In the name of God, the Most Precious the Most Merciful

Facilitator: HEE

Note-taker: RK

Participant Group: Local

Audio File ID: ( )

Country/Region/State/District: District

Date of Interview: 26/03/2019

Where do you work: Cleaner at a school

Age: 65 years

Academic / Professional Qualifications: None

Jon Title: Worker

How long have you worked as a cleaner? 10 years

Interview

Facilitator: Well, XXXX What does it mean if someone has healthy lungs?

Participant: Healthy lungs?

Facilitator: Yes. What does it mean?

Participant: It means this person is fine.

Facilitator: What does fine means?

Participant: Pardon?

Facilitator: Well. You said this person is fine. How s/he is fine?

Participant: Fine means this person does not have a health problem.

Facilitator: Ahaa. Well. What does it mean if a person does not have healthy lungs?

Participant: It means this person is sick.

Facilitator: Sick. What could make this person sick?

Participant: Asthma and chest disease.

Facilitator: Well. In your community is there a word/ term for diseases that affect the lungs over a long time?

Participant: What?

Facilitator: If a person has a lung problem for a long time, is there a word/ term for such health condition?

Participant: Yes.

Facilitator: If yes, what is the word?

Participant: They call it chest disease.

What does chest disease mean?

Participant: It means the patient’s chest; as the doctor says, this patient has a chest disease; persistent cough and phlegm expectoration. That is it.

Facilitator: Yes.

Participant: Currently, I have about of cough and I had to sit up and cough up phlegm that fills up this pot and the floor. In the past, I was admitted at XXXX ward; a chest physician. They take me there when I feel too sick; could not see or breathe and my neck is up high. This boy takes me to the health facility. He is my son. Once I reached there, they immediately apply that face mask (oxygen nebulizer) and then administer Intravenous injections for hours. They brought a large injection; aminophylline, and administered it. I could breathe and feel well till the morning. When the night falls, they administer the drug dose, follow up, and usually discharge me after two days. However, this time the doctor did not admit me.

Facilitator: That means your health condition is better.

Participant: Yes.

Facilitator: Well. Apart from the shortness of breath, chest tightness and the phlegm, what other symptoms do you have?

Participant: No, I do not have any other symptoms. I check for hypertension and diabetes and I continue follow up with this doctor. The blood pressure level was normal and I do not have diabetes, and continue medical follow up with this doctor.

Facilitator: Well. How long have you had these symptoms?

Participant: Well. I am an ex-smoker.

Facilitator: Was you a cigarette smoker?

Participant: Yes and I told my doctor.

Facilitator: How long had you been a smoker?

Participant: For long time; since I was a young girl, I was living with my aunt in the open land; in the neighborhood behind those palm trees. I was living with my aunt, and her husband went out the house and there was no one else with us. My aunt smoked and gave me the last part of the cigarette. I was smoking since the cost of the cigarette is one and a half chilling (the القندول). 5 years have passed since I consult this doctor and these are my medical records.

Facilitator: Are you an ex-smoker for 5 years?

Participant: Yes. I quit smoking. 5 years ago I consulted this doctor and he advised me against smoking. Initially, I refused to quit smoking. If I send someone to buy a cigarette (referring to one of her grandkids), they will take away (referring to her sons) the money. So I quit and start to drink tea and coffee and stop smoking. I currently drink 3 cups of coffee as I am afraid of hypertension.

Facilitator: Well. What do you think are the main causes of your lung health problems?

Participant: XXXX (meaning the doctor) asked me several times what the causes are; is it aubergines, potatoes, dust, animals or anything else? I told him I have never had any allergic problems with aubergines or potatoes. However, I am allergic for animals in our yard. At the past, I used to go to the place for the horse and the goat. The doctor advised me against dust and animals’ stools.

Facilitator: You could not handle these?

