

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)**I Focus Groups Discussion Guide – Pre-Test - Relatives**

Date:

Duration:

Venue:

Host name:

Moderator:

Co-moderator:

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)Greeting

Ladies and gentlemen, my name is Claudia Pott and I am a doctoral student at Rosenheim University of Applied Sciences. Thank you very much for taking the time to come here and discuss the topic of "Diagnostics of walking outside after stroke". In my doctoral project, I am investigating how stroke patients experience diagnostics, interviews or examinations by different professional groups with regard to walking outside the home.

In the discussion that follows, we will address two topics: walking outside the home and medical/therapeutic care with a focus on diagnostics. In today's questions, we understand "diagnostics" to mean all things to do with collecting, examining and documenting, i.e. the limitations, but also goals or factors that help you to cope with the stroke event.

It is important that you refer to outpatient care, i.e. the time after hospitalization.

I would like to point out a few important things for the discussion and the recordings. The interview will be recorded and then transcribed. As you have already read in the declaration of consent, the discussion will be anonymized during the transcription, i.e. all information that could point to your person will be made unrecognizable. Your details are recorded in a somewhat vague manner, e.g. age between x and y, so that no conclusions can be to your person. The recording will be deleted after it has been written down.

Everything said in the room must not be made public. Everyone can be certain and assure the others that everything discussed in the group will not be broadcast to the outside world. Even if some people find it easier to speak, everyone will be given equal speaking time. During the moderation, we will make sure that everyone gets to speak appropriately.

If someone notices that a topic particularly affects him or her, it is possible to interrupt the discussion at any time and, for example, leave the room with or without an escort. Please give me a short signal or speak up if you wish for us to pause the discussion. The same applies to your need for breaks. We have planned sufficient breaks, but if you would like more breaks, please let us know.

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Do you have any questions about this general section? If not, please take a moment to introduce yourself briefly, including your name and the name of your relative.

Thank you very much. I will now start the recording. Are you comfortable beginning?

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Topic	Concept	Stimulus/ Input/ Material	Question	In-depth Questions	Moderation Methods
Access		Introduction round Video	To get you started on the topic of "walking outside the home", I would like to show you a short video right away.		
Main topic Walking outside the home	Gait-related participation Lifeworld orientation Cognitive strategies		To what extent is the topic of "walking outside the home" important to you as a caregiver?	Could you please tell us whether your relative changes the way they walk after the stroke? How do you experience the avoidance of certain routes and what do you think are the possible reasons for this? What do you think are the reasons or necessities for your relatives, your partner, your mother etc. to go outside the home? Please tell us if you see any challenges when your relatives go outside the house. What could help your relatives to get around on foot outside the home?	Asking text-generating questions: <i>"Please describe this aspect in more detail."</i> <i>"Why don't you tell me ..."</i> Asking follow-up questions: <i>"Is there anything else you would like to add?"</i> Questions/understanding: <i>"How do you experience the use of public transportation after the stroke event with / for the affected person? "</i> Participation/social roles: Sports club, meeting up with friends

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				<p>Do you experience any strategies for your relatives to go outside the home. For example, making an appointment with someone, organizing help/accompaniment, planning new ways of getting around, etc.?</p> <p>How do you experience the use of public transport after the stroke event with / for those affected?</p>	
Subtopic Fall	Self-efficacy (fall) Interprofessional collaboration Empowerment	Picture	Has your partner, mother, father, ... ever had a fall?	<p>How did you perceive the fall event?</p> <p>How was the fall event dealt with in the medical treatment or therapy?</p>	If necessary, give explanations, help, encouragement, opportunity to talk about fears, "case training" in therapy, exchange with others, get suggestions for aids...
Main topic Diagnostics		Image	How do you experience examinations and tests in outpatient care, i.e. with GPs, neurologists and therapists?	<p>Which examinations and tests were or are you present for?</p> <p>Would you have liked to be there less or more often?</p>	Inquiry/understanding: past/current processes
Sub-topic self-assessment	Health literacy	Image	<p>Do you have experience with fitness watches, pedometers or similar?</p> <p>Do your relatives use such tools?</p>		

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			Please describe what you think about the use of exercise trackers, fitness watches, pedometers or similar devices as part of the diagnostic process.		
Sub-topic Target agreement	Empowerment	Image	Please describe whether targets have been agreed and with whom.	Can you describe whether medical goals, such as lowering blood pressure, or therapeutic goals, such as improving speed, have been agreed? (If necessary, ask how smart.) Were you involved in setting the targets? Please describe how the documentation and exchange of goals took place?	
Summary	Goal > revisit the topic, perhaps points will be added				
Conclusion: In your opinion, are there any other points that you find important and would like to address? Group agreement on the most important points at the end of the focus group discussion. (Other opinions on the points can also be recorded)					
STOP RECORDING					

