**Supplementary Table 1.** Describe mean difference of each outcome in study’s participants between baseline and 2nd, 6th, and 10th week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcomes** | **Baseline value**  **(Mean(SD))** | **Mean difference (95% CI)** | | |
| **Baseline to 2nd week** | **Baseline to 6th week** | **Baseline to 10th week** |
| Thai EQ-5D | 0.18 (0.35) | 0.060 (0.007, 0.114) | 0.057 (0.002, 0.112) | 0.102 (0.046, 0.158) |
| VAS | 66.19 (23.47) | 8.00 (4.04, 11.94) | 7.34 (3.30, 11.43) | 9.65 (5.51, 13.78) |
| Barthel Index | 47.15 (25.13) | 2.92 (0.38, 5.47) | 2.56 (-0.06, 5.18) | 4.40 (1.74, 7.07) |
| Braden Scale | 15.15 (2.95) | 0.27 (-0.31, 0.85) | -0.29 (-0.89, 0.30) | 0.19 (-0.42, 0.79) |

**Supplementary Table 2.** Describe percentages of participants reporting sever problem in each domain of the Thai EQ-5D at each visit and their corresponding odds ratios of reporting severe problem when compared with baseline

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EQ-5D domain** | **No. of participants (%)** | | **Odds ratio (95% CI)** | **P for trend** |
|  | **No or some problems** | **Severe problem** |  |  |
| **Mobility** |  |  |  |  |
| * Baseline | 51 (57) | 39 (43) | 1 | 0.224 |
| * 2nd week | 53 (65) | 28 (35) | 0.40 (0.14, 1.15) |  |
| * 6th week | 44 (59) | 31 (41) | 0.84 (0.29, 2.41) |  |
| * 10th week | 45 (63) | 26 (37) | 0.41 (0.14, 1.23) |  |
| **Self-care** |  |  |  |  |
| * Baseline | 55 (61) | 35 (39) | 1 | 0.044 |
| * 2nd week | 56 (69) | 25 (31) | 0.31 (0.09, 1.03) |  |
| * 6th week | 50 (67) | 25 (33) | 0.32 (0.09, 1.11) |  |
| * 10th week | 51 (72) | 20 (28) | 0.15 (0.04, 0.57) |  |
| **Usual activities** |  |  |  |  |
| * Baseline | 55 (61) | 35 (39) | 1 | 0.013 |
| * 2nd week | 57 (70) | 24 (30) | 0.41 (0.14, 1.24) |  |
| * 6th week | 57 (76) | 18 (24) | 0.13 (0.04, 0.47) |  |
| * 10th week | 52 (73) | 19 (27) | 0.23 (0.07, 0.78) |  |
| **Pain/discomfort** |  |  |  |  |
| * Baseline | 81 (91) | 8 (9) | 1 | 0.922 |
| * 2nd week | 73 (90) | 8 (10) | 1.25 (0.34, 4.63) |  |
| * 6th week | 69 (92) | 6 (8) | 0.78 (0.19, 3.12) |  |
| * 10th week | 65 (92) | 6 (8) | 0.90 (0.22, 3.64) |  |
| **Anxiety/depression** |  |  |  |  |
| * Baseline | 79 (88) | 11 (12) | 1 | 0.834 |
| * 2nd week | 73 (90) | 8 (10) | 0.73 (0.23, 2.31) |  |
| * 6th week | 68 (91) | 7 (9) | 0.66 (0.20, 2.18) |  |
| * 10th week | 65 (92) | 6 (8) | 0.58 (0.17, 2.05) |  |

**Supplementary Table 3.** Describe mean difference of the Hospital Anxiety and Depression Scale in caregivers between baseline and 2nd, 6th, and 10th week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Outcomes** | **Baseline value**  **(Mean (SD))** | **Mean difference (95% CI)** | | |
| **Baseline to 2nd week** | **Baseline to 6th week** | **Baseline to 10th week** |
| Anxiety subscale | 7.30 (3.86) | -1.053 (-1.826, -0.281) | -0.789 (-1.581, 0.003) | -0.122 (-0.918, 0.674) |
| Depression subscale | 5.47 (3.68) | -0.65 (-1.51, 0.21) | -0.29 (-1.17, 0.59) | -0.276 (-1.17, 0.62) |