Participant: Yes. If they burn plastic garbage in the street, I will have an attack. I avoid such burns. I start to go out less. I go to my work at the school. My son will take me there by a karo and I come back by a tuck tuck. At the school, I do not sweep. If you could see the other female workers; my work colleagues, It has been several years since the last time I clean. During these exams, I did not work. I was just chatting. I wore a mask when I am around in the school. They assigned me one class that has tile flooring; white tiles. I clean this class.

Facilitator: That means you are currently working?

Participant: Yes, I am working.

Facilitator: What is your job?

Participant: I am a clean.

Facilitator: Well. How does your lung problem affect your daily work activities?

Participant: Well my daughter, when I had the first attack, I thought it was a chest infection. I consulted that doctor twice. I consulted the doctor in XXXX. However, I did not benefit from his treatment. After few days, I took penicillin and I got better. I was fine for a while. However, I had several attacks after some time. They advised me to consult this doctor and I did.

Facilitator: Well. Does your lung problem influence your domestic work or livelihood activities, does not it?

Participant: It does not affect. I was doing several tasks at the school. They reduce my work load. They assigned me that class for cleaning. I clean the class and sit down on the bed until 2:00 pm to leave the work place.

Facilitator: What is about your domestic work you use to do?

Participant: I was ba3us بعوس and kids stopped me.

Facilitator: They stopped you from …?

Participant: Yes. The day I …. When my kids are not around, I got sick. They stopped me and I do not … any more. Currently, I do nothing.

Facilitator: Well. Can you tell me what activities you used to carry out; however, once you develop this lung problem you can no longer carry out those activities?

Facilitator: At the past, I used to do any work; I …., and move around. Since I develop this lung problem, I stopped.

Facilitator: You stopped?

Participant: Yes. They stopped me.

Facilitator: Well. Can you wash yourself, and dress on your own or do you need some help?

Participant: No. I can do all by myself.

Facilitator: Thank God.

Participant: My son starts to bring me the water bucket since I get sick. However, if I am well I fetch my own water bucket to the bath room and sit on a small stool to wash myself and then get out.

Facilitator: what is about community participation during funeral and weddings?

Participant: I really stopped that.

Facilitator: Why? Is it because you cannot go or due to something else?

Participant: I stopped that since I cannot go. I come back late from the school. I go to these events when I can. I do not go when I cannot unless I go by a tuck tuck.

Facilitator: After you develop this allergy, could you work normally?

Participant: I work normally except when I am ill.

Facilitator: What is about walking and moving around?

Participant: That is fine. The day I has an attack, I will be in bed. Once I take my medications, I get well. A month has passed since the last time I went out; I only go to bathroom and come back.

Facilitator: Since you develop this lung problem, do you accept this health problem or are you upset? How do you feel about this lung problem?

Participant: When I develop the attack, it is not provoked by being upset; because I am upset. However, I am upset about something prior to the attack. I shout at the kids. It is normal that I shout.

Facilitator: After you develop this lung problem, do you react normally or do you feel bad about this lung problem? Do you question why you have developed this lung problem, etc?

Participant: I felt bad about it.

Facilitator: Do you accept this health problem or are you feeling upset you develop it?

Participant: I accept my illness. The day I get the attack, I am the same. I do not have several attacks ….ما جاتني كتير الا اقوم بيها..

Facilitator: Well. Is there someone close to you and you talk to about how you feel?

Participant: Pardon?

Facilitator: Is there someone close to you and you feel at ease in his/her company when you are upset and you talk to him/her about your lung problem?

Participant: Yes, there is. There will be one.

Facilitator: One of your family members or someone else?

Participant: One of my family members.

Facilitator: You are able to talk to about how you feel?

Participant: No, I do not tell them about how I feel. I only tell them which part of my body hurts.

Facilitator: You complain and tell them.

Participant: Yes. They tell me that they will take me to the doctor whether at the hospital over here or at [district capital].

Facilitator: Well. XXXX, all people pass through hard times when they fell ill, etc. Has your lung problem affected your household finances, has not it?

Participant: How is that?

