questions that drive the research studies that get funded and conducted.

Before we begin discussing today's topic, I want to go over some basic information. The first part is to make sure that everyone wants to participate today and to give you information about what that means. When we gather information from people as part of research, we ask them to understand and sign a consent form which serves of the purpose of making sure that you are informed about the project and about your rights. Let's go over that now...

Any questions so far?

Okay, next we will go over a few ground rules for today's discussion. Stop me if you have any questions.

1. This is a conversation. There are no right or wrong answers and we are not here to judge each other's responses. Once someone is finished speaking, the next person will have a chance and it doesn't matter if people agree or disagree with each other.
2. Everyone gets a chance to talk.
3. In order for people to feel free to speak, we need to respect each others' rights. What you hear people talk about here should stay in this room – please do not share what other people said with others outside this group.
4. Please speak up and speak clearly so that we can be sure to hear your responses.

We have prepared some information for those of you who feel you have questions about dietary restrictions or where you can get help. After the session, please stop and get the information or talk to us if you feel it would be helpful.

OK. Let's go around the room and quickly tell us your first name. You might want to mention something else about yourself, like your favorite foods or where you like to eat.

Focus Group Guide

Focus Group 1: Adult African American Women with Hypertension and/or diabetes

Questions:

Ice breaker

- If you were writing a tv show about a character on a diet for hypertension/diabetes, what type of show would it be – comedy, drama, reality, or something else? Why?

Questions

Q1: What type of health professional helped you learn about the diet you should follow? Was it your physician, a nurse, a dietician? Do you feel they provided you with appropriate information and education?

Probes: Did you have an established relationship with that health provider? How much time did you get to discuss the issue?

Q1a: Do you believe seeking the assistance of a medical professional in managing these conditions is helpful? Helpful with diet compliance?

Q1b: Do you seek outside information besides what is given from your doctor?

- What sources of information have helped you understand the dietary restrictions? (Probes: the internet, family/friends/ other health professionals, books/articles?)

Q2: How well do you understand the *reasons* for the particular dietary restrictions you were given?

Q2a: How long did it take you to understand the diet? What helped you understand? What would help?

Q2b: What parts of the diet are confusing to you or don't make sense?

Q3c: Do you believe that diabetes or hypertension have important consequences for your health? For your work? For your quality of life?

Q3: Does the diet conflict with your regular cultural practices or beliefs? How?

Q3a: Do other family members or friends have to follow a restricted diet for similar reasons? How does that affect your success as a patient?

Q4: How do the needs of other family or household members affect your success at eating recommended foods? Your success at avoiding prohibited foods?

Q5: Assuming someone knows the types of food they *should* purchase or eat for their diet, what are some issues that may make it difficult to actually purchase or eat those foods?

Probes:

- Preference for certain types of foods over others?
- Inability to find those foods in local stores or restaurants?
- Inability to afford those foods? Difference in cost?
- Don't know how to prepare those foods?
- Takes more time to cook/prepare.
- Availability of local stores that carry those foods
- Transportation/access to stores that carry those foods

Focus Group Guide

Q6: Do you know how to buy and prepare the right foods? Are you open to learning how to prepare the right foods?

Q6a: What are the barriers to buying and preparing the right foods?

- Probe: How does price affect the foods you purchase and eat?

Q7: How does the environment at work or home affect your success at eating *recommended* foods?

Q7a: How does your family encourage or discourage you in following your dietary restrictions?

Q8: Assuming someone knows the types of food they should NOT purchase or eat for their diet, what are some issues that make it difficult to avoid purchasing or eating those foods?

Probes:

- Family
- Preference for certain types of foods over others?
- Availability of those foods in stores/restaurants/home/workplace?
- Affordability of those foods?
- Habit/know how to prepare those foods?
- Convenience/easy access
- Mental/Physical health, well-being, stress, and energy

Q9: What are some strategies you use to maintain the recommended diet?

Q9a: What recommendations would you make to a person who had to follow a restricted diet?

Q10: Are there any changes to the way health care is provided that would help you follow the recommended diet?

Interview Guide: Health Care Providers

INTRODUCTION:

Thank you for taking the time to speak with me today. My name is [_____] and I'm a member of Engaging Richmond, a community-university partnership that works to address the health priorities of residents living in the East End. Currently, we are working on a project that seeks to develop research questions surrounding diet compliance for those with diabetes and hypertension.

Patients with these chronic conditions are often told to follow specific dietary restrictions in order to improve or maintain their health. In this interview, we want to hear your opinions and experiences regarding the factors that affect the ability of patients or caregivers of patients to follow those dietary restrictions or diets.

This conversation is part of a larger project funded by the Patient-Centered Outcomes Research Institute, or PCORI, through VCU. We are trying to learn more about the factors that affect the ability of patients or caregivers of patients to follow those dietary restrictions or diets. We also want to learn more about how to involve patients, caregivers and other stakeholders in the process of developing questions that drive the research studies that get funded and conducted.

Before we begin discussing today's topic, I want to go over some basic information. The first part is to make sure that you want to participate today and to give you information about what that means. When we gather information from people as part of research, we ask them to understand and sign a consent form which serves the purpose of making sure that you are informed about the project and about your rights. Let's go over that now...

[GO OVER CONSENT FORM WITH KEY INFORMANT]

Any questions so far?

We have prepared some information in case you have questions about dietary restrictions or where you can get help. After the interview, please let us know if you'd like a copy of this information.

Interview Guide: Health Care Providers

QUESTIONS:

Information/Education

1. How well do patients understand the consequences of not following recommended diets?
 - 1a. Which patients are most at risk of not understanding the consequences?

Barriers/Strategies/Incentives

2. What types of personal challenges make it less likely for an individual to successfully follow the recommended diet?
3. Who is most at risk of not following the recommended diet? Why?
4. When you think of the resources needed to follow the diet – what do you think of?
 - 4a. What types of support do patients or their caregivers need in order to successfully follow the diet?
 - 4b. What types of tools can help a patient or their caregiver follow the diet?

Health Professional

5. Are patients monitored to see how well they are following dietary restrictions?
6. How do you determine if a patient is following the recommended diet?
7. What are the barriers to communicating with patients and their caregivers about the recommended diet?
8. What recommendations would you make to a patient who has to follow a restricted diet?
9. What is the strongest incentive for you as a health professional to recommend the diet?

Other

10. What is the one thing that interferes most with a patient's diet?

**Are you an adult with diabetes or
high blood pressure?**



Focus Group Participants Needed for a New Study with Engaging Richmond

Engaging Richmond in partnership with the VCU Center on Society and Health wants to hear from adults (21 years or older) with diabetes or high blood pressure about their diet.

Space is limited. Participants must be registered in order to attend.

**Please call [NUMBER]
by Monday, June 8th**

For more information or to sign up to be a member of our focus group please contact:

VCU Center on Society and Health • [NUMBER]

You will be compensated \$25 for your participation in one 90 minute focus group.