

Appendix 2

Topic guide and protocol

Welcome

- Welcome to this group discussion about your experiences after physical injury.
- Moderators introduce themselves with their name and function.

- Aims for today

Recent research shows that a large proportion of people who sustained physical injury experience a reduced quality of life and are unable to work for longer periods of time or have not returned to work at all after two years. It is, however, unclear which problems these people encounter and what needs they have for aftercare. The purpose of these group discussions (we do seven in total) is to gain insight into the experiences and needs of people with physical injuries in relation to recovery and work. Based on the insights gathered from these discussions, we hope to contribute to tailoring aftercare to the needs of patients in the future.

- What does the meeting look like? What to expect?

Today, we have invited people who had a physical injury to their arm or leg up to five years ago. You have come together as a group to discuss your experiences, needs and opinions regarding recovery, aftercare and counseling after a physical injury. This meeting today will last about an hour and a half and consists of three parts. The first part will be about your experiences with recovery in general. The second part will be about your experiences with recovery in relation to work. The third and last part will be about your experiences with aftercare and ideas to improve it.

We will ask you several questions and would like to hear your answers. It is okay to respond to each other. Everyone is free to say what he / she likes to say, there are no right or wrong answers. It's all about what you think and why you think it. There is no need for you to agree with each other. It is most important that the opinions of all of you are voiced. Everyone is given the opportunity to provide his / her opinion. Please try not to interrupt each other.

This is the first time we conduct an online group conversation, so we are very curious to find out how this will turn out and what you think of it. As already mentioned in the email before, you can call [insert name of assistant] for assistance in case of technical problems. [insert contact details of assistant].

If you would like to say anything, you can raise your virtual hand. In the list at the bottom of your screen you will see a number of symbols, including a virtual hand icon. When you click on this icon, you raise your virtual hand. If you click on it again, your virtual hand is lowered.

If you don't want to answer a certain question, feel free to say so.

If you do not feel well during or after the conversation, please contact [insert name of assistant] or [insert name of moderator]. We will try and find out how we can best support you.

- Important information: anonymity and independence

An audio-recording is made of this group discussion, as indicated in the information pack. This recording is made so we are able to transcribe and process the discussion properly. These transcripts will not contain your names and will not be traceable to individuals.

- Questions?

Before we proceed, do you have any questions? [...]. Okay, then we will turn on the voice recorder and start the audio-recording now.

Introduction

Could you please mention your name and briefly indicate (in one sentence) why you are participating in this group discussion? For instance, my name is [...] and my motivation to participate in this study is [...].

Experiences with recovery

We would now like to talk to you about your experiences with recovery, the things that you perceive as difficult and the things that went well and perhaps have helped you.

1) Right now, what is most important to you to live a fulfilling life?

2) What impact has the injury had on your lives? Regarding:

- a) physical health
- b) mental health
- c) daily life
- d) private lives
- e) values/norms/general approach to life
- f) social contacts
- g) personality
- h) work (this will be discussed later on)

3) What does recovery mean to you?

4) How do you know when you will have recovered from your injury?

5) How have you experienced the process of recovery?

- a) What has been difficult and how did you deal with it?
- b) What went well?
- c) Who or what has helped you?
- d) What has been lacking? What could have gone better?

6) What concerns or doubts do you have about your future?

7) What hopes or dreams do you have for your future?

Experiences with retaining, losing and/or returning to work

Now, we would like to talk to you about how you experienced your return to work. For instance, we would like to talk to you about the changes that occurred in your work situation after sustaining the injury, how you are dealing with them and the support you had.

8) What are three words that best describe what work means to you now? What is important to you?

9) What was the impact of the injury on your work and what impact does it still have at this moment?

In terms of:

- a) changes in what work means to you
- b) job satisfaction
- c) work ethic
- d) changes to your work situation
 - not working
 - temporarily not working / working less hours in the same job

- continue working in the same job
 - job change
 - e) functioning (e.g., energy, concentration, walking, sitting for long periods of time, use of your hands, etc.)
 - f) relations with others (e.g., colleagues, supervisors, clients).
 - g) expectations from people around you
 - h) expectations of yourself
- 10) How are you dealing with these work-related changes ?
- a) What has been hard or difficult?
 - b) What went well? What has helped you?
 - c) To what extent did you feel supported in this process? By whom (e.g., colleagues, supervisors, the occupational physician, the employee insurance agency (government))?
 - d) What could have gone better?
- 11) To what extent and in what way are you able to achieve what is important to you in your work?
- a) What concerns or doubts do you have about your future regarding work?
 - b) What hopes or dreams do you have for your future regarding work?
 - c) What do you need to be able to return to work or to function (even) better at work?

Experiences with and needs for aftercare and guidance

We would now like to talk to you about aftercare and guidance. By this, we mean all care that is aimed at promoting your quality of life.

- 12) What aftercare and guidance did you receive? How did you experience this?
- a) From the hospital, regarding doctors, nurses, physiotherapists, psychologists:
 - What was positive or useful?
 - What was lacking or should be improved?
 - b) From outside the hospital, regarding occupational physicians, general practitioners, psychologists, therapists, social workers, etc.:
 - What was in your experience positive or useful?
 - What was lacking or should be improved?
- 13) What would optimal aftercare and guidance look like?
- a) What should be the focus?
 - information provision
 - medical follow-ups
 - non-medical support (e.g., psychological, social, etc.)
 - coordination and collaboration between all healthcare providers involved
 - b) When should this be provided (e.g., immediately after the injury, during the primary treatment or only after primary treatment)?
 - c) By whom should this be provided?
 - d) In what form should this be provided (e.g., as a digital application)?
- 14) If you could pass on a final message on improving care for people with physical injury, what would this be?

Ending the discussion

- We have come to the end of our discussion and would like to thank you for your time and willingness to share your experiences.
- If something comes to mind later that you would like to share with us, you can always contact us by email.
- We will keep you informed of general results and conclusions.
- Thanks again for your participation. You will receive the gift-voucher by mail.