



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

Appendix 1: Information and consent for the survey for the healthcare providers

What could prevent hospitals from establishing pulmonary rehabilitation programs in Saudi Arabia

Hello: You are invited to participate in our survey (What could prevent hospitals from establishing pulmonary rehabilitation programs in Saudi Arabia?) In this survey, if you are a physician (internal medicine and pulmonary), a physiotherapist, a respiratory therapist, a nurse, a clinical nutrition and a psychology, you will be asked to complete a survey that asks questions about barriers for establishing pulmonary rehabilitation programs in Saudi Arabia. It will take approximately 4-5minutes to complete the questionnaire. Your participation in this study is completely voluntary. There are no foreseeable risks associated with this project. However, if you feel uncomfortable answering any questions, you can withdraw from the survey at any point. It is very important for us to learn your opinions. Your survey responses will be strictly confidential and data from this research will be reported only in the aggregate. Your information will be coded and will remain confidential. If you have questions at any time about the survey or the procedures, you may contact [Dr.Mohammed Alsubaiei] by email at msubaiei@iau.edu.sa.

This study was approved by the IRB at IAU (IRB-2022-03-007).

Thank you very much for your time and support. Please start with the survey now by clicking on the Continue button below.

*Do you agree to participate in this survey?

☐ Yes

☐ No



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Appendix 2: The survey for the healthcare providers

What could prevent hospitals from establishing pulmonary rehabilitation programs in Saudi Arabia

*Please choose the number of the data collector who sent you the questionnaire. * You can choose number 1 if you do not know the number

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ 9
-

Introduction About Pulmonary Rehabilitation Programs Pulmonary rehabilitation is a program that includes exercise and education/self-management classes to teach patients with respiratory diseases such as COPD and asthma about their lungs, how to exercise and do activities with less shortness of breath, and how to "live" better with their lung condition. It will be provided by a multidisciplinary team and health care providers such as physicians, nurses, respiratory therapists, and physiotherapists.

The main aim of self- management strategies is to change the patients' disease behaviour by increasing their knowledge, confronting them with consequences of specific behaviour, and supplying them with tools to deal with different components of their disease.

The exercise classes will help patients be more active with less shortness of breath. Usually, patients will be exercising both their upper and lower extremities. Pulmonary rehabilitation is proven to be effective in patients with respiratory diseases. The exercise classes will help patients feel better and become stronger by helping them get into better shape.

Guidelines recommend that patients attend two times per week at the hospitals for eight or twelve weeks.

References:

(Nici et al., 2006)

(Pulmonary rehabilitation toolkit 2012)

Hospital name

*Department/unit

- ☐ Internal medicine
 - ☐ Intensive care
 - ☐ Pulmonary
 - ☐ Physiotherapy
 - ☐ Respiratory care
 - ☐ Nursing
 - ☐ Clinical nutrition
 - ☐ Psychology
 - ☐ Other
-

***Ranking Position**

- ☐ Consultant
 - ☐ Specialist
 - ☐ Resident
 - ☐ Technician
 - ☐ Other
-

¹Years of experience as a health care practitioner

***Gender**

- ☐ Male
 - ☐ Female
-

***Does your current hospital have access to a pulmonary rehabilitation program?**

- ☐ Yes
- ☐ No

☐ We do not have funds from the hospital to run a pulmonary rehabilitation program

¹ Which one of the following barriers are main causes of preventing hospitals from establishing pulmonary rehabilitation program? (Please tick all of the boxes that apply)

☐ We do not have qualified health care providers that can run a pulmonary rehabilitation program

- ☐ Standard management for patients with respiratory diseases is better than a pulmonary rehabilitation program
 - ☐ Pulmonary rehabilitation program is more expensive than standard management
 - ☐ Pulmonary rehabilitation program does not interest our department
 - ☐ The capacity of the hospital does not allow us to set up a pulmonary rehabilitation program
 - ☐ We do not have enough room to set up a pulmonary rehabilitation program
 - ☐ I do not believe a pulmonary rehabilitation program will be a valuable addition to the management of patients with respiratory diseases
 - ☐ We do not have many patients with respiratory diseases
 - ☐ Other: please mention them
-

*Do you think patients are willing to participate in pulmonary rehabilitation program if they have been offered to participate?

