

Online supplement 2: Feasibility survey to therapist participants (n=15 respondents) in both facilitator-mediated and self-directed implementation package groups

Survey Item	Survey response, mean (range)
Since commencing this project, how many of your patients needed upper limb rehabilitation?	4 (1 to 10)
Since commencing this project, how many of your patients were you able to enroll into the study?	2 (1 to 6)
What is the average number of hours of face-to-face upper limb rehabilitation that patients received from allied health (OT/PT/AHA) per week?	6 (1-10)
What is the average therapy time per session for these face-to-face sessions (mins)?	53.4 (15-75)
Please estimate how many minutes per week you were taking part in the translation activities (please average from the last study fortnight)	80 (10 to 180)
Survey Items	Percentage
Did you use the knowledge translation activities made available to you?	
Seldom	13
Sometimes	33
Most times	33
Always	20
Did you find the knowledge translation activities helpful?	
Seldom	20
Most times	20
Always	60
Did you have the resources to implement recommendations from the knowledge translation strategies?	
Sometimes	15
Most times	54
Always	31
Do you think the translation activities were relevant to your needs?	
Sometimes	14
Most times	36
Always	50
Were there any knowledge translation activities that were offered but that you did NOT take part in?	
Yes	17
No	83
Do you believe that the knowledge translation activities you participated in assisted you to provide the guideline recommended upper limb interventions to patients?	
No	7
Seldom	0
Sometimes	21
Most times	29
Always	43

Do you believe that the knowledge translation activities you participated in increased your confidence to provide the guideline recommended upper limb interventions to patients?	
No	7
Seldom	0
Sometimes	21
Most times	29
Always	43
Did you perceive that the knowledge translation activities took up too much of your time?	
No	71
Seldom	7
Sometimes	21
Knowing what you know about your use of guidelines in your practice now, do you think using these knowledge translation activities were an appropriate time trade off?	
Sometimes	14
Most times	29
Always	57
Free text response items	Most frequent responses; top three
Out of all the knowledge translation activities provided, which did you find the most helpful?	<ul style="list-style-type: none"> • Patient handouts/ready-to-use resources • CIMT training materials • Functional electrical stimulation materials
Out of all the knowledge translation activities provided, which did you find the least helpful?	<ul style="list-style-type: none"> • Background reading/ journal articles • Functional electrical stimulation (already confident with this) • Tips for communicating with people with aphasia
Which knowledge translation activities were most time consuming?	<ul style="list-style-type: none"> • Functional electrical stimulation • Constraint induced movement therapy • Background reading/journal articles
Which knowledge translation activities were more acceptable to you personally from a time perspective, and why?	<ul style="list-style-type: none"> • Patient handouts; 'direct use with patients' • CIMT; 'because they were areas that I could improve upon in terms of knowledge and practical application' • E-stim • Audit feedback • Practical skill and resource training; 'it's time well spent as there is a resource that can be used and you know how to use it effectively immediately after attending'
Free text comments from self-directed group participants	
<ul style="list-style-type: none"> • Personally [I] could have spent more time [engaging in the study]. I would have been more likely to fully engage in materials in a more structured learning environment • I did not have enough time to look at all the resources in detail but have saved them all for future use • It was excellent to have the opportunity to access online resources, however more structured training and face to face sessions may have also assisted in the greater uptake of guidelines and recommendations 	
Free text comments from facilitator-mediated group participants	

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- *The implementation of regular audit review & education, with the additional resources that were developed throughout this project have been invaluable in terms of time efficiency with setting up programs for patients & prioritising UL interventions for patients. The project has stimulated a lot more discussion amongst the OT team re: how we can implement best practice in this area & make best use of resources (& also additional resources we may need to source).*
 - *I thought it was really good and I liked the auditing of the notes because it made me realise how much documenting interventions and time spent on exercises is important. Also trello was a helpful tool and I am still using it*
 - *Thank-you, it was great to be part of a study that is so important to improving upper limb function after stroke of brain injury.*
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