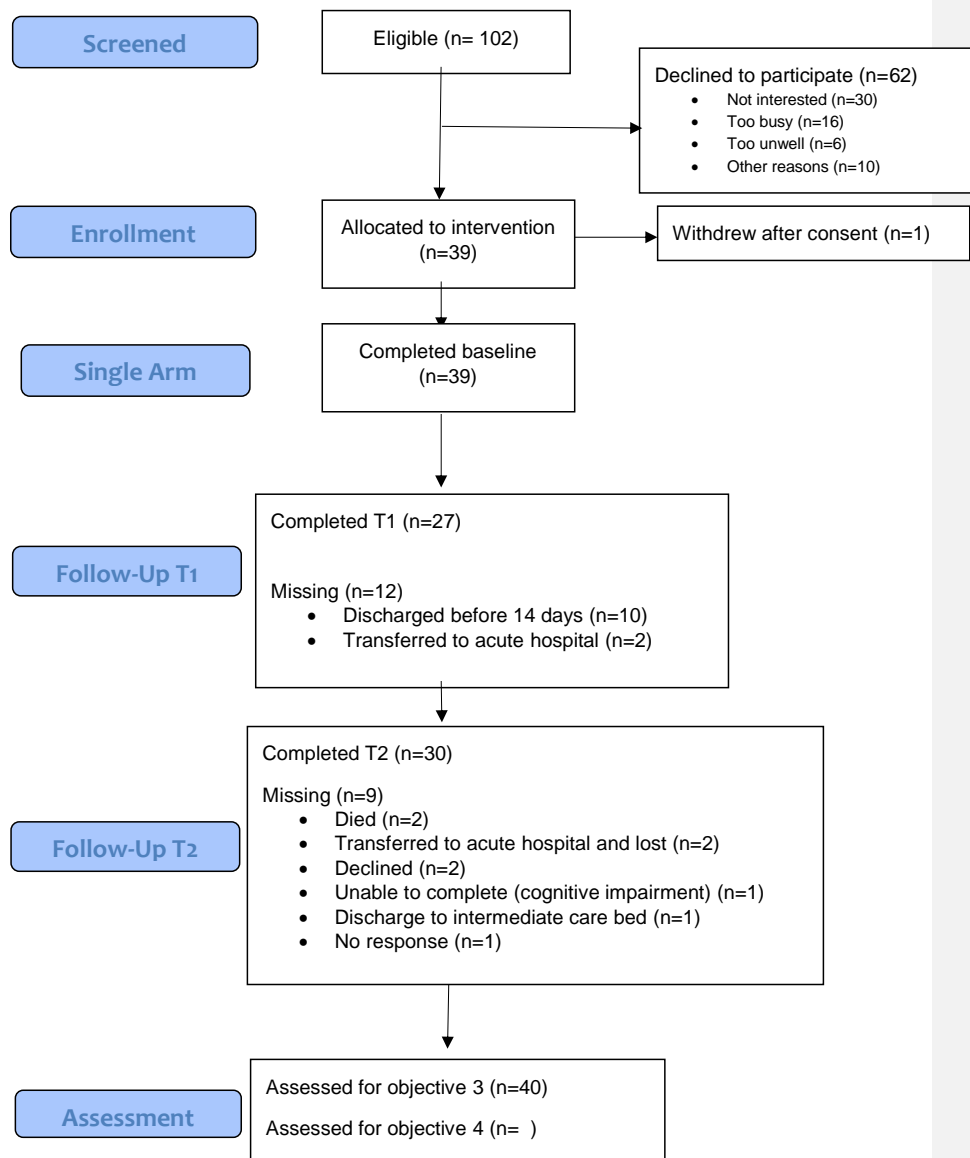


## Participant flow



## Baseline characteristics

Table 1: baseline descriptives (N=39)

