

Supplementary files for *What did participants and GPs think of the decision aid about taking aspirin to prevent cancer? : A process evaluation of a RCT in general practice*

Supplementary file A. Female decision aid and video

Aspirin can reduce your risk of bowel cancer BY UP TO 25%

Cancer Council Australia recommends that, if you are between the ages of 50 and 70, speak to your GP about taking low dose aspirin (100-300 mg every day) to prevent bowel cancer.

Aspirin may not be appropriate if you have...

- ✗ Indigestion
- ✗ Untreated high blood pressure
- ✗ Stomach ulcers
- ✗ Blood thinning medication e.g. Warfarin
- ✗ Kidney impairment
- ✗ Untreated H. pylori
- ✗ A bleeding disorder

ARE YOU A WOMAN BETWEEN THE AGES OF 50 - 70?

Reduce your **bowel cancer** risk by taking **aspirin**

Speak to your GP today

Information to support your decision

This brochure will help you

- ✓ Understand the benefits and side-effects of taking low dose aspirin.
- ✓ Decide whether taking aspirin is the right decision for you.

How much aspirin should I take?

- ✓ 100 – 300 mg (e.g. one baby aspirin per day).
- ✓ For a minimum of 2½ to 5 years.

Remember to:

- ✓ Talk to your GP before taking aspirin.
- ✓ Continue regular screening with the poo test (aka FOBT kit) that you receive in the post from the National Bowel Cancer Screening Program.

Aspirin can reduce your risk of bowel cancer, heart disease and stroke but can increase your risk of bleeding from the stomach and gut.

This figure shows **10,000 Australian women between the ages of 50 to 70** after 10 years if they did or did not take aspirin.

	INCIDENCES OF THE FOLLOWING				
	BOWEL CANCER	HEART ATTACK	STROKE	DEATH FROM ALL CAUSES	BLEEDING FROM GUT & STOMACH
NO ASPIRIN	126	311	374	675	53
ASPIRIN	95	298	370	651	65
DIFFERENCE	31 FEWER	13 FEWER	4 FEWER	24 FEWER	12 MORE

Video decision aid for females: https://youtu.be/cDf_3mIJRoU

Supplementary file B. Male decision aid and video

Aspirin can reduce your risk of bowel cancer BY UP TO 25%

Cancer Council Australia recommends that, if you are between the ages of 50 and 70, speak to your GP about taking low dose aspirin (100-300 mg every day) to prevent bowel cancer.

Aspirin may not be appropriate if you have...

- ✗ Indigestion
- ✗ Untreated high blood pressure
- ✗ Stomach ulcers
- ✗ Blood thinning medication e.g. Warfarin
- ✗ Kidney impairment
- ✗ Untreated H. pylori
- ✗ A bleeding disorder

ARE YOU A MAN BETWEEN THE AGES OF 50 - 70?

Reduce your **bowel cancer** risk by taking **aspirin**

Speak to your GP today

Information to support your decision

This brochure will help you

- ✓ Understand the benefits and side-effects of taking low dose aspirin.
- ✓ Decide whether taking aspirin is the right decision for you.

How much aspirin should I take?

- ✓ 100 - 300 mg (e.g. one baby aspirin per day).
- ✓ For a minimum of 2½ to 5 years.

Remember to:

- ✓ Talk to your GP before taking aspirin.
- ✓ Continue regular screening with the poo test (aka FOBT kit) that you receive in the post from the National Bowel Cancer Screening Program.

Aspirin can reduce your risk of bowel cancer, heart disease and stroke but can increase your risk of bleeding from the stomach and gut.

This figure shows what would happen to **10,000 Australian men between the ages of 50 to 70** after 10 years if they did or did not take aspirin.

	INCIDENCES OF THE FOLLOWING				
	BOWEL CANCER	HEART ATTACK	STROKE	DEATH FROM ALL CAUSES	BLEEDING FROM GUT & STOMACH
NO ASPIRIN	178	743	596	1075	104
ASPIRIN	134	707	591	1027	129
DIFFERENCE	44 FEWER	36 FEWER	5 FEWER	48 FEWER	25 MORE

Video decision aid for males: https://youtu.be/p_Ey908EApe

Supplementary file C. General reduce your bowel cancer risk brochure and video

Drink less & live more

Key tips!

