

Question	Results reported in Manuscript	Phase I Responses	Phase II Responses	Phase III Responses	Phase IV Responses	Total Responses
Q1 Which phase of cardiac rehabilitation do you work in: (please tick the phase which you spend most of your time)	Yes – Page 7	14	29	164	123	330
Q2) Which country do you work in?	Yes – Page 7	14	29	164	123	330
Q3) Have you continued to provide exercise-based cardiac rehabilitation services during the COVID-19 outbreak?	Yes – Page 8 & Table 1	14	29	164	123	330
The following questions are applicable to a maximum of 167 respondents due to 163 programmes stating that their service had been suspended						
Q4 Since the COVID-19 outbreak, has your service found that: -The same number of patients are accessing exercise-based cardiac rehabilitation -Fewer patients are accessing exercise-based cardiac rehabilitation -No patients are accessing exercise-based cardiac rehabilitation	Yes – Page 8 & Table 1	8	17	102	34	161
Q5 Are the patients you are currently treating representative of the patients you would treat under normal circumstances, with respect to ethnicity?	Yes – Page 8 & Table 1	7	16	95	33	151
Q6 <u>Only answer this question if you are a UK centre.</u> Approximately what percentage of the patients you saw in the last 7 days were White British?	Yes – Page 8 & Table 1	5	5	83	30	123
Q7 Are the patients you are currently treating representative of the patients you would treat under normal circumstances, with respect to age?	Yes – Page 8 & Table 1	7	15	92	32	146
Q8 Approximately what percentage of the patients you saw in the last 7 days were over 65 years old?	Yes – Page 8 & Table 1	7	13	88	31	139
Q9 Are the patients you are currently treating representative of the	Yes – Page 8 & Table 1	6	15	85	29	135

patients you would treat under normal circumstances, with respect to female participation?						
Q10 Are the patients you are currently treating representative of the patients you would treat under normal circumstances, with respect to male participation?	Yes – Table 1	6	15	85	29	135
Q11 Approximately what percentage of the patients you saw in the last 7 days were female?	Yes – Page 8 & Table 1	6	14	77	28	125
Q12 Are you using any of the following technology to deliver a cardiac rehabilitation exercise assessment?	Yes – Page 9 & Figure 2	6	14	84	29	133
Q13 How are you assessing functional capacity during your assessment?	Yes – Page 9	6	14	84	29	133
Q14 Are you using any of the following technology to deliver the physical activity/exercise component of cardiac rehabilitation?	Yes – Page 11 & Figure 3	6	14	84	29	133
Q15 Did you use this technology before the COVID-19 restrictions?	Yes - Page 8	6	14	81	27	128
Date of technology adoption	Yes – Page 8	5	14	80	27	126
Q17 If you used remote technology before the COVID-19 restrictions, have you found that: -The same number of patients are accessing exercise-based cardiac rehabilitation using technology -Fewer patients are accessing exercise-based cardiac rehabilitation using technology -No patients are accessing exercise-based cardiac rehabilitation using technology	No	6	7	44	8	65

Q18 Are you able to use technology to deliver exercise-based cardiac rehabilitation to: -Low risk patients -Moderate risk patients -High risk patients	Yes – Page 11	6	12	79	26	123
Q19 I am able to offer <u>physical activity recommendations</u> to patients that have not had an assessment in person? (i.e. in the same room as the assessor)	Yes – Page 11	6	12	79	26	123
Q20 I am able to offer an <u>exercise prescription</u> to patients that have not had an assessment in person? (i.e. in the same room as the assessor)	Yes – Page 11	6	12	79	26	123
Q21 Can you briefly describe what kind of physical activity recommendations you are making and/or exercises you are prescribing?	No	6	7	44	8	65
Q22 How many supervised physical activity/exercise training sessions can a patient attend, each week?	No	6	11	72	26	115
Q23 Are the physical activity/exercise sessions you are supervising: Group exercise One-on-one	No	5	8	24	24	61
Q24 How long is each <u>supervised</u> physical activity/exercise session? Please provide your answer in minutes.	No	5	8	25	26	64
Q25 How many <u>unsupervised</u> physical activity/exercise training sessions are you prescribing for a patient, each week?	No	5	10	70	24	109

Q26 How long is each unsupervised physical activity/exercise session? Please provide your answer in minutes.	No	4	9	56	12	81
Q27 What intensity range do you recommend/prescribe?	No	6	9	70	24	109
Q28 Is this intensity	No	6	9	70	24	109
Q29 Do you think that the programmes you are providing are:	No	6	9	70	24	109
Q30 What barriers have you encountered when using technology to deliver cardiac rehabilitation? (tick all that apply)	Yes – Page 11 & Table 2	6	9	68	24	107
Q31 How many adverse events resulting in minor injury have been reported since you have started delivering cardiac rehabilitation remotely?	Yes – Page 11	6	9	68	24	107
Q32 How many adverse events resulting in life changing injury have been reported since you have started delivering cardiac rehabilitation remotely?	Yes – Page 11	6	9	68	24	107
Q33 How many adverse events resulting in death have been reported since you have started delivering cardiac rehabilitation remotely?	Yes – Page 11	6	9	68	24	107
Q34 Do you think that the way you are using technology now should be an option for patients in your future standard practice?	Yes – Page 15	6	8	68	24	106
Q35 Is there anything else you would like to tell us about your experience or approaches to delivering exercise-based cardiac rehabilitation using remote technology?	Yes – Qualitative synthesis; Pages 12-15	1	4	39	13	57