Patient characteristics		N (%)
Age, mean (SD)		83.5 (8.0)
Gender	Female	21 (53.9)
	Male	18 (46.2)
Marital status	Single	5 (12.8)
	Widowed	18 (46.2)
	Married/civil partner	10 (25.6)
	Divorced/separated	6 (15.4)
Living status	Alone	28 (71.8)
	With spouse/partner	9 (23.1)
	With spouse/partner and children	2 (5.1)
Does patient have a primary carer?	No	21 (53.9)
	Yes	18 (46.2)
If so, what is primary carer's relationship to patient? (N=18)	Spouse/partner	5 (27.8)
	Son/daughter	7 (38.9)
	Parent	1 (5.6)
	Friend	2 (11.1)
	Other	3 (16.7)
Feelings towards household income	Living comfortably at present	16 (41.0)
	Coping on present income	19 (48.7)
	Difficult on present income	3 (7.7)
	Prefer not to say	1 (2.6)
Ethnicity	White	37 (94.9)
	Mixed/multiple ethnicities	2 (5.1)
Admitted from	Acute hospital	35 (89.7)
	Home	1 (2.6)
	Care home	3 (7.7)
Planned/unplanned admission	Unplanned	35 (89.7)
	Planned	3 (7.7)
	Unknown	1 (2.6)
Discharged to	Home	30 (76.9)
	Care home	4 (10.3)
	Transferred to acute hospital	4 (10.3)
	Family member's home	1 (2.6)
Main condition on admission	Circulatory disease	6 (15.4)
	Digestive system disease	3 (7.7)
	Fall	19 (48.7)
	Nervous system disease	2 (5.1)
	Other <sup>1</sup>	9 (23.1)
Number of comorbidities, mean (SD), (median, range)		6.6 (2.4) (median = 7, range 1-11)
Number of medications, mean (SD), (median, range)		8.2 (3.5) (median = 7, range 3-17)
Number of geriatric syndromes	0	4 (10.3)
	1	7 (18.0)
	2	22 (56.4)

Commented [EC1]: Charlson comorbidity index calculation?

	3	5 (12.8)
	<i>Missing</i>	1 (2.6)

<sup>1</sup> 'Other' includes: Accidental poisoning by alcohol, malaise and fatigue, bladder cancer, delirium, dislocated hip, acute renal failure, leg fracture, knee replacement, Clostridium difficile

## Outcome measures

Table 2: IPOS subscale

IPOS subscale		Baseline (N=39)	T1 (N=27)	T2 (N=31)
Mean (SD)		1.3 (0.7) (N=31)	1.2 (0.9) (N=26)	1.6 (0.7) (N=28)
Have you been feeling anxious or worried about your illness or treatments?	Not at all	12 (30.8)	10 (37.0)	5 (16.1)
	Occasionally	8 (20.5)	8 (29.6)	10 (32.3)
	Sometimes	10 (25.6)	6 (22.2)	7 (22.6)
	Most of the time	7 (18.0)	2 (7.4)	6 (19.4)
	Always	2 (5.1)	1 (3.7)	2 (6.5)
	Missing	0	0	1 (3.23)
Have your family/friends been anxious or worried about you?	Not at all	4 (10.3)	9 (33.3)	6 (19.4)
	Occasionally	6 (15.4)	6 (22.2)	4 (12.9)
	Sometimes	9 (23.1)	5 (18.5)	4 (12.9)
	Most of the time	10 (25.6)	3 (11.1)	12 (38.7)
	Always	7 (18.0)	4 (14.8)	3 (9.7)
	Missing	3 (7.7)	0	2 (6.5)
Have you been feeling depressed?	Not at all	18 (46.2)	14 (51.9)	14 (45.2)
	Occasionally	8 (20.5)	6 (22.2)	6 (19.4)
	Sometimes	9 (23.1)	6 (22.2)	4 (12.9)
	Most of the time	2 (5.1)	0	4 (12.9)
	Always	1 (2.6)	1 (3.7)	2 (6.5)
	Missing	1 (2.6)	0	1 (3.2)
Have you felt at peace?	Always	7 (18.0)	3 (11.1)	4 (12.9)
	Most of the time	13 (33.3)	14 (51.9)	12 (38.7)
	Sometimes	7 (18.0)	4 (14.8)	9 (29.0)
	Occasionally	7 (18.0)	4 (14.8)	2 (6.5)
	Not at all	4 (10.3)	1 (3.7)	3 (9.7)
	Missing	1 (2.6)	1 (3.7)	1 (3.2)
Have you been able to share with family/friends how you	Always	11 (28.2)	13 (48.2)	8 (25.8)
	Most of the time	11 (28.2)	9 (33.3)	10 (32.3)
	Sometimes	6 (15.4)	0	5 (16.1)

