

## **Appendix**

The article is based on data from a longitudinal ethnographic study, which followed five heart patients for one year, from discharge and throughout their rehabilitation. The overall project was to study patients' experiences and ways of making sense of heart disease, and I was interested in the importance of patient involvement in this context.

The data generation began with a pilot study at the hospital, where I attended patient education, exercise sessions, and was present at individual consultations with doctors, nurses and physiotherapists.

Contact was subsequently established with the five participants during their stay in the cardiology ward. During one year, I conducted three in-depth interviews with each participant. Interview 1 took place shortly after discharge from the hospital and before initiating the outpatient rehabilitation program. I then attended their various outpatient rehabilitation activities in the cardiology ward and the physiotherapy unit. I accompanied the participants to patient education sessions, individual consultations with a doctor and nurse, sometimes also with a dietitian or psychologist, and to the eight-week physiotherapy course with its introductory and concluding interviews with a physiotherapist. Interview 2 took place 3-4 weeks after termination of the outpatient program and the third interview was conducted one year after their heart incident.

The participants were selected to provide variation in life situation, diagnosis, co-morbidity, age and gender. All were informed about the study orally and in writing, gave their consent, and were anonymised.

The pilot study was conducted from June to September 2015. The participants were interviewed and observed from February 2016 to May 2017.