

## Supplementary Material

### **Feasibility of a physiotherapist-supervised walking program with telephone coaching to increase physical activity following acquired brain injury**

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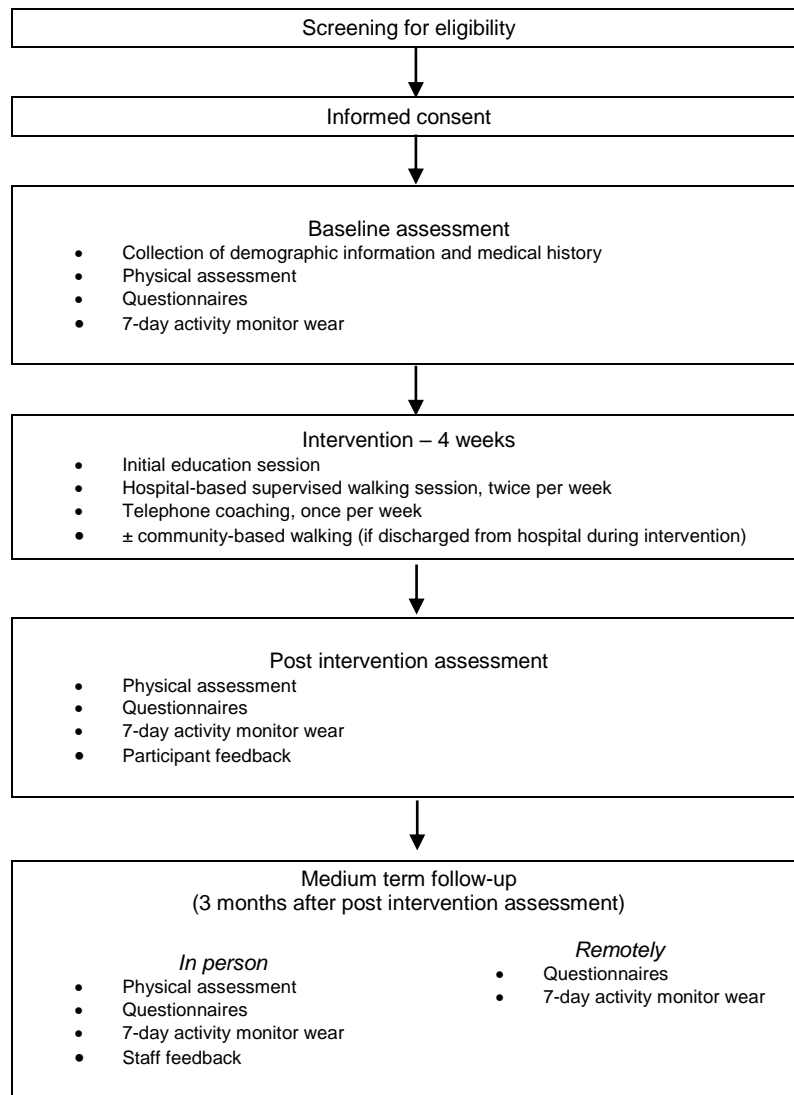
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## ONLINE SUPPLEMENTARY MATERIAL

### OSM 1. Study procedure.



### OSM 2. Breakdown of intervention costs and research costs.

Intervention Costs		
Delivering walking program (Physio) <sup>1</sup>	34.5hrs at \$53.45 per hour	\$1844.03
Delivering walking program (Assistant) <sup>1</sup>	34.5hrs at \$48.84 per hour	\$1684.98
Behavioural coaching	10hrs at \$53.45 per hour	\$534.45
Facility usage	33hrs at \$40 per hour	\$1320.00
Consumables <sup>2</sup>		
Water bottles	7 x units at \$3.90	\$27.30

Hats	7 x units at \$5.00 each	\$35.00
Pedometer	14 x units \$29.00 each	\$406.00
Sunscreen	7 x units at \$11.95 each	\$83.65
Paper and printing	14 x brochures and activity diaries <sup>3</sup>	\$52.50
<hr/> <i>Total Intervention Cost</i>		\$5987.91
<hr/> <i>Individual cost per patient (total/14) for Intervention</i>		\$427.71

<sup>1</sup> Physiotherapist level HP3.4 = \$53.45 per hour (\$42.76 plus on costs). Physiotherapy Assistant level 003.4 = \$48.84 per hour (\$38.15 plus on costs).

