INTERVIEW GUIDE

Introduction: In what context did you last discuss type 2 diabetes with a patient?

1st TOPIC: Identification and follow-up of patients who are at risk of developing type 2 diabetes

QUESTION: How do you follow up patients who are at a high clinical risk of developing type 2 diabetes?

Follow-up questions as needed
1.1. How do you identify patients who are at a high risk of developing type 2 diabetes?
1.2. Do you use the risk assessment form at diabetesrisiko.no (Norwegian Diabetes Association) or another risk assessment form as a diagnostic tool?
1.3. Does it happen that you measure HbA1c as an indicative blood test? Can you give examples?
1.4. What advice and information do you give to patients at risk?
1.5. How do you relate to the statement that ‘type 2 diabetes is self-inflicted’?
1.6. Does it happen that you raise the subject of diabetes, even when this is not the reason for the consultation?
1.7. Do you have any thoughts regarding which patient groups remain undiagnosed?

2nd TOPIC: The diagnostic process and follow-up of patients with confirmed type 2 diabetes

QUESTION: Can you describe the diagnostic process that unfolded the last time you diagnosed a patient with type 2 diabetes?

Follow-up questions as needed
2.1. What made you think of type 2 diabetes?
2.2. Did the patient have any other diagnoses that caused you to consider type 2 diabetes?
2.3. Was this a typical type 2 diabetes patient?
2.4. Do you have the impression that patients feel ashamed about the diagnosis?
2.5. Have you heard about the disease management/education course for DM2 patients offered by the Learning and Mastery Services for DM2 patients, and have you referred any patients to such courses?
2.6. What are your thoughts regarding the GP’s obligation to inform about and offer referral to start-up courses for all newly diagnosed patients, as required by the new national guidelines for diabetes?
2.7. Do you feel that you can stay sufficiently up-to-date on the topic of type 2 diabetes?
2.8. Are you familiar with the national guidelines for diagnosing diabetes?
2.9. What types of follow-up did the patient receive?
2.10. Do you see any association between the quality of the information/alliance that you provide to the patient and the patient’s degree of compliance?
2.11. Have you heard about the Norwegian diabetes register for adults?