

Topic Guide

A qualitative study of patient perspectives on respiratory healthcare for people with a severe mental illness and co-morbid asthma or COPD

Introduction

Introduce self and project

Introduce this part of the study

Talk through:

- Have you had a chance to read the info sheet?
- If not, give/summarise
- Purpose of interview and length
- Voluntary nature, reasons for recording, consent to recording
- Consent to using anonymised quotes in publications
- Explain confidentiality
- Questions?

START RECORDING

Background information

- Age
- Gender
- Diagnosed with Asthma/COPD or both
- Diagnosis of severe mental illness and medication taken
- Age when left education
- Employment status
- Previous employment
- Living arrangements
- Who they live with
- Accommodation eg own home, rented, shared accommodation etc

Can you tell me a bit about your lung/chest health?

Prompts to explore interactions with healthcare services and practitioners include:

Where do you get your medications?

If delivered – **why?**

If picked up – **how?**

Do your medications work (this is easier to gauge for lung health as for mental health, which is a lot harder to treat)? Observe and note if participant is breathless during the interview, as this does not always appear in the transcription.

Have you ever been to A&E or a walk in service for due to your lung health?

- If so, why did you feel A&E was the most appropriate (if not immediately clear)

How often do you see your GP or nurse?

How does your lung problem affect your mental health?

Have you ever had to stay in hospital due to your lung health?

Have you ever been offered pulmonary rehabilitation)/breathing exercises?

- Did you go
- How was it/did you go again

Can you tell me about your mental health?

Prompts to explore interactions with healthcare services and practitioners include:

Where do you get your medications?

Have you ever been to A&E or a walk in service for due to your mental health?

- If so, why did you feel A&E was the most appropriate (if not immediately clear)
- E.g. why didn't you go to your GP etc

How often do you see your GP or nurse or psychiatric doctor/nurse/mental health team / or who do you see for your mental health)?

Does your mental health affect your lung health and if so how ?

Have you ever been in hospital for mental health problems?

Management of Self-Care:

How do you find sticking to your medication regime?

Do you have an asthma plan for when you have a flair up?

Health Literacy: prompts added after early interviews

Do you always understand the health information that is discussed with you?

Do you always understand the leaflets that are provided by health services?

Do you find making GP appointments, picking up prescriptions and other health services easy or hard?

Ask to elaborate if so.

Ask about smoking cessation service (usually will be referred if they smoke).

Can ask about how easy they find getting to the GP/pharmacy/picking up prescriptions (logistically)

- Has their mental health ever overshadowed/took too much focus in an appointment?

How often have you been going to your GP (if small amount, ask how many different practices)?

During GP consultations and other healthcare events/meetings, have you understood everything what the health professional has said?

- Ask why/try to explore

Have you ever felt unable to go to a GP appointment?

IF so, why?

Finance?

Stigma?

Logistics? (travel, childcare, etc)