<sup>2</sup> Some participants declined the offer of a hat, sunscreen, or water bottle. One participant was restricted to consuming thickened fluids only at the time of commencing the program and therefore was not issued with a water bottle.

<sup>3</sup> Brochures were printed in colour, double sided, 4 sheets of paper, A5 size (therefore the equivalent of 2 sheets of A4 paper each). Activity diaries were printed in colour, double sided, 3 sheets of paper, A4 size. Total of 5 sheets of colour printed doubled sided A4 paper per participant. 5 x 14 = 70 sheets of paper @ 75c per page.

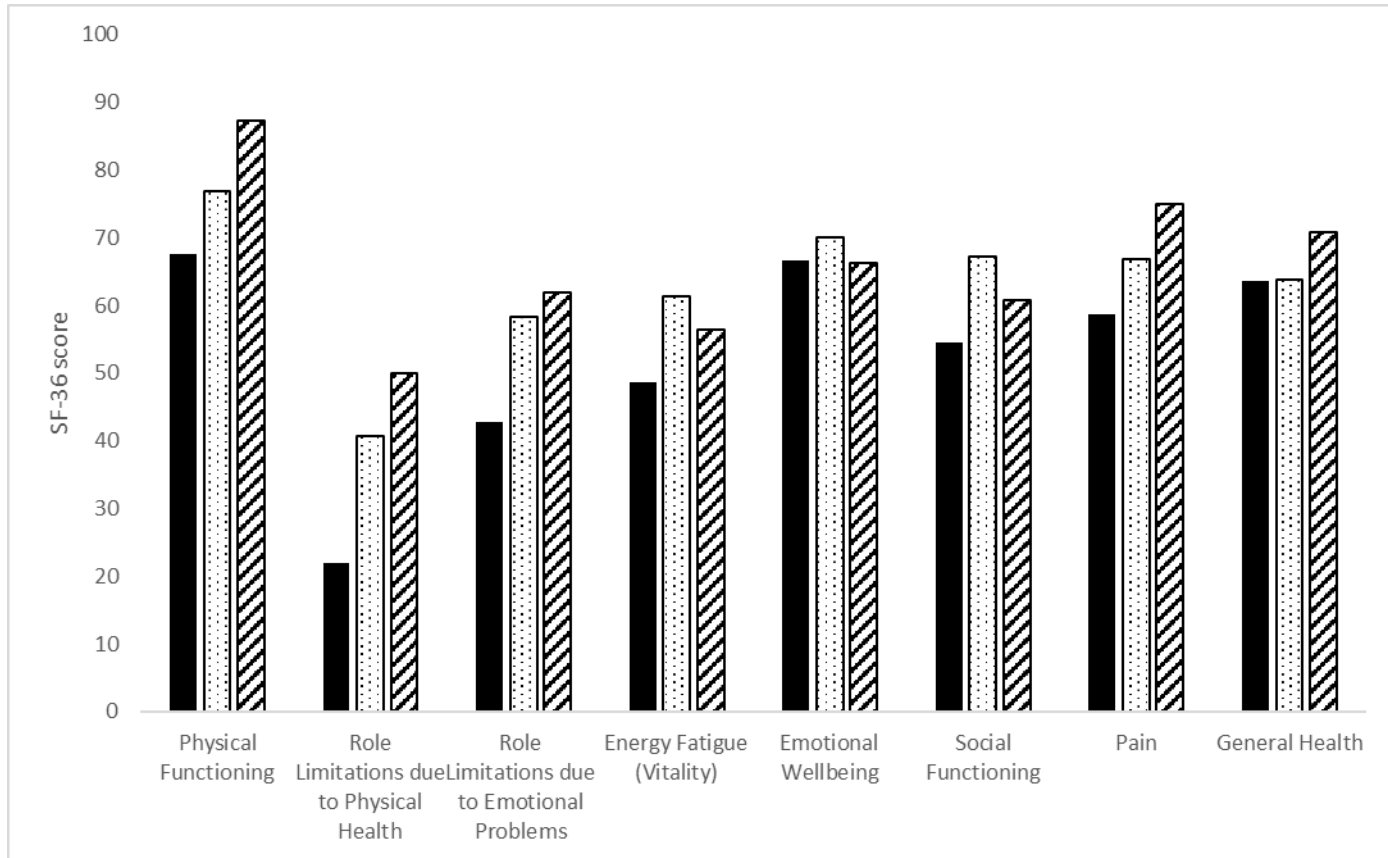
<hr/> <b>Research Costs</b>		
Participant screening and recruitment	12.5hrs at \$53.45 per hour	\$668.13
Collecting data from participants	24hrs at \$53.45 per hour	\$1282.80
Collecting data from medical records	6.5hrs at \$53.45 per hour	\$347.43
activPALs	5 x units at \$382 each	\$1910.00
activPAL docking station	1 x unit at \$265	\$265.00
Adhesive tape	2 x units at \$25 each	\$50.00
Postage costs – express post bags	27 units at \$11.80 each	\$318.60
<hr/> <i>Total Research Cost</i>		\$4841.96

