

Patient interview schedule

Preamble about purpose of interview, expected length of time, arrangements should they wish to stop the interview at any point, purpose of the tape recorder and ensure they are happy for this.

Perceptions around recovery

Explain to the participants

- **First set of questions will ask about how they feel having cancer has affected them**
- **How they feel about things and the future now that their first line treatment is completed**
- **What they think they can do to reduce a risk of recurrence and to help improve their general health and wellbeing.**

Q1: Can you tell me whether you think that having cancer has had a negative impact on your ability to function in the world e.g. at work, in the home and in your community?

Q2: How do you feel about the future and your general health now that you are recovering from surgery?

Q3: What do you think can reduce your risk of a recurrence of cancer?

Q4: What do you think can improve your general health?

Evaluation of the programme

Explain to the participants

- **next set of questions will ask about their experiences and views of the cardiac rehabilitation programme that they attended.**

Q5: What were you expecting from the cardiac rehabilitation/how were you hoping it would help?

Q6: Overall, do you feel it met your expectations and needs?

Q7: Overall, how helpful did you find being involved in the programme?

Explain to the participants

- next few questions will then ask about whether and how the programme has helped in specific ways such as improving physical capacity, general health, emotional wellbeing, etc
- then we will ask participants to specify which parts of the programme they felt helped in each of these areas.

Q8: Did the programme improve your **physical abilities to function**?

Can you explain how/in what ways/why?

What particular parts of the programme helped to improve your physical abilities to function?

Q9: Did the programme help to improve your **general health**?

Can you explain how/in what ways/why?

What particular parts of the programme helped to improve your general health?

Q10: Did the exercise programme help you to **cope well emotionally**?

Can you explain how/in what ways/why?

What particular parts of the programme helped you to cope well emotionally?

Q11: Did the exercise programme help to improve your **knowledge and understanding** about your illness, your situation and the future?

Can you explain how/in what ways/why?

What particular parts of the programme helped to improve your knowledge and understanding?

Q12: Did it help to improve your **confidence**?

Can you explain how/in what ways/why?

What particular parts of the programme helped to improve your confidence?

Q13: Did it help improve **communication** between yourself and healthcare staff and with your family?

Can you explain how/in what ways/why?

What particular parts of the programme helped to improve communication between yourself and healthcare staff and with your family?

Q14: Did it change **your feelings** towards having had cancer and what the future holds?

Can you explain how/in what ways/why?

What particular parts of the programme helped to change these feelings?

Q15: Was there any other areas that you feel the programme made a difference to or outcomes of attending?

Can you explain how/in what ways/why?

Explain to the participants that the next few questions will ask about they found difficult or challenging with the programme, what they didn't like, what they found unhelpful and what they would change for future patients attending the programme.

Q16: Was there anything that you didn't like about the exercise programme?

Q17: Is there anything that would stop you taking part in this kind of exercise programme again?

Q18: What particular parts do you think didn't help you in any of the areas that we spoke about before? [e.g. physical abilities to function, general health, confidence, etc]

Q19: What could/needs to be changed for the exercise programme to suit the needs of people with cancer?

Format of the programme

Q20: Did the exercise programme come at the right time for you or is there a time that would have suited you better in your cancer journey?

Can you explain why?

Q21: Was the length of the exercise programme the right length of time or could it have been longer or shorter in duration?

Can you explain why?

Q22: Was the number of exercise classes and length of time between the classes the right number/length of time or could it have been more or less? Can you explain why?

Q23: Was the place where the exercise programme was held suitable?

Easy to get to?

Any issues/logistical problems

Q24: How did you feel about being part of an exercise classes with people who weren't recovering from cancer?

Any benefits/difficulties? Can you explain why?

Q25: Did you feel the exercise classes were too hard/easy or about right to meet your needs?

- a) What exercises did you take part in?
- b) What information sessions did you attend?

Q26: In thinking about others who were attending or delivering the programme, what role did a) other cancer patients, b) other people (general public/cardiac patients c) cancer health professionals, d) cardiac health professionals/fitness instructors play in helping your recovery from cancer?

Q27: Are there any ways that they could help you more? Can you explain?

Q28: Did you feel the professionals involved in delivering the exercise programme had the right kinds of skills and training to support you? If not, what could be done to improve this?

Evaluation of trial procedures and study design

Explain to the participants that the next set of questions will ask about their experiences of and views on aspects related to the design of the study rather than the programme itself. The questions will ask about the information that participants were given about the study prior to taking part, the questionnaires that they are asked to complete before and after attending the exercise programme and using the accelerometer.

