Supplemental Digital Content 1: *Coding tree the study*

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| 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
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| Educating patients about symptom monitoring | * Checking the ankles for swelling (e.g., measuring their circumference)
* Checking blood pressure
* Checking patient weight
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| Motivating patients to perform physical activity | * Walking with the patient
* Buying a treadmill
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| Reinforcing dietary restrictions | * Reducing salt and fluid intake
* Reducing salt using a single-dose dispenser (1g)
* Recoding how much salt the patient has taken
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| 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
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| 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
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