# 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?