**Patient interview topic guide**

1. Identify barriers and facilitators to referral and uptake (including the impact of the pandemic) amongst patients their carers/family, including those experienced by under-represented communities, and associated behaviours in accordance with the Theoretical Domains Framework, structured by the Behaviour Change Wheel COM-B model;
2. Identify how the VBA model of ‘Ask, Advise, Act’ can be adapted for pulmonary rehabilitation e.g. how and what referrers can say that is likely to be well-received and lead to a referral, how to support patients make a decision and manage responses;
3. Identify whether similar or different approaches are required for different healthcare professionals and patients

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| ***Opening question about pulmonary rehabilitation*** | |
| 1. **Can you please tell me about any experiences you have had with rehab?** | Prompts:  Interviewee completed rehab:   * Can you tell me how you came to be referred to rehab? * Can you tell me what the healthcare professional told you when you when they discussed referring you for rehab? * How did you feel when the healthcare professional told you about rehab? * What did you get out of rehab, if anything?   Interviewee dropped out of rehab:   * Can you tell me how you came to be referred to rehab? * Can you tell me what the healthcare professional told you when you when they discussed referring you for rehab? * How did you feel when the healthcare professional told you about rehab? * Can you tell me why you didn’t finish rehab? * Can you tell me what you’d hope to get out of going to rehab? *Prompt*: *Less puffy, able to do more, improved quality of life, improved physical and/or emotional wellbeing*   Interviewee declined referral for rehab:   * Can you tell me what you understand about rehab? * Can you tell me why you decided not to go to rehab? * Can you tell me what the healthcare professional told you when you when they discussed referring you for rehab? * How did you feel when the healthcare professional told you about rehab? * If you did decide to go to rehab, can you tell me what you’d hope to get out of going to rehab? *Prompt*: *Less puffy, able to do more, improved quality of life, improved physical and/or emotional wellbeing*   Interviewee never attended rehab:   * Can you tell me what you understand about rehab? * Has anyone ever discussed rehab with you? What did they say? * If you did decide to go to rehab, can you tell me what you’d hope to get out of going to rehab? *Prompt*: *Less puffy, able to do more, improved quality of life, improved physical and/or emotional wellbeing* |
| ***Opinions about referral and uptake of pulmonary rehabilitation*** | |
| 1. **Can you tell me whether your opinion about going to rehab has changed since the COVID-19 pandemic?** | Prompt:  If yes:   * Can you tell me why this is the case? * Can you tell me what would it take to change your opinion? |
| 1. **Can you tell me what influences your decision to go to rehab?** | Prompt:   * *For example, location, transport, class timing, PR model, potential benefit, family support, cost, fear of breathlessness, physical ability, anxiety about exercise, anxiety for another reason, referrer’s opinion about PR, how the referrer described PR, cultural or language issues, potential costs*. * *If relevant:* *Can you tell me whether there is anything that would change your mind?* |
| 1. **Can you tell me what would encourage you to agree to be referred for rehab?** | Prompt:   * *For example, location close to home, transport, class timing, PR model choice, knowledge of benefit, family support, reassurance about safety when exercising with breathlessness, reassurance about physical capability to do PR, referrer’s positive opinion about PR, referrer’s description of PR, no cultural and/or language barriers.* * *If relevant: Can you tell me whether there is anything that would change your mind?* |
|  | * Can you tell me how the healthcare professional should explain rehab to encourage you to accept a referral? * Can you tell me what information you need from the healthcare professional to help you make a decision about accepting a referral to rehab e.g. rehab will help you improve? * Can you tell me whether you need anything else to help you make your decision e.g. information leaflet, link to a video about rehab, speaking to someone who has been to rehab? * Can you tell me how the healthcare professional could help you to make a decision about accepting a referral to rehab? * Can you tell me whether your decision to go to rehab would be influenced by who discussed rehab with you, for example, GP, nurse at your GP practice, nurse or doctor at the hospital, a pharmacist? * Can you tell me whether you think there would be a cost to agreeing to go to rehab and if this would influence a decision to accept a referral? *Prompt: travel costs, cost of carer accompanying the individual, absence from work for the individual or their carer* * Between agreeing to be referred for rehab and starting the rehab programme, can you tell me whether anything would put you off going to rehab? |
| 1. **Sometimes people living with COPD don’t want to be referred for rehab. Can you tell me why you think this may happen?** | Prompt:   * *For example, location far from home, no public transport, unable to afford transport, other costs, unsuitable class timing, no choice in PR, no understanding of PR benefit, lack of family support, competing demands (e.g. caring, health, work), fear about safety when exercising with breathlessness, unsure about physical capability to do PR, referrer’s opinion of PR, referrer’s description of PR, cultural and/or language barriers.* |
|  | * Can you tell me if how the healthcare professional described rehab would put people off? |
| 1. **Can you tell me what would put you off being referred for/going to rehab?** | Prompt:   * *For example, location far from home, no public transport, unable to afford transport, other costs, unsuitable class timing, no choice in PR, no understanding of PR benefit, lack of family support, competing demands (e.g. caring, health, work), fear about safety when exercising with breathlessness, unsure about physical capability to do PR, referrer’s opinion of PR, referrer’s description of PR, cultural and/or language barriers.* |
|  | * Can you tell me why this would put you off? * Can you tell me whether there is anything that would change your mind? * Can you tell me whether the healthcare professional could say or do something to change your mind? |
| 1. **Sometimes people living with COPD don’t want to continue going to rehab. Can you tell me what might influence whether you continued to go to rehab, or not?** | Prompt:   * For example, didn’t enjoy PR, PR staff, location far from home, no public transport, unable to afford transport, other costs, unsuitable class timing, no choice in PR, lack of family support, competing demands (e.g. caring, health, work), felt unsafe when exercising, feel you’re getting worse, unable to exercise, cultural and/or language barriers. |
|  | * Can you tell me whether there is anything that would change your mind? |
| ***End of interview*** | |
| 1. **Is there something else you would like to tell me or discuss before we finish?** | Thank you |