

Table E1: Transcript of a hypothetical patient interview with a Nurse-RTT, illustrating interactions in relation to managing odynophagia with pain medication

- Nurse :** You mentioned last week your throat felt a bit sore during breakfast. How do you feel now?
- Patient :** *I had a really bad sore throat yesterday. I couldn't eat, so I had yoghurt for dinner last night. I ate my usual breakfast this morning.*
- Nurse :** Are you aware of any other problems? Have you been coughing? Do you think you have a cold?
- Patient :** *I don't think I have a cold. I haven't been coughing and I don't have a fever.*
- Nurse :** Is your throat painful all the time, or only when you eat and drink?
- Patient :** *I felt pain all day yesterday. Today it's been a little better. But it hurts a lot when I drink coffee!*
- Nurse :** Swallowing something hot or cold will make the pain momentarily worse. I advise you to take food and drink at moderate temperature. Try to avoid crunchy or fried foods, since those can also make the pain worse. It's normal to get a sore throat during radiotherapy. How bad would you say the swallowing pain is this week? Is it bearable?
- Patient :** *Mmm, maybe it is just bearable right now. But I'm quite anxious that it will get more painful, then I don't think I can eat well enough to take care of myself. What should I do?*
- Nurse :** We understand, and we're always here to help. It is very important that you eat and drink adequately. Do you feel you can get by with some over-the-counter medicine, like paracetamol or throat spray?
- Patient :** *I want to give that a try first. But can I tell you if the pain gets worse?*
- Nurse :** Of course! If the pain gets worse or if you feel it has become unbearable, then we will talk about starting some prescription pain medication. Be aware that stronger pain medication can cause some other side effects for you. This week, I'd like you to keep to over-the-counter medications.
[Nurse notes acute esophagitis Grade 1 and nil for PMO]