

Cardiometabolic Outcomes, Mechanisms and Approach to Prevention of Dolutegravir Associated Weight Gain in South Africa

Interview Schedule [EXPERTS]

Introduction:

Thank you for agreeing to participate in this discussion. Your time is most appreciated.

As you may have gathered from the information sheet [and other correspondence we might have had], this study aims to develop a suitably tailored weight gain prevention intervention for PLWH. As a known expert in the field of PLWH we would really appreciate your knowledgeable inputs into this effort.

Would you mind telling me how long you have been working with/in the field of PLWH and what have been the nature of your work with them?

Role and training

Years of experience

At this clinic

When it comes to PLWH do you feel that they experience unique challenges when it comes to lifestyle choices? The focus is on diet, weight consciousness and exercise.

Their lived experiences, housing

The context in which they live, community, crime, health

Their socio-economic status, poverty, unemployment, studying

Differences between patients, explore the range

Space and equipment to exercise

Access to healthy foods

Habits in choice and preparation of food

Substance use

Has weight gain, appetite and nausea been a common complaint among PLWH due to medication

In your experience do PLWH still face stigma and discrimination on a regular basis

family

community

clinic

issues with disclosure

Impact on adherence and seeking care

How do the PLWH relate to clinical services, especially those advising on lifestyle?

who provides the service and how often meet with patients

following advice

connection to staff

capacity to follow advice

How well do the patients understand the medication that they taking?

adherence

how to take

side effects

other health practices

Together with the information sheet we sent our South African Diabetes Prevention Programme (SA-DPP) Intervention materials.

How much were you able to look through and read

From what you have mentioned in your previous answer Is there anything else specific to the content on healthy lifestyles you feel need to be addressed?

lifestyle

diet

exercise

substance use

HIV knowledge

mental health and support

other health practices

Are there any additional nutrition needs that are specific to PLWH that should be addressed?

nature of food

when consumed

preparation of food

what to avoid

Are there any physical activity limitations specific to PLWH that should be addressed in the book?

illness related

medication or side effects

concerns about PLWH and physical activity

What should be changed about the structure and presentation

HIV information

Visual appeal

Order of information

Level of understanding

Where should the HIV and ARV information be included?

Impact of stigma if in book

How to include and what to include in book

Separate pamphlet, online repository \ library

Multiple books

How about the focus on diabetes in title, should that change?

Thank you for your willingness to share your knowledge and views with us!!!