

1 Additional files

2 **Additional file 1. Topic list with examples of the questions of the interviews**

Topics	Examples of questions from the interviews with community nurses
Fidelity	<ul style="list-style-type: none"> • Have you executed the strategies from the implementation plan to implement evidence for encouraging functional activities? If yes, can you amplify your answer?
Dose delivered	<ul style="list-style-type: none"> • Were you able to open the systematic approach via the e-learning programme? If yes, can you name some of the depicted content?
Dose received exposure	<ul style="list-style-type: none"> • Did you use the background theory of the systematic approach via the e-learning programme? If yes, can you amplify your answer?
Dose received satisfaction	<ul style="list-style-type: none"> • How satisfied were you with the NitL programme? Can you amplify your answer?
Context	<ul style="list-style-type: none"> • Did you experience any facilitators in developing the implementation plan? If yes, what were these facilitators?
Topics	Examples of questions from the focus groups with team members
Fidelity	<ul style="list-style-type: none"> • Did the community nurse of your team enable you to change your practice in encouraging functional activities of older adults? If yes, can you amplify your answer?
Dose received satisfaction	<ul style="list-style-type: none"> • How satisfied were you with the coaching you received from the community nurse of your team?
Context	<ul style="list-style-type: none"> • Did you experience any barriers in encouraging functional activities of older adults? If yes, what were these barriers?
Topics	Examples of questions from the interviews with older adults and their informal caregivers
Fidelity	<ul style="list-style-type: none"> • Did the nurses encourage you to perform functional activities independent? If yes, can you amplify your answer?
Dose received satisfaction	<ul style="list-style-type: none"> • How satisfied were you with how the nurses encouraged you (or did not encourage you) to independently perform functional activities?
Context	<ul style="list-style-type: none"> • Did you experience any barriers in independently performing functional activities? If yes, what were these barriers?