**STOP-DEM – Deprescribing for People with   
Cognitive Impairment**

Transcript for interview

**P06**

***Please refer to the key to abbreviations on the last page of this transcription***

***Note – interviewed in presence of his brother and sister-in-law, who prompted him on occasions, which is noted in the transcript but not verbatim.***

**INT: So, firstly, we’ll talk through the photos that you kindly took. So, you took one photo here which I will show to you.**

P06: Yes.

**INT: Can you talk me through that photo? What does that tell us about how you manage your medications?**

P06: It tells me I keep taking them.

**INT: Does it tell you anything else?**

P06: No.

**INT: So, you have taken a photo of the cupboard, what have you got there in the cupboard?**

P06: CDs and…

**INT: In the way of medication.**

P06: Oh, not anything. That’s all, isn’t it? (*long pause*) Yeah, just medicines.

**INT: And how do you take that medication?**

P06: I take it once in the morning and one-, three in the morning and one at night.

**INT: So, that’s the tablets. What about the inhalers that I can see there in the cupboard? How often do you take those?**

P06: I take one once a day and the other one, when I’m-, when it’s needed.

**INT: Do you have any assistance with managing your medications?**

P06: No.

**INT: You do it on your own?**

P06: Oh, my carer. One of the carers.

**INT: How often do you have carers?**

P06: Three times a week: Monday, Wednesday and Friday.

**INT: And do they prompt you to take it when they come in?**

P06: Yeah.

**INT: How do you get your supplies of medication? (Pause) So, I can see there that some of them are in what we would call a Dossett box, a nomad box. How do you get those?**

P06: Chemist deliver it.

**INT: They deliver them. Do you have to do any ordering?**

P06: No.

**INT: It just comes up automatically.**

P06: Yes.

**INT: So, is there anything else that you do around managing your medications? (Pause) Anything else anybody else does to support you?**

P06: No.

**INT: So, tell me what helps you with managing your medications? Is there anything that helps you?**

P06: No. (Long pause)

**INT: So, you just remember, you don’t need any reminders.**

P06: No.

**INT: So, you’ve just mentioned there that there are two inhalers therefore that’s six medications in total that you’re taking. How do you feel about the numbers of medications you’re taking?**

P06: Alright. Yeah.

**INT: You don’t think it’s too many, too few?**

P06: No.

**INT: Do you know what all the medications are for?**

P06: (*pause*)

**INT: You don’t need to tell me but just do you understand why you’re taking the different medications?**

P06: Yes.

**INT: So, thinking about your medications overall, can you remember a time when you had a medication review? So, when somebody looked at all of the medications that you’re taking and maybe suggested a change?**

P06: No.

**INT: You’re not aware of that happening.**

P06: No.

**INT: And the medications that you’re prescribed, have they been prescribed by different doctors or have they all been prescribed by your general practitioner?**

P06: Yeah, general practitioner. Yeah, I know, I know the doctors down there got their name on there.

**INT: Have you ever had a hospital doctor prescribe you medication?**

P06: No.

*Family member prompted that he had spent time in hospital and some of the medications were commenced during the admission.*

**INT: So, sometimes doctors or pharmacists or a professional will do a medication review. So, they’ll look at all of your medication and they might decide, and I’m not saying this is going to happen, at some point that one of the medications isn’t needed any more. What are your general thoughts about stopping medication?**

P06: I don’t know. Umm, still take ‘em.

**INT: But if somebody was to suggest you stopped one, how would you feel?**

P06: Well, I-, they know what they’re saying.

**INT: So, you’d go with what they were saying. Would you have any questions you’d want answering?**

P06: No.

**INT: You’d just go with what they were saying.**

P06: Yes.

**INT: Would you see the suggestion that you stopped medication as something unusual? (Pause) Or would you expect that to happen?**

P06: Yeah.

**INT: You do expect at some point that somebody might suggest that a medication needs to be stopped?**

P06: Yeah.

**INT: So, of the medications that you’re currently taking, are there any medications that you would be more concerned about stopping than others?**

P06: No.

*Family member advises he does not think P06 understands why he is taking each of his medications.*

**INT: Has there ever been a time in the past that you can remember where a medication you were taking has been stopped? Either you went into hospital, and they stopped one that the GP was prescribing or the other way around. Anything that you can remember in the past when a medication has been stopped or maybe the dose has been changed?**

P06: Yeah, the dose.

**INT: The dose has been changed.**

P06: Yeah.

**INT: And how did you feel about that? (Pause) What questions did you have when the dose was changed?**

P06: Didn’t have any.

**INT: So, was that a dose increase, or a dose decrease? Can you remember?**

P06: Decrease.

**INT: It was a decrease. Can you remember what the medication was for that was decreased?**

P06: No.

**INT: So, when the medication was decreased, how did that happen? Was that done with your GP?**

P06: Yes. Yes.

**INT: So, was that done as part of a routine appointment or was there a specific appointment for that?**

P06: No, routine.

**INT: And do you remember why it was reduced?**

P06: No.

**INT: When you were having that routine appointment with the GP and the discussion was started about reducing the medication, were you involved in the decision? (Pause) So did you feel like you had a say about whether that dose was reduced or not?**

P06: No.

