

Supplementary Table 1: Resources, competencies, technology and future

RESOURCES AND COMPETENCIES		Doctor	Nurse	Service	Pharmacy	SP/Other	Total	p-value
								0.13
I have the resources & proficiency to promote self-care in my practice	Strongly disagree	1 (2.1)	1 (2.3)	2 (4.8)	1 (0.8)	0 (0.0)	5 (1.7)	
	Disagree	6 (12.5)	0 (0.0)	2 (4.8)	15 (12.7)	4 (7.8)	27 (8.9)	
	Neutral	9 (18.8)	7 (15.9)	4 (9.5)	14 (11.9)	8 (15.7)	42 (13.9)	
	Agree	29 (60.4)	27 (61.4)	21 (50.0)	63 (53.4)	25 (49.0)	165 (54.5)	
	Strongly agree	3 (6.3)	9 (20.5)	13 (31.0)	25 (21.2)	14 (27.5)	64 (21.1)	
My patients are adequately prepared/trained to self-care	Strongly disagree	4 (8.3)	2 (4.5)	3 (7.1)	6 (5.1)	1 (2.0)	16 (5.3)	
	Disagree	26 (54.2)	9 (20.5)	14 (33.3)	31 (26.5)	16 (32.0)	96 (31.9)	
	Neutral	11 (22.9)	18 (40.9)	15 (35.7)	47 (40.2)	21 (42.0)	112 (37.2)	
	Agree	6 (12.5)	14 (31.8)	8 (19.0)	31 (26.5)	11 (22.0)	70 (23.3)	
	Strongly agree	1 (2.1)	1 (2.3)	2 (4.8)	2 (1.7)	1 (2.0)	7 (2.3)	
My /patients have the competency & resources to self-care	Strongly disagree	5 (10.4)	1 (2.3)	2 (4.9)	6 (5.1)	1 (2.0)	15 (5.0)	
	Disagree	16 (33.3)	9 (20.5)	13 (31.7)	29 (24.6)	9 (17.6)	76 (25.2)	
	Neutral	15 (31.3)	23 (52.3)	15 (36.6)	49 (41.5)	23 (45.1)	125 (41.4)	
	Agree	11 (22.9)	10 (22.7)	9 (22.0)	30 (25.4)	16 (31.4)	76 (25.2)	
	Strongly agree	1 (2.1)	1 (2.3)	2 (4.9)	4 (3.4)	2 (3.9)	10 (3.3)	
There were sufficient resources available to promote self-care generally	Strongly disagree	11 (22.9)	0 (0.0)	3 (7.1)	6 (5.2)	2 (3.9)	22 (7.3)	
	Disagree	16 (33.3)	9 (20.9)	11 (26.2)	31 (26.7)	9 (17.6)	76 (25.3)	
	Neutral	8 (16.7)	17 (39.5)	7 (16.7)	23 (19.8)	16 (31.4)	71 (23.7)	
	Agree	12 (25.0)	14 (32.6)	19 (45.2)	48 (41.4)	19 (37.3)	112 (37.3)	
	Strongly agree	1 (2.1)	3 (7.0)	2 (4.8)	8 (6.9)	5 (9.8)	19 (6.3)	
There were sufficient resources available to promote self-care for coronavirus	Strongly disagree	6 (12.8)	3 (6.8)	3 (7.5)	6 (5.1)	3 (5.9)	21 (7.0)	
	Disagree	12 (25.5)	3 (6.8)	7 (17.5)	22 (18.6)	9 (17.6)	53 (17.7)	
	Neutral	9 (19.1)	15 (34.1)	9 (22.5)	19 (16.1)	9 (17.6)	61 (20.3)	
	Agree	18 (38.3)	20 (45.5)	16 (40.0)	60 (50.8)	23 (45.1)	137 (45.7)	
	Strongly agree	2 (4.3)	3 (6.8)	5 (12.5)	11 (9.3)	7 (13.7)	28 (9.3)	
HCP/PATIENT INTERACTION DYNAMICS & CHANGES AFTER PANDEMIC								<0.001
How has your relationship with your service users changed	Extremely negative	4 (8.5)	0 (0.0)	0 (0.0)	0 (0.0)	1 (2.0)	5 (1.7)	