Facilitator: In relation to cost of medicines and care seeking, does it impact on household spending?

Participant: It affects.

Facilitator: How does it affect?

Participant: It affects by the care seeking behavior.

Facilitator: Can you tell me more?

Participant: Pardon?

Facilitator: Can you tell me more? How does it affect?

Participant: Care seeking affects. When they take me to the doctor, they collect for money.

Facilitator: Well. Do you usually go to the school when you are sick?

Participant: No. I do not go. I will be on bed. If I am ill, I do not go to school. I will stay at home till I get well and then go to work.

لا ما بمشي بكون راقدة لو اصبحت راقدة ما بمش بعدي ايامي وتاني انزل الشغل

Facilitator: O.K. Well. When you started to develop these symptoms related to your lung health problem, how much was the cost for care seeking and prescribed medicines?

Participant: Why? You mean the money?

Facilitator: Yes; the cost of these visits, treatment, and doctor’s consultation fee.

Participant: I really do not know. My son pays. The ticket costs 200 SDG. Then we look for these inhalers, the small tablets; the yellow ones, for the allergy. My son buy and bring them. I do not know.

Facilitator: You do not know the cost?

Participant: I do not know anything.

Facilitator: God bless you in sha Allah.

Participant: My son takes along 2000 or 3000 SDG for the visit and spends it all. I tell him thank God for my wellbeing.

Facilitator: God bless you in sha Allah. Well. You said that before you develop this lung problem, you used to do many activities; you usually attend community events, etc. When you develop this lung problem, you could no longer do some activities; you could not even participate in the community events. Can you tell me how you cope with the changes that your lung problem has brought to your life?

Participant: It is O.K. When I am lying on bed and I feel fine, I go out. When I feel sick, I do not go out.

Facilitator: Well. When you would like to do something you used to perform at the past but you cannot anymore, how do you accept this?

Participant: In what way?

Facilitator: Do you become upset? Do you say I used to do this but I can no longer do it?

Participant: No, I really do not become upset about community participation and going out. If I can go out, I will go. If I cannot, I would not.

Facilitator: Well. Do you know anyone else of your neighbours or in your community living with lung health problems?

Participant: Really, this is in the community.

Facilitator: Well. How do you interact with those people who have the same problem; the people who have lung problem?

Participant: You mean visiting them?

Facilitator: You visit them. If they fell ill, you visit and talk o them. How do you interact with them?

Participant: I go out, visit them and we talk about our health complains; whether we bought the medicine, the inhaler, and those small tablet for allergy.

Facilitator: Do you talk to each other?

Participant: We talk to each other.

Facilitator: Well. What did you do and where did you go when you started to develop these symptoms you told us about; cough and phlegm, etc, related to your lung health problem?

Participant: For the symptoms?

Facilitator: Yes. What did you do for your symptoms and what action did you take?

Participant: I went to the hospital and they prescribe me this inhaler for the first time.

Facilitator: The first time you developed these symptoms, you went to the hospital?

Participant: Yes, I used the inhaler. XXXX (He is her relative and works at the hospital) was with me. I was sitting up on the bed; I remain there and did not go. My sons went and called him. They gave me the inhaler and I used it and swallow 3 or 4 tablets. I came back the following day. I did not get better. I went back and they prescribed injections and syrup. I buy and take only what the doctor prescribed. I continue taking these medicines for a while. When I did not get well, they advise me to consult the doctor in [district capital], and I visited him.

Facilitator: Did you take any home remedies?

Participant: Took home remedies?

Facilitator: Yes. What home remedies did you take?

Participant: No home remedies, I did not take any. They advise you to drink عرق (جنزبيل) , drink this and that. But I did not try.

Facilitator: You never try?

Participant: No, I really did not try.

Facilitator: Well. You said that when you first developed the symptoms, you went to the doctor. Why did you decide to see a doctor straight away?

Participant: It was really due to the distress I had (feeling sick).

