

## Expert Group Topic Guide

### **Q1. How do you all maximise pregnant women's take up and subsequent engagement with the use of NRT at the first contact they have with smoking cessation services?**

#### **Prompts**

- Tips
- What works what doesn't work
- Motivation
- Pressure to say yes (from interviews)
- Frequent concerns they tell you about
- Women's expectations

### **Q1A. How do you encouraging women to start using NRT without putting them off?**

#### **Prompts**

- Is it a first contact issue?

### **Q2.How do you think the giving out of all relevant information on NRT should be managed?**

#### **Prompts**

- Overload
- when
- Ideal times -drip feed
  - 1 go
  - Relevant points
- Long term management
- Most effective approach? Why?
- How do you answer any questions/concerns?
- Pick up on deviations from advice

### **Q2A. What methods of delivery of information on NRT are best at these times?**

#### **Prompts**

- Face-to-face
- Leaflets
- Texts
- Phone call
- Web site
- apps
- other
- strengths and weaknesses of the different methods?
- Ideas on improving

### **Q3. How do you go about countering misinformation about NRT in your regular practice?**

**Q.4: how do you tackle using NRT during pregnant women's brief lapse or full relapse to smoking to help them becoming abstinent from smoking again or to stop smoking permanently?**

**Prompts**

- Advice you give
- Best for giving up completely
- Differences between lapse and relapse?

**Q.5 Drawing on your experiences what would you include in a Rolls Royce support package of care for pregnant women on their journey with NRT in-between or after consultations with practitioners?**

**Prompts**

- Key messages to include
- timing
- format
- Practical vs emotional
- content
- Do/should women have choices on delivery
- why

**Q.6 Please discuss/share with each other, how you are dealing with this issue of vaping and NRT combined with your clients**

**Q.7 Are any of you seeing/working on, opportunities in these changes, for improving women's experiences of using NRT?**

**Prompts**

- Technology
- If not, why not