	Slightly negative	14 (29.8)	6 (13.6)	0 (0.0)	2 (1.7)	1 (2.0)	23 (7.6)	
	No change	7 (14.9)	16 (36.4)	9 (21.4)	19 (16.1)	14 (27.5)	65 (21.5)	
	Slightly positive	18 (38.3)	17 (38.6)	25 (59.5)	63 (53.4)	19 (37.3)	142 (47.0)	
	Extremely positive	4 (8.5)	5 (11.4)	8 (19.0)	34 (28.8)	16 (31.4)	67 (22.2)	
How has your relationship with other professionals changed	Extremely negative	0 (0.0)	0 (0.0)	0 (0.0)	2 (1.7)	0 (0.0)	2 (0.7)	
	Slightly negative	9 (19.1)	4 (9.1)	0 (0.0)	11 (9.5)	2 (3.9)	26 (8.7)	
	No change	15 (31.9)	13 (29.5)	11 (26.2)	32 (27.6)	19 (37.3)	90 (30.0)	
	Slightly positive	19 (40.4)	20 (45.5)	24 (57.1)	51 (44.0)	17 (33.3)	131 (43.7)	
	Extremely positive	4 (8.5)	7 (15.9)	7 (16.7)	20 (17.2)	13 (25.4)	51 (17.0)	
How has access to services changed	Extremely negative	11 (23.4)	1 (2.3)	0 (0.0)	8 (6.8)	1 (2.0)	21 (7.0)	
	Slightly negative	14 (29.8)	13 (29.5)	6 (14.3)	27 (22.9)	13 (26.5)	73 (24.3)	
	No change	9 (19.1)	11 (25.0)	12 (28.6)	27 (22.9)	10 (20.4)	69 (23.0)	
	Slightly positive	11 (23.4)	15 (34.1)	20 (47.6)	49 (41.5)	17 (34.7)	112 (37.3)	

	Extremely positive	2 (4.3)	4 (9.1)	4 (9.5)	7 (5.9)	8 (16.3)	25 (8.3)	
How has digital inclusion changed	Extremely negative	2 (4.3)	2 (4.5)	0 (0.0)	2 (1.7)	1 (2.0)	7 (2.3)	
	Slightly negative	5 (10.6)	6 (13.6)	3 (7.1)	16 (13.8)	6 (12.2)	36 (12.1)	
	No change	8 (17.0)	12 (27.3)	11 (26.2)	35 (30.2)	17 (34.7)	83 (27.9)	
	Slightly positive	28 (59.6)	22 (50.0)	22 (52.4)	53 (45.7)	23 (46.9)	148 (49.7)	
	Extremely positive	4 (8.5)	2 (4.5)	6 (14.3)	10 (8.6)	2 (4.1)	24 (8.1)	
How has covid changed workforce configuration	Extremely negative	6 (12.8)	1 (2.3)	0 (0.0)	3 (2.5)	1 (2.0)	11 (3.7)	
	Slightly negative	15 (31.9)	9 (20.9)	2 (4.8)	21 (17.8)	8 (16.3)	55 (18.4)	
	No change	10 (21.3)	14 (32.6)	15 (35.7)	48 (40.7)	23 (46.9)	110 (36.8)	
	Slightly positive	15 (31.9)	16 (37.2)	16 (38.1)	37 (31.4)	13 (26.5)	97 (32.4)	
	Extremely positive	1 (2.1)	3 (7.0)	9 (21.4)	9 (7.6)	4 (8.2)	26 (8.7)	
How has covid changed training of professionals	Extremely negative	4 (8.5)	2 (4.8)	0 (0.0)	5 (4.3)	0 (0.0)	11 (3.7)	
	Slightly negative	10 (21.3)	3 (7.1)	1 (2.4)	13 (11.3)	5 (10.2)	32 (10.8)	
	No change	14 (29.8)	9 (21.4)	15 (35.7)	50 (43.5)	22 (44.9)	110 (37.3)	
	Slightly positive	18 (38.3)	23 (54.8)	20 (47.6)	38 (33.0)	19 (38.8)	118 (40.0)	
