

## More-2-Eat Champion Interview Questions

### Phase 1 Champions

1. It has been several years since you became involved in the More-2-Eat work. Do you think there has been **any change in the way your hospital views nutrition care**, particularly malnutrition, since you started? Your **region? Your province?**
  - a. How do you know?
  - b. Has any of this work impacted your role?
2. Do you think the changes that were made to improve nutrition care (i.e., nutrition screening, SGA) in your original unit are **still part of the routine?** How do you know?
  - a. How did you **encourage these activities to become part of the routine?**
  - b. How did what you implemented initially **evolve or change** in the past year? (i.e., was not working so needed to change or be removed)
  - c. If not, why do you think they are no longer part of the routine?
3. How is it going **spreading** to new units or hospitals?
  - a. What have you learned?
  - b. Did you do anything differently this time? Why? How did it go?
  - c. What was your role in this spread?
  - d. How did you decide which units were to be included? Would you make the same decision again?
4. What **external factors impacted** what you were able to do? Prompt: change in government, government policy, organisational policy, organisational structure
  - a. How did these factors impact the ability to continue the program in the original setting?
  - b. What about in the new settings?
5. What **resources** did you need to maintain your focus on nutrition care? Prompt: additional costs, staff time, your time
  - a. Did the resource needs change over time? How?
  - b. What do you think will happen when this round of funding ends?
6. As you added new aspects of INPAC, did anything on the unit end? (getting at **de-implementation**)
7. How have you **engaged with stakeholders** (i.e. staff, management, patients, families) to understand their views, expertise, and ideas for improvement for nutrition care?
  - a. Did this **differ between units/sites?** Over time?
  - b. Have unit staff been involved in driving, implementing, or maintaining the changes to nutrition care? How? Does this differ between sites?
  - c. Do you think **people feel they are part of the change** and have an important role to play? If so, how? If not, why not?

8. Do you have **support from other leadership** or stakeholders at the hospital or regional level to continue with improvements to nutrition care activities?
  - a. Has this changed over time?
  - b. How has this support/lack of support impacted what you can do?
9. Have there been any changes in **nutrition policy, performance measures, regulations, or guidelines**, in your unit/hospital/region?
  - a. If so, what were the changes?
  - b. How did these affect the care provided?
    - i. Do you think your focus on nutrition with the More-2-Eat project influenced these policy changes?
  - c. If not, why not?
10. What do you think about the **RedCap and Excel data entry** and reporting system?
  - a. What worked well? Any challenges?
  - b. Do you think you will keep using it **after M2E is completed**? How?
11. Did you use the **online toolkit**? How? Prompt: tools, resources, use in new hospitals/units etc.
12. Outside of our monthly calls, did you **connect with other hospitals**? Prompt: to ask or answer questions
  - a. Do you think these regular calls could continue? How? Who should lead them?
13. Is there anything you would have **done differently** to maintain momentum, sustain and spread the changes, or influence policy? If so, what?
14. What are your **goals or next steps** regarding nutrition care in hospitals in your region?
15. Is there **anything else** that I should know about your hospital, context or progress?

*Phase 2 Champions*

1. It has been a year since you became involved in the More-2-Eat work. Do you think there has been any change in the **way your hospital views** nutrition care, particularly malnutrition, since you started? **Your region? Your province?**
  - a. How do you know?
  - b. Has any of this work impacted your role?
2. Do you think the changes that you are making to improve nutrition care (i.e., nutrition screening, SGA) in your **original unit are becoming part of the routine?** How do you know?
  - a. How do you encourage these activities to become part of the routine?
  - b. How did what you implemented initially evolve or change in the past year? (i.e., was not working so needed to change or be removed)
3. What **external factors** impacted what you were able to do? Prompt: change in government, government policy, organisational policy, organisational structure
  - c. How did these factors impact the ability to continue the program in the original setting?
  - d. What about in the new settings?
4. What **resources** do you need to maintain your focus on nutrition care? Prompt: additional costs, staff time, your time
  - a. Do these resource needs change over time? How?
  - b. What do you think will happen when this round of funding ends?
16. As you added new aspects of INPAC, did anything on the unit end? (getting at **de-implementation**)
5. Do you **engage with stakeholders** (i.e. staff, management, patients, families) to understand their views, expertise, and ideas for improvement for nutrition care? How?
  - a. Have **unit staff been involved** in driving, implementing, or maintaining the changes to nutrition care? How?
  - b. Do you think **people feel they are part of the change** and have an important role to play? If so, how? If not, why not?
6. Do you have **support from other leadership** or stakeholders at the hospital or regional level to continue with improvements to nutrition care activities?
  - a. How has this support/lack of support impacted what you can do?
7. Have there been any changes in **nutrition policy, performance measures, regulations, or guidelines**, in your unit/hospital/region?
  - a. If so, what were the changes?
  - b. How did these affect the care provided?

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    - c. If not, why not?
8. Is there anything you would have **done differently** to maintain momentum, sustain and spread the changes, or influence policy? If so, what?
9. What do you think about the **RedCap and Excel data entry** and reporting system?
  - a. What worked well? Any challenges?
  - b. Do you think you will keep using it after M2E is completed? How?
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  - a. Do you think these regular calls could continue? How? Who should lead them?
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13. Is there anything else that I should know about your hospital, context or progress?