



The PIMMS-WL Trial

Feasibility and acceptability of a brief routine weight management intervention for postnatal women embedded within the national child immunisation programme in primary care: randomised controlled cluster feasibility trial with nested qualitative study.

Interview Topic Guide – Nurses

Thank you again for meeting and agreeing to talk to me today. Are you comfortable and ready to get started?

I'd like to talk with you today because you've taken part in the PIMMS-WL trial and now we'd like to find out as much as we can about what you thought of delivering the brief weight management intervention during baby immunisation appointments and what your experiences were of being a part of this trial.

With your permission, I will record our conversation and then combine all the interviews we conduct with nurses in the trial and use this to summarise what nurses thought of the PIMMS-WL weight management intervention. As I'll be recording our conversation and want to keep what you say anonymous, I will start the recording by mentioning your trial number and avoid addressing you by name while we chat. I will be recording our conversation on an encrypted digital recorder. After we finish up here, I'll take the recording to university then download and save it onto my desktop computer which is password protected. Any direct quotes from you may be used in reports or journal articles, if they are, they will be completely anonymous so that no one will be able to identify you.

Once we've finished talking (the interview), there will be an opportunity for you to raise any concerns you have, but you can stop me at any time and if you do not wish to answer a particular question or want to terminate the interview at any time that is absolutely fine.

Warm up

How long have you been a practice/ research nurse?

How long have you been giving immunisations for?

General Information

- Who usually brings the baby to these immunisation appointments?
- Since you've been working with new mums, what sort of impact do you think overweight and obesity has had on them?

- When you meet new mums at these appointments, is the topic of weight and weight management commonly raised?

PIMMS-WL Nurses Training

Now I'd like to talk about the nurses training you received on how to deliver the intervention during the immunisation appointments.

- Could you describe the training you received for this trial?
- What did you think of the nurses training manual?
 - How often do you think you referred back to it?
- What do you think we could have added or changed about the training sessions to make them more effective for you
- After the training how prepared did you feel to deliver the intervention?

Immunisation appointments

I would now like to switch topics a little and talk about what happened during baby immunisation appointments with mothers involved in the PIMMS-WL trial.

- How easy was it to identify mothers who were taking part in the trial?
- Could you describe a typical immunisation appointment with a PIMMS-WL mum? Could you walk me through what would happen during these types of appointments?
- Can you tell me how you felt knowing that you would be asking to weigh mothers involved in the trial?
 - How comfortable/ confident did you feel?
- Could you tell me a little bit about what sort of things you'd say to the mum while you were weighing her?
 - How comfortable do you think the mothers were with you weighing them?
 - Did any women refuse to be weighted?
 - What sorts of reasons did they give for not wanting to be weighed?
- What sort of reactions did you get from mothers who attended these appointments alone compared to those who attended with their partners or mothers?
- Where did the baby get put while the mothers were on the scales and you were recording their weight?
 - Were there practical issues to consider when having to weigh the mothers?
- What did you think of having to record their weight in the red book?
 - Was it easy to remember?
 - Was the weight record card easily accessible?
- How much more time did appointments take when you had to weigh the mothers?
- Can you tell me what you think it would be like if you had to weigh every mother you saw during your baby immunisation clinics?

POWeR website

Now I want to ask you about the POWeR website.

- Can you tell me what sort of responses you received when you referred mothers who asked you for weight loss advice to the POWeR website?
- Can you tell me a bit about what the mothers told you about the POWeR website?
- Were you able to have a look at the POWeR website?
 - What did you think of the website?
- What did you think about referring mothers to a website for weight management advice during the immunisation appointment?

Additional questions

- Before taking part in this study, what did you tell mothers who asked you for weight loss advice?
- When do you think is the ideal time to try and encourage new mums to start thinking about trying to lose/manage their baby weight?
- What sort of things do you think would help women lose weight after pregnancy?
- Who do you think should be providing mothers with this advice?
- Can you tell me what sort of things we could have done differently to make things easier for you?
- Can you tell me what would you think we should have done to make being involved in the PIMMS-WL trial better for you?

Is there anything else you'd like to tell me?

Thank you very much for taking part. On behalf of the entire PIMMS-WL research team, I would like to thank you for helping us test the intervention and for taking time out of your busy day to sit here with me today and tell me what you thought about the trial. Thank you.