

SNIFS STUDY
Steam inhalation and Nasal Irrigation For recurrent Sinusitis
REC 07/Q1704/69

Part one: Experiences of Sinusitis

1. Could you tell me how severe you feel your sinus problem is to you?

Prompts:

A: What particularly bothers you about your sinus problems?

B: Can you explain to me why this affects you?

2. Could you tell me how often you become affected by your sinus problem?

Prompts:

A: Are they a problem everyday?

B: When did they first become a problem?

C: Do you have times when your sinus symptoms don't affect you?

D: Does your sinus problem prevent you from doing anything? (details of this/how does this make you feel).

3. Could you tell me how you feel about visiting the doctors about your sinus problems?

Prompts:

A: Have you seen any other healthcare professional about your symptoms? (nurse etc)

B: Do you find it helpful to visit a doctor about your symptoms?

4. Do you have any ideas about what could be causing your particular sinus problems?

Prompts

A: Do you think it is something to do with how you are made?

B: Do you think it is to do with bacteria and viruses?

Part two: Experiences and views of treatments

6. What treatments have you used to treat your sinus problems in the past?

Prompts:

A: Can you think of something that worked well?

B: Can you think of something that didn't help at all?

C: *Where did you get the information from for these treatments?*

7. Before this study, had you ever heard about using nasal irrigation?

Prompts

A: How do you feel about it?

B: Do you think it would help to relieve symptoms?

C: Do you think it might have any side effects?

D: How often do you think it should be used for?

E: How have you found using nasal irrigation?

8. Had you heard about using steam inhalation to treat sinusitis before taking part in the study?

Prompts

A: How do you feel about it?

B: Do you think it would help to relieve symptoms?

C: Do you think it might have any side effects?

D: How often do you think it should be used for?

E: How have you found using steam?

9. Have you ever had antibiotics for your sinus problems?

Prompts

A: How did you find using antibiotics?

B: Would you consider using antibiotics again for your sinus problems?

C: Have you heard of any problems with using antibiotics, such as side effects.

D: Have you heard about bacteria becoming resistant to antibiotics?

E: *Where did you hear about these issues (tv, newspapers, GP, others etc)*

Conclusion

10. Are there any other relevant issues we haven't covered that you would like to mention?

11. Are there any questions you that would like to ask me?