

Supplementary document 1

Nutrition in Later Life: Professionals views' on managing malnutrition in frail older people

Topic Guide for Focus Groups: Community Health and Social care Professionals and community dietitians. INFORMATION SHEET AND CONSENT

A. Presentation to introduce topic of malnutrition and findings from interviews with older people

B. Focus group – participants to introduce themselves. Introduce why we are doing the study – exploratory, understanding your views and experiences, no right or wrong answers. AUDIO record.

1. Firstly, we would like to ask you about your experience of supporting frail older people who may be at risk of malnutrition in [your practice/MDT/nutrition service]. We are focusing on older people living in the **community** in their homes (not residential/nursing care).
 - a) How might you **identify** a frail older person at risk of malnutrition in practice?
Probe: OP presenting with weight/appetite/energy loss?
 - b) Is there anything you **currently provide** for older people at risk of malnutrition?
 - I. What works well? Why?
 - II. And not so well? Why?
 - c) *If they mention screening and referral to community dietician, ask what they do for someone who may be at risk of malnutrition but who are not eligible for referral (ie those at moderate risk).*
2. Now, we would like to ask you about nutrition and hydration in later life.
 - a) What do you think are the **main nutritional needs** of this group?
 - b) What do you think, if anything, may act as a **barrier** for older people eating well in later life?
 - c) What do you think can **help or encourage** older people to make changes to eat more healthily? Examples?
 - d) Do you come across older people who may be at risk of **dehydration**?
 - e) What do you think, if anything, may act as a **barrier** for older people drinking adequately in later life?
 - f) What do you think can **help or encourage** older people to drink more?
 - g) What is your idea of a **healthy diet and fluid intake** for this group (ask ONLY if needed)

3. In your opinion, **what organisations** are best placed to support older people with malnutrition? Why?
 - a. And what **professionals** may be best placed to support older people with malnutrition?

4. **Can anyone deliver this** support with the right training?
 - What type of **training**? (probe content eg knowledge of malnutrition/screening, food first, changing behaviours, communication skills)
 - Do you think this support can be provided in **primary care**?
If yes or no, ask why and what training might they need?

5. If we could **design a new intervention** to support older people at risk of malnutrition who are not eligible for referral what do you think the key features of that intervention would be?
 - a) Style of intervention - opportunistic routine (eg checking BMI at annual flu vaccination for those above 75?) / targeted (to those who are moderately/severely frail, housebound, other?)
 - b) [for GP practices] Who in the practice would be best to deliver this?
 - c) Length of intervention – one-off / follow-up
 - d) One-to-one / group based
 - e) Location of service
 - f) What do you think would help older people sustain such changes to their diet after the intervention?

Summarise a consensus of views if possible

C. Presentation on educational components tailored as appropriate including resource materials

Close and thanks