**INT: So, tell me a bit more about that, about not feeling you had a say.**

P06: I don’t know.

**INT: But you felt that the decision was made without you, so, it was made for you?**

P06: Yeah.

**INT: How did you feel about the decision being made for you?**

P06: Oh, it don’t matter.

**INT: Would you want to have any involvement? If that was to happen again, and a medication was going to be changed, would you want to have any involvement in deciding whether that should happen or not?**

P06: Yeah.

**INT: So, what sort of involvement would you want to have? (Pause) What questions would you want to be asked to feel like you were involved?**

P06: How long I should take them. (Pause)

**INT: So, how long you should take them.**

P06: Yeah.

**INT: Anything else?**

P06: No.

**INT: So, if we go back to that medication that was reduced, what happened after it was reduced? (Pause) Was there any follow-up to see what change that had caused?**

P06: No.

**INT: So, thinking about that, do you think it would be helpful to have follow-up?**

P06: Yeah.

**INT: What might you have done if you’d run into some problems say after reducing that dose?**

P06: Go and see my doctor.

**INT: You’d see your doctor?**

P06: Yeah.

**INT: So, if we were thinking about the ideal situation so, a medication is stopped, or a medication is reduced, and you’ve just said that you think that some sort of follow-up might be helpful, what do you think that should look like? What in an ideal situation would that doctor have done after they reduced that medication?**

P06: I don’t know. (Pause)

**INT: So, for example, if they were to set some follow-up, would that need to be face-to-face? Could it be done over the ‘phone? What’s your view of how that should happen?**

P06: Face-to-face.

**INT: So, why do you feel face-to-face is important?**

P06: It’s better than on the ‘phone.

**INT: So, tell me a bit about why you feel it’s better than on the ‘phone? (Pause) What is it that makes the ‘phone difficult, for example?**

P06: (*coughs*) I don’t know. (Long pause)

**INT: Not sure?**

P06: No.

**INT: Have you ever spoken to a doctor over the ‘phone, had what they would call a consultation on the ‘phone?**

P06: Yeah.

**INT: What did you find difficult about that? Think about that example.**

P06: I wouldn’t find it difficult.

**INT: You didn’t find it difficult?**

P06: No.

**INT: So, why would you have found face-to-face easier? (Pause) Because you said earlier that face-to-face would be easier. What makes that easier than that telephone consultation that you had?**

P06: More information.

**INT: So, if we think again about the medication that was reduced in the past, what would you say went well about that?**

P06: (*coughs*) I don’t know that either.

**INT: Anything that could have been done better?**

P06: No.

**INT: It all went OK.**

P06: Yeah.

**INT: So, thinking back through what you’ve just said, if there was to be a future discussion about stopping medication, how do you think that should best be done? So, I think, from what you said face-to-face would be your preference.**

P06: Yeah.

**INT: Which type of professional is best to do that?**

P06: A doctor.

**INT: Any reason why you feel a doctor would be better than say another professional group?**

P06: No.

**INT: Is there anything about the doctors that you see that make you think that one doctor might be better than another doctor?**

P06: No.

**INT: Do you see the same doctor regularly?**

P06: No.

**INT: You see lots of different doctors.**

P06: Hmm.

**INT: So, if a medication was to be stopped, or the dose was reduced like has happened in the past, what might that do in terms of how you manage your medications? So, what would happen to your box, for example?**

P06: (Pause) I don’t know.

**INT: (Pause) So, if, for example, they wanted you to stop a medication immediately and you’ve already got them all in your boxes, what support might you need to make sure that that happened?**

P06: Yeah, tell the doctor about it. Yeah.

**INT: So, who might you draw on for support?**

P06: My brother.

*Family member adds that his brother is his first port of call if he is unsure of anything.*

**INT: So, if you go to your hospital appointments or your doctor’s appointment, do you usually go on your own?**

P06: Yeah.

**INT: So, sometimes you can get given a lot of information, as you said before, in these appointments, what is put into place to make sure that you can remember what you’ve been told?**

P06: Nothing really.

**INT: So, is that difficult for you in terms of trying to remember what you’ve been told?**

P06: Yeah.

**INT: So, what might make that easier?**

P06: I don’t know what really.

**INT: (Pause) Has anybody ever done something that’s made it easier?**

P06: No.

**INT: Have you ever asked them to do something to make it easier like contact a family member or write it down?**

P06: No.

**INT: So, in terms of stopping a medication, there seems to be a few things there about making sure that you remember that that’s what’s got to happen but actually, not being really sure about how that might come through with your boxes, etc. (Pause) And then a need for some sort of follow-up so that somebody can check-in with you.**

P06: Yeah.

**INT: So, is there anything else that you want to tell me about your thoughts about stopping or reducing medication? Anything that worries you about that?**

P06: No.

**INT: (Pause) So, overall, you would be happy with the idea?**

P06: Yeah.

**INT: Well, that’s all of the questions that I’ve got. So, if you’ve got nothing else to add then I will the recorder off.**

**END OF INTERVIEW**

**Key to abbreviations**

**INT Interviewer**

P06 Respondent

***Audio* file: 21.52 minutes**