feeling as much as you wanted?	Occasionally	4 (10.3)	3 (11.1)	2 (6.5)
	Not at all	5 (12.8)	2 (7.4)	4 (12.9)
	<i>Missing</i>	2 (5.1)	0	2 (6.5)
Have you had as much information as you wanted?	Always	15 (38.5)	7 (25.9)	7 (22.6)
	Most of the time	4 (10.3)	7 (25.9)	7 (22.6)
	Sometimes	8 (20.5)	6 (22.2)	6 (19.4)
	Most of the time	11 (28.2)	5 (18.5)	6 (19.4)
	Not at all	0	2 (7.4)	4 (12.9)
	<i>Missing</i>	1 (2.6)	0	1 (3.2)
Have practical problems from your illness been addressed?	Problems addressed	24 (61.5)	14 (51.9)	9 (29.0)
	Problems mostly addressed	6 (15.4)	8 (29.6)	7 (22.6)
	Problems partly addressed	5 (12.8)	4 (14.8)	8 (25.8)
	Problems hardly addressed	1 (2.6)	0	4 (12.9)
	Problems not addressed	2 (5.1)	1 (3.7)	1 (3.2)
	<i>missing</i>	1 (2.6)	0	2 (6.5)

Table 3: IPOS symptoms

IPOS symptoms, N (%)		Baseline (N=39)	T1 (N=27)	T2 (N=31)
Mean (SD)		9.9 (5.2) (N=39)	9.2 (5.2) (N=27)	10.4 (6.2) (N=29)
Pain	Not at all	12 (30.8)	7 (25.9)	8 (25.8)
	Slightly	4 (10.3)	10 (37.0)	3 (9.7)
	Moderately	7 (18.0)	4 (14.8)	10 (32.3)
	Severely	13 (33.3)	6 (22.2)	5 (16.1)
	Overwhelmingly	3 (7.7)	0	3 (9.7)
	<i>Missing</i>	0	0	2 (6.5)
Shortness of breath	Not at all	17 (43.6)	11 (40.7)	11 (35.5)
	Slightly	11 (28.2)	9 (33.3)	8 (25.8)
	Moderately	9 (23.1)	4 (14.8)	7 (22.6)
	Severely	2 (5.1)	3 (11.1)	3 (9.7)
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)

