# Report supplementary material 7

# Focus group topic guide

**‘Fit for surgery’ or ‘fit for life’? Focus group discussions: Topic guide**

**Focus group and individual discussion themes:**

1. **What matters most to you?**
   * Priorities and agendas in this context.
   * Priorities or agenda in their encounter with patients or with colleagues in relation to this service?
   * May not really be anything to do with physical activity
   * Who shares these? Is this understood by all involved? Does that matter?
   * What about patients?
2. **Presenting physical activity**
   * How is this framed to patients and to colleagues?
   * How do patients and colleagues feel about this?
   * How is its importance negotiated? Ability and openness for organisational learning?
3. **What do we need across our services to support this work with patients and colleagues/partners**
   * What and who makes this provision possible?
   * What are the critical elements in setting it up and in making it work? Presumably multiple simultaneous actions; people, relationships, personalities, specific practices, interactions, organisational contexts, instigators, sustaining systems.
4. **Remote and digitally supported delivery** 
   * What’s feasible, what’s tried and tested? With or without Covid
   * Acceptability – to patients and to staff? And Operationally – does it work?
   * What learning can we take form this? What are we loosing and what are we gaining?