

Practice nurses and providing preconception care to women in Australia: a qualitative study

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Table S1. Semi-structured interview questions for women.

	Women
Introductory questions	<p>What does the term ‘healthy’ mean to you?</p> <p>What aspects of lifestyle are most important for protecting your health?</p> <p>What factors motivate you to look after your health?</p>
Transition questions	<p>Where do you seek advice and support regarding making healthy lifestyle choices?</p> <p>Describe how you interact with your GP to look after your health.</p> <p>Are you confident to put what you know about healthy lifestyles into practice in your own life?</p>
Main questions	<p>What does the term ‘preconception’ mean to you?</p> <p>What aspects of lifestyle do you understand to be important for preconception health?</p> <p>Where would you seek preconception lifestyle advice?</p> <p>In your opinion, who should provide preconception lifestyle advice? <i>Prompt: Would a practice nurse providing preconception care or lifestyle advice be acceptable to you?</i></p> <p>Assuming you were accessing preconception lifestyle advice from a health professional, describe the characteristics you would desire them to have.</p> <p>Assuming you were accessing preconception lifestyle advice from a health professional, describe the setting in which you would like this to occur.</p> <p>Assuming you were accessing preconception lifestyle advice from a health professional, who would you prefer to provide this advice and why?</p> <p>Assuming you were accessing preconception lifestyle advice from a health professional, what would you expect to pay and why?</p>
Summarising question	<p>Do you feel that the questions that have been asked are relevant for you currently?</p> <p>How likely are you to access preconception lifestyle advice from your local doctor/GP at some stage?</p>
Concluding question	<p>Is there anything else that you would like to add?</p>

Table S2. Semi-structured interview and focus group questions for health professionals and practice managers

	Semi-structured interviews with PNs and GPs	Focus groups with GPs, PNs, and practice managers
Introductory questions	<p>What does the term ‘preconception’ mean to you as a health professional? What aspects of lifestyle are most important for optimising women’s preconception health?</p>	<p>What does the term ‘preconception’ mean to you? What aspects of lifestyle are most important for optimising women’s preconception health?</p>
Transition questions	<p>What is the role of a PN/GP in providing preconception care and lifestyle advice? Can you describe your role as a PN/GP in providing preconception care and lifestyle advice? In your opinion, who should provide women with preconception care and lifestyle advice?</p>	<p>Can you describe the role primary care in providing preconception care and lifestyle advice? Can you describe your own personal role in providing preconception care and lifestyle advice? In your opinion, who should provide women with preconception care and lifestyle advice?</p>
Main questions	<p>To date, what has been your own experience with providing women with preconception care and lifestyle advice?</p> <p>What barriers do you face when providing women with preconception care and lifestyle advice? What barriers do women face when accessing preconception care and lifestyle advice? In your opinion as a PN/GP, when should women be offered preconception care and lifestyle advice?</p> <p>What changes to your workplace would need to occur to expand the role of PNs to provide preconception care and lifestyle advice? What systems-level changes would need to occur to expand the role of PNs to provide preconception care and lifestyle advice? What additional education, training or resources would PNs require to provide women with preconception care and lifestyle advice? What other practice-based strategies would support PNs to provide women with preconception care and lifestyle advice?</p> <p>What additional education, training or resources do you require to provide women with preconception care and lifestyle advice?</p> <p>How would you prefer education and training to be provided?</p>	<p>Describe how your practice/workplace supports women of a reproductive age to adopt and maintain healthy lifestyle behaviours.</p> <p>What is the role of a PN in providing preconception care and lifestyle advice?</p> <p>What changes to your workplace would need to occur to expand the role of PNs to provide preconception care and lifestyle advice? What systems-level changes would need to occur to expand the role of PNs to provide preconception care and lifestyle advice?</p> <p>What other practice-based strategies would support PNs to provide women with preconception care and lifestyle advice?</p> <p>What additional education, training or resources would your practice require to provide women with preconception care and lifestyle advice?</p> <p>How would you prefer education and training to be provided?</p>

Summarising question	Overall, what are your thoughts about expanding the role of PNs to provide preconception care and lifestyle advice?	
Concluding question	Is there anything else that you would like to add in relation to enhancing women's access to preconception care and lifestyle advice in a primary care setting?	Is there anything else that you would like to add in relation to enhancing women's access to preconception care and lifestyle advice in a primary care setting?