Weakness	Not at all	9 (23.1)	6 (22.2)	4 (12.9)
	Slightly	8 (20.5)	10 (37.0)	4 (12.9)
	Moderately	16 (41.0)	6 (22.2)	13 (41.9)
	Severely	4 (10.3)	5 (18.5)	7 (22.6)
	Overwhelmingly	2 (5.1)	0	1 (3.2)
	<i>Missing</i>	0	0	2 (6.5)
Nausea	Not at all	33 (84.6)	21 (77.8)	23 (74.2)
	Slightly	5 (12.8)	5 (18.5)	2 (6.5)
	Moderately	1 (2.6)	1 (3.7)	4 (12.9)
	Severely	0	0	0
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)
Vomiting	Not at all	38 (97.4)	26 (96.3)	29 (93.6)
	Slightly	1 (2.6)	0	0
	Moderately	0	1 (3.7)	0
	Severely	0	0	0
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)
Poor appetite	Not at all	22 (56.4)	16 (59.3)	18 (58.1)
	Slightly	8 (20.5)	4 (14.8)	6 (19.4)
	Moderately	8 (20.5)	6 (22.2)	0
	Severely	1 (2.6)	1 (3.7)	3 (9.7)
	Overwhelmingly	0	0	3 (9.7)
	<i>Missing</i>	0	0	1 (3.2)
Constipation	Not at all	18 (46.2)	14 (51.9)	19 (61.3)
	Slightly	8 (20.5)	5 (18.5)	6 (19.4)
	Moderately	9 (23.1)	5 (18.5)	2 (6.5)
	Severely	4 (10.3)	3 (11.1)	2 (6.5)
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)
Sore mouth	Not at all	19 (48.7)	13 (48.2)	16 (51.6)
	Slightly	10 (25.6)	11 (40.7)	6 (19.4)

	Moderately	8 (20.5)	2 (7.4)	4 (12.9)
	Severely	2 (5.1)	1 (3.7)	3 (9.7)
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)
Drowsiness	Not at all	19 (48.7)	11 (40.7)	12 (38.7)
	Slightly	4 (10.3)	6 (22.2)	5 (16.1)
	Moderately	14 (35.9)	10 (37.0)	9 (29.0)
	Severely	2 (5.1)	0	3 (9.7)
	Overwhelmingly	0	0	0
	<i>Missing</i>	0	0	2 (6.5)
Poor mobility	Not at all	4 (10.3)	2 (7.4)	3 (9.7)
	Slightly	6 (15.4)	8 (29.6)	5 (16.1)
	Moderately	17 (43.6)	9 (33.3)	10 (32.3)
	Severely	7 (18.0)	6 (22.2)	7 (22.6)
	Overwhelmingly	5 (12.8)	2 (7.4)	5 (16.1)
	<i>Missing</i>	0	0	1 (3.2)

