

*Appendix to John Munkhaugen, Elise Sverre, Toril Dammen, Einar Husebye, Erik Gjertsen, Oscar Kristiansen, Erlend Aune. Frailty, health literacy and self-care in patients admitted with acute heart failure. Journal of the Norwegian Medical Association 2023; 143. doi: 10.4045/tidsskr.23.0297. This appendix is a supplement to the article and has not been subject to editorial processing.*

## **APPENDIX 1 -Interview guide**

### **1. Study centre and demographics**

Drammen..... Vestfold..... Age.....

Sex..... Living alone.....

### **2. Symptoms and follow-up that are normally monitored/registered at home**

Habitual NYHA class.....

Measurements at home: days/month

- Blood pressure and pulse..... /month
- Weight ..... /month
- Other measurements at home..... /month

Have you previously discontinued heart medication without first discussing it with a doctor?.....

How often did you take your heart medication in the week prior to admission to hospital: < 4 out of 7 days....., 5/6 out of 7 days....., every day..... or as prescribed (specify the number of days).

Has self-care plan<sup>1</sup>..... Uses dosette box.....

### **3. Knowledge about heart failure and follow-up by the health service**

Are you aware that you have been diagnosed with heart failure?..... If so, do you know the cause of your heart failure?:.....

Medical follow-up in last 6 months (select all that apply): GP.....

Heart failure outpatient clinic..... Cardiologist...../year.....

Rehabilitation..... Other.....

Ongoing follow-up by primary healthcare service: Home nursing care..... If so, how often..... Home help.....

Do you have sufficient knowledge of heart failure to manage it properly?

(0=little knowledge-10=good knowledge).....

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Knowledge about your heart medication, including when it is to be discontinued temporarily (0=least-10 most).....

Knowledge about lifestyle advice aimed at preventing heart failure (0= least -10 most).....

Do you feel that your condition/heart failure currently needs to be followed up?.....

If so, what do you need? .....

Would you like regular follow-up via telephone by a nurse? .....

Are you open to regular home visits by a nurse from the study?.....

If so, how often?.....

Are you open to regular digital remote monitoring by a nurse from the study?..... If so, how often?.....

Would you like to attend the outpatient clinic in person? .....

Do not want any follow-up

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