

Guiding Instructions for role-play training with healthcare professionals in the EUthyroid2 study

Why a role-play training?

Preparing the healthcare professionals (HCPs) to conduct the intervention in the EUthyroid2 study is crucial for successful intervention delivery. First, HCPs will be provided with training videos on the intervention via the EUthyroid2 website. The training videos cover information on iodine, the intervention, urine sampling and motivational conversation techniques. Before starting the intervention, practicing the intervention delivery in an in-person training session, which is to be organised by the regional management, will ensure HCPs are prepared to deliver the intervention as intended. The advantages of a role-play training include (1) HCPs can consolidate the information from the videos by retrieving it in practice, (2) increased self-efficacy about educating on iodine, (3) HCPs can ask questions and clarify uncertainties and (4) good intervention adherence and feasibility are being facilitated.

Time & place

The regional management will organise one in-person training session for all HCPs that are involved in conducting the intervention to allow for exchange between HCPs and provide practice opportunities. The training session should last 1-3 hours, to ensure enough time for practice and questions and to avoid straining the healthcare professionals.

The location of the training session requires a large enough room (e.g., meeting room) with space for all HCPs and the possibility to split up and spread out in the room in smaller groups. The in-person training session should take place AFTER HCPs had the opportunity to access the training videos and intervention material, including the checklist for HCPs.

Preparing and running the training session

Table 1. Exemplary in-person training session agenda

| Time | Who? | What? |
|--------------------|--|---|
| Before the session | Facilitators (e.g., regional management staff) | Prepare the room to create a welcoming atmosphere (e.g., chairs in a circle, prepare prompts for presentation and practice, nametags). If possible, consider providing drinks and refreshments (e.g., tea, coffee, biscuits). |
| 10-15 min | Facilitators, HCPs | HCPs arrive. Introductions and nametags. Check attendance (facilitator). |
| 10-15 min | Facilitators | Welcome, short presentation on the agenda, distribute iodine factsheet and checklist for HCPs, facilitators answer any questions from HCPs. |
| 10-15 min | Facilitators | Demonstrate an educational conversation with colleague or a HCP volunteer. |
| 30-45 min | HCPs | In groups of 2-3 people, HCPs practice the educational conversation. 1 HCPs fills the role of the conversation lead, 1 HCPs is the study participant, and 1 HCP will observe and provide feedback to the conversation lead. Take turns until everyone has |

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| | | practiced the role of conversation lead. Facilitators offer support to HCPs when questions arise. |
| 10-15 min | Facilitators, HCPs | Come back as a whole group and reflect on the role-play experience, share feedback and answer any remaining questions. |
| 10 min | HCPs | HCPs complete T2 questionnaires. |
| 10 min | Facilitators | Hand-out certificates, highlight contact details during the intervention period, thank you and goodbye. |
| After the session | Facilitators | Pack-up and clean-up the room. |

Abbreviation: HCP = Health Care Professional

Materials to prepare / bring to the training:

1) Short presentation

Prepare a short presentation in your preferred format (e.g. power point presentation, free talk, poster, etc.) to outline the agenda of the training session. The agenda can be based on the exemplary session timeline, for instance:

1. Welcome and thank you for participating in EU-Thyroid 2 as HCPs
2. Short background of the intervention
3. Content of the educational conversation (refer to training videos, iodine factsheet, checklist for HCPs and if applicable additional country-specific material)
4. Demonstration of an educational conversation
5. Practice educational conversation
6. Reflections, questions, HCPs complete questionnaire, hand-out certificates and goodbye

2) Intervention materials that are relevant for HCPs

Provide the following in appropriate number:

- Iodine factsheet for women
- Checklist for healthcare professionals.
- additional material:
 - Poland, Pakistan, Bangladesh: the family factsheet
 - Norway: the iodine cookbook

3) Additionally provide:

- Nametag (e.g., tape) and pen's
- Training certificates for each HCPs at the end of the training (Appendix 1: Template)
- T2 questionnaires for the healthcare professionals. Please see the SOP on what to consider for handing out the questionnaire and data transfer.
- Optional: Drinks and refreshments