	Extremely positive	1 (2.1)	5 (11.9)	6 (14.3)	9 (7.8)	3 (6.1)	24 (8.1)	
How has covid changed the design & cost of commissioned services	Extremely negative	7 (15.2)	0 (0.0)	0 (0.0)	10 (8.5)	1 (2.0)	18 (6.0)	
	Slightly negative	11 (23.9)	10 (23.3)	6 (14.3)	18 (15.4)	8 (16.0)	53 (17.8)	
	No change	14 (30.4)	13 (30.2)	19 (45.2)	54 (46.2)	23 (46.0)	123 (41.3)	
	Slightly positive	12 (26.1)	16 (37.2)	13 (31.0)	32 (27.4)	16 (32.0)	89 (29.9)	
	Extremely positive	2 (4.3)	4 (9.3)	4 (9.5)	3 (2.6)	2 (4.0)	15 (5.0)	
LOOKING FORWARD								0.70
I am likely to continue to deliver self-care practices which I introduced as a result of the pandemic	Strongly disagree	0 (0.0)	0 (0.0)	1 (2.4)	1 (0.8)	0 (0.0)	2 (0.7)	
	Disagree	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.8)	1 (2.0)	2 (0.7)	
	Neither agree nor disagree	5 (10.6)	6 (13.6)	2 (4.8)	15 (12.6)	7 (13.7)	35 (11.6)	
	Agree	21 (44.7)	14 (31.8)	20 (47.6)	59 (49.6)	21 (41.2)	135 (44.6)	
	Strongly agree	21 (44.7)	24 (54.5)	19 (45.2)	43 (36.1)	22 (41.1)	129 (42.6)	
I will continue to actively promote self-care resources	Strongly disagree	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.8)	0 (0.0)	1 (0.3)	
	Disagree	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	
	Neither agree nor disagree	1 (2.1)	1 (2.3)	3 (7.1)	1 (0.8)	3 (5.9)	9 (3.0)	
	Agree	16 (34.0)	17 (38.6)	17 (40.5)	59 (49.6)	20 (39.2)	129 (42.6)	
	Strongly agree	30 (63.8)	26 (59.1)	22 (52.4)	58 (48.7)	28 (54.9)	164 (54.1)	
My patients will be more likely to practice self-care	Strongly disagree	1 (2.2)	0 (0.0)	0 (0.0)	2 (1.7)	0 (0.0)	3 (1.0)	
	Disagree	9 (19.6)	3 (6.8)	3 (7.1)	7 (5.9)	1 (2.0)	23 (7.6)	
	Neither agree nor disagree	12 (26.1)	17 (38.6)	16 (38.1)	38 (31.9)	17 (33.3)	100 (33.1)	
	Agree	22 (47.8)	19 (43.2)	20 (47.6)	62 (52.1)	27 (42.9)	150 (49.7)	
	Strongly agree	2 (4.3)	5 (11.4)	3 (7.1)	10 (8.4)	6 (11.8)	26 (8.6)	
My patients will be better equipped & feel more empowered to partake in self-care practices	Strongly disagree	2 (4.3)	0 (0.0)	0 (0.0)	1 (0.8)	0 (0.0)	3 (1.0)	
	Disagree	9 (19.1)	3 (6.8)	3 (7.1)	10 (8.4)	2 (3.9)	27 (8.9)	
	Neither agree nor disagree	12 (25.5)	17 (38.6)	13 (31.0)	36 (30.3)	19 (37.3)	97 (32.0)	
	Agree	20 (42.6)	19 (43.2)	22 (52.4)	67 (56.3)	21 (41.2)	149 (49.2)	
	Strongly agree	4 (8.5)	5 (11.4)	4 (9.5)	5 (4.2)	9 (17.6)	27 (8.9)	
