

Study III - Activity Plan

Agenda

One hour is allocated per session/patient

- Consent
- Diary
- Demographics questionnaire
- Interview
- Get borrowed equipment back

Consent

Participants of the study are asked to fill out a consent form asking for permission to audio-record, video-record and take pictures during the interviews.

Demographics Questionnaire

1. How old are you?
2. Are you educated? What level?
3. Do you live alone?
4. Do you currently work?
5. What is/was your profession?
6. Technology
 - a. How often do you use a computer, tablet (fx iPad) or similar?
 - b. What do you use it for?
7. COPD
 - a. For how long have you had COPD?
 - b. What is the severity of your COPD?
8. For how long have you used the telehealth system that you used previous to this?
9. Do you have any notable issues with your vision (impaired vision or colorblindness)
10. Do you have any other diseases?
11. Do you use supplemental oxygen?

Interview

General talk about COPD-activities

Purpose: With COPD-activities as point of origin, we explore if any changes has occurred the last 14 days and if it relates to reflection, potentially triggered by the system.

To the patient:

- 1) We will ask follow-up questions on the use of the system and on your experience with the system.**

a) We write some post-its during the interview related to your normal activities and the system to visualise your reflection during the trial period.

2) Please take time to consider your answers.

3) There are no wrong answers.

How have you been since our last visit?

How has the weather influenced your COPD since last visit?

- How do you know that?
- Have you explored that in the system?

Has any of your habits changed the last 14 days? Maybe unconscious? Which? Why?

- Are you more/less physical active?
- Eating habits?
- Use of breathing techniques? Cough techniques? Pep device?

Has your symptoms changed since our last visit? Worse or better?

- C4: How do you become aware of changes in symptoms?
- How do you assess whether you are feeling good or bad?
- How can you use the system for that?
 - Is that better/worse in TH/AF? How?
 - Do the visualisations generate any negative feelings?

Do you use your pulse oximeter? Why? How has your saturation changed during the last 14 days? What does that tell you?

How has other measures developed since our last visit?

- How can you use the system to recognise changes?
 - Is that better/worse in TH/AF? Why?

C5: Is there anything that affects your measures?

- How did you become aware of that?
- What can you use that knowledge for? / Why is that interesting?

C6: What are your measures normally?

- How have you become aware of that?
- What can you use that knowledge for? / Why is that interesting?

Do you have a care plan? How have you used it the last 14 days?

Have you discussed with your nurse or doctor your COPD since our last visit?

- If yes, what did you talk about?

Have you initiated medication lately? (within the last 14 days?) Or adjusted it?

- If yes, what made you do that?

Have you adjusted your oxygen supply?

- Have you studied, in the system, how your saturation fluctuates?

Have you discussed your COPD with your relatives the last 14 days?

- How did you discuss your COPD with your relatives? And what did you discuss?

Have you showed the system to any one?

If anyone ask about your COPD, what questions can the system help you answer?

Standard follow-up question focused to the system:

Have you studied that in the system?

Conditions/Barriers for reflection

Purpose: Understand if patients experienced any barriers for reflection by not having conditions for reflection fulfilled while using the application

- Time and space (Context of use)
 - How much time did you allocate to use the system?
 - Where did you use the system (physical space)?
 - Were there any exceptions? Which?
- Willingness/Motivation + Skills
 - Did you see any advantages in using the system?
 - Were you motivated in using the system?
 - Was the system easy to use without help?
 - When using the system, did you miss education in
 - Collecting, understanding and knowing, what meaning they have (how/when you measure)?
 - The system, to use it?
- Is there anything else that hindered you in using the system?

Refoster reflection

Purpose: Gain insight in what reflection that was generated from the interaction.

Replay the situation by showing development in dashboards or ask into an outlier in the data.

Identify data of interest for each participant.

Regular/typical data

Irregular/not typical data

Do you remember this situation?

What did you think?

How did you explain it?

What feelings did it elicit?

What did you do?

Comparing systems:

Purpose: See if the system has improved. Maybe a change in reflection?

For current AF-user, open both system. For TH-user, play video of TH.

- TH:How much do you remember of TH?
- How was it different to enter measures in the new system compared to X?
- How has the system changed your understanding of your health compared to X?
 - What aspects have you gained a better understanding of compared to before?

- What parts in the system would you miss, if you should use the system you used before?

Other

- Diary → walk-through (if interesting parts are written)

Recommendation/future use

- Of what reasons would you recommend the system to other patients?
- Of what reasons would you recommend the system if the system was not monitored by healthcare professionals?
 - How often would you use the system? For what? Why?
- If the system was monitored by healthcare professionals, would you use it instead of X