

Supplementary File 4*The comparison of MBI based rehabilitation nursing and the usual rehabilitation:*

Group	Definition/rationale	Provider	Time/intensity /frequency	Contents	Implementation
The experimental group: MBI based rehabilitation nursing	Based on the level of function graded with MBI score (MBI scores 0–20 indicates Level I; scores 21–40 indicates Level II; scores 41–60 indicates Level III, scores 61–80 indicates Level IV, scores 81–100 indicates Level V)	1.Nurses who have more than 5 years' experiences in neurology wards; 2.worked as a nurse team leader; 3.volunteered to participate in this study; 4.been trained and qualified through assessment by a therapist team.	Thirty minutes per session, 2 sessions per day, for consecutive 7 days	MBI based rehabilitation nursing program exercise items: Level I, there are six exercise items 1-5 (1for upper and lower limb); Level II, there are nine exercise items 2,3,5-11; Level III, there are ten exercise items 2,5,7,8,12,13,15-17 (15 for upper and lower limb); Level IV, there are eleven exercises items 5,7,8,12,13,15 (15 for upper and lower limb),18,20-22; Level V, there are eleven exercise items 5,7,8,14-15 (15 for upper and lower limb), 19-21,23-24.	Face-to-face; at the patient's bedside or in another ward environment; individually
The control group: usual rehabilitation	Based on the patient's Brunstrom stage and goal, perform exercises step by step	1.Professionals who majored in rehabilitation medicine; 2.have at least 3 years of work experience	Same as experimental group	Usual rehabilitation exercise items: have items 1-3,5,7-11,15-24 same with the experimental group, also have other physical therapy: muscle strength training and trunk control ability training, other occupational therapy: active assistance to active training of affected limb, maintain normal posture.	Same as experimental group

MBI based rehabilitation nursing program exercise items:

1. Passive movement of the affected limb
2. Bobath therapy
3. Turn over to the affected side or unaffected side
4. Move body to left/right or up/down in the bed
5. Bridge movement
6. Function training of upper limbs (under the sitting position, the healthy side hand can drive the affected side hand (wipe table and objects transfer, drink, comb, and pick up peas)
7. Guiding patients in the lateral position to sit-up training
8. Sitting balance training
9. Hip and knee flexion and extension in supine position
10. Out of the knee training in sitting position
11. Ankle dorsiflexion and back extension training
12. Upper limb initiative function training in sitting/standing position (item transfer, drink, combing hair, wiping face, pick up beans, etc.)
13. Under the guidance of wearing and undressing a jacket training(in sitting position)
14. Upper limb initiative function training in sitting/ standing position (item wear and take off coat, fold clothes, buckle, tie shoes, etc.)
15. Ipsilateral limb weight training
16. Bedside sit-to-stand training
17. Bed and chair transfer training
18. Stepping training of the unaffected lower limb in standing position
19. Stepping training of the affected lower limb in standing position
20. Step training bedside
21. Lade step training
22. Walking training in appropriate distance (with walking stick when needed)
23. Walking training in appropriate distance
24. Complex walking training (high leg steps, bow and arrow steps, round walks, straight walks, etc.)