

Appendix S1

Focus Group Guide

Introduction, Process Explanation, and Preliminary Information.

- **Thank participants for participating and explain the purpose of the Study:**
 - Today, I aim to discuss the impact of manual handling policies on stroke rehabilitation, specifically focusing on your experiences treating individuals affected by stroke. I am seeking the perspectives of neurological physiotherapists and nurses regarding this subject matter, and I kindly request your participation in a focus group to get your insights.
- Introduce self.
- Explain focus group process
 - I would like to remind everyone that the focus group session will be recorded using audio tape for a thorough review and analysis. The duration of this talk is estimated to be between 60 and 90 minutes, and it is imperative that any information shared during this discourse remains strictly confidential.

Part 1 questions: Description of current practice of handling of people with stroke.

I will start the session by trying to obtain a comprehensive understanding of the patterns observed in the handling of individuals with strokes during the rehabilitation process.

1. Does your organization have a care pathway for handling and transfer of individuals affected by stroke?
2. Have you experienced instances in which there is a conflict of interest between ensuring the safety of people with stroke and safeguarding your own personal safety during the course of handling/moving them?

If yes, would you kindly provide an explanation?

If not, what is your perspective? What would be the solution to this problem?

3. How do you engage the process of patient transfer as part of your role in stroke rehabilitation?

If yes, kindly explain the evidence upon which you rely to facilitate the implementation of handling techniques in your stroke rehabilitation practice.

If no, can you tell me your opinion and explain it?

Part 2 questions: Understanding the viewpoints of healthcare professionals regarding the factors that facilitate or hinder the handling and movement of individuals with stroke within their professional practice.

In the literature related to both of your respective professions, it has been observed that transfer and handling training play a significant role in the field of rehabilitation. This training necessitates that clinicians assume a range of physically demanding postures, such as bending, twisting, and reaching, in order to provide necessary assistance to patients. I am interested in obtaining your perspectives on the potential continuation of this situation in your stroke rehabilitation practice, as well as any concerns you may have regarding it.

1. Please provide information regarding any instances in which you have encountered work-related musculoskeletal pain as a consequence of your involvement in the handling and transfer of individuals with stroke.

What are the prevalent issues? Could you please provide more specific details for me to explain further?

- a. What is your perspective on potential strategies for addressing these challenges?
- b. How can one effectively address these challenges encountered throughout the practice of stroke rehabilitation?
- c. During the process of transferring a person with a stroke, what challenges have you encountered in your professional experience, particularly those connected to work-related musculoskeletal disorders?

2- What is your opinion on the elements that could contribute to the increased occurrence of work-related musculoskeletal disorders (WRMDs) among healthcare personnel due to their involvement in the handling and transfer of a person with a stroke?

- a. Does your organization or department have any strategies or initiatives in place to reduce potential medical issues arising from the handling or transfer of individuals who have experienced a stroke? If yes, what are those problems, and what approaches can be employed to solve them? If no, what are the specific challenges associated with these concerns, and what is your perspective on potential strategies to address them?

Part 3 questions: Understanding clinicians' opinions about working with other healthcare professionals during the handling or transfer of a person with a stroke

Many guidelines pertaining to manual handling have been developed within the extensive body of literature across various professional domains. This part aims to get insight into the viewpoints of healthcare professionals, specifically clinicians such as nurses and physiotherapists, about the guidelines and associated challenges in implementing them within the context of stroke rehabilitation.

- 1- Please provide information regarding the extent of collaboration among healthcare practitioners in the handling and transfer of individuals experiencing a stroke.

- 2- Have you encountered instances where your perspective on the optimal method of transferring a stroke patient diverges from the viewpoints held by fellow healthcare practitioners? If yes, what is the frequency at which you observe this phenomenon? What is the rationale for this?
- 3- What techniques may be used to reduce the possible conflict among healthcare professionals in relation to the handling of individuals with stroke?