OSM 3. Comparison of measures of physical activity at baseline between retained and dropped out cohorts. Bold indicates a significant difference ( $p < 0.05$ ) present between retained vs dropped out.

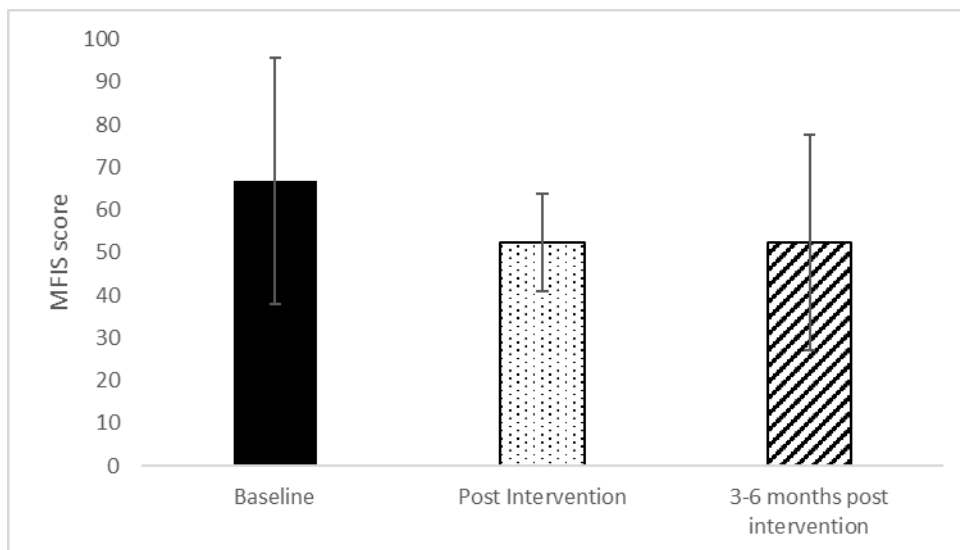
ActivPAL Data at Baseline	Retained cohort (n=8) Mean (SD)	Dropped out (n=4) Mean (SD)
Total number of steps/day	5294 (2777)	5404 (3256)
Total stepping time (min/day)	70 (40)	73 (47)
Upright time (min/day)	196 (88)	204 (125)
Standing time (min/day)	126 (51)	131 (82)
Sitting time (min/day)	<b>650 (109)</b>	<b>427 (150)</b>
Primary lying time (min/day)	<b>536 (71)</b>	<b>784 (250)</b>
Secondary lying time (min/day)	57 (58)	24 (17)
Activity score (MET.h/day)	32.39 (1.22)	32.44 (1.45)
Number of sitting bouts >30min/day	5 (3)	3 (1)
Number of sitting bouts >60min/day	0.9 (0.6)	0.8 (0.5)
Time spent in sitting bouts >30min (min/day)	284 (145)	199 (50)
Time spent in sitting bouts >60min (min/day)	114 (69)	85 (17)
Time spent in light physical activity (min/day)	27 (20)	33 (25)
Time spent in moderate-vigorous physical activity (min/day)	38 (20)	40 (24)

OSM 4. Patient-reported outcome measures at baseline (solid), post-intervention (dots) assessment and medium term follow up (3 to 6 months post-intervention) (stripes). Error bars represent standard deviation. 4a. Sub-scales of the SF-36. 4b. MFIS. 4c. Self-Efficacy for Exercise. Error bars on panel B and C represent standard deviation. Error bars are not supplied for panel A because they make the image significantly harder to interpret.

