Additional file 2. The semi-structured interview guide for the nurse

Nurse's views on experience of delivering the non-pharmacological intervention

We're going to start by discussing your overall views on the knee pain treatment programme, the training you received to deliver it, and then talk about the different components of the intervention separately.

1. Can you tell me what your overall impression of the knee pain treatment programme is, having delivered it for the first time?

Nurse's view of the training received to deliver the non-pharmacological intervention

We are now going to discuss the training you received to deliver this treatment.

2. Can you tell me how you found the training you received
   - Length of training/ number of sessions/ delivery over weeks rather than 2 days condensed
   - Material covered in sessions: too much/too little/about right
   - Opportunities to practice/ feedback
   - Resources/ manual/ electronic material (links to videos)/ links to weight loss resources / exercise sheets/ case-studies

3. How did you find following the manual provided?
   - Probe – reasons for it being easy / difficult to follow.
   - What suggestions do you have to modify the manual to make it easier to use in the future?
   - Any suggestions for improving the training

- How confident did you feel about delivering the treatment once you had completed your training?

Nurse's views on experience of delivering the non-pharmacological intervention

We are now going to discuss how you found delivering the treatment to patients.

4. How did you find delivering this treatment to patients?

- As you know, the treatment package had different components – education on self-managing knee pain, giving the participant exercises, advising them on weight loss, setting individual goals with the participants and assessing patient confidence to achieve goals.
  How did you find delivering these components?

  - [cover ONE at a time]
  - Education
  - Exercise
  - Weight loss
  - Goal setting

Additional file 2. The semi-structured interview guide for the nurse

- o Assessing patient confidence to achieve goals
- o Using the diaries (exercise and weight loss)

5. How did you find setting goals with patients?

- o Probe - did they actively participate in the discussions?

6. How did you find the follow-up sessions with participants and providing feedback on participants' progress with their exercises and/or weight loss?

- o Prompts - patient receipt of advice / feedback (any challenges with patients accepting advice or adhering to the treatment given)

- Were there any components that you found challenging to implement?

  - o What made it challenging to deliver this component? [cover ONE at a time]

  - o Were there any other components that you found challenging to implement? Why.

  - o What would help support you in delivering this in the future?

- Were any aspects of the intervention not delivered as planned?

  - o What were the barriers to delivering [the aspect]? [cover ONE at a time]

  - o What would help support you in delivering this in the future?

We are now going to talk about tailoring the treatment to each patient.

7. How did you find the final session with the participants? Did you feel that they would be able to continue with the advice/exercises/weight loss etc independently?

We'd now like to discuss the resources provided to support you delivery the treatment programme.

8. How useful did you find the other resources during the treatment programme?

- o Probe - handouts / training manuals / thera-bands / exercise sheets/ exercise diaries/ NHS weight loss resource (BMI and weigh loss calculator)/ food diaries/ other weight-loss hand outs

- o What suggestions do you have to improve these resources in the future?

Additional file 2. The semi-structured interview guide for the nurse

9. Is there any additional support you need in being able to deliver this treatment?

We have come to the end of the interview. Do you have any further comments about the training and/or treatment package that have not been covered?