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?

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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?

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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?
1. Do you think your focus on nutrition with the More-2-Eat project influenced these policy changes?
   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?

10. Did you use the online toolkit? How? Prompt: tools, resources, use in new hospitals/units etc.

11. 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?

12. What are your goals or next steps regarding nutrition care in hospitals in your region?

13. Is there anything else that I should know about your hospital, context or progress?