

SUPPLEMENTARY FILE 2**Interview Topic Guide for Health Professionals****Urinary incontinence self-management: intervention development**

The aim of this interview is to explore health professionals' (HP) views and experiences in helping and supporting patients cope with urinary incontinence. This will involve exploring:

- Common problems seen relating to urinary incontinence
- General care and specific skills that HPs use to teach patients to control urine loss and other problems
- Experiences of supporting patients self-cope with their problems
- HPs' expectations on managing urinary incontinence and desired support

1. Introduction

Aim: To introduce the research and set the context for the proceeding discussion.

- Introduce self and the University of Leeds
- Introduce the study: what it is about
- Explain how they were selected
- Talk through key points:
 - length of interview – up to 60 mins
 - interview like an informal discussion, although specific topics to cover
 - no right or wrong answers, their own views are very important
 - participation is voluntary and they have the right to withdraw at any time
 - recording of interview, with consent
- Confidentiality and anonymity, secure transfer of data, how findings will be reported
- Thank you for taking part
- Any questions they may have before start

STARTING RECORDING

- Confirm I have gone through information with them and they are happy to proceed
 - 2. **Common problems seen relating to urinary incontinence**
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Aim: to understand what common problems suffered by older women in clinics

- Job title
 - any specific relevant training
- what is their current role
 - routine activities in clinics/setting
 - referral criteria
- Problems that are often seen
 - common symptoms of urine loss
 - population at risk of having urinary incontinence
 - experiences with older women
 - specific factors relating to older women
- Other common problems seen associated with urinary incontinence
 - physical e.g. disturbed sleeping
 - emotional e.g. mood, feeling low/not confident
 - disturbed relationships (partners/families/social)
 - effects on social activities

3. **General care and specific skills that HPs use to teach patients to control the problems**

Aim: to understand general care provided and specific skills taught to patients controlling their problems

- General care provided for older women (*probe fully*)
 - assessment
 - treatment process
 - ✓ total length
 - ✓ no. of appointments and length of each appointment
 - follow-up process
 - materials provided
- Ways to control urine loss (*probe fully*)
 - how to decide which skills to be taught to different symptoms

- ✓ stressed urinary incontinence
- ✓ urgent urinary incontinence
- ✓ mixed urinary incontinence
- whether it has been effective
- whether it is easy to teach
- follow-up process
- materials provided
- Ways to cope with other related problems (*probe fully*)
 - physical: e.g. exercise
 - emotional: e.g. meditation/faith
 - social life
 - whether it has been effective
 - whether it is easy to teach
 - follow-up process
 - materials provided

4. Experiences of supporting patients self-cope their problems

Aim: to understand experiences of coping with urine loss and other related problems

- Facilitators and barriers (*probe fully*)
 - best things about teaching patients to self-cope these problems
 - worst things about teaching patients to self-cope these problems
 - what makes their care easier (*start openly then probe as necessary*)
 - what makes their care harder (*start openly then probe as necessary*)
- Monitoring of signs and symptoms (*probe fully*)
 - any changes in urine loss and other problems
 - ✓ if so, what the changes are and how long it takes to experience changes
 - ✓ if not, how they cope now
 - how to recognise the changes (any questionnaires, materials used)
 - ✓ urine loss
 - ✓ other problems
 - discharge criteria
 - what matters most when supporting patients to cope their problems

5. HPs' expectations on managing urinary incontinence and desired support

Aim: to explore HPs' expectations, desired support and what they want to achieve

- Expected outcomes by supporting patients (*probe fully*)
 - knowledge and information
 - signs and symptoms
 - physical/emotional/social
 - other things important for HPs to achieve
- Desired support
 - services
 - health professionals
 - other resources, support and training
- If there is a book for patients aiming to demonstrate how to self-cope urinary incontinence and related problems (*probe fully*) (*explain fully this would be evidence-based, how it will be developed*)
 - expected content
 - should it be 'stand alone' or facilitated by someone
 - ✓ if yes, who would be the ideal facilitator
- Any other issues they would like to raise

At the end of the interview:

- Thank respondent for participation in the interview.
- Check whether they have any remaining questions about the research.
- Provide reassurances about confidentiality and anonymity.
- Ask if they would like to be informed of the outcomes of the research (check how they would prefer to be informed).