There will be a stronger adherence to self-care practices as a first option of care following the pandemic	Strongly disagree	3 (6.4)	0 (0.0)	0 (0.0)	3 (2.5)	0 (0.0)	6 (2.0)	
	Disagree	12 (25.5)	3 (6.8)	3 (7.1)	9 (7.6)	7 (13.7)	34 (11.3)	
	Neither agree nor disagree	11 (23.4)	14 (31.8)	13 (31.0)	45 (38.1)	15 (29.4)	98 (32.5)	
	Agree	18 (38.3)	23 (52.3)	20 (47.6)	53 (44.9)	21 (41.2)	135 (44.7)	

The pandemic has made the 'absolute case' for self-care	Strongly agree	3 (6.4)	4 (9.1)	6 (14.3)	8 (6.8)	8 (15.7)	29 (9.6)	
	Strongly disagree	1 (2.1)	0 (0.0)	0 (0.0)	0 (0.0)	3 (5.9)	4 (1.3)	
	Disagree	8 (17.0)	2 (4.5)	1 (2.4)	10 (8.4)	3 (5.9)	24 (7.9)	
	Neither agree nor disagree	9 (19.1)	8 (18.2)	11 (26.2)	19 (16.0)	11 (21.6)	58 (19.1)	
	Agree	12 (25.5)	20 (45.5)	20 (47.6)	66 (55.5)	20 (39.2)	138 (45.5)	
I will personally be more likely to practice self-care	Strongly agree	17 (36.2)	14 (31.8)	10 (23.8)	24 (20.2)	14 (27.5)	79 (26.1)	
	Strongly disagree	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	
	Disagree	3 (6.4)	0 (0.0)	0 (0.0)	2 (1.7)	1 (2.0)	6 (2.0)	
	Neither agree nor disagree	18 (38.3)	8 (18.6)	8 (20.0)	27 (22.7)	8 (15.7)	69 (23.0)	
	Agree	14 (29.8)	20 (46.5)	16 (40.0)	49 (41.2)	29 (56.9)	128 (42.7)	
	Strongly agree	12 (25.5)	15 (34.9)	16 (40.0)	41 (34.5)	13 (25.5)	97 (32.3)	
		Doctor	Nurse	Service	Pharmacy	SP/Other	Total	p-value
USE OF TECHNOLOGY DURING THE PANDEMIC								0.26
Email	Reduced significantly	0 (0.0)	0 (0.0)	1 (2.4)	1 (0.9)	0 (0.0)	2 (0.7)	
	Reduced slightly	2 (4.5)	2 (4.5)	1 (2.4)	0 (0.0)	0 (0.0)	3 (1.0)	
	No change	13 (29.5)	13 (29.5)	10 (24.4)	40 (34.5)	13 (26.0)	85 (28.4)	
	Increased slightly	19 (43.2)	19 (43.2)	16 (39.0)	43 (37.1)	18 (36.0)	121 (40.5)	
	Increased significantly	10 (22.7)	10 (22.7)	13 (31.7)	32 (27.6)	19 (38.0)	88 (29.4)	
Total		48 (100.0)	44 (100.0)	41 (100.0)	116 (100.0)	50 (100.0)	299 (100.0)	
Text Messaging (SMS)	Reduced significantly	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	
	Reduced slightly	0 (0.0)	1 (2.4)	0 (0.0)	1 (0.9)	0 (0.0)	2 (0.7)	
	No change	3 (6.3)	15 (35.7)	20 (51.3)	34 (29.3)	17 (35.4)	89 (30.4)	
	Increased slightly	11 (22.9)	14 (33.3)	11 (28.2)	46 (39.7)	17 (35.4)	99 (33.8)	
	Increased significantly	34 (70.8)	12 (28.6)	8 (20.5)	35 (30.2)	14 (29.2)	103 (35.2)	
Total		48 (100.0)	42 (100.0)	39 (100.0)	116 (100.0)	48 (100.0)	293 (100.0)	