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

SPONTANEOUS COMMENTS/REFLECTION:

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)**II Focus Groups Discussion Guide – Pre-Test- Persons after Stroke**

Date:

Duration:

Venue:

Name of host:

Moderator:

Co-moderator:

Ladies and gentlemen, my name is Claudia Pott, I am a physiotherapist and doctoral student at Rosenheim University of Applied Sciences. I would like to introduce you to my colleague Marlene Fegl who is supporting me in carrying out this study.

Thank you very much for taking the time to come here and discuss the topic of "Diagnostics of walking outside after stroke". In my doctoral project, I am investigating how stroke patients experience the diagnostics, interviews or examinations of different professional groups with regard to walking outside the home.

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In the discussion that follows, we will discuss two topics: walking outside the home and medical/therapeutic care with a focus on diagnostics. In today's questions, we understand "diagnostics" to mean all things to do with collecting, examining and documenting, i.e. the limitations, including also goals or factors that help you to cope with the stroke event.

It is important that you refer to outpatient care, i.e. the time after hospitalisation.

I would like to point out a few important things for the discussion and the recordings. The interview will be recorded and then transcribed. As you have already read in the declaration of consent, the discussion will be anonymised during transcription, i.e. all information that could point to your person will be made unrecognisable. The recording will be deleted after it has been transcribed.

Everything said in the room must not be publicised. Everyone can be certain and assure the others that everything discussed in the group will not be broadcast to the outside world. Even if some people find it easier to speak, everyone is given equal speaking time. During the moderation, we will make sure that everyone gets to speak appropriately.

If someone realizes that a topic particularly affects him or her, it is possible to interrupt the discussion at any time and leave the room with or without an escort. Please give me a short signal or speak up if you would like us to stop the discussion. The same applies to your need for breaks. We have planned sufficient breaks, but if you would like more breaks, please let us know.

Do you have any questions about this general section? If not, please introduce yourself briefly.

Please tell us your name.

Thank you very much. I will now start the recording. Are you comfortable beginning?

Notes for the moderator: Sustained questions: "Is there anything else you would like to add?" Return to the topic: "It is understandable that you can think of many things. Also experiences that perhaps lead away from the planned topics. I would now like to direct your attention to"

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Topic	Concept	Stimulus/ Input/ Material	Question	In-depth Questions	Moderations Methods
Access	Walking outside the home	Video	To get you started on the topic of "walking outside the home", I'll show you a short video. Please describe spontaneously what goes through your mind when you watch the video.		Asking text-generating questions Asking follow-up questions
Main topic Walking outside the home	Lifeworld orientation		Please describe what experiences you have when you go "outside". How do you experience typical situations when walking outside: e.g. when crossing roads with traffic lights or pedestrian crossings, dealing with other road users, e.g. other pedestrians, cyclists or car drivers?		
Subtopic Barriers			Why don't you tell me about any challenges you might encounter when walking "outside"?	Do you ever have negative thoughts or unpleasant feelings when you think about "going outside" or when you do?	

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Main topic Gait-related participation	Gait-related participation		What are your reasons for going out? Occasions: e.g. hobbies, socialising, therapy visits What experiences have you had in the past where walking difficulties have prevented you from carrying out planned or desired activities? How do you experience social participation, i.e. socialising and pursuing hobbies despite your walking impairment?	How do you experience it now (in contrast to the past?)	
Subtopic Support factors/barriers	Cognitive strategies Empowerment		Are there any aspects that help you to walk outside the house despite walking difficulties? What else could <u>help you to get</u> around outside the house on foot?	What strategies can you think of that might help you to walk outside the house ... e.g. making an appointment with someone, organiz/profing help/companionship, exploring and planning new routes, looking at google maps beforehand, etc.?	
Subtopic Support factors/barriers	Empowerment Role of the professions/professionals (?)		What helped you to cope with difficult situations before the stroke? Can you tell us how such aspects, i.e. "what helped you to deal with situations in the past", were		

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			taken into account by doctors or therapists?		
Subtopic Public transport	Gait-related participation outside the home Real life worlds	Picture	What is your experience of using public transport?		
Subtopic Fall	Self-efficacy Fall	Picture	Please write your thoughts on the topic "Falling" If you have ever fallen, how did you perceive the fall? To what extent has the fall affected your walking outside the home?		
Subtopic Fall	Documentation/ Exchange of information		How did you experience the response to the fall event during medical treatment or therapy? How did you experience the exchange of information about the fall incident?		

