

Multimedia appendix 1

Barriers and facilitators for change at different levels of health care according to the Model of Grol and Wensing.

Level	Barriers/facilitators
Innovation	Advantages in practice, feasibility, credibility, accessibility, attractiveness
Individual professional	Awareness, knowledge, attitude, motivation to change, behavioral routines
Patient	Knowledge, skills, attitude, compliance
Social context	Opinion of colleagues, culture of the network, collaboration, leadership
Organizational context	Organization of care processes, staff, capacities, resources, structures
Economic and political context	Financial arrangements, regulations, policies