Facilitator: Well. The first time you attended the hospital, please tell me what happened? Once you attended the hospital, please tell me what happened?

Participant: Breathing was just difficult بس النفس كاتم.

Facilitator: Was your breathing difficult?

Participant: Yes.

Facilitator: Once you attended the hospital staff, please tell me what happened? How did they manage you, etc?

Participant: I went to the doctor’s clinic. The doctor examined me, prescribed medications and told me to take the nebulizer dose. I took all the medications, stayed there throughout the daytime and get back home.

دخلت على الدكتور كشف علي وكتب لي العلاج وقال لي امشي سوي ليك منفس بس اخدتهن وتميت يومي وجيت.

Facilitator: Well. After he prescribed the treatment medicine, did it help?

Participant: It helped. For few days, and then I get another attack after a month.

نفعني. واجي ات ايام وتاني تقوم ( تجيها النوبة ) بعد شهر بعد عشرين يوم طوالي يقوم

After 20 days, my breathing became difficult. When I saw they did not help, the village hospital advised me to visit this doctor. We went to [district capital]; Dr. XXXX - the chest physician. Once I was seen by this doctor over there, I refused to take any medicine (prescribed by the village hospital).

Facilitator: Well. XXXX, do you think that the treatment in [district capital] is better than over here?

Participant: Yes. I take the medicines in [district capital].

Facilitator: You said you took the medicines in the hospital over here and then went to [district capital].

Participant: I took them over here; in this hospital.

Facilitator: Yes. Why did you go to [district capital]?

Participant: I went there because they advised me to see this doctor (the specialist)

Facilitator: Currently, are the medicines prescribed by this doctor better than what they used to be or are they the same?

Participant: When I get the attack….

Facilitator: No. Do you feel better after you were seen by the consultant or do you still feel the same?

Participant: No. I am better.

Facilitator: Do you feel better now?

Participant: Yes. At the past, I did not sleep. I used to cough at night.

Facilitator: In your opinion, why do you think that you are getting better? Is it because you were prescribed new drugs or why did you get better?

Participant: He prescribed me medicines; these inhalers.

Facilitator: Well. I would like to ask you a question. Is there any difference between the medicines prescribed by the hospital staff and that prescribed by the doctor?

Participant: Yes. This inhaler!

Facilitator: Which one?

Participant: regarding inhalers, I did not take any type of inhalers in XXXX.

Facilitator: They did not prescribe any inhaler?

Participant: They did not prescribe any. They did not administer a single large injection over here. They administered this shot. Honestly, I feel better after I received this injection. Last time, he said: he would stop this shot as it is no longer available.

Facilitator: Did they only administer the nebulizer over here?

Participant: Yes.

Facilitator: That is for oxygen?

Participant: Yes.

Facilitator: Well. You said there are people over here in your community living with similar lung health problems. Do you know anyone else in your community who has these lung health problems and never go to hospitals?

Participant: There is one woman who gets similar attacks and goes to the hospital. (she mentioned the name of one woman in the village)

Facilitator: Is there anyone who has these lung health problems and does not see a doctor; refuse to consult a doctor?

Participant: I am really not aware of that.

Facilitator: Well. If we supposed that there is someone who has lung health problems; has similar problem like you and does not consult a doctor / does not attend the health facility. Why do you think this person does not consult a doctor / attend the health facility? Why is that? What could be the reason?

Participant: I really do not know.

Facilitator: Well. If there people living with lung health problems and they do not attend health facility/ consult a doctor, what do you think would make it easier/ more helpful for them to attend? What shall be done?

Participant: I really do not know this.

Facilitator: Well. You have lung health problem. What services do you think should be available at the hospital over here for someone with lung problems?

Participant: This medicine shall be available.

Facilitator: What else?

Participant: And a doctor.

Facilitator: What is the medicine? Which doctor? Please tell me more. Is this inhaler available, is not it?

Participant: Over here?

Facilitator: Yes.

