

Appendix I

Participant information leaflet

English version

Study Information Leaflet for participants

A Study to Identify Medicine related problems leading to hospitalisation among patients with diabetes and cardiovascular diseases.

The aim of the study

The aim of the study is to explore risk factors from patients' perspective which may lead to MRPs and resulting in hospitalisation among patients with diabetes and cardiovascular diseases.

Why is the study being done?

We would like to understand more about any risk factors that can make CVD and/or DM patients at higher risk of being admitted due to medicine related problems.

Why these groups specifically?

It is well known that patients with diabetes and cardiovascular diseases are at high risk of developing MRPs due to the complexities of their treatment regimens and accompanying co- morbidities.

How is the study being done?

The study will use semi-structure interviews, where the researcher will you a set of questions about your medicines and the process of medicine use to identify any potential MRPs and the common associated risk factors.

What are the potential benefits?

Pharmaceutical care is mainly about reducing the harm of using medicines to minimum. This study will allow detection of medicines related problems and possible risk factors that can aggravate developing such problems, Improve good practices in medication and therefore making medication use safer.

Who will have access to the research records?

Only the study team will have access to the data. Moreover, the information provided will be anonymous and no identifiable data will be disclosed.

Do I have to take part in this study?

No, helping us in carrying out this study is entirely voluntary.

Who do I speak to if I have further questions?

Please contact Dr Abdullah Al Hamid, who is responsible for this study. You can contact him by email on a.alhamid@herts.ac.uk.

Researcher: Dr Abdullah Al Hamid

Co-supervisor: Dr Hisham Aljadhey

Interview guide

English version

Exploring the causes and types of medicine related problems in patients with cardiovascular diseases and diabetes in Saudi Arabia from patients' perspective: The interview Schedule

Date/

Time started/.....

Time finished/.....

Interview reference number/.....

Consent form signed/.....

Introduction:

Medicine related problems (MRPs) represent a significant health and public concern; especially if they subsequently lead to unplanned hospitalisation. However, many factors can contribute to increasing the risk of occurring of such problems; from both the healthcare professionals and patients themselves. As you are aware, we are carrying out a study to find out the prevalence and nature of MRPs in general practice which may lead to unplanned hospitalisations. In addition, we want to determine why these MRPs occur to help identifying strategies for reducing them. I would therefore like to ask you a series of questions about the factors that may contribute to MRPs from your perspective. This should take around 30 minutes.

Your participation is entirely voluntary and you are free to withdraw at any point. If you do not wish to answer any particular questions, then please say so. There are no right or wrong answers and I am interested in your own personal point of view. The identities of all participants will remain strictly confidential and it will not be possible to identify any individual. The overall aim of the study is to make recommendations to reduce the risks of unplanned hospitalisation due to MRPs.

Would you mind if I audio-record our conversation so that I do not have to write everything down?

Do you have any question/ inquiry before we begin?

Part I: Demographic

What is your nationality?
.....

What is your first (native) language?
.....

Do you speak Arabic?
.....

Do you speak any other language?
.....

What religion are you? Do you practice religion?
.....

What age are you?
.....

What is your marital status?
.....

What is your education level?
.....

How many members are in your family? How many people live at your home?
.....

Part II: Clinical (condition) factors

What conditions do you suffer from? Can you please tell me about them?
.....

If you have hypertension/hypotension, does your blood pressure fluctuate?
.....

Are you anemic? Yes No

If yes, do you take iron supplements?
.....

What is your weight? Do you suffer from overweight?
.....

If yes, did the doctor ask you to lose weight?
.....

Do you have DM? Yes No

If yes,

Have you been to the emergency because of DM?
.....

Do you take any medicines for DM? Does anyone help you with the medicines?
.....

Does your blood sugar level stay stable or does it fluctuate?
.....

Are you happy with the management of your condition?
.....

Do you have family history of any disease(s)? Please tell about it
.....

How do you access your healthcare providers?
.....

When you are ill, do you go to a healthcare professional?

If yes, Please specify (1) distances, (2) Do they speak the same language as the one you speak?

Who do you see there? (Doctor, nurse, pharmacy, pharmacy assistant).

2.8 Have you visited the emergency department in the past five years?
.....

Can you follow the instructions easily from the healthcare provider? Is there any occasions where you cannot understand an important consultation or advice?
.....

How satisfied are you with the healthcare provider?

Can you please rate it from 1 to 10, where 1 is dissatisfied and 10 is very satisfied.
.....

If you need a medicine, how long does it take you to get to the nearest pharmacy?
.....

Part III: Life-style factors

Are you a smoker? Yes No, ex-smoker No, never smoked

If you are a smoker,

How long have you been smoking.....

How many cigarettes per day do you smoke.....

What are your weight and height?

How active do you consider your life-style? I.e. carrying out exercises/activities that makes your heart rate beat faster/make you perspire.
.....

Do you work? If yes, what type of work?
.....

Regarding your meals, how healthy do you consider your food? What does it include normally?
.....

How many meals/snacks per day do you have?

Do you eat fast food? If so, How many per week?

Part IV: Medicines-related factors

Do you take any medicines for CVD/DM?
.....

How many medicines do you take?
.....

Do you recognise your medicines?
.....

Do you skip your medicines intake for any reason? Please specify
.....

Have you ever experienced any problems with medicines? Please specify? When and how did you handle it? Did it lead to hospitalisation?
.....

Do you take the medicines yourself or someone helps you administer them?
.....

When you run out of medicines; where do you get it from?
.....

Do you have any other comment/observation to add? Please do so.
.....