

## Online Supplement

### Understanding the Patient Experience of Home-Based Pulmonary Rehabilitation With Health Coaching for COPD: A Qualitative Interview Study

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#### QUALITATIVE FEEDBACK: HOME PULMONARY REHAB SYSTEM

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**Introduction:** We are interested in hearing more about your experience with the home pulmonary rehabilitation program. Your input will help us understand how well the program is working. This information will also help us make any necessary improvements for patients in the future.

#### **The Patient: Baseline**

Before I ask you about the program specifically, I'd like to learn more about you and your experience with your lung condition, if that's okay.

1. Imagining yourself before the rehabilitation program, what was it like to be living with COPD? How were you feeling about what this condition meant for you?
  - a. What did you find most challenging regarding your lung disease or condition?
  - b. What were you most hopeful to work on regarding your health/lung disease or condition?
2. Prior to the program, what did your average day look like in terms of your activities?
  - a. How much of your day-to-day life was affected or impacted by this lung disease or condition?
  - b. How did your condition impact activities with others, such as family or coworkers?
3. Can you tell me about the symptoms you were experiencing (most days)?
  - a. What challenges, if any, did you have managing symptoms or getting care that you needed?

#### **Program introduction**

Thanks for helping me learn about you and understand your experience with this condition. I'd like to ask you some more specific questions about your experience with this home rehabilitation program now, but please feel free to share any information—as we go—that you think would help me understand the program or what it means for you or your condition.

4. How was the program first described to you?
  - a. What do you think were the reasons that you were invited to be a part of it?
5. What were some of the reasons you were interested in the program?
  - a. Did you have other options for pulmonary rehabilitation that you were also considering? If so, what made you choose this option?
6. Did you have any goals you wanted to achieve in terms of your health or any other aspects of your life (probe for function, quality of life, etc.) before entering the program?
7. What reservations or worries did you have about participating, if any? Why?

#### Program experience

8. The actual program has several pieces to it. The way each person uses the program, including how much they do most days, might vary, and that's fine. Can you describe for me what your rehabilitation routine looked like on an average day while you were in the program?
9. As I mentioned, the program has several components, including activity trackers, tablet exercises, and a health coach. Were there parts of the program that you enjoyed more than others or found worked better for you?
10. What did you find hardest about going through the program? And why?
  - a. *(If an item reflects an aspect of the program itself):* What was it about that particular part of the program that made it so specifically challenging?
  - b. Were you able to overcome those challenges?-If yes, how? If not, why?
    - A. *[If participant had goals before or during the program]* We talked earlier about expectations before you entered the program. As you were going through the program, how did you reflect on those goals, if at all, or adapt or add new goals?
  - c. How did you think about success as you were moving through the program?
    - A. *[If participant had no goals before starting]* We talked earlier about expectations before you entered the program, and it sounds like you didn't have many expectations or goals going in. As you were going through the program, did you develop any new goals?
  - d. How did you think about success as you were moving through the program?
11. Now that you have finished the program, how effective do you think the program was for you? *(Probe for health behaviors like exercise)*
12. Were there any benefits to participating that you didn't anticipate?
13. How about drawbacks?

### **The Patient: Post-Intervention**

Now that you have officially completed the program, we are interested in how much people continue to use or benefit from the program, if at all.

14. Can you tell me a bit about your day-to-day activities now on an average day? (*Probe for daily function and any types of health behaviors/exercise*).
  - a. What impact (if any) does this program still have on your daily life?
  - b. What health behaviors or changes (if any) do you imagine continuing in the future because of the program? Why or why not?
15. Are there aspects of the rehabilitation program that you keep up—either things that were a part of the program or others?
  - a. What makes it easier / harder to keep up with the rehabilitation activities you enjoy?
16. This is the first time this program has been available for people with your type of lung condition. Now that you've been through the program, what are your thoughts about this type of program for people with your condition?
  - a. [*If the participant has done other types of rehabilitation program before*] How does this program differ from rehabilitation programs you've done before, if at all?
17. We talked earlier about what it was like living with COPD prior to your participation in the program. Is there anything new you learned about your lung disease/condition after completing the program?
18. We also talked about what you found most challenging regarding life with your lung disease/condition before the program. Did you find that this program helped you face what you found most challenging?
19. What more could a program like this do for people with your condition?

### **Closing**

20. Given your experience of living with COPD and your expertise of this condition and the rehabilitation program, what would you say to a patient who is considering participating in the program?
21. Given your expertise, what would you say to the program director in charge of this pulmonary rehabilitation program?
  - a. Do you have any recommendations to improve the experience of this program for future participants?
  - b. Is there anything you think was overlooked by the director or your health coach during this program?
22. What else should I know about your experience with this program?