BOMC = Blessed orientation memory concentration test directly to discipline. AHA replies to original referral. Referral declined IPAQ - PA guidelines = International physical activity eHAQ = electronic health assessment questionnaire declined – for usual care. Criteria not met/referral identified – AHA refers If any areas of concern AKPS = Australian Karnofsky Performance Scale AHA explains to patient they have been referred to rehab clinic & screens patients via phone using criteria for referral to determine suitability for the clinic questionnaire – Physical activity guildelines PHQ-4= Patient health questionnaire Requires discipline MST = Malnutrition screening tool 9 AHA = Allied health assistant Referral sources: nurse co-ordinators, multidisciplinary meetings, eHAQ, emailed to .alliedhealthassistant@petermac.org BFI = Brief fatigue inventory BMI = Body mass index YES Abbreviations >2 disciplines required Patient declines Referral accepted Usual care **OPTIMISATION CLINIC – PHASE 1 MODEL OF CARE** BOMC > 10 At end of 8 week program, clinicians determine if patient is appropriate to refer to community rehabilitation rehabilitation options, report on patient progress, fine tune patient programs, and determine frequency of Exercise classes as prescribed by the PT will occur outside of the clinic appointments and may be provided Individual patients receive care in the clinic every 1 to 2 weeks from the disciplines identified through the Multidisciplinary team meeting at the end of each clinic to plan care coordination, discuss community REFERRAL RECEIVED IPAQ – PA guidelines BFI > 5 2. SCREENING 8 week multidisciplinary rehabilitation program with dietitian, PT, OT & psychologist CRITERIA FOR REFERRAL AHA explains what is involved in attending the rehab clinic A discharge summary with recommendations for follow up to be provided 3. PATIENT OFFERED APPOINTMENT BMI <18.5kg/m2 Frailty scale ≥ 4 AKPS ≤ 60 programs, or resumes usual care with required disciplines Discharge to community rehabilitation Patient accepts Needs assistance with self-care MST score 3-5 Fall/unsteady PHQ-4 23 within a community based service Version 1.0, dated 11.09.17 (requires 1) (requires 1) (requires 2) Psychology (requires 1) screening process ь OPTIMISATION CLINIC

Figure S1: Phase 1 Model of Care.

Figure S2: Interview Questions and Prompts.

**Focus of the interview:** To understand the experience of patients who received treatment in the optimisation clinic, with a focus on patient acceptability of the service.

## Interview

You have recently completed treatment in the allied health optimisation clinic. We are interested in hearing your views of the treatment you received in the clinic.

- 1. Which clinicians did you see in the clinic?
  - a. Dietitian, physiotherapist, occupational therapist, psychologist
- 2. Did you attend the clinic prior to having treatment or at some other time during or after your treatment?
- 3. Did you attend all clinic appointments? If not, can you please explain why?
- 4. Can you tell us about your experiences of seeing these clinicians within the one clinic?
- 5. How did you find the treatment you received in the clinic?
- 6. How did you feel about the amount of time you spent in the clinic at each visit?
  - a. Enough, too much, not enough? (prompt if required)
- 7. How did you feel about the amount of support provided to you by the clinicians in the clinic?
  - a. Enough, too much, not enough? (prompt if required)
- 8. Were there any specific parts of your treatment in the clinic that you would like to comment on? (Prompt if required – was there anything you found to be beneficial or anything you think could have been left out?)
- 9. Was there any treatment or education you would have liked to have been provided with in the clinic that you didn't receive?
- 10. Were you able to do everything that was prescribed by your clinicians in the clinic?
- 11. If you made changes to your lifestyle as a result of being involved in the clinic, have you managed to continue with these changes? E.g. exercise or activity levels, dietary modifications.
- 12. Do you have any other comments you would like to make about the clinic or the treatment you received?