Q29: What verbal and written information were you given about the study? Was it an appropriate time to discuss the study and was the information about the study clear?

Q30: What did you think about the questionnaire that you were asked to complete (e.g. easy to understand, too long, not sure why being asked these questions)?

Q31: Are there any other questions/areas of importance you feel should be included in the questionnaire?

Q32: What did you think about the accelerometer you were asked to wear (e.g. easy to put on, easy to wear, not sure why being asked to wear it)?

Q33: How did you find the regular telephone calls from the research team?

Do you think this had an effect on your motivation/ attendance?

Q34: Were you involved in any other activities (new or old) during the time you were attending cardiac rehab classes? If so, what?

If yes, do you think this also helped in the ways we have discussed above?

Q35: How would you describe your general health/overall fitness now, in comparison to before your surgery?

Q36: Any final comments?

Control patient interview schedule

Preamble about purpose of interview, expected length of time, arrangements should they wish to stop the interview at any point, purpose of the tape recorder and ensure they are happy for this.

Perceptions around recovery

Explain to the participants

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- **How they feel about things and the future now that their first line treatment is completed**
- **What they think they can do to reduce a risk of recurrence and to help improve their general health and wellbeing.**

Q1: Can you tell me whether you think that having cancer has had a negative impact on your ability to function in the world e.g. at work, in the home and in your community?

Q2: How do you feel about the future and your general health now that you are recovering from surgery?

Q3: What do you think can reduce your risk of a recurrence of cancer?

Q4: What do you think can improve your general health?

Evaluation of trial procedures and study design

The next set of questions will ask about their experiences of and views on aspects related to the design of the study.

Q5: What made you agree to take part in the study?

Q6: What verbal and written information were you given about the study? Was it an appropriate time to discuss the study and was the information about the study clear?

Q7: What did you think about the questionnaire that you were asked to complete (e.g. easy to understand, too long, not sure why being asked these questions)?

Q8: Are there any other questions/areas of importance you feel should be included in the questionnaire?

Q9: What did you think about the accelerometer you were asked to wear (e.g. easy to put on, easy to wear, not sure why being asked to wear it)?

Q10: Was the process of randomisation explained to you at any point?

Was it clear what it meant?

Q11: When you were randomised to the control group, what were your thoughts?

How did you feel about it?

Q12: Is there anything about taking part in this study you would like to comment on that we haven't already covered?

Something you think could be improved? Something you thought was good?

Q13: Did you take part in any physical activity since we saw you the first time that might have affected your fitness/general health? (e.g. increase your walking; join a gym/club; generally more active)

Cardiac rehabilitation for patients with bowel cancer.

Control patients did not receive rehabilitation but we want to get their thoughts on the programme.

Q14: What do you think the benefit of a cardiac rehabilitation programme might be for patients with bowel cancer?

Q15: What are your thoughts on a mixed class with patients with cardiac and cancer conditions?

Possible benefits and/or drawbacks?

Q16: Do you think some form of rehabilitation should be provided for patients recovering from bowel cancer surgery?

Q17: Any further comments?

Cardiac Focus group schedule

The study we are doing involves looking into exercise for people recovering from bowel cancer surgery. The project involves referring these people to the cardiac rehabilitation programme and seeing how acceptable that is for both groups of patients. I am here today to get your thoughts and ideas as a cardiac group.

We will go through a few questions about your thoughts on the study, and welcome your honest opinions on the topics. This should last about 15 minutes, and answering the questions is voluntary, and you can decide to stop at any point, or not answer specific questions, if you wish. If you do wish to stop at any point, please let me know. We will record the interview for our research.

Is there anything you would like to ask?

Are you all happy to be recorded?

Are you happy to continue with the questions we have for you?

Verbal Consent Documentation For Participation

The following written consent serves as signed documentation for verbal informed consent for the protection of the participants. Informed consent shall be documented by the use of this written consent form.

SUBJECT: Cardiac Rehabilitation in bowel cancer patients

This consent serves as documentation that the required elements of informed consent have been presented orally to the participant using the approved telephone consent script.

Verbal consent to participate in this focus group has been obtained by the below investigator on the below date documenting the participant's willingness to continue with the recorded discussion.

Investigator's Name (Printed)

Investigator's Signature

Welcome the group. Preamble about the purpose of the group, and that we hope to hear thoughts from all members, in each area. We are looking for honest thoughts and opinions. Remind group that interview will be recorded, ensure they are happy with this.

