

Supplementary file 1 – Survey

A survey of rheumatology health professionals' awareness and use of physical activity measurement

Demographics

Q 1. Are you – Male/ Female

Q 2. What age category are you in?

18 to 24

25 to 34

35 to 44

45 to 54

55 to 64

65 to 74

75 or older

Q 3. What is your profession?

Physiotherapist

Nurse

Occupational Therapist

Other (please specify)

Q 4. How many years are you qualified?

Q 5. How many years are you working within Rheumatology?

Q 6. Where is your Place of Work? (more than 1 choice is possible)

Hospital - Part/time

Hospital - Full/time

Primary care (PCCC) - Part/time

Primary care (PCCC) - Full/time

Private Practice - Part/time

Private Practice - Full/time

Other (please specify)

Q 7. On a monthly basis what is the percentage of people with inflammatory arthritis that you treat?

< 5%

6-10%

11-25%

26-50%

51-75%

76-100%

Physical Activity Measurement

Physical Activity is important for people with Arthritis. While the measurement and monitoring of same can be a challenge, it has a number of essential uses. The following questions are concerned with the more popular ways in which Physical Activity is monitored. Better knowledge and understanding of patient's current use and barriers will guide the evidence base and future practice of health promotion. You will be asked questions on the following devices:-

SIMPLE BODY-WORN SENSOR

This type of device comes in one piece and measures your physical activity automatically. You wear it directly onto your body from where you can read the output immediately from the display of the device itself (e.g. pedometer, accelerometer, smartphone worn on your body).

COMPLEX BODY-WORN SENSOR

This type of device comes in multiple pieces and measures your physical activity automatically. You wear it directly onto your body and to read the output of your results you need a link to another device (e.g. watch with wireless link to a smartphone application or website, heart rate monitor with wrist band).

PAPER QUESTIONNAIRE

This is a paper survey with questions regarding the physical activities (e.g. walking) you performed over a certain time period (e.g. last week).

PAPER DIARY

This is a paper agenda where you can write down the physical activities (e.g. walking for an hour) you performed over a certain time period.

DIGITAL QUESTIONNAIRE

This is a digital survey on a smartphone, tablet or computer with questions concerning the physical activities (e.g. walking) you performed over a certain time period (e.g. last week)

DIGITAL DIARY

This is a digital agenda where you can digitally select/type in your physical activities (e.g. walking for one hour) mostly on an hour-to-hour or daily basis

Q 8. Do you think it is important to measure physical activity?

Yes / No

Q 9. Why do you/don't you think it is important to measure physical activity?

Q 10. Please rate your confidence in using each of the following devices/ways in monitoring physical activity? (0 is not confident and 10 is very confident)

0 1 2 3 4 5 6 7 8 9 10

SIMPLE BODY WORN SENSOR not linked to other devices (Pedometer/Accelerometer/Watch)

COMPLEX BODY-WORN SENSOR linked to digital sources (Wireless/GPS)

PAPER QUESTIONNAIRE

PAPER DIARY

DIGITAL QUESTIONNAIRE (Smartphone, tablet)

DIGITAL DIARY

Q 11. Please rate your confidence in educating a patient with inflammatory arthritis in how to use each of the following devices/ways in monitoring physical activity? (0 is not confident and 10 is very confident)

0 1 2 3 4 5 6 7 8 9 10

SIMPLE BODY WORN SENSOR not linked to other devices (Pedometer/Accelerometer/Watch)

COMPLEX BODY-WORN SENSOR linked to digital sources (Wireless/GPS)

PAPER QUESTIONNAIRE

PAPER DIARY

DIGITAL QUESTIONNAIRE (Smartphone, tablet)

DIGITAL DIARY

Q 12. Please rate your confidence in interpreting data from each of the following devices/ways in monitoring physical activity, in a clinical setting? (0 is not confident and 10 is very confident)

0 1 2 3 4 5 6 7 8 9 10

SIMPLE BODY WORN SENSOR not linked to other devices (Pedometer/Accelerometer/Watch)

COMPLEX BODY-WORN SENSOR linked to digital sources (Wireless/GPS)

PAPER QUESTIONNAIRE

PAPER DIARY

DIGITAL QUESTIONNAIRE (Smartphone, tablet)

DIGITAL DIARY

Q 13. The following questions are in relation to SIMPLE BODY-WORN SENSOR

Do you use Simple body-worn sensors in your work with patients who have inflammatory arthritis?

Yes No

Q 14. Why do you/don't you use a Simple body-worn sensor with your inflammatory arthritis patients?

Q 15. Are there any barriers to you in using a Simple body-worn sensor in your clinical setting?

