

Interview guide to be used in face-to-face interviews: Exploration of Barriers and Facilitators to early mobilisation

1. What is your years of experience working as a physiotherapist and also working in the ICU?
2. What do you understand regarding the term early mobilisation of patients in ICU?
3. Is early mobilisation of patients a priority of care in your ICU? Please explain. (definition of early in relation to time, dose/frequency. The activities involved)
4. In your opinion, has early mobilisation of patients been successfully implemented in your ICU? Please explain.
5. Do you have a guideline for eligibility criteria for early mobilisation in your unit?
6. In your opinion, what enablers to early mobilisation of patients in your ICU do you experience?
7. In your opinion, what barriers to early mobilisation of patients do you experience in your ICU? [Guiding question: type of barriers for example staff attitude; lack of equipment or lack of knowledge of benefits reported in research literature].
8. Availability of portable vents, hoists, chairs, nurse assistance, type of population, knowledge of how to move attachments on the patient) sedation practices in the unit?
9. What factors influence your decision as to whether or not to mobilise your patients in ICU?
10. Do you make use of any standardized outcome measure to assess mobility status? Which one?
11. If you could change one thing to improve the rate of early mobilisation of patients in your ICU, what would that be?
12. What is your view towards receiving education and training with regards to early mobilisation of patients in ICU?