Participant: I have never come across it. When you attend the facility over here, they prescribed penicillin injections, syrup and the 5 tablets for allergy.

Facilitator: Those small ones?

Participant: Yes, these small ones. When I was at [district capital], they prescribed the long strip; the long yellow ones. They prescribed 10 or 20 tablets. Those tablets were in a plastic bag. However, they tidy up the house and get rid of the empty box. (the empty box of those tablets)

Facilitator: O.K. They shall add up medicines. Well. In relation to the doctor, what shall be done?

Participant: Prescribe the medicine.

Facilitator: You said appoint a doctor.

Participant: I told you if there is a doctor, s/he will prescribe those tablets.

Facilitator: No. I asked you earlier what we shall do in order to improve, you said medicines.

Participant: I said a chest physician over here; I told her they shall appoint a chest physician over here so that we do not have to travel to [district capital].

Facilitator: Well. What is about investigations? Do you think investigations over here are good or do you need additional investigations?

Participant: I really do not perform any investigations over here. I attended the health facility once or twice when I got the attack. I got the medicines prescribed by the doctor at the hospital. I took those medicines and left. Once I start to attend [district capital] hospital, I no longer attend / depend on the health facility over here (XXXX hospital). Once it is morning, I tell my son to take me there.

Facilitator: Well. In relation to [district capital], are there investigations performed over there and you considered them beneficial to be availed here or there are not any?

Participant: First of all, they take some blood from the veins and here from the big thumb for checking malaria. Then they put something underneath your legs and you stand upright.

Facilitator: X-ray?

Participant: Yes. Then they take you to the usual x-ray test.

Facilitator: Is x-ray test not available over here?

Participant: I do not know.

Facilitator: No problem.

Participant: Once you walk out, he writes a note for a doctor on the other side. You bring the x-ray to that doctor. You come back and hand over all those documents. The doctor will prescribe you medications. If you have chest problem, the doctor admit you and I am admitted over there.

Facilitator: Well auntie. What do you think shall be changed at the hospital in order to help your management and make you feel better? Over here in XXXX hospital.

Participant: In XXXX, if we could receive the same treatment , we will not travel to [district capital]. However, they examine you all over in [district capital]; check blood pressure and test for diabetes, and any other disease. The day we visit the health facility over there, we will stay there till night; spend the day in investigations. If you feel unwell, they admit you. If your condition is not bad, they prescribe you medicines and discharge you.

Facilitator: Well. If there is someone in your community, someone well known by the community members and they trust this person’s opinion and word. If this person is trained to know the signs and symptoms of CLD and has the capacity to refer you to the nearest health facility and advise the patient to attend the hospital, would that be good, would not it?

Participant: It really would be good.

Facilitator: Well. Why did you say it would be good?

Participant: It would be good because they will be managed.

Facilitator: Is it good if the district hospital over here was able to perform the investigations that are carried out at [district capital] and to find out what was causing your lung problems, is not it?

Participant: Good.

Facilitator: Why is it good?

Participant: It is good because they will diagnose your health problem and avail the medicines over here. If we could find such services, we will reject them.

Facilitator: Well. What would you think if the district hospital over here was able to provide medicine that would help you feel better if you kept taking it regularly? Would this situation be good or would not it?

Participant: Good.

Facilitator: Why is it good?

Participant: It is good because they availed the medicines over here, I took them and got well.

Facilitator: Well. We reach the end of the questions and the conversation / interview. Thank you so much for your talk and the information you provide us. If you have any question or you would like to add anything please ask and we will answer it.

Participant: You mean me?

Facilitator: Yes.

Participant: No. I do not have a question.

**Comment:**

XXXX started to explain the purpose and the goal of the study and emphasized the confidentiality of the information and the voluntary participation in the interview. XXXX showed the interviewee the consent form. While XXXX was explaining, the participant was turning over the questions paper and commented that it might be difficult. The participant refused to audio-record the conversation. However, XXXX explained that…