Yes No

Q 16. If Yes, please choose from the following (Multiple answers are possible)

I do not understand why using a simple body-worn sensor would be important

I am not interested in using that type of device

It feels impersonal

It is too expensive

I do not have access to proper equipment

It takes too much time

I do not know what to do with the results

I do not believe that the results are accurate

I do not have anyone to talk to about the results

I have difficulties in operating the device

Other (please specify)

Q 17. What would make it easier for you to use a Simple body-worn sensor in your clinical setting?

Q 18. The following questions are in relation to COMPLEX BODY-WORN SENSOR

Do you use Complex body-worn sensors in your work with patients who have inflammatory arthritis?

Yes No

Q 19. Why do you/don't you use a Complex Body-Worn Sensor with your inflammatory arthritis patients?

Q 20. Are there any barriers to you in using a Complex body-worn sensor in your clinical setting?

Yes No

Q 21. If Yes, please choose from the following (Multiple answers are possible)

I do not understand why using a complex body-worn sensor would be important

I am not interested in using that type of device

It feels impersonal

I do not have access to proper equipment

It is too expensive

It takes too much time

I do not know what to do with the results

I do not believe that the results are accurate

I do not have anyone to talk to about the results

I have difficulties in operating the device

Other (please specify)

Q 22. What would make it easier for you to use a Complex body-worn sensor in your clinical setting?

Q 23. The following questions are in relation to PAPER OR DIGITAL QUESTIONNAIRE

Do you use Questionnaires in your work with patients who have inflammatory arthritis?

Yes No

Q 24. Why do you/don't you use Questionnaires with your inflammatory arthritis patients?

Q 25. Are there any barriers to you in using Questionnaires in your clinical setting?

Yes No

Q 26. If Yes, please choose from the following (Multiple answers are possible)

I do not understand why using a questionnaire (Paper or Digital) would be important I am not interested in using that type of device

It feels impersonal

I do not have access to proper equipment It is too expensive

It takes too much time

I do not know what to do with the results

I do not believe that the results are accurate

I do not have anyone to talk to about the results Other (please specify)

Q 27. What would make it easier for you to use Questionnaires in your clinical setting?

Q28. The following questions are in relation to PAPER OR DIGITAL DIARY

Do you use Diaries in your work with patients who have inflammatory arthritis?

Yes No

Q29. Why do you/don't you use Diaries with your inflammatory arthritis patients?

Q30. Are there any barriers to you in using Diaries in your clinical setting?

Yes No

Q 31. If Yes, please choose from the following (Multiple answers are possible)

I do not understand why using a diary (Paper or Digital) would be important I am not interested in using that type of device

It feels impersonal

I do not have access to proper equipment It is old-fashioned

It is too expensive

it takes too much time

I do not know what to do with the results

I do not believe that the results are accurate

I do not have anyone to talk to about the results Other (please specify)

Q 32. What would make it easier for you to use Diaries in your clinical setting?

AEROBIC CAPACITY TESTING

Q 33. Please rate your familiarity with the following tests used in assessing aerobic capacity

Very familiar Somewhat familiar Vaguely familiar Never heard of

Bicycle Ergometer

Treadmill

Aerobic Capacity Tests i.e. Walking/Running

Q 34. Please list any other aerobic capacity tests that you are familiar with and/or have heard of

Q 35. Please rate your confidence in instructing your patients with inflammatory arthritis in performing aerobic capacity tests (0 is not confident and 10 is very confident)

0 1 2 3 4 5 6 7 8 9 10

Level of Confidence

Q 36. Please rate your confidence in interpreting the results from aerobic capacity tests (0 is not confident and 10 is very confident)

0 1 2 3 4 5 6 7 8 9 10

Level of Confidence

Q 37. Do you use aerobic capacity tests in your daily work with patients who have inflammatory arthritis?

Yes No

Q 38. If yes why do you use aerobic capacity tests?

Q 39.If no why don't you use aerobic capacity tests? (Multiple answers are possible)

I do not have time

I do not have the proper Equipment

I do not know how to perform such a test

I do not know how to analyse the data

My patients are in too poor condition

I do not think it is important

Other (please specify)

Educational Needs

Q 40. Would you be interested in further education around aerobic capacity measurement?

Yes No

Q 41. Would an online module on aerobic capacity measurement be of interest to you?

Yes No

Q 42. If No what alternative format would you prefer?

Q 43. Would you be interested in further education around measuring physical activity?

Yes No

Q 44. Would an online module on physical activity measurement be of interest to you?

Yes No

Q 45. If No what alternative format would you prefer?