- ✓ Drink no more than two standard drinks per day

One standard drink equals

 ONE GLASS OF BEER 285 ml of beer	 ONE SMALL GLASS OF WINE 100 ml of wine	 ONE MEASURE OF SPIRITS 30 ml of spirits
---	---	--

If you choose to drink alcoholic drinks, limit to special occasions

DID YOU KNOW
Almost 1 in 5 Australian adults (18%) consume more than 2 standard drinks per day

Speak to your GP about taking aspirin

Taking a low dose of aspirin every day for at least 2 1/2 years decreases your risk of developing bowel cancer as well as dying from bowel cancer

Please note: the possible harms of aspirin use include a higher than normal risk of bleeding in the stomach or brain. Please discuss with your GP before taking aspirin.

Be physically active!

Key tips!

- ✓ Be physically active and elevate your heart rate every day in any way for 30 minutes or more.
- ✓ Walk or cycle instead of driving to the shops or work
- ✓ Use the stairs
- ✓ Meet a friend and play a sport together
- ✓ Take regular breaks at work

Reduce your bowel cancer risk



Maintain a healthy weight

Key tips!

- ✓ Reduce your waistline to under 94cm for men and 80cm for women
- ✗ Avoid food and drinks that are high in fats and sugars
- ✓ Limit alcoholic drinks
- ✓ Choose fish, poultry or vegetarian options instead of red meat for some meals



DID YOU KNOW
Nearly 2 in 3 Australian adults (63%) are overweight or obese

Eat a healthy diet, limit red & processed meat

Key tips!

- ✓ Aim to eat 2 serves of fruit and 5 serves of vegetables daily
- ✗ Avoid eating processed meats such as bacon, ham, salami and sausages
- ✓ If you eat red meat, limit the amount to 500 grams cooked per week



DID YOU KNOW
Eating 3 servings of wholegrains a day, (brown rice or wholemeal bread) can reduce your risk of bowel cancer

Eat dairy products & take calcium supplements

Key tips!

- ✓ Include dairy products like low-fat milk, yoghurt and cheese in your diet
- ✓ Speak to your GP if you are lactose intolerant about what calcium supplement to take



DID YOU KNOW
Having 400 grams of dairy products per day decreases your bowel cancer risk by 13% and having 200 grams of milk or 200mg of dietary calcium per day decreases risk by 6%

Check for unusual bowel habits & screen

Key tips!

- ✓ Complete the FOBT poo kit when it is delivered to you every two years from the age of 50 years



Quit smoking

Key tips!

- ✓ Quit smoking
- ✗ Avoid exposure to tobacco smoke



DID YOU KNOW
Eating too much red meat has been linked with an increased risk of bowel cancer

DID YOU KNOW
Smoking 40 cigarettes (two packs) per day increases your risk of bowel cancer by around 40% and nearly doubles the risk of bowel cancer death

Call Quitline on **13 78 48** or visit www.quit.org.au



Control video: <https://youtu.be/BzGHxV4-Yw0>

Supplementary file D. Interview Schedule for Participants

- To start, tell me a little about your experience with the trial, how did you find it?
 - Did anything stand out to you? Is there anything that surprised you or anything new you learned?
 - Were you confused or unsure about anything?
- ****If approached via phone****
 - When you were first invited into the study, how did you feel to be contacted by a researcher over the phone?
 - Did it surprise or confuse you?
 - Would you have preferred to be approached in person or via other methods e.g. email, post?
 - Would you be happy to be contacted again over the phone for other research projects?
- Zoom: I will now share my screen with you and show you the brochures we gave you when you started in the study
- ****share screen****
- Telephone: do you have the brochures from the study in front of you?
- ****if they say yes, continue****
- Do you remember receiving this brochure, what we call a decision aid?
 - What did you think about it at the time?
 - Is there anything additional you wished the researcher had discussed? Or anything the brochure doesn't cover?
- Had you ever heard about aspirin being used to prevent bowel cancer?
- What are your perceptions of aspirin being used to prevent bowel cancer?
- What did you think of the brochures and the information in it? Was it clear?
- What did you think of the diagram?
 - Could you understand the diagram?
 - Did the information surprise you at all?
 - How did it make you feel about taking aspirin?
 - Did you show it to your GP?
 - If yes, do you remember what your GP said?
 - Did you show it anyone else? (Specialist, pharmacist, family member, friend?)
 - What did they say about it?
 - What is the biggest thing you learned from the brochure and discussion with our researchers (or with GP/pharmacist/friend etc)
- Are you taking aspirin now? Have you taken it in the last 6-7 months?
 - Can you tell me a bit about why you made that decision?
 - If yes, how did you get your aspirin?
 - Did your GP prescribe it?
 - Did you talk to your pharmacist?
 - Where did you buy it?

