

Primary Care PST PRACTITIONER INTERVIEW GUIDE – Support Tools

Thank you for speaking with us today. We are interviewing practitioners like yourself because we are looking for ways to support the quality delivery of Problem Solving Therapy by addressing the difficulties therapists encounter while using the intervention.

We are interested in finding out what areas of treatment are challenging, what types of supports are needed when, and how those supports might fit into your existing workflow.

INTRO

1. Do you currently use PST?
 - If yes, how long has it been a part of your personal clinical practice?
 - If no, how long was PST a part of your practice?
 - In what ways are you Involved in PST now? (i.e. are they a trainer/supervisor)
2. How do/did you pick patients that are good candidates for PST?
3. Do you tend to use PST alone or in conjunction with other therapeutic approaches?
4. How has COVID 19 affected how you do PST?
5. Many therapies need some customization due to particular client needs or environmental constraints. Have you found yourself having to adapt the way you conduct PST to make it work?
 - If yes, please describe an example of an adaptation you've made in the past, beyond doing it remotely.
 - If yes, how do you ensure that these customizations don't affect the core parts of PST that are proven to be effective?
 - If no, what is it about PST that you find works well, as-is, for you and your patients?
6. How long are your PST sessions typically?
7. Do you ever find that you are running out of time and need to cut out something?
 - If yes, at what point in the session does this tend to happen?
 - How do you decide what to cut out?
8. Think about cases where PST worked optimally. What made them work well?
9. Think about complex cases you've had using PST. What made them challenging?
10. PST is broken down into steps. *[moderator shares screen and list of the 7 steps]*
Take a look through the steps. Are there areas of PST therapy that you regularly struggle with? (For example, having difficulty facilitating the patient's own brainstorming and not making suggestions.)
11. Are there areas of PST therapy that your patients tend to struggle with?

WORKFLOW

12. If you plan to use PST with a client, is there any preparation you do related to PST prior to the session?

13. What materials or things do you typically have available to you during a PST session?
14. Do you reference previous worksheets in your session? Where are they stored? How do you access?
15. Now that you are conducting PST remotely, has that changed?
16. We are particularly interested in how PST fits into a Primary Care appointment. Can you walk us through your session step by step? For example, do you start the session by reviewing the patient's current or previous PHQ-9 scores? How do you administer it now that you are seeing patients remotely? Where do you find the previous score to compare?
17. What screens do you have open on your computer during a remote session?
18. Do you follow the worksheets when conducting a session remotely? Do you or does the patients fill it out? Do you fill the whole sheet out? How do you get the worksheet to the patient? If patient fills it out, do you document any or all of the content for your records? How?
19. Who is available for you if you want guidance on handling a particular case? Are they familiar with PST?

[Moderator shares screen with cheat sheets]

20. Take a look at these sheets, are you familiar with them?
 - Do you ever use them? Why or why not?
21. Where do you document your sessions? (Chart notes, CMTS, EPIC, EHR?)
 - Do you use them all consistently, or does it vary (and why)?
22. How and when do you and the client document decisions such as action plans/homework? (after session, end of day, next day?)

SUPPORT TOOLS

23. We are considering creating a tool that could help practitioners make better decisions when guiding patients through PST. For example this might be how to structure a session or how to use each step correctly. On a scale of 1-5, with 1 being "not at all" and 5 being "very interested", how interested would you be in using a tool to help you with decision making?
24. Why do you give it a ____?
25. What kinds of decisions would you like support with?
26. We are also considering creating a tool that could help practitioners stay on track when guiding patients through PST (for example when they're dealing a difficult patient or a difficult problem area). On a scale of 1-5, with 1 being "not at all" and 5 being "very interested", how interested would you be in using a tool to help you stay on track with PST?
27. Why do you give it a ____?
28. How could you imagine a tool like this fitting into your existing work process?
29. Would you like it to be an electronic tool or paper based? Why?
30. Are there parts you would want to use on your own? Parts you would want the patient to use? Parts you would want to use together?

31. Do you have any other suggestions about a support tool for PST?
32. As we continue with this project, we are going to invite some practitioners to participate in some co-design session to work with us developing this concept further. Is that something you would be interested in joining and available?