

Focus Group Discussion – MATCH-D research

Medication Management for People with Dementia

Prior to starting the focus group:

Provide each participant with the MATCH-D criteria at the time they agree to participate in the focus group. Provide a second copy of the MATCH-D criteria when they arrive for the focus group so that each participant can see the document in front of them during the conversation.

Hang up poster defining medication management before the focus group starts. See last page.

A. Introduction

1. Good [morning, afternoon, or evening], and welcome to our focus group discussion. My name is [REDACTED]. On behalf of The University of Western Australia, [REDACTED] and myself, I would like to thank you for attending this discussion. This session is entirely voluntary and you are able to leave at any time.

2. This discussion is part of PhD research that is being conducted by The University of Western Australia to investigate opinions about a recently developed resource to aid in medication management for people who live with dementia.

- Explain medication management – reference to poster
- Check each participant has their own copy of MATCH for reference

3. We will begin by going through some housekeeping items for today's discussion:

B. Ground Rules

1. There are no right or wrong answers today. We are interested in your opinions (from experience or in theory) about using and managing medications for people with dementia. We would like to hear from everyone present, as the more information we get from you, the better our research will be. Better research may mean more potential benefit from our research.

2. We encourage everyone to express their opinions, even if you disagree with a fellow participant's opinion, as we want to have many different points of view. All comments, both positive and negative are welcome. Please remember to be considerate and respectful of everyone's point of view and give each other the opportunity to speak. It will be much appreciated if everyone speaks one at a time, as this will be easier for us later when we are reviewing the discussion.

C. Procedure

1. A tape recorder and scribe will be used during the discussion because we need to pay close attention to what you are saying. After the group discussion, we will listen to the tape to ensure we have correctly transcribed your opinions. The information obtained will be used as part of a thesis. It will be presented in publications and at relevant conferences. Please remember that you will not be identified in any way.

We will begin the tape recording after our introductions.

2. This discussion is strictly confidential. What you hear and what you say should not be shared with anyone outside this room. This information should stay here. Does everyone agree? Please indicate by putting your hand up.

3. Our session will last about 45 minutes. We will not take a break, but please feel free to get up and use the restroom or help yourself to more food and drink whenever you want.

4. At the end of our discussion, we would kindly ask you to write down your key issues from the topics discussed, along with any other comments you may have, on the sheet provided.

D. Consent form

1. Before we begin our discussion, please take a few minutes to complete the consent form in front of you. We would appreciate it if you could complete the demographic questions, too.

(Demographic questions attached as a checklist at the end of this document.)

E. Self-Introductions

1. Let's start by introducing ourselves. As I said before, my name is [REDACTED]. I am a researcher from I will be leading today's discussion. My colleague is [REDACTED] who is a Master of Pharmacy candidate at UWA undertaking pharmacy practice research. He/She will be scribing today's session.

2. Now, please introduce yourselves and let us know a little bit about yourselves.

Consumers	Involvement in looking after medications OR interest in dementia Tell us two interesting facts about yourself (e.g. hobbies, former/current job)
Health professionals	Where do you work? What involvement do you have clinically with people with dementia?

Who would like to start? (Then go clockwise from that person)

3. Does anyone have any questions before we begin? The tape will begin recording now.

F. Discussion

1. You have all been provided with the MATCH-D criteria to look at. It is a resource developed by Australian researchers.

2. Now I will tell you a little bit about the MATCH-D criteria

- Many people with dementia have other chronic conditions as well.
- Managing medications appropriately means making sure the best medications are used for each person at that time. This includes considering the whole person, their goals for their own health, and their overall health. It includes
- The MATCH-D is designed as a tool to help health professionals to use medications appropriately for those comorbidities during the different stages of dementia.

In this discussion you can answer questions how you would see this resource being used in your clinical practice. (For consumers substitute “your health care” for “your clinical practice”).

Discussion theme	Discussion prompts
Role in medication management	<ul style="list-style-type: none">• How do you see your role in managing medications for a person with dementia?• What helps you to fulfill your role?• What barriers do you encounter
Need for support to manage medications	<ul style="list-style-type: none">• Is support needed to help manage medications appropriately?• If so, to what extent would MATCH-D fill that need?<ul style="list-style-type: none">○ If not, why not? What additions, changes are requires?
Use of the MATCH-D criteria	<ul style="list-style-type: none">• When would you use it?• Who would you use it for? All patients with• What would you use it for?• How often would you use it?• Would it be more beneficial to patients with or without a carer?
Benefits of using MATCH-D?	<ul style="list-style-type: none">• To the consumer?• To the carer?• To the health professional?
Facilitators to using MATCH-D?	<ul style="list-style-type: none">• Patient enablers?• Health professional enablers?
Barriers to using MATCH-D?	<ul style="list-style-type: none">• Patient barriers?• Health professional barriers?

Additional support to use MATCH-D

- Other information?
- Support resources?
- Electronic version?
- Additions or changes to understand the focus groups?

G. Conclusion

For the last five minutes of today's focus group, could you please identify in order of priority what is important to you in regards to today's discussion of medication use for people with dementia. This would be much appreciated.

We thank you kindly for your time, please help yourself to any food or beverages.