- How much did you pay for it? Was cost an issue?
- Was it easy to work out which one to buy?

Did you start then stop taking aspirin?

- Why did you stop taking aspirin?
- What dose are you taking?
- If taking it, did you get any side effects?
 - What kind of side effects did you experience? How did you deal with these side effects?
 - Did you talk to your GP about your side effects or symptoms? What did they do?
- Have you recommended taking aspirin to anyone else?
- Telehealth

****the following questions are only for participants who had the intervention delivered via Zoom****

- I know we conducted your appointment via zoom, is this something you have used in the past?
- How did you find the telehealth consultation?
 - What did you like or not like about it?
 - There are a range of situations throughout the trial that have meant we needed to use telehealth, especially with all the changes we have had in Victoria. What were your reasons for choosing telehealth?
 - In the future, would you participate in another telehealth consultation over video?
- Did you have any technical issues? If so, how were these solved?
- How would you compare telehealth vs in-person consultations? Is there one you prefer?

****ask all participants the following questions, regardless of whether their consultation was delivered F2F or via telehealth****

- Does your GP currently offer telehealth? Do you think you would use it if they did offer it in the future?/have you used it?
- How do you feel about general practice's shift to telehealth and phone consultations due to the COVID-19 pandemic?
- You met with my team over zoom which meant you could see the researcher and they could share resources with you. At the moment, most GPs only do telehealth by telephone, do you think you would feel more comfortable/prefer with video? If so/if not, why?
- Is there anything else you'd like to talk about?

Supplementary file E. Interview Schedule for General Practitioners

- Capture **GP Demographics**
 - Age, sex, full-time/part-time (hours worked per week), bulk billing, or private clinic, rural or urban practice, volume of telehealth consults, specialties
- Can you tell me what you remember about the trial?
- Overview of Trial (*show this to the GP*)
 - Can you recall a patient who's come to talk to you about aspirin following participation in the study?
 - How did it go? Can you recall what happened in the consult?
 - Do you remember if they decided to take aspirin?
 - If a patient asked you about the study, did it significantly affect your practice e.g. did it take too long?
 - Do you routinely talk about preventative medicine with your patients over 50 years old?
 - Show the decision aids
 - Do you remember these?
 - What do you think about it?
 - Do you think it was helpful? And did it influence the way you talked to your patient about taking aspirin?
- What do you think about using aspirin to prevent bowel cancer?
 - Were you aware of the potential benefits and harms of using aspirin to prevent bowel cancer before the trial?
 - Were you aware of the updated RACGP Redbook guidelines regarding aspirin?
 - Has your involvement in the trial affected the way you think about aspirin and talk to you patients about it?
- Did any of your patients experience side effects from taking aspirin?
 - If yes, what symptoms?
 - How did you respond? (PPIs?)
- When would you find the decision aid to be useful for your patients in the future?
 - How would you like to have access to it?
 - Would you ever give it to your patients?
 - Do you currently use any decision aids? Can you tell me about how you use them?
 - Has it changed your attitude about taking aspirin for you or your family?
- Telehealth
 - How would you compare telehealth vs in-person consultations? Is there one you prefer?
 - How do you feel about general practice's shift to telehealth and phone consultations due to the COVID-19 pandemic?
 - Do you remember any patients asking you about the trial over the phone? How did the consultation go?
- Is there anything else you'd like to talk about?