Figure 1: IPOS symptoms baseline, T1 and T2

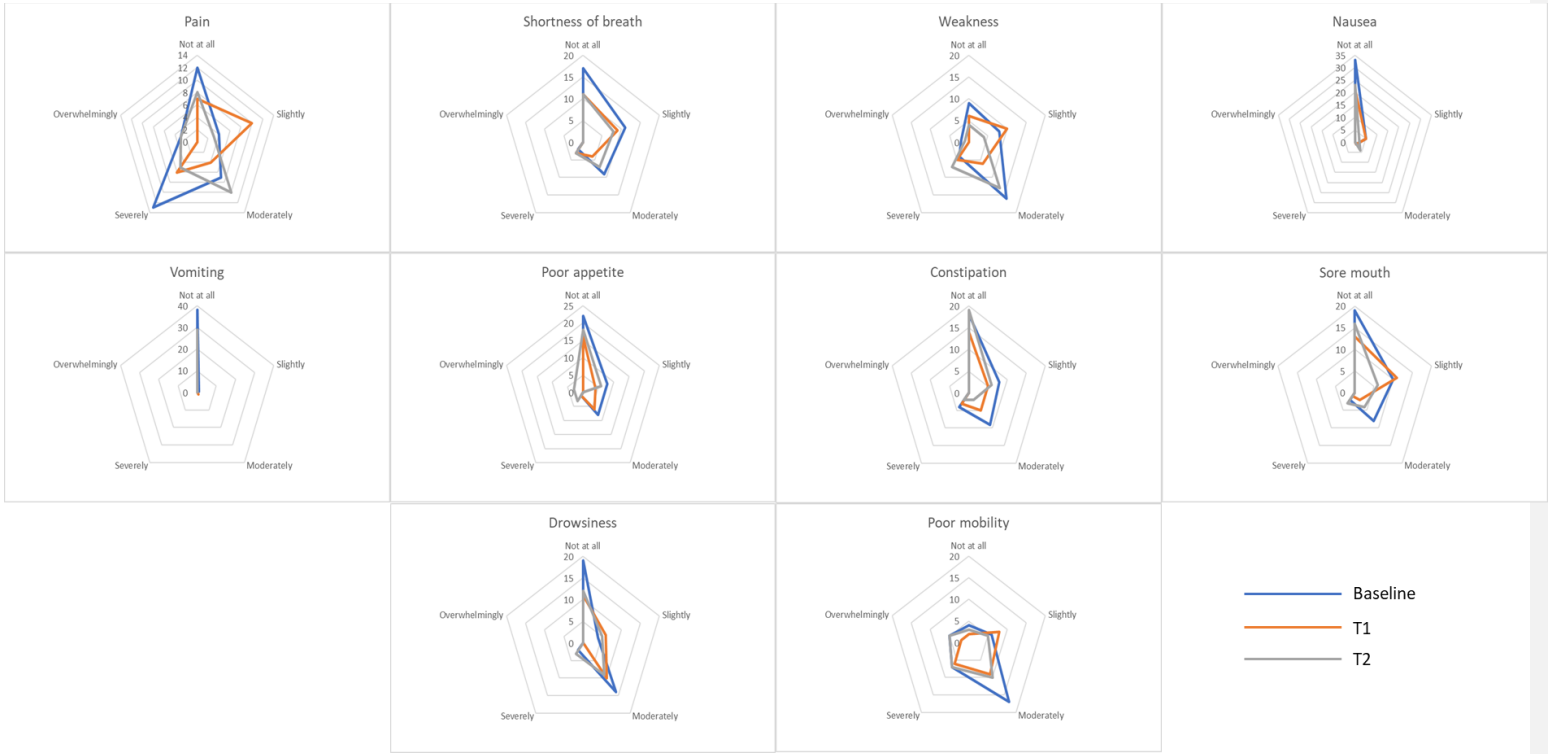




Figure 2: IPOS subscale items at baseline, T1 and T2

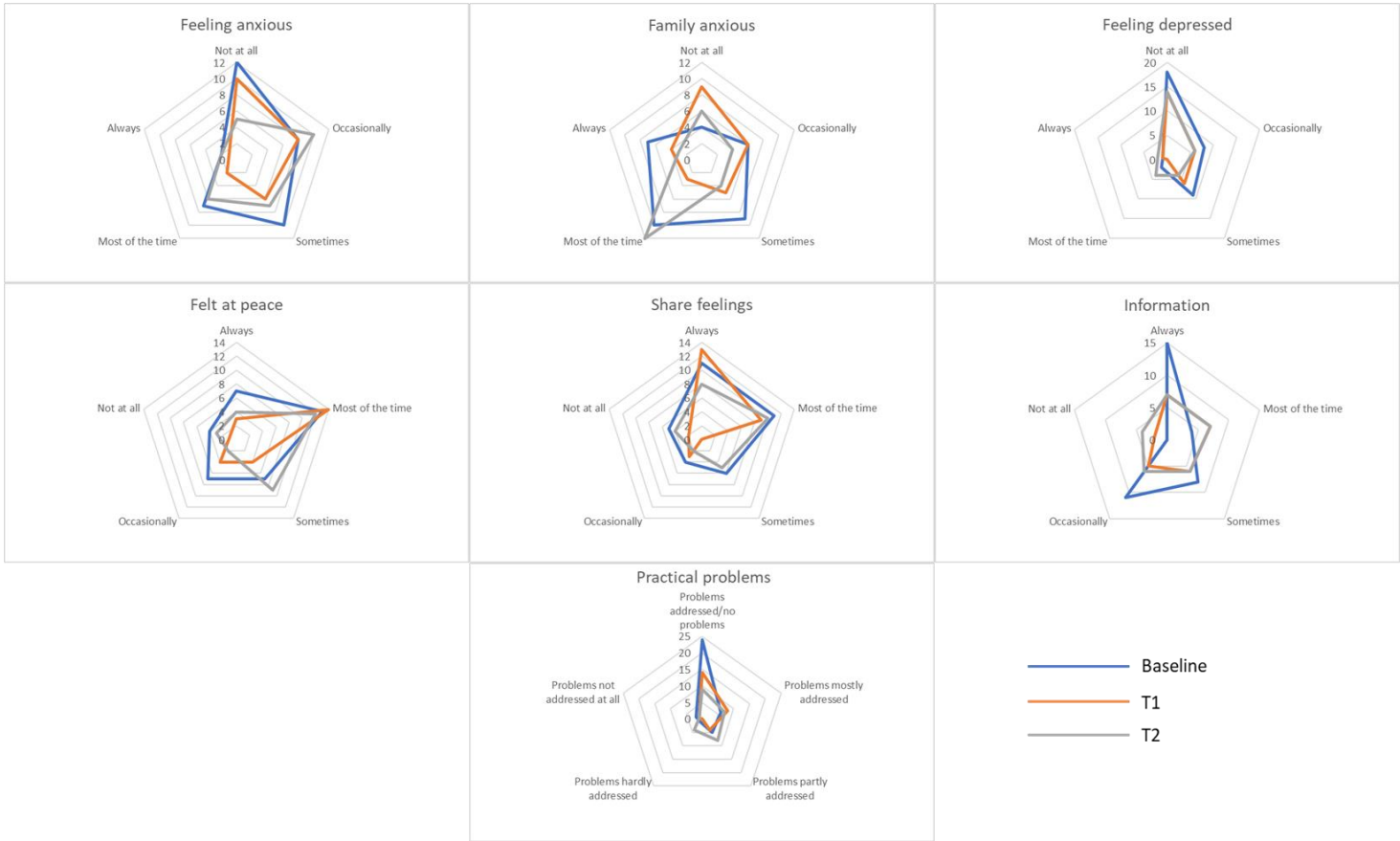


Table 4: FRAIL criteria/Abbreviated mental test/MUST score at baseline (N=39)

<b>FRAIL criteria</b>		
Baseline (n=38)	Robust (0 items)	1 (2.6)
	Pre-fail (1-2 items)	16 (42.1)
	Frail ( $\geq 3$ items)	21 (55.3)
T1 (n=27)	Robust (0 items)	1 (3.7)
	Pre-fail (1-2 items)	12 (44.5)
	Frail ( $\geq 3$ items)	14 (51.9)
T2 (n=28)	Robust (0 items)	0
	Pre-fail (1-2 items)	15 (53.6)
	Frail ( $\geq 3$ items)	13 (46.4)
<b>Abbreviated mental test (n=39)</b>		
1		0
2		0
3		1 (2.6)
4		0
5		0
6		0
7		2 (5.1)
8		1 (2.6)
9		11 (28.2)
10		22 (56.4)
Missing		2 (5.1)
Median		10
<b>MUST score (n=39)</b>		
0		31 (79.5)
1		5 (12.8)
2		3 (7.7)

Table 5: Illness and frailty factors at baseline, T1 and T2

<b>Illness factors</b>		
Modified Barthel Index, mean (SD) ( <i>&lt;15 represents moderate disability, &lt;10 represents severe disability</i> )	Baseline (n=38)	13.9 (4.2) [range 4-20]
	T1 (n=23)	12.6 (3.0) [range 7-17]
	T2 (n=28)	14.5 (3.9) [range 6-20]
EQ5D, mean (SD) ( <i>Higher score = more problems</i> )	Baseline (n=38)	12.1 (4.3) [range 5-21]
	T1 (n=25)	10.9 (4.2) [range 5-18]
	T2 (n=29)	13.1 (4.7) [range 5-21]
<b>Frailty factors</b>		
AMKPS, mean (SD) median (range)	Baseline (n=39)	58.8 (7.2) [median 60, range 50-80]
	T1 (n=27)	53.7 (7.4)

