

## Translation of the questionnaire for clinicians – PIE=M project

Thank you for participating in the survey of the *Physicians Implement Exercise in Medicine (PIE=M)* project. This survey concerns your experiences in discussing an active lifestyle with patients and referring patients to appropriate exercise options. This could be giving general advice to the patient to become more physically active, or coaching a patient towards a more active lifestyle. Active lifestyle referral can also entail referring to a local sports club, a walking group, an exercise program of a physiotherapist, the neighborhood sports coach, a combined lifestyle intervention, the exercise and sports counter or a sports medical institution.

By completing this questionnaire you give permission to the researchers of the Amsterdam UMC and the UMCG to use the information for scientific research. The data is treated anonymously and your privacy is fully guaranteed.

Completing the questionnaire will take a maximum of 10 minutes.

If you have any further questions, please contact researcher: XXXX.

We start off with a number of questions regarding yourself.

**1. What is your gender?**

- Male
- Femal
- Other

**2. How old are you?**

..... year

**3. Where do you work?**

- Amsterdam UMC – Rehabilitation medicine
- Amsterdam UMC – Oncology
- UMCG – Rehabilitation medicine
- UMCG – Orthopedics
- UMCG – Sports medicien
- Other, namely .....

**4. What position do you have?**

- Medical physicians
- Specialist registrars
- Nursing specialists
- Physician assistants
- Other, namely .....

**5. How many years have you worked in this position??**

- ..... jaar

**6. Which type of patients do you usually treat?**

.....

The following questions concern exercise guidelines.

**7. Are you familiar with the 2017 physical activity guidelines of the Dutch Health Council?**

*It states, among other things, that it is healthy if adults move at least 2.5 hours (150 minutes) every week.*

- Yes
- No

**8. Are you familiar with specific exercise guidelines or standards for your patient population?**

*Such as condition specific exercise guidelines or standards, lifestyle guidelines and / or other standards.*

- No
- Yes, namely.....

The following questions are about your experiences with discussing an active lifestyle and referral to appropriate exercise options. You can think of giving general advice to the patient to exercise more. In addition, the questionnaire is also about referring to a local sports club, a walking group, an exercise program of a physiotherapist, the neighborhood sports coach, a combined lifestyle intervention, the exercise and sports counter or a sports medical institution.

**9. Do you, as a clinician, feel that you have a role to play in promoting an active lifestyle in your patients?**

- No
- Yes, but a limited role
- Yes, a (very) important role

**10. Who do you think are most responsible for promoting an active lifestyle in patients?**

**(Multiple answers possible)**

- The patient him/herself
- The clinician
- The physiotherapist
- The lifestyle consultant
- The providers of sports in the community
- The municipality
- The government
- Other, namely....

**11. Do you discuss an active lifestyle with your patients?**

- o No, never << go to question 13 >>
- o Yes, if the patient explicitly asks for it
- o Yes, with specific patient groups
- o Yes, if relevant to the health complaint of a patient
- o Yes, if relevant to the general health of the patient (regardless of the current complaint)
- o Yes, otherwise namely: .....

**12. Could you estimate the percentage of cases in which you discuss an active lifestyle with your patient?**

- o Less than 20%
- o 21-40%
- o 41-60%
- o 61-80%
- o 81-100%
- o I don't know

**13. Who in your department does refer patients in the context of an active lifestyle?\***

*(Multiple answers possible)*

- o Medical physicians
- o Specialist registrars
- o Nursing specialists
- o Physician assistants
- o Physiotherapist
- o Lifestyle coach
- o Nurse
- o Medical administrative staff
- o I don't know
- o Other, namely:.....

\* The results of this question are presented in appendix 3

**14. How do you advise your patients in the context of an active lifestyle and appropriate referral options?**

*(Multiple answers possible)*

- I give general advice to be more physically active
- I discuss the 2017 physical activity Guideline of the Dutch Health Council
- I give specific advice to start doing a certain activity
- I make a specific agreement with the patient / client to do a certain type of physical activity
- I conduct a 'traditional' referral with a referral letter
- Other, namely...

**15. Which physical activity options do you discuss with your patients?\***

*(Multiple answers possible)*

- I have no insight into the referral / exercise options for my patients
- Regular physical activity options (such as a fitness center or (un)organized sports)
- Low-threshold physical activity options (for example "elderly gymnastics" or walking groups in the area)
- Specific referral to a physiotherapist and / or an exercise program at the physiotherapist
- A "exercise broker" (such as Sports and exercise counter of a rehabilitation center, a neighborhood sports coach or combination officer)
- A combined lifestyle intervention (for example "Exercise cure", "COOL", "SMARTER!")
- Self-organized physical activity (such as walking, jogging, but also gardening, walking (with the dog) or cycling) in free time
- Active commuting
- Lifestyle consultant within the department or in the hospital (for example the Lifestyle Guide within the Sport Medical Center within UMCG)
- A sports physician / sports medical institution for exercise diagnostics / risk analysis in combination with personalized exercise / training advice.
- the Exercise Coach +
- Physiotherapist within the hospital
- Other, namely .....

\* The results of this question are presented in appendix 3

**16. These questions concern your opinion with respect to discussing an active lifestyle with your patients.**

*Please indicate per statement to what extent you agree*

	Totally disagree				Totally agree
<b>a.</b> As a clinician, I find it important to discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>b.</b> I consider it my task / responsibility to discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>c.</b> My colleagues find it important that I discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>d.</b> My department head thinks it is important that I discuss an active lifestyle with patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>e.</b> I have sufficient knowledge to discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>f.</b> I have sufficient skills to discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>g.</b> I think that discussing an active lifestyle is effective in positively influencing a patient's lifestyle	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>h.</b> I am motivated to discuss an active lifestyle with my patients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>i.</b> Discussing an active lifestyle with patients is in line with the policy of our team	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

**17. Can you name the three main reasons why you are discussing an active lifestyle with your patients and / or referring your patients in the context of an active lifestyle?**

*You can think of improving the general health of the patient, remedying complaints, preventing and / or treating lifestyle-related disorders, reducing medication consumption, in preparation for an operation, etc.*

Reason 1	.....
Reason 2	.....
Reason 3	.....

**18. Can you name the three main reasons why you DO NOT ALWAYS discuss an active lifestyle with your patients and / or refer your patients in the context of an active lifestyle?**

*You can think of: too little time during the consultation, lack of knowledge, lack of referral options, other priorities in the treatment of the patient, costs / reimbursement of exercise offer, patient motivation, etc.*

Reason 1	.....
Reason 2	.....
Reason 3	.....

**19. Can you describe with which patient group you (would like to) discuss an active lifestyle?**

*Think of characteristics of the patient such as age, diagnosis, lifestyle and co-morbidity.*

.....

**20. How much time does it take your or do you think it would take you to discuss an active lifestyle with a patient during a consultation?**

..... Minutes

**21. What has ever helped you or could help you to discuss an active lifestyle with your patients and / or to refer patients to exercises options?**

.....

**22. Do you have additional comments or suggestions?**

.....

**23. Would you be available to participate in a follow-up interview ?**

- Yes, please leave your email adress here
- No

This is the end of the questionnaire. If you click on "Send" below, your data will be saved. Thank you very much for participating in our study.