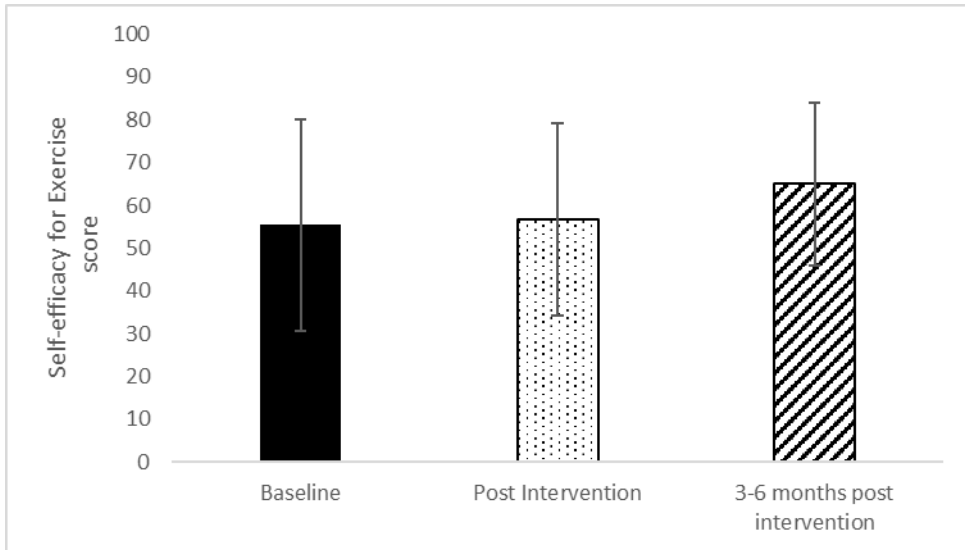
Part A.



Part B.



Part C.



OSM 5 . Participant acceptability and satisfaction.

Participant feedback	Cohort (N = 7) N %
How acceptable were the <u>walking sessions</u> to you?	
Rating of 5/5	4 (57%)
Rating of 4/5	3 (43%)
How satisfied were you with the <u>walking sessions</u> ?	
Rating of 5/5	4 (57%)
Rating of 4/5	3 (43%)
How acceptable were the <u>telephone coaching calls</u> to you?	
Rating of 5/5	4 (57%)
Rating of 4/5	3 (43%)
How satisfied were you with the <u>telephone coaching calls</u> ?	
Rating of 5/5	5 (71%)
Rating of 4/5	2 (29%)
How acceptable was the <u>combination</u> of walking sessions with telephone coaching to you?	
Rating of 5/5	5 (71%)
Rating of 4/5	2 (29%)
How satisfied were you with the <u>combination</u> of walking sessions and telephone coaching?	
Rating of 5/5	4 (57%)
Rating of 4/5	3 (43%)

OSM 6 . Staff acceptability and satisfaction.

Staff feedback	Cohort (N = 4) N %
<b>Profession</b>	
Physiotherapist	2 (50%)
Physiotherapy assistant	2 (50%)
<b>Years experience in general</b>	
<1 year	2 (50%)
1-3 years	1 (25%)
>3years	1 (25%)
<b>Years experience in ABI</b>	
<1 year	2 (50%)
1-3 years	1 (25%)
>3years	1 (25%)
<b>How acceptable were the <u>walking sessions</u> to you?</b>	
Rating 5/5	4 (100%)
<b>How acceptable were the <u>walking sessions</u> to you?</b>	
Rating 5/5	4 (100%)
<b>How acceptable were the <u>telephone coaching calls</u> to you?</b>	
Rating 5/5	4 (100%)
<b>How satisfied were you with the <u>telephone coaching calls</u>?</b>	
Rating 5/5	4 (100%)
<b>How acceptable was the <u>combination</u> of walking sessions with telephone coaching to you?</b>	
Rating 5/5	4 (100%)
<b>How satisfied were you with the <u>combination</u> of walking sessions and telephone coaching?</b>	
Rating 5/5	4 (100%)