- ☐ Yes
 - ☐ No
-

*Which one of the following reasons do you think that will prevent patients from participating in a pulmonary rehabilitation program if they have been offered to participate? (Please tick all of the boxes that apply)

- ☐ Patients will get bored
- ☐ Patients do not want to lose time out of their holiday to attend a program
- ☐ Problems with transport to the pulmonary rehabilitation program
- ☐ Patients will find it difficult to get the accessibility of car parking
- ☐ Patients do not like group activities
- ☐ Patients will not be motivated by health care providers to attend and participate

- ☐ Patients will not be motivated from their family members to attend and participate
 - ☐ Patients will not quit smoking
 - ☐ Patients will not complete the pulmonary rehabilitation program
 - ☐ Patients will think that they will not get benefit from attending pulmonary rehabilitation program
 - ☐ Other
-

2 Which statement regarding implementing pulmonary rehabilitation program do you agree with most? Please select one of the following statements:

- ☐ I am not intending to implement pulmonary rehabilitation program.
- ☐ I am intending to implement pulmonary rehabilitation program.
- ☐ I am intending to implement pulmonary rehabilitation program in the next month.
- ☐ I just recently implement pulmonary rehabilitation program

2 How confident are you to implement pulmonary rehabilitation program at the moment, where 0 is “not at all confident” and 10 is “very confident”:

0	1	2	3	4	5	6	7	8	9	10
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Not at all confident Very confident

I have been implementing pulmonary rehabilitation program for the last 6 month
and intend to keep referring



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Appendix 3: Information and consent for the survey for the respiratory patients

Preventions for participation in pulmonary rehabilitation programs in Saudi Arabia

Hello: You are invited to participate in our survey titled "Preventions to Participation in Pulmonary Rehabilitation in Saudi Arabia".

In this survey, patients with pulmonary diseases will be asked to complete a questionnaire about the barriers to participating in pulmonary rehabilitation programs in Saudi Arabia. Completing the questionnaire will take approximately 2-3 minutes.

Your participation in this study is entirely voluntary. There are no anticipated risks associated with this project. However, if you feel uncomfortable answering any of the questions, you may withdraw from the survey at any time. Your opinions are very important to us.

Your responses to the survey will be strictly confidential, and data from this research will only be reported in aggregate form. Your personal information will be encrypted and remain confidential. If you have any questions at any time about the survey or procedures, you can contact Dr. Mohammed Al-Subaie via .email at msubaiei@iau.edu.sa

Please note that this research has been approved by the Medical Ethics Committee (IRB-2022-03-07). Thank you so much for your time and support. Please start the survey now by clicking the "Continue" button below.

I suffer from one of the chronic lung diseases (such as: chronic pneumonia, asthma, chronic obstructive pulmonary disease, pulmonary fibrosis, post-COVID-19 symptoms) and I agree to participate in this survey?

- Yes.

- No.



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Appendix 4: The survey for the respiratory patients

Preventions for participation in pulmonary rehabilitation programs in Saudi Arabia

Please select the data collector number from which you received the message. You can select number 1 if you do not know its number.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Introduction to Pulmonary Rehabilitation Programs

Pulmonary rehabilitation is a program that includes therapeutic exercises and educational lectures to teach patients with respiratory conditions such as chronic obstructive pulmonary disease (COPD) and

asthma about their lung health, how to exercise and perform activities with less shortness of breath, and .how to live better with their condition

The program is provided by a multidisciplinary team of healthcare providers, including physicians, nurses, .respiratory therapists, and physical therapists

Therapeutic exercise classes help patients reduce shortness of breath during daily activities. These classes involve exercises for both the upper and lower extremities. Pulmonary rehabilitation has been proven effective in treating patients with respiratory diseases and helps them feel better. Guidelines recommend that patients participate in the pulmonary rehabilitation program twice a week for at least .two months

The main goal of the educational lectures is to improve patients' behavior by enhancing their knowledge .of their disease and treatments and providing them with the necessary tools to manage their condition

:References

(Nissi et al., 2006)

(Pulmonary Rehabilitation Toolkit 2012)

Send feedback

Gender:

- Male.
- Female.

Marital status:

- Married.
- Single.

- Other.
- Age:

Region:

- West.
- East.
- Center.
- South.
- North.

The disease you are suffering from:

- Chronic pneumonia.
- Asthma.
- Pulmonary hypertension.
- Chronic pneumonia and asthma.
- COVID-19.
- Pulmonary fibrosis.
- Chronic obstructive pulmonary disease.
- Others.

Do you suffer from any of the following disabilities?

- Physical.
- Auditory.
- Visual.
- Kinetics.
- No disability.

If your doctor refers you to a pulmonary rehabilitation program, will you participate?

- Yes.
- No.

Which of the following reasons do you think would prevent you from participating in a pulmonary rehabilitation program if offered? (Please check all answers that apply to you):

- Pulmonary rehabilitation program boredom.
- I'm afraid. I'll waste my time in the pulmonary rehabilitation program.
- I have transportation problems to attend the pulmonary rehabilitation program.
- I find parking difficult.
- I will not benefit health-wise from attending the pulmonary rehabilitation program.
- I don't like group activities.
- I will not find encouragement to attend the pulmonary rehabilitation program from doctors and healthcare practitioners.
- I will not find encouragement to attend the pulmonary rehabilitation program from my family members.
- I do not think, I will stick to the pulmonary rehabilitation program.
- I find it difficult to quit smoking.
- I don't want to attend pulmonary rehabilitation programs because they are offered in the hospital.
- Other.

Would you be interested in attending the pulmonary rehabilitation program if it were offered online?

- Yes.
- No.

