

Appendix 2: QUESTIONS FOR WORKSHOP I – HEALTH PROFESSIONALS IN THE HOSPITAL

1. What do you think of what you have heard - both regarding the preliminary analyzes of accelerometer data and the preliminary data from the observations? What had made the biggest impression on you? And why? (about 10 minutes).

Data from the observation study show that nurses and doctors do not perceive mobilization as part of the treatment for. Therapists' perceived mobilization / physical activities as part of the treatment, but prioritized respiratory physiotherapy and rehabilitation plans over mobilization (about 10 minutes).

2. What do you think your core task is? And does mobilization fit in your core task?
3. What is needed for mobilization and training to be perceived as and becoming an integral part of treatment for all groups?
4. What are the possibilities for supporting physical activity in patients during hospitalization? In answering this question, we would ask you to consider the following points:
 - The possibilities for interdisciplinary cooperation
 - The possibilities for cross-sectoral cooperation
5. During the observation study, you mentioned that physical space is central to mobilization. Despite this, we did not see that they were used extensively.

What is needed for the physical space to be used - whether large, small or the hallway?

6. What concrete ideas might work in your department? Please include the following in your discussion:
 - Standardization of mobilization, e.g. as in fast track of surgical patients
 - The use of e.g. "lung paths" or coffee gymnastics
 - The use of verbal communication from both nurses, doctors and therapists - performing motivational conversation
 - The use of self-training

QUESTIONS FOR WORKSHOP I – STAFF IN THE MUNICIPALITY AND IN THE MUNICIPALITY-BASED REHABILITATION CENTER

7. Are there any differences between professions in relation to mobilization of patients in the municipality? How do these differences appear? And what is the consequence of these differences? (about 10 minutes).
8. Which interdisciplinary cooperation exists in the municipality regarding mobilization and training of citizens? (about 10 minutes).
9. How do you work to support citizens who have been hospitalized to return to previous activity levels (both in the municipality and in the municipality-based rehabilitation center) (about 10 minutes)?
10. What are the possibilities of supporting physical activity in patients during hospitalization? In answering this question, we would ask you to consider the following points:
 - The possibilities for interdisciplinary cooperation
 - The possibilities for cross-sectoral cooperation
11. In addition to the above questions, we would like you to discuss concrete ideas for how a municipal effort could be implemented? Please include the following in your discussion:
 - The use of welfare technology solutions - like motivational SMS messages and "screen training"
 - The use of verbal communication from both nurses, doctors, and therapists - performing motivational conversation
 - The use of self-training