Interview guide for health professionals in primary care on ECAP and health literacy

Topics/questions:
Introduction

1. How is early childhood allergy prevention relevant in your routine counselling?
   a. When and with whom do you address this topic?
   b. What is the most important message you want to convey to parents concerning allergy prevention? Do you make a difference between low- and high-risk groups?
   c. Which topics do also matter in your counselling on early childhood allergy prevention (e.g. nutrition, living environment, early exposure to allergens)?

Information and evidence

1. What are your main sources to keep yourself informed about health topics (especially allergy prevention)?
2. Are you satisfied with the available information?
   a. Do you feel well informed? Why? Why not?
   b. Is there anything that would help you to keep up to date?
3. How do you handle inconsistent and changing information? (e.g. avoidance of allergens vs. early confrontation with allergens)
   a. How did/do you feel about it when a key message of your consultation changes due to new research findings?

Knowledge translation and implementation

1. We have just talked about how you keep yourself up to date on health-related recommendations: What are you doing with this knowledge (in your head) to make it applicable/use it for your practice?
2. How do you incorporate this knowledge into your daily work?
   a. Do you pass on specific scientific information to your patients (on ECAP)?
      i. If yes, could you give an example how you pass on this information to your patients?
      ii. What helps you to pass on your knowledge to parents?
3. When you think of scientific evidence and recommendations, etc.: Do you experience any barriers that make it difficult for you to share the information with parents in an understandable way? What exactly makes that difficult?
   a. Can you describe a particularly difficult counselling situation?
4. Is there anything that could be improved to help you in counselling parents on health-related issues?
Promotion of health literacy

A. Counselling of parents and health literacy

1. How do you deal with different patients (level of knowledge, education, migration background) in counselling and transfer of knowledge? Do you differentiate? Could you give an example?

2. How do you assess the level of knowledge and information demand of parents?
   a. How do you notice that you have to explain a lot/in a way that is easy to understand?
   b. Do you consciously use strategies to assess what kind of information and support needs parents have? If yes, which ones do you use?

3. Do you think parents are well informed regarding allergy prevention?
   a. How do you recognize that?

4. What previous knowledge or lay conceptions do parents bring up in counselling?

5. What opportunities do you see to support parents with regard to accessing and appraising information?
   a. Could you give some examples from your everyday practice?

6. Do you provide your patients with information sources so they can inform themselves about health topics (e.g. allergy prevention)?
   a. Which sources do you consider (not) helpful?

7. Do you use certain strategies during counselling to make sure the parents understand everything? (e.g. plain language, drawing pictures)
   a. If yes, what are your experiences with these strategies?
   b. Do you encourage parents to ask questions? How?

8. How do you ensure that parents apply your health behavior recommendations?

B. Attitudes towards and experiences with health literacy/health literacy-sensitive care

9. How well do you feel educated/trained to counsel your patients according to their needs?

10. Do you personally see a need of further information/training on how to convey health knowledge to parents in a more understandable manner and/or on how you can take greater account of the parent’s health literacy or even strengthen it?

11. How should academic results/recommendations be prepared and made available so that you can use them efficiently in consultations?

HL concept awareness

1. Have you heard of the term “health literacy” in the context of your work or in advanced training courses?