

*Appendix to Lisa Hare, Anette Hetlevik, Rochini Yogarajan, Reidun Lisbet Skeide Kjome, Una Ørvim Sølvik. Type 2 diabetes in general practice – a focus-group study. Tidsskr Nor Legeforen 2021; 141. doi: 10.4045/tidsskr.20.0623. This appendix is a supplement to the article and has not been editorially processed.*

## **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?