Questionnaire 1: Actual knowledge

1. What is knee osteoarthritis?
   a. A type of pain relief
   b. Wear and tear of the knee joint *
   c. The conservative treatment of knee problems
   d. I don’t know

2. In what way does osteoarthritis cause knee problems?
   a. Poor circulation in the leg
   b. Deterioration of the cartilage quality *
   c. Injury to the knee caused by work or sport
   d. I don’t know

3. Which of the following treatments is not a conservative treatment?
   a. Walking with crutches or a stick, possibly combined with physiotherapy
   b. Injection in the knee
   c. Placement of a knee prosthesis *
   d. I don’t know

4. What is the average life of a knee prosthesis?
   a. An average of 5 to 10 years
   b. An average of 10 to 15 years
   c. An average of 15 to 20 years *
   d. I don’t know

5. Which of the following preparations are important to reduce the risk of complications during an operation? More than one answer can be correct. **
   a. Stop smoking *
   b. Certain physiotherapeutic exercises *
   c. Stop exercising
   d. Healthy eating *
   e. Stop working
   f. I don’t know

6. How often does the knee prosthesis become infected so that it needs to be replaced?
   a. In about 1 percent of cases *
   b. In about 5 percent of cases
   c. In about 10 percent of cases
   d. I don’t know

7. A possible complication of a knee prosthesis is thrombosis (blood clot) in the legs. How can this be avoided?
   a. Avoid overextending the operated leg for 4 to 6 weeks after the operation
   b. Walk with crutches or a stick for 4 to 6 weeks after the operation
   c. Use blood thinners for 4 to 6 weeks after the operation *
8. What is the duration of the average hospital stay for patients who have received a knee prosthesis?
   a. 1 to 3 days *
   b. 4 to 7 days
   c. 7 to 10 days
   d. I don’t know

9. How many months on average will you receive physiotherapy after you have had a knee prosthesis?
   a. Less than a month
   b. 1 to 3 months
   c. 3 to 6 months *
   d. I don’t know

10. How long on average will it take until you have fully recovered after a knee prosthesis operation?
   a. 1 to 3 months
   b. 3 to 6 months
   c. 6 to 12 months *
   d. I don’t know

11. Which of the following statements about a knee prosthesis are true? More than one answer can be correct. **
   a. For many patients the pain will decrease, allowing them to move more easily*
   b. It is safe to partake in activities such as basketball, football and volley ball
   c. After 2 to 3 months, many patients are able to resume part of their daily activities*
   d. It is safe to partake in activities such as walking, swimming and cycling*
   e. I don’t know

12. What percentage of patients will be completely without pain after receiving a knee prosthesis?
   a. 65 to 70 percent
   b. 75 to 80 percent
   c. 85 to 90 percent *
   d. I don’t know

* indicates the correct answer
** only the combination of all 3 correct answers was indicated as “correct”
Questionnaire 2: Perceived knowledge questionnaire

How much knowledge do you currently have about the following subjects:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Very much knowledge</th>
<th>Much knowledge</th>
<th>Neutral</th>
<th>Little knowledge</th>
<th>Very little knowledge</th>
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</thead>
<tbody>
<tr>
<td>1. The functioning of your knee and the origin of your complaints</td>
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<td>2. Available treatments for wear and tear of the knee</td>
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<td>3. Risks and possible complications of surgery</td>
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<td>4. Rehabilitation program (activities and duration)</td>
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<td>5. What you can expect from a knee prosthesis</td>
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</tbody>
</table>

Questionnaire 3: Knowledge & Satisfaction

1. How satisfied are you with your current knowledge about your knee problems and the possibilities to treat them?
   Not satisfied at all 0 1 2 3 4 5 6 7 8 9 10 Very much satisfied

2. How satisfied are you with the information you have received so far about your knee problems and the possibilities to treat them?
   Not satisfied at all 0 1 2 3 4 5 6 7 8 9 10 Very much satisfied

3. Do you need more information about your knee problems and the possibilities to treat them?
   No need at all 0 1 2 3 4 5 6 7 8 9 10 Very much need
Questionnaire 4: Consultation with your doctor

1. How satisfied are you, in general, about the consultation with your doctor?

Not satisfied at all 0 1 2 3 4 5 6 7 8 9 10 Very much satisfied

2. Do you feel that you were able to make a decision about the treatment of your knee problems together with your doctor?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very much indeed

3. Which treatment do you currently consider for your knee problems?

   a) Lifestyle changes
   b) Physiotherapy
   c) Injections / Pain medication
   d) Knee replacement surgery
   e) Osteotomy (shinbone of thighbone correction)
   f) Brace
   g) Other
   h) I don’t know

4. How certain are you about your choice for this treatment?

Not sure at all 0 1 2 3 4 5 6 7 8 9 10 Very sure

5. Are your knee complaints caused by wear and tear (osteoarthritis) of the knee?

   a) Yes
   b) No
   c) I don’t know