Evaluation of the mixed cardiac/cancer programme

Q1: Were you aware that there have been a mixture of cardiac and cancer patients within the exercise classes in the previous few months?

Does it bring up any immediate responses/thoughts/fears?

Q2: How would you feel about being part of a rehabilitation programme with others who had a non-cardiac condition?

Can you explain/expand?

Q3: Overall, how well would you say the programme worked/would work being delivered to a mixed group?

Type of exercises/information sessions/abilities

Q4: Would you find potential benefits for *people with cardiac conditions* in being part of a mixed rehabilitation programme?

(Prompts: Social support different/something new/doesn't matter)

Q5: What would you suggest might be difficult/different for *people recovering from bowel cancer* taking part in a mixed rehabilitation programme?

Q6: Do you think there are any commonalities in your illness experiences with people recovering from bowel cancer?

Q7: How might this compare to attending a condition specific programme (e.g. would it be more beneficial for all the groups to receive different exercise classes? Are there benefits to having a mixed class?)

Q8: Do you think that people with bowel cancer have different rehabilitation needs than those with cardiac conditions? Suggestions?

Q9: How well did the exercise training part of the programme meet your needs?

Q10: How well do you think the exercise training part of the programme met the needs of the mixed group? Were there any issues related to this?

Q11: How well do you think the educational components of the programme met the needs of a mixed group? Were there any issues related to this?

Q12: Was there anything that you didn't like about the programme?

Q13: Is there anything that would stop you taking part in this kind of programme?

Q14: What do you think could/needs to be changed for the programme to suit the needs of people with bowel cancer as well as those with cardiac conditions?

Clinician interview

Preamble about purpose of interview, expected length of time, arrangements should they wish to stop the interview at any point, purpose of the tape recorder and ensure they are happy for this.

Ask clinician to give honest opinion, and to be elaborate in responses, if possible.

- **First questions are about your initial thoughts when you first heard of the study.**

Initial thoughts on the study

Q1: Can you tell me what your initial thoughts were when the study was first introduced to you?

Can you explain why?

Q2: What did you think the study might involve for you and your workload?

Q3: Did you have any thoughts regarding the benefits and or difficulties it might mean for your patients?

Patient feedback

Q4: What reactions did you receive from patients when introducing the cardiac rehabilitation intervention?

e.g. hesitant; enthusiastic; didn't need it etc.

Q5: Were patients aware of the potential benefits of taking part in such a study?

If not, did you have a chance to introduce this?

Q6: Overall, how helpful do you think the intervention will be?

Cardiac Rehabilitation

Q7: What do you think the intervention means for your patients?

e.g. long term/short term; self-management; healthy living; behaviour change

Q8: What are your thoughts on referring patients to this type of intervention and what do you think should be measured in terms of outcomes?

Q9: Overall, how helpful do you think the intervention will be?

Q10: Did you have any concerns?

Q11: Were you aware of what was on offer in terms of activity for your patient?

If yes, what were your thoughts on this?

Cardiac rehabilitation

Q12: Were you aware that the cancer patients would be mixing with cardiac patients within the class?

Q13: How do you think this should be approached within the class?

e.g. made clear to all patients; no need to mention it?

Q14: Do you think the same social support will be available between patients with different long term conditions?

Q15: What are your thoughts on practical issues, such as infection risk etc. for cancer patients?

Q16: Do you think the health behaviour changes for cancer and cardiac patients are similar?

Q17: Overall, what are your opinions on mixing classes with different long term conditions?

Fitness Centre

Q18: What were your feelings on referring patients to the local fitness centre?

Q19: How do you think patients would feel about attending a fitness centre and exercising with the general public after their surgery?

Q20: What are your thoughts on patients exercising unsupervised so soon after surgery?

Q21: Would you have a preference of referring a patient to a fitness centre or cardiac rehabilitation? Why?

Explain to the clinician that the next questions refer to being part of the study and recruitment process.

Study process/ Recruitment involvement

Q22: Was your role in the recruitment process made clear when the study was introduced to you?

Q23: Was the actual involvement what you expected in terms of workload?

Q24: Did the involvement in the study add extra stress to your day/workload?

Q25: Was the process easy to follow and were you clear on what was expected as part of the recruitment?

Q26: Was the paperwork concise and easy to use?

Q27: Is there anything you would change in the processes you were involved in, if the study was to be conducted again elsewhere?

Q28: Overall, what were the thoughts of you and your colleagues on the study in general?

Q29: Do you think this would be a feasible service to introduce into your workplace?

Yes/No expand on reasons