



Appendix 2 Sleep Safe Study: Interview Schedule

Interview questions

Part 1: General exploration

Can you tell me about your approach to managing insomnia?

Part 2: Clinical vignettes

Is it OK if we run through some cases we frequently encounter?

Case 1

A 60 yoa woman attends asking for some help to sleep as her husband died ten days ago. They were married for 30 years. She is on Ramipril for hypertension but is otherwise well.

How might you approach this case?

What issues does this raise for learners?

Part B: During the course of the consultation, she mentions that she got some pills from her sister and wonders if she can get some more, she thinks its called ativan.

How might you approach this case?

What issues does this raise for learners?

Case rationale: This case is chosen as it relates to family physician's perception of the patient e.g. the 'deserving patient' (Sirdifield, 2013).

Case 2

A 35 yoa secretary, a patient of your colleague, attends for renewal of her escitalopram and zopiclone, she has been on these medications for 3 years and feels overall well but wishes to continue her pills. You are running behind in clinic.

How might you approach this case?

What issues does this raise for learners?

Part B What if the patient was asking for quetiapine?

Part B is added to explore family physicians use of antipsychotics, widely used off label for insomnia.

How might you approach this case?

What issues does this raise for learners?

Case rationale This case is chosen as it raises the issue of context in relation to a) managing a patient of a colleague. b) time management and clinical management.

Case 3

A 47 yoa man, with a documented history of alcohol problems attends to ask for more clonazepam. He is on AISH income support for depression and chronic back pain. He has seen psychiatry in the past. He has been taking clonazepam for many years and occasionally asks for an early refill, which has been sanctioned by his doctor. He is presently 10 days early.

How might you approach this case?

What issues does this raise for learners?

Case rationale This case is chosen as it is a more complex case and offers an opportunity to explore self-efficacy and team approaches to insomnia. It also offers an opportunity to explore physicians' perceptions of patients (for example, in contrast to Case 1).

Do you have any other comments or issues you'd like to raise?

Thank you