We would also like to offer a token of our appreciation for your participation.

Demographic Questions – Health Professionals

Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Age	<input type="checkbox"/> Under 30 <input type="checkbox"/> 30 - 39 <input type="checkbox"/> 40 – 49 <input type="checkbox"/> 50 – 59 <input type="checkbox"/> 60 – 69 <input type="checkbox"/> 70 - 79 <input type="checkbox"/> 80 and over
Profession	<input type="checkbox"/> General practitioner <input type="checkbox"/> Registered Nurse <input type="checkbox"/> Pharmacist
Years spent practicing since qualifying as a health professional	<input type="checkbox"/> 0 – 4 <input type="checkbox"/> 5 – 9 <input type="checkbox"/> 10 - 14 <input type="checkbox"/> 15 - 19 <input type="checkbox"/> 20 – 29 <input type="checkbox"/> 30 – 39 <input type="checkbox"/> 40 +
Please estimate the percentage (%) of clinical time you spend caring for people with dementia.	<input type="checkbox"/> 0 - 10 <input type="checkbox"/> 11- 20 <input type="checkbox"/> 21 - 40 <input type="checkbox"/> 41 - 60 <input type="checkbox"/> 61 - 80 <input type="checkbox"/> 81 – 90 <input type="checkbox"/> 91 - 100
Practice setting	<hr/> <hr/>

Demographic Questions – Consumer (Person Living With Dementia)

Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Age	<input type="checkbox"/> Under 39 <input type="checkbox"/> 40 – 49 <input type="checkbox"/> 50 – 59 <input type="checkbox"/> 60 – 69 <input type="checkbox"/> 70 - 79 <input type="checkbox"/> 80 - 89 <input type="checkbox"/> 90 – 99 <input type="checkbox"/> 100 +
Do you currently	<input type="checkbox"/> Live on your own <input type="checkbox"/> Live with your spouse/partner <input type="checkbox"/> Live with family member(s) <input type="checkbox"/> Live with others <input type="checkbox"/> Other
Do you have a carer?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Years since diagnosis	<input type="checkbox"/> Less than 1 year <input type="checkbox"/> 1 year <input type="checkbox"/> 2 years <input type="checkbox"/> 3 years <input type="checkbox"/> 4 years <input type="checkbox"/> 5 years <input type="checkbox"/> 6 years or more
Please estimate the number of other medical conditions you have	<input type="checkbox"/> 0 <input type="checkbox"/> 1 – 2 <input type="checkbox"/> 3 – 4 <input type="checkbox"/> 5 – 6 <input type="checkbox"/> 7 – 8 <input type="checkbox"/> 9 – 10 <input type="checkbox"/> 11 or more
Do you identify as living with:	<input type="checkbox"/> Aches and pains <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Insomnia <input type="checkbox"/> Diabetes <input type="checkbox"/> High cholesterol <input type="checkbox"/> High blood pressure <input type="checkbox"/> Any heart disease
Do you have your medications packed for you?	<input type="checkbox"/> Packed by the pharmacy <input type="checkbox"/> Packed at home in to a medication dosette box <input type="checkbox"/> Medications taken directly from the original box
How many regular medications do you take each day?	<input type="checkbox"/> 0 <input type="checkbox"/> 1 -3 <input type="checkbox"/> 4 – 6 <input type="checkbox"/> 7 – 9 <input type="checkbox"/> 10 +

Demographic Questions – Carer for Person Living With Dementia

Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Age	<input type="checkbox"/> Under 30 <input type="checkbox"/> 30 - 39 <input type="checkbox"/> 40 – 49 <input type="checkbox"/> 50 – 59 <input type="checkbox"/> 60 – 69 <input type="checkbox"/> 70 - 79 <input type="checkbox"/> 80 - 89 <input type="checkbox"/> 90 – 99 <input type="checkbox"/> 100 +
Thinking about the person you care for	
Years since diagnosis	<input type="checkbox"/> Less than 1 year <input type="checkbox"/> 1 year <input type="checkbox"/> 2 years <input type="checkbox"/> 3 years <input type="checkbox"/> 4 years <input type="checkbox"/> 5 years <input type="checkbox"/> 6 years or more
Please estimate the number of medical conditions that he or she lives with	<input type="checkbox"/> 0 <input type="checkbox"/> 1 – 2 <input type="checkbox"/> 3 – 4 <input type="checkbox"/> 5 – 6 <input type="checkbox"/> 7 – 8 <input type="checkbox"/> 9 – 10 <input type="checkbox"/> 11 or more
Does the person you care for also live with:	<input type="checkbox"/> Aches and pains <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Insomnia <input type="checkbox"/> Diabetes <input type="checkbox"/> High cholesterol <input type="checkbox"/> High blood pressure <input type="checkbox"/> Any heart disease
Does the person you care for have their medications packed?	<input type="checkbox"/> Packed by the pharmacy <input type="checkbox"/> Packed at home in to a medication dosette box <input type="checkbox"/> Medications taken directly from the original box
How many medications does he or she take each day?	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 or more

Medication Management

Start medications when needed

Supply medications

Take medications

Monitor they work as expected

Monitor for side effects

Match the person's goals for their health to their medications

Stop medications no longer needed