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Main topic Diagnostics	Informedness	Picture	How do you experience examinations and tests in outpatient care, i.e. with GPs, neurologists and therapists?		
	Interprofessional Collaboration Diagnostics		How do you experience discussing and sharing the results of the tests/examinations?		
Diagnostics of walking outside the home			How and by whom were the out-of-home walking abilities measured or examined? How important do you think it is to analyze the ability to walk outside the home? Who do you think should be responsible for this topic? Rather the doctors or the therapists?		
Subtopic Form tests	Performance /Capacity		How did you experience tests or observations in the "real world", e.g. when you were observed walking outside or when examiners measured something while you were walking outside?		
Sub-topic self-assessment	Health literacy Empowerment	Picture	Do you actually use means of "self-measurement", i.e. fitness watches, pedometers or similar?		

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			<p>If you do, do you discuss this information with your doctor or therapist?</p> <p>Please describe what you think about the use of exercise trackers, fitness watches, pedometers or similar devices as part of diagnostics.</p>		
Main topic Interprofessional collaboration in diagnostics	Interprofessional collaboration		<p>How do you experience the exchange between the different professional groups in general?</p> <p>Please describe your experiences, e.g. whether the occupational therapist, physiotherapist and family doctor or neurologist inform each other about the respective examination results?</p>		
Subtopic non-motor examinations, contextual factors	"Holistic examination"		<p>Please tell us how problems other than mobility were examined, e.g. memory, attention, vision, etc.?</p> <p>To what extent were you asked about your living conditions, e.g. what your housing situation is like, where you go shopping, how you organize your social contacts, etc.?</p>		

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Subtopic Diagnostics Form/process	Coordination Interprofessional collaboration Shared Documentation		Who do you think should coordinate the diagnostics? How do you think it could be organized so that everyone involved can access the important information?		
Subtopic Aids		Picture	What are your experiences with aids? How did you experience the provision of aids, i.e. the process of selecting, trying out, prescribing, etc.?	<u>Differentiate:</u> Personal experiences with medical aids/the product and experience with the process. Enquiries: Contact medical supply store, prescription, interprofessional collaboration	
Subtopic Target agreement	Empowerment Shared documentation	Picture	What experiences have you had with regard to target agreements? To what extent would you be asked about your own personal wishes or life goals? Can you tell us how medical goals, e.g. lowering blood pressure, or therapeutic goals, such as improving speed, were agreed? (If necessary, ask how smart.)	How important do you think it is that your relatives are involved in setting goals?	

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			Please describe how the documentation and the exchange about goals took place? (If necessary, ask: did you receive anything in writing?)		
Summary	Goal > revisit the topic, perhaps points will be added	The group agrees on the most important points at the end of the Focus group discussion			
STOP RECORDING	Conclusion: In your opinion, are there any other points that you find important and would like to address?	Other opinions on the points are also recorded.			

SPONTANEOUS COMMENTS/REFLECTION

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

III Focus Groups Discussion Guide – (Pre-Test¹) Health Professionals

Date:

Duration:

Name of host organisation:

Moderator:

Co-moderator:

¹No adjustments necessary; final version is identical to the pre-test version

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)Greeting

Ladies and gentlemen, dear colleagues,

My name is Claudia Pott, I am a physiotherapist and a doctoral student at Rosenheim University of Applied Sciences. Thank you very much for taking the time to come here to today's group discussion. Even if you have read the extensive information letter, I would like to briefly explain what it is all about. The aim of my study on "Interprofessional diagnostics for walking-related participation of people after stroke" is to better understand the process of interprofessional diagnostics from different perspectives (affected persons, relatives, health professionals). Based on this, recommendations for action will be formulated and trialled in practice.

In today's discussion, we will address 3 topics: Walking outside the home, medical/therapeutic care, and diagnostics. I would like to point out a few important things for the discussion and the recordings: The interview will be recorded and then transcribed. As you have already read in the declaration of consent, the discussion will be anonymised during the transcription, i.e. all information that could point to your person will be made unrecognizable. The recording will be deleted after it has been written down. Do you have any questions about this general section?

