

Appendix 8: Version 2 21/06/2021

Patient Interview Guide- Telemonitoring and non-Telemonitoring Groups



Prior to the start of each recorded interview the interviewer(s) will introduce themselves and inform the participant about use of audio recording device before reconfirming consent.

Section	Question/Content	Prompt
Basic Introduction: History of hypertension diagnosis and management.	<ol style="list-style-type: none"> 1. Can you tell us a little bit about how and when you were first diagnosed with hypertension (high blood pressure)? 2. How was your high blood pressure first managed and how do you manage it currently? 3. How do you feel living with hypertension? Do you feel hypertension impacts on your life? If yes, how so? 	<p>Qu 1: <i>Do you have any additional health conditions?</i></p> <p>Qu 2: <i>Lifestyle changes, medication?</i></p> <p>Qu 3: <i>Does it cause you any worry or concern? Do you experience any other health conditions as a result of your high blood pressure e.g. headaches</i></p>
Telemonitoring Group: Experience of managing BP with monitor	<ol style="list-style-type: none"> 1. At what point during your management for high blood pressure were you introduced to remote monitoring technology to manage your condition? 2. What were your initial thoughts/feelings when first introduced to the remote monitoring technology? 3. What has your experience been of using remote monitoring technology to manage your blood pressure? 4. Has the use of remote monitoring technology changed the way you see/manage your condition? If so, how 5. Do you feel your blood pressure is under control? 	<p>Qu 1: <i>i.e First diagnosed vs long term hypertension patients</i></p> <p>Qu 3: <i>Technical/Clinical/Organisational</i> Qu 3: <i>Personal (anxiety/reassurance)</i></p> <p>Qu 5: If yes- <i>What do you think has contributed to this? If no-</i> <i>In what way/what if anything do you think will help?</i></p>
Telemonitoring Group: COVID-19	<ol style="list-style-type: none"> 1. During the covid-19 pandemic if you felt unwell would you be more or less likely than usual to contact the NHS? 2. Have you managed to access health services to help you manage your hypertension during COVID-19? 3. How do you feel having access to the remote monitoring technology has impacted (if at all) on your blood pressure management during the pandemic? 4. If you had high blood pressure readings, what route did you use to follow this up during the pandemic? Has this changed as a result of the pandemic? 	<p>Qu 2: If so, how and why? If not, have you needed to? <i>Been unable to?</i></p> <p>Qu 3: <i>Personally- Has it helped you feel supported? left to own devices? In control? Safer- not having to travel to surgery for check ups?</i></p> <p>Qu 4: <i>Phone call, email, letter for telephone appointment</i></p>

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	<ol style="list-style-type: none"> 5. Have you had confirmed COVID-19? Did you require hospital treatment? Did you experience any challenges managing your hypertension during this time? 6. Have you required hospital treatment due to any other cause over the last 12-18 months? 7. Did you experience any challenges using the telemonitoring service during COVID-19? 8. What improvements, if any would you like to see with the telemonitoring service? 	<p><i>Qu 5: Any emergency admissions, cardiac (Heart) or thrombus (bleeding/clot) events i.e Stroke</i></p>
<p>Non-Telemonitoring Group: Experience of managing BP</p>	<ol style="list-style-type: none"> 1. Do you currently monitor your blood pressure? If yes, how? If no, would you like to have the opportunity to be able to monitor your own blood pressure? 2. What advice, if any have you been given to help manage your hypertension? 3. Do you feel your blood pressure is under control? If yes, what contributing factors do you think help you to control your blood pressure? If no, why do you think this is? what additional help/support/thing do you think would help you get your blood pressure under control 	<p>Qu 1: Were you advised to monitor your own blood pressure by a healthcare professional? or self-monitored by choice?</p> <p>Qu 3: e.g. lifestyle advice/changes? More medication? More or less healthcare professional support?</p>
<p>Non- Telemonitoring Group: COVID-19</p>	<ol style="list-style-type: none"> 1. During the covid-19 pandemic if you felt unwell would you be more or less likely than usual to contact the NHS? 2. Have you been able to access health services to manage your hypertension during COVID-19 3. If you monitor your blood pressure and had high readings, what route did you use to follow this up during the pandemic? Has this changed as a result of the pandemic? 	<p><i>Qu 2: If so, how and why? If not, have you needed to? Been unable to?</i></p>

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	<ol style="list-style-type: none">4. Have you had confirmed COVID-19? Did you require hospital treatment? Did you experience any challenges managing your hypertension during this time?5. Have you required hospital treatment due to any other cause over the last 12-18 months?6. What, if any challenges have you experience managing your hypertension during the COVID-19 pandemic?7. What improvements, if any would you like to see for managing hypertension?	<i>Qu 4: Any emergency admissions, cardiac or thrombus events i.e TIA/Stroke</i>
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