

## **Appendix**

### **Invitation to take part in the study**

Ladies and Gentlemen, Good morning

The HAVAE "Handicap, Activité, Vieillesse, Autonomie, Environnement" (Disability, Activity, Ageing, Autonomy, Environment) laboratory is carrying out a practices survey to develop a support system (prescription of exercise protocols and monitoring) for people with chronic illnesses. The survey is part of a study into the acceptability of an innovative decision-support system for healthcare professionals in the exercise re-training of chronically-ill patients (ADEPINA project).

The system will consist of a web platform so that professionals can choose and prescribe exercises and monitor patients. Patients will have access to a touch-sensitive tablet with a range of functions, such as watching videos (compiled by the therapist), monitoring their state of fitness and carrying out tests. Lastly, the device includes a wearable sensor to record sessions and assess the patient's physical abilities, such as balance, endurance and muscular strength.

Before setting up this system, we need to consult the healthcare professionals who will be directly affected by its use. In order to design this system as effectively as possible, it is essential for us to have your constructive opinion on the organization of your sessions, as well as the evaluations you carry out, so as to avoid any discrepancies between the organization of our platform and your professional practices.

Please complete this questionnaire (which will take less than 10 minutes) by following the link below, so that we can adapt the platform to the needs of healthcare professionals. Your participation will be invaluable to us.

THANK YOU

## **Survey questions**

1. Are you? (Male Female)
2. What is your profession? (Physiotherapists, Physical activity teachers, other...)
3. What is your age?
4. In which sector do you work? (Private Public)
5. Please indicate your workplace(s). (Hospital, Clinic, Private practice...)
6. In which department do you practice?
7. Describe in a few words a typical day (general organization)
8. Please rank in descending order the age groups representing your chronic patients?  
(Consider the frequency of patients per age group)
9. Drag and drop your answers here and arrange them.
10. What type(s) of public (chronic pathologies) do you usually encounter in your workplace?
11. How many patients do you see on average per day?
12. On average, how many sessions are prescribed to your patients (Please estimate the number of planned sessions if you have few quantitative prescriptions)?  
Less than 15 sessions 15 to 30 sessions More than 30 sessions
12. What is the estimated average rate of patients who do not complete the entire medical prescription? (In percentage)
13. If there are stops or missed sessions in the care, what is/are the main reason(s)?
14. Generally, how do you organize your exercise rehabilitation sessions?
15. If collective structuring, how many people?
16. What type of exercise do you propose during an exercise rehabilitation session?
17. On average, how long do your exercise rehabilitation sessions last (in minutes)?
18. How many exercises do you typically propose during an exercise rehabilitation session?
19. In the context of exercise rehabilitation, what materials do you frequently use?
20. Specific equipment: Cycle ergometer, treadmill, rowing machine Weights (dumbbells, weights, elastic resistance) Ball, video games
21. What are the evaluation criteria to determine if the exercises are well done or not?
22. Duration of an exercise or test too high Visual feedback on the quality of movements (facial expressions) Patient's inability to perform the exercise (inappropriate posture)
23. In the context of exercise rehabilitation, what physical fitness assessments do you perform during or outside of sessions?
24. How often do you perform these assessments?
25. What are the constants that you are required to record in your practice (either before or during tests/sessions)?
26. Why do you measure these constants?

27. How often do you take these constants?
28. What are the daily limiting factors in your practice (Possibility to list other factors...)?
29. Do you use any digital tool(s) for the exercise rehabilitation sessions of your patients (remote or in-person)?
30. What digital tool(s) or platform(s) do you use?
31. Do you think that digital tools (connected objects, tablets, computers...) could help you in conducting your distance exercise rehabilitation sessions?
32. What are the objectives of remote work with your patient?
33. Can you identify the strengths of using digital tools in the context of exercise rehabilitation?
34. Can you identify the weaknesses of using digital tools in the context of exercise rehabilitation?