Telephone	Increased significantly	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	1 (2.0)	1 (0.3)	
	Increased slightly	0 (0.0)	1 (2.3)	0 (0.0)	0 (0.0)	0 (0.0)	1 (0.3)	
	No change	7 (14.6)	7 (15.9)	2 (5.0)	39 (33.6)	6 (12.2)	61 (20.5)	
	Reduced slightly	21 (43.8)	13 (29.5)	11 (27.5)	29 (25.0)	19 (38.8)	93 (31.3)	
	Reduced significantly	20 (41.7)	23 (52.3)	27 (67.5)	48 (41.4)	23 (46.9)	141 (47.5)	
Total		48 (100.0)	44 (100.0)	40 (100.0)	116 (100.0)	49 (100.0)	297 (100.0)	
Recommending Online Resources	Reduced significantly	0 (0.0)	1 (2.3)	1 (2.4)	1 (0.9)	0 (0.0)	3 (1.0)	
	Reduced slightly	0 (0.0)	2 (4.7)	2 (4.9)	3 (2.6)	0 (0.0)	7 (2.4)	
	No change	4 (8.5)	6 (14.0)	6 (14.6)	8 (6.8)	7 (14.3)	31 (10.4)	
	Increased slightly	8 (17.0)	13 (30.2)	13 (31.7)	34 (29.1)	15 (30.6)	83 (27.9)	
	Increased significantly	35 (74.5)	21 (48.8)	19 (46.3)	71 (60.7)	27 (55.1)	173 (58.2)	
Total		47 (100.0)	43 (100.0)	41 (100.0)	117 (100.0)	49 (100.0)	297 (100.0)	
Home Monitoring	Reduced significantly	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	
	Reduced slightly	0 (0.0)	0 (0.0)	1 (2.6)	0 (0.0)	0 (0.0)	1 (0.3)	
	No change	4 (8.3)	17 (39.5)	24 (63.2)	26 (22.4)	26 (57.8)	97 (33.4)	
	Increased slightly	21 (43.8)	11 (25.6)	8 (21.1)	51 (44.0)	11 (24.4)	102 (35.2)	
	Increased significantly	23 (47.9)	15 (34.9)	5 (13.2)	39 (33.6)	8 (17.8)	90 (31.0)	
Total		48 (100.0)	43 (100.0)	38 (100.0)	116 (100.0)	45 (100.0)	290 (100.0)	
Remote Monitoring by the Care Team	Reduced significantly	1 (2.1)	1 (2.4)	0 (0.0)	1 (0.9)	0 (0.0)	3 (1.0)	
	Reduced slightly	1 (2.1)	1 (2.4)	1 (2.6)	2 (1.7)	3 (6.5)	8 (2.7)	

	No change	11 (22.9)	13 (31.0)	13 (33.3)	42 (36.2)	24 (52.2)	103 (35.4)	
	Increased slightly	21 (43.8)	16 (38.1)	15 (38.5)	40 (34.5)	10 (21.7)	102 (35.1)	
	Increased significantly	14 (29.2)	11 (26.2)	10 (25.6)	31 (26.7)	9 (19.6)	75 (25.8)	
Total		48 (100.0)	42 (100.0)	39 (100.0)	116 (100.0)	46 (100.0)	291 (100.0)	
Use of Smartphone Apps	Reduced significantly	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	
	Reduced slightly	0 (0.0)	1 (2.3)	0 (0.0)	0 (0.0)	1 (2.1)	2 (0.7)	
	No change	16 (33.3)	11 (25.6)	10 (26.3)	20 (17.9)	7 (14.6)	64 (22.1)	
	Increased slightly	19 (39.6)	20 (46.5)	18 (47.4)	51 (45.5)	25 (52.1)	133 (46.0)	
	Increased significantly	13 (27.1)	11 (25.6)	10 (26.3)	41 (36.6)	15 (31.3)	90 (31.1)	
Total		48 (100.0)	43 (100.0)	38 (100.0)	112 (100.0)	48 (100.0)	289 (100.0)	