Supplemental Digital Content 1: *Coding tree the study*

|  |  |  |  |
| --- | --- | --- | --- |
| Overarching theme | Themes | Categories | Codes |
| HF caregivers contribute to self-care maintenance and management using strategies that they learned from others (e.g., neighbours) or their own experiences, along with the support of trusted resources (e.g., family and friends). | Caregiver contribution to self-care maintenance | Monitoring medication adherence | * Creating reminders for medications (with time and dose) * Using devices (e.g., pillbox) to check whether the patient takes the medicines * Checking blisters of medicines * Calling the patient to check whether he/she has taken the medicines |
| Educating patients about symptom monitoring | * Checking the ankles for swelling (e.g., measuring their circumference) * Checking blood pressure * Checking patient weight |
| Motivating patients to perform physical activity | * Walking with the patient * Buying a treadmill |
| Reinforcing dietary restrictions | * Reducing salt and fluid intake * Reducing salt using a single-dose dispenser (1g) * Recoding how much salt the patient has taken |
| Caregiver contribution to self-care management | Recognizing heart failure symptoms | * Recognizing breathlessness * Recognizing ankle swelling * Recognizing fatigue * Recognizing chest pain * Recognizing weight change * Recognizing daytime sleepiness |
| Evaluating and implementing treatments to relieve heart failure symptoms | * Implementing practices to relieve symptoms (not always correct) * Limited implementation of treatments due to the caregiver’s lack of knowledge and confidence * Fear of taking on the medical responsibility of administering an extra diuretic * Calling the doctor to ask for advice |