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Topic	Concept	Stimulus/ Input/ Material	Question	In-depth Questions	Moderation Methods
Access	Introduction round		"I would be delighted if you introduced yourself briefly with your name" <i>I will start the recording now. Are you comfortable beginning?</i> <i>I will now show you a short video as an introduction to the topic.</i>		Asking text-generating questions: <i>"Please describe this aspect in more detail."</i> <i>"Why don't you tell me ... "</i> Asking follow-up questions: <i>"Is there anything else you would like to add?"</i> Questions/understanding: <i>"How do you experience the....? "</i>
Main part ➤ Start recording		Video traffic light crossing	Would you like to make a spontaneous comment about this video?		
Main topic Walking outside the home	Walking outside the home	Slide Definition of gait-related participation outside the home AGT	To what extent is the topic of "walking outside the home" important in your everyday work?	Please describe where you encounter this topic in your daily work.	

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Sub-topic Fall	Fall Self-efficacy > Responsibilities in internal diagnostics	Picture	What significance does the topic of "falls" have for you in your day-to-day work?" How would you describe the connection between falls and walking outside the home?	In your experience, how are fall incidents recorded and documented?	
Main topic Diagnostics for gait-related participation	Diagnostics Gait-related participation	Picture	Now we come to the subject of diagnostics... How do you experience the diagnostics of gait-related participation?	How would you say this topic has been taken into account in the treatment of stroke patients so far?	
Sub-topic Diagnostics Contents	Environmental factors		Please tell me who, from your point of view, could capture the aspects of the "living environment", i.e. what were the usual ways before the stroke,... what are the ways afterwards?	Social roles: Sports club, meeting up with friends, If necessary (depending on the depth of the discussion): Deepen the experience of engaging with the body when walking in unfamiliar/familiar surroundings	

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Sub-topic Diagnostics Content/form	Performance		What do you think about measurements and investigations in the "real world"? ...e.g. observations while shopping, measuring speed when walking through traffic lights, etc.?	<u>Enquiries:</u> feasibility, responsibilities, barriers/funding factors	
Sub-topic self-assessment	Motion measurement Feedback	Picture	How do you rate the use of motion sensors in diagnostics?		
Main topic General diagnostics	Interprofessional diagnostics	Picture	Let's assume there is a common documentation that all professional groups involved can access. Where would you see your role in interprofessional diagnostics?		
Main topic	Supply of medical aids	Picture	How do you experience the provision of assistive devices for <i>gait-related participation</i>	Please describe spontaneously which aspects of interprofessional diagnostics	

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Supply of medical aids	Healthcare system		(i.e. specifically assistive devices for walking...) for stroke patients in everyday working life?	you can think of on the subject of the provision of medical aids. Who do you think should coordinate the provision of assistive technology?	
Target agreement	Empowerment Shared Decisions	Picture	To what extent is the topic of "target agreement" important to you?	Please describe how the documentation and exchange of information on objectives could be organized across professional groups (if necessary, ask: have you received anything in writing?) How can those affected and their carers be involved in formulating goals?	
Conclusion			In your opinion, are there any other points that you find important and would like to address?		

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Summary	Goal > revisit the topic, perhaps points will be added	The group agrees on the most important points at the end of the Focus group discussion Other opinions on the points are also recorded.			
STOP RECORDING					

SPONTANEOUS COMMENTS / REFLECTION

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Focus Groups Discussion Guide – Persons after Stroke and Relatives

Date:

Duration:

Venue:

Name of host:

Moderator:

Co-moderator:

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)Greeting

Ladies and gentlemen, my name is Claudia Pott and I am a doctoral student at Rosenheim University of Applied Sciences. Thank you very much for taking the time to discuss the topic of "Diagnostics of walking outside after stroke". Walking diagnostics after stroke". In my doctoral project, I am investigating how stroke patients experience the diagnostics, interviews or examinations of different professional groups with regard to walking outside the home.

In the subsequent discussion, we will discuss two topics: Firstly, walking outside the home and secondly, medical-therapeutic care with a focus on diagnostics. In today's questions, we understand "diagnostics" to mean all things to do with collecting, examining and documenting, i.e. the limitations, including also goals or factors that help you to cope with the stroke event.

It is important that you refer to outpatient care, i.e. the time after hospitalisation. The main focus is on walking outside the home. As there are certainly many topics that are important to you, I would like to "slow you down" a little or steer you back to the topic if I notice that we are digressing. I hope that's okay with you?

I would like to point out a few important things for the discussion and the recordings. The interview will be recorded and then transcribed. As you have already read in the declaration of consent, the discussion will be anonymised when it is written down, i.e. all information that could point to your person will be made unrecognizable. Your details are recorded in a somewhat vague manner, e.g. age between x and y, so that no conclusions can be drawn from a real age to your person. The recording will be deleted after it has been written down.

