

<p>Preparation and preliminary questions Thank you for participating in this interview (repeat that it is voluntary, obtain signed consent, provide a copy to the participant). I will ask you a series of questions. Try to put as many of your thoughts and considerations into words.</p>		
Themes	Main questions	Sub questions
Situation after hospital discharge	<p>Tell me about the information you got on the project before you were discharged from the hospital.</p> <p>How did you experience the time after you came home from the hospital?</p> <p>Have you participated in other types of training?</p>	<p>Was the information easy to understand/to manage? Explain</p> <p>Did you feel ready to come home then?</p> <p>Training in elderly activity center/ municipality</p>
Training and exercises	<p>What has the home training meant to you?</p> <p>Does this way of training motivate you?</p> <p>Was the training program on paper easy to follow?</p>	<p>Was it practical, easy, difficult, unmanageable? Explain</p> <p>How did you experience training with the step bench, training mat, dumb bells?</p> <p>Was the program on paper helpful? How?</p>
Tablet (instruction and information)	<p>How did you experience using the tablet?</p> <p>How did you experience the training via tablet?</p> <p>What do you think of the information on the website?</p> <p>What did the conversation with the nurse mean to you?</p> <p>Does using the tablet motivate you?</p>	<p>Was it easy, difficult, practical, or was print too small?</p> <p>How much have you used the tablet? Watched the videos, read the material?</p> <p>Have you used the tablet to show others what the surgery was about? (social relations, manageable, comprehensible, meaningful)</p> <p>Have you used a tablet before? Do you use PC and email in everyday life?</p>
Activity tracker	<p>What did you think of the activity tracker?</p> <p>What has it meant to you to use the activity tracker?</p> <p>Does using the activity tracker motivate you?</p>	<p>Easy to wear/use/cumbersome, bother your wrist? Explain</p> <p>Have you become more motivated to take a walk?</p>
Overall	<p>Can you briefly tell us what it has meant to you to train online and interact with us at the hospital in this way?</p>	
Improvements	<p>Is there anything you have been missing? (information?)</p> <p>What could we have done differently?</p> <p>What do you think could make others participate in training via tablet in the future?</p> <p>What do you think could be a barrier for others to participate in this form of training?</p>	
<p>Debriefing: I have no more questions. Do you have more you'd like to say, ask for, or add before we end? Thanks for your participation</p>		