		[median 50, range 40-80]
CFS, mean (SD) median (range)	Baseline (n=39)	5.0 (1.2) [median 5, range 2-7]
	T1 (n=27)	5.3 (0.8) [median 6, range 3-6]

Table 6: Environmental factors and experiences of care

Environment factors			
Length of stay from admission to discharge, mean (SD, range) (n=39)			20.2 (9.9) (range 6-45)
Experiences of care			
I have confidence and trust in the staff treating/supporting me	Baseline (n=39)	Yes, always	20 (51.3)
		Yes, most of the time	18 (46.2)
		Sometimes	1 (2.6)
	T1 (n=27)	Yes, always	19 (70.4)
		Yes, most of the time	6 (22.2)
		Sometimes	2 (7.4)
	T2 (n=31)	Yes, always	16 (51.6)
		Yes, most of the time	12 (38.7)
		Sometimes	1 (3.2)
		No, not at all	1 (3.2)
Missing		1 (3.2)	
I feel I am treated with respect and dignity from this service	Baseline (n=39)	Yes, always	25 (64.1)
		Yes, most of the time	11 (28.2)
		Sometimes	2 (5.1)
		No, not really	1 (2.6)
	T1 (n=27)	Yes, always	18 (66.7)
		Yes, most of the time	9 (33.3)
	T2 (n=31)	Yes, always	20 (64.5)
		Yes, most of the time	8 (25.8)
		Sometimes	1 (3.2)
		No, not at all	1 (3.2)
		Missing	1 (3.2)

Table 7: Feasibility of the research methods

Feasibility of the research methods		
Time from admission to recruitment, mean (SD) (n=39)		4.2 (1.9) (range 1-9)
Time from admission to complete T1, mean (SD) (n=27)		15.7 (3.0) (range 10-24)
Time from discharge to complete T2 (mean/median) (n=31)		25.7 (21.0) (range 11-110)
Number of missing cases	Baseline	1
	T1	12
	T2	8

How did you complete this questionnaire?	Baseline (n=39)	On my own	6 (15.4)
		With help from staff	33 (84.6)
	T1 (n=27)	On my own	1 (3.7)
		With help from friend/relative	1 (3.7)
		With help from staff	25 (92.6)
	T2 (n=31)	On my own	14 (45.2)
		With help from friend/relative	8 (25.8)
		With help from staff	8 (25.8)
Missing		1 (3.2)	
What is your experience of participating in this study so far?	Baseline (n=39)	Positive	25 (64.1)
		Neutral	10 (25.6)
		Don't know	4 (10.3)
	T1 (n=27)	Positive	22 (81.5)
		Neutral	1 (3.7)
		Don't know	4 (14.8)
	T2 (n=31)	Positive	13 (41.9)
		Neutral	13 (41.9)
Don't know		4 (12.9)	
Missing		1 (3.2)	
Would you recommend this study to other patients?	Baseline (n=39)	Yes	33 (84.6)
		No	1 (2.6)
		Don't know	5 (12.8)
	T1 (n=27)	Yes	23 (85.2)
		No	0
		Don't know	2 (7.4)
		Missing	2 (7.4)
	T2 (n=31)	Yes	21 (67.7)
No		0	
Don't know		9 (29.0)	
Missing		1 (3.2)	

Table 8: Screening log

Number approached = 102 (Recruitment rate = 102/39 = 38.2%)

		Recruited (n=39)	Not recruited (n=63)
Sex	Female	21 (53.85)	40 (63.49)
	Male	18 (46.15)	23 (36.51)
Age, mean (SD)		83.08 (8.04)	85.78 (7.24)

Table 8b: Reasons for declining

Reason declined (n=63)	N (%)
Not interested	30 (47.62)
Too unwell/tired	5 (7.94)
Too busy	15 (23.81)
Other	10 (15.87)

Missing	3 (4.76)
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### Adverse events

There were no adverse events associated with this trial