Everything said in the room must not be publicised. Everyone can be certain and assure the others that everything that is discussed in the group will not be broadcast to the outside world. Even if some people find it easier to speak, everyone is given equal speaking time. During the moderation, we will make sure that everyone gets to speak appropriately.

If someone realizes that a topic particularly affects him or her, it is possible to interrupt the discussion at any time and leave the room with or without an escort. Please give me a short signal or speak up if you would like us to stop the discussion. The same applies to your need for breaks. We have planned sufficient breaks, but if you would like more breaks, please let us know.

Do you have any questions about this general section? If not, please introduce yourself briefly. Please tell us your name and who your relative is.

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Thank you very much. I will now start the recording. Are you comfortable beginning?

Notes on moderation

Ask text-generating questions: "Please describe this aspect in more detail."

"Why don't you tell me ..."

Asking follow-up questions: "Is there anything else you would like to add?"

Always address both groups: so that you/your relatives

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Topic	Concept	Stimulus/ Input/ Material	Question	In-depth Questions	Moderation Methods
Access		Introduction round Video	To introduce you to the topic of "walking outside the home", I would like to show you a short video right away	Is there anything you would like to say spontaneously about the video?	
Main topic Walking outside the home	Gait-related participation Lifeworld orientation Cognitive strategies	Picture	What does walking outside the home mean to you? What thoughts and feelings do you associate with it? What are the reasons, occasions or necessities for going outside? Why don't you tell us whether the routes you/your relatives have traveled have changed after the stroke?	How do you experience it now (in contrast to the past?) Participation/social roles: Sports club, meeting up with friends?	Asking text-generating questions: <i>"Please describe this aspect in more detail."</i> <i>"Why don't you tell me ..."</i> Asking follow-up questions: <i>"Is there anything else you would like to add?"</i> Questions/understanding: <i>"How do you experience the....?"</i>

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Sub-topic Barriers			<p>What experiences have you had in the past where walking difficulties have prevented you/your relative from carrying out planned or desired activities?</p> <p>How do you experience the avoidance of certain routes and what do you think are possible reasons?</p>		
Sub-topic Promotion factors			<p>What do you do to "prepare" for going outside the home?</p> <p>What could help you/your relatives to get around on foot outside the house?</p>	<p>e.g. making an appointment with someone, organizing help/accompaniment, planning new paths, etc.?</p>	

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

Subtopic Fall	Self-efficacy (fall) Interprofessional collaboration Empowerment	Picture	Have you ever fallen and how did you experience the fall?	How was the fall event dealt with in the medical treatment or therapy?	If necessary, give explanations, help, encouragement, opportunity to talk about fears, "case training" in therapy, exchange with others, get suggestions for aids...
Main topic Diagnostics		Picture	The next question relates to examinations and tests in outpatient care, i.e. with GPs, neurologists and therapists? ...related to walking	How was your assessment determined? E.g. in an interview, with questionnaires, tests, observations? How was walking outside the home assessed and observed? How were you involved in the study as a relative?	Enquiry/understanding: past/current processes
Main topic Interprofessional collaboration Diagnostics			How do you experience the exchange between the professional groups about the examination results?	In your opinion, to what extent is it ensured that all parties involved, such as doctors and therapists, receive the important information?	
Sub-topic self-assessment	Health literacy	Picture	What experience do you have with fitness watches, pedometers or similar?	If applicable: Please describe what you think about the use of exercise trackers, fitness watches, pedometers or similar devices as part of the	

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				documentation, diagnosis or examination?	
Sub-topic Auxiliaries		Picture	What are your experiences with aids?	How did you experience the provision of aids, i.e. the process of selecting, trying out, prescribing, etc.?	<u>Differentiate:</u> Personal experiences with medical aids/the product and experience with the process. Enquiries: Contact medical supply store, prescription, interprofessional collaboration
Sub-topic Target agreement	Empowerment	Picture	Please describe whether and with whom important goals have been agreed for you.	Can you describe whether medical goals, such as lowering blood pressure, or therapeutic goals, such as improving speed, have been agreed? (If necessary, ask how smart.) Were you, as a relative, involved in setting the goals? Please describe how the documentation and exchange of goals took place?	
Summary	Goal > revisit the topic, perhaps points will be added				
Conclusion: In your opinion, are there any other points that you find important and would like to address?					
Group agreement on the most important points at the end of the focus group discussion. (Other opinions on the points can also be recorded)					

PARTICIPATE-MOB / INTERPROFESSIONAL DIAGNOSTICS *Walking outside the home* PERSONS AFTER STROKE (PaS)

STOP RECORDING

SPONTANEOUS COMMENTS/REFLECTION