TRANSLATION QUESTION ROUTE CLINICIANS PIE=M project

Introduction

Thank you for your willingness to participate in this interview for the Physicians Implement Exercise is Medicine (PIE = M) project. In this interview we discuss your experiences with discussing and advising on a physically active lifestyle with patients and referring patients to appropriate exercise or sports options. You can think of giving general advice to the patient to exercise more in daily life. In addition, the questions also concern referring to a local sports club, a walking group, an exercise program by a physiotherapist, the neighborhood sports coach, a combined lifestyle intervention, the exercise and sports counter or a sports medical institution.

The interview will last a maximum of one hour. Before we start the interview, I would like to ask you to sign a consent form. By signing this form you consent to participate in the study, that this conversation will be recorded and typed out later and that we may also use the information you provide today as research data with respect to "exercise is medicine".

<signing of consent form >

I will start the recording now so we can start the interview.

<start recording >

Demografic information *[prior to the interview, the researcher completes in details where possible and checks these during the interview]*

To start, I would like to ask some general questions about your position (if there are still things left empty).

What is your age?	Year
What is your gender?	Male/Female/other
Where do you work?	o Amsterdam UMC – Rehabilitation medicine o Amsterdam UMC – Oncology o UMCG – Rehabilitation medicine o UMCG – Orthopedics o UMCG – Sports medicine o Other, namely…..
What position do you have?	o Medical physician o Specialist registrar o Nursing specialist o Physician assistant o Other, namely…..
Departmenthead	o Yes/No
How long have you been employed in this function?	year
Which patient group do you usually treat?	

Domain	Questions and prompts
Current status of the implementation of E=M within the department	- *<Let the interviewee first tell their own story>* Do you sometimes discuss a more active lifestyle with your patients? How does this work in practice? (prompt: give advice, explain exercise guidelines and standards or exercise options, ask patients about good and bad experiences) - In which patient group do you discuss an active lifestyle? And why precisely this group? (prompt: resolving complaints, comorbidity, mental problems, medication, mobility, on the initiative of the patient, etc.)? - Do you consider discussing a physically active lifestyle as part of the treatment / or as something extra focused on lifestyle? - What is the opinion of your colleagues on this topic? - If you consider the timeline of treatment, when do you discuss an active lifestyle? (prompt: at intake, during or after treatment / intervention)

	o For what purpose do you discuss an active lifestyle: (prompt: avoid deterioration; maintain current situation; achieve progress) - If you refer a patient with respect to a more active lifestyle, what does this look like? (prompt: physical activities in daily life, usual exercise providers, physiotherapist, lifestyle coach, specific exercise interventions for patient population) o What does the referral entail? (prompt indication, referral, funding, etc.) o What should the referral ential in ani deal situation? - What do you expect or hope to achieve if you discuss an active lifestyle with a patient? - What are the advantages of discussing an active lifestyle and possible referral to exercise options for you as a clinician? *(Ask for each level how things work in practice → inquire if colleagues have the same opinion?)* *NOTE: ask about both facilitating and hindering factors!* - What other factors influence your decision to enter into a conversation with the patient about a more active lifestyle and refer patients to appropriate exercise options (prompt: knowledge, skills, motivation, time, support, patient characteristics, etc.) - Are there other factors at the organizational level, i.e. within the hospital / or your department, that play a role in whether or not to discuss an active lifestyle and / or referring to a suitable exercise options? (prompt: policy, support from manager, support from colleagues, not part of care path, finances, link EHR, etc.) - Are there other factors in the wider context that have an influence? (prompt: health insurer, affordability of exercise options for patients, etc.).
Preferences for support of clinicians (requirements) and strategies	Based on a previous needs assessment among clinicians, we have already taken a first step in devising a support structure for clinicians to assist then in discussing an active lifestyle with patients and referring patients to appropriate exercise options. Introduce picture E = M tool idea (use slide) and explain link with EHR. - How does this idea fit within the existing procedures? What are the pros and cons? - What would be needed to make this idea work? What can support the implementation of this idea? (prompt: knowledge, skills, importance for the patient, exercise offer, digital tool, link EHR, etc.) - How do you think we can optimize embedding? - Which professionals should be involved in the continued development? - Refer to the aforementioned patient group: Does this fit that patient group or are there other patient groups where you think this may also work? *(PROMPT: check whether solutions for the main barriers have been discussed)*

Wrap-up

This was my last question. Are there any other things we haven't discussed that you think are relevant to this project?

Explain next steps: interviews will be processed in combination with questionnaire, facilitators and barriers will be mapped, potential solutions will be discussed during an expert meeting, the solutions will be translated into materials for the pilot that will start September 2019.
- Are there any other colleagues who you think may be of help for this project?
- Would you be willing to participate in the user test panel?
Thank you so much for your participation! *<Stop recording>*