

Medical Nutrition Education Semi-Structured Interview Guide

Participant Demographic Survey:

- 1) What gender do you identify as?
- 2) What is your age?
- 3) What is your current level of professional training?
 - a. *If medical trainee:* Are you a medical student, resident physician, or fellow physician?
 - i. *If medical student:* Which phase of the Geisinger Total Health curriculum?
 - ii. *If resident physician:* Which medical specialty?
 - iii. *If fellow physician:* Which medical specialty?
 - b. *If undergraduate/graduate medical education faculty:* What is your professional position?
 - c. *If clinician:* What is your professional position?
- 4) Do you hold a degree or certificate in nutrition or a related field?
 - a. If not, have you ever participated in any formal educational activities (i.e., courses, workshops) related to nutrition?

Semi-structured interview guide for all participants:

- 1) How would you define “nutrition”? What does “nutrition” mean to you?
 - a. *Probe:* Specifically define “nutrition” within the context of medicine
- 2) To what extent have you interacted with nutrition throughout your training?
- 3) *If participant answered yes to Q2 of survey,* are you satisfied with how nutrition was taught to you?

- a. Did you concentrate/specialize your studies related to nutrition?
- 4) Do you believe that all physicians should receive training in nutrition? What other medical providers should receive nutrition training?
- 5) How do you believe that nutrition education could be improved?
 - a. *Probe:* Make the distinction between academic and community-facing education
 - b. *Probe:* Whom do you believe is responsible for making these improvements?
 - c. *Probe:* What barriers exist to these improvements?
- 6) Do you believe that most physicians are properly equipped to manage the nutritional needs of a patient?
- 7) What do you think is the relationship between nutrition and human health?
 - a. *Probe:* Physiologic and mental impacts
 - b. *Probe:* Role in preventing chronic disease

Semi-structured interview guide for medical trainees (including students):

- 8) What were your expectations for nutrition education going into the medical profession?
Were these expectations met?
- 9) During which stage of your medical training do you believe that you interacted with/studied nutrition the most?
- 10) How do you think nutrition should be integrated throughout the span of one's medical training?
- 11) When do you believe is the best time throughout medical training to learn about nutrition?
- 12) Do you intend to incorporate nutrition into your clinical practice?

- a. *Probe:* What challenges do you think you will encounter?
- 13) How confident are you in your abilities to properly counsel a patient on nutrition?
- a. *Probe:* How confident are you in your ability to counsel a patient struggling with their management of diabetes?
 - b. *Probe:* How confident are you in your abilities to provide a patient with effective motivational interviewing?
 - c. *Probe:* How confident are you in your abilities to provide a patient who is struggling to control their diabetes with nutrition advice?

If medical student:

- 1) In which course/discipline have you interacted with/study nutrition the most?
 - a. *Probe:* How was nutrition taught to you? Was it through a social lens? Was it through the basic sciences lens?
- 2) What are some of the strengths of nutrition education in your medical program? What are some weaknesses? How do you think nutrition education could be improved at your school?
- 3) Would you be interested in taking an elective course or a certification in nutrition if it were offered at GCSOM? If so, why? If not, why not?
 - a. *Probe:* Which aspect of nutrition would this course focus on? Why?
 - b. *Probe:* When do you think would be the best time to offer this course?
- 4) How are nutrition knowledge/skills assessed in your medical school?
 - a. *Probe:* How do you believe nutrition knowledge/skills should be assessed?

If resident or fellow:

- 1) Is there a structured nutrition education component to your residency program?
 - a. *Probe:* How is it delivered? How is it assessed?
 - b. *Probe:* Are there nutrition-related competencies that are assessed by your program?
- 2) How important do you believe nutrition education is in the training of your medical specialty?
- 3) Do you feel as though medical school has prepared you for the nutrition demands of your patients?
- 4) Is there a particular diet that you advise your patients to adhere to?

If nutrition fellow:

- 5) How has your fellowship training differed from your residency training?
- 6) Is there a particular diet that you advise your patients to adhere to?

Semi-structured interview guide for undergraduate medical education faculty

- 1) How would you describe the current status of nutrition education at GCSOM?
 - a. *Probe:* What are some strengths of the provision of nutrition education? What are some weaknesses?
- 2) What improvements do you believe need to be made to GCSOM's curriculum as it relates to nutrition?
- 3) Is there an elective in nutrition or obesity medicine that is offered to fourth-year medical students?

- 4) When is nutrition taught in the undergraduate medical curriculum? How is it taught?

How are nutrition knowledge/skills assessed?

- a. *Probe:* What resources were provided to the students? What was the mode of instruction? Where in the curriculum was it taught?
- 5) Do you have any suggestions for how nutrition can be integrated throughout the medical curriculum? Throughout medical training?
- 6) Which nutrition skills do you believe are important for an incoming resident to possess?

Semi-structured interview guide for Graduate Medical Education faculty

If nutrition fellowship director:

- 1) How prepared do you believe incoming fellows are?
 - a. *Probe:* Do you believe that they were adequately trained throughout their prior training?
- 2) Do you have any suggestions for how nutrition can be integrated throughout one's medical training?
- 3) What steps do you believe need to be taken for clinical nutrition/obesity medicine to become an ACGME-accredited fellowship?
- 4) What are some of the competencies assessed by this fellowship? How are they assessed?

Semi-structured interview guide for Obesity Researchers

- 1) What are the current gaps in translating the knowledge gleaned from your research to the clinical setting? How can these gaps be bridged?

Semi-Structured Interview Guide for Clinician Educators

- 1) Is there a particular diet that you advise your patients to adhere to?
- 2) What are some recommendations for your department?
- 3) Do you feel there are enough nutrition educators in your clinical setting?
- 4) What are your thoughts on the nutrition resources/materials provided to your patients?