**Transcript: KNH – Patient 1**

**Interviewer (KNH, Ward 7C):** Asante kwa kukubali kushiriki kwenye mahojiano haya. Kwanza ningependa tupitie maswali ya taarifa zako binafsi.

**1. Umri wako ni?**  
*Patient (E.K, 52 yrs, voice low, weary but firm):* Mimi nina miaka hamsini na mbili. Kwa hivyo nipo kwa kipengele cha miaka 51–60.

**2. Jinsia yako ni?**  
E.K: Mwanamke.

**3. Kiwango chako cha elimu ni kipi?**  
E.K: Nilimaliza sekondari, lakini sikuendelea chuo.

**4. Diagnozi yako kuu kwa huduma ya kupunguza maumivu ni?**  
E.K: Saratani ya matiti, ambayo sasa imeenea.

**5. Umekuwa ukipokea huduma ya kupunguza maumivu kwa muda gani?**  
E.K: Zaidi ya mwaka mmoja sasa… nafikiri ni mwaka mmoja na nusu.

**Sehemu ya 2: Uelewa na Matumizi ya Tiba Mbadala**

**6. Je, umewahi kutumia aina yoyote ya tiba mbadala au mbinu mbadala kwa ajili ya kupunguza maumivu?**  
E.K: Ndio, nimetumia.

**7. Ulijifunza vipi kuhusu chaguzi hizi?**  
E.K: Kwanza kupitia rafiki yangu kanisani, alinishauri kuhusu dawa za mitishamba. Halafu pia mtoto wangu alisoma Intaneti kuhusu meditation na akaniambia.

**8. Ni zipi kati ya hizi mbinu umezipata?**  
E.K: *(Anafikiria kwa muda)* Dawa za mimea nimezitumia, massage therapy nimejaribu mara mbili, na pia meditation, ingawa si mara nyingi.

**9. Unazitumia mara ngapi hizi mbinu?**  
E.K: Mara chache tu… hasa dawa za mimea, nilitumia sana mwanzoni lakini sasa ni mara kwa mara tu.

**Sehemu ya 3: Ufanisi na Kuridhika**

**10. Je, zimekuwa na ufanisi gani katika kudhibiti maumivu yako?**  
E.K: Zimefanikiwa kiasi. Kuna nyakati zinafariji, hasa massage, lakini si kila siku.

**11. Ukilinganisha na dawa za kawaida za hospitali, ungeweka tiba mbadala hizi kama?**  
E.K: Chini katika ufanisi. Dawa za hospitali bado zina nguvu zaidi.

**12. Je, umewahi kupata madhara yoyote kutokana na tiba hizi?**  
E.K: Ndio. *(Anahema kidogo)* Nilipata kuharisha baada ya kutumia dawa fulani ya miti shamba.

**13. Tafadhali eleza madhara hayo.**  
E.K: Ilikuwa kuharisha kali kwa siku mbili, na nilihisi kizunguzungu.

**14. Je, matibabu haya yameboresha ubora wa maisha kwa ujumla?**  
E.K: Ndiyo, kidogo. Yamenisaidia kupunguza msongo wa mawazo.

**15. Je, unajisikia una udhibiti zaidi wa maumivu yako kutokana na hizi mbinu?**  
E.K: Ndiyo. Angalau nahisi si tegemezi kwa dawa pekee.

**Sehemu ya 4: Mawasiliano na Uamuzi**

**16. Je, umejadili matumizi yako ya tiba mbadala na mtoaji huduma yako ya afya?**  
E.K: Hapana.

**17. Kwa nini?**  
E.K: *(Akitabasamu kwa aibu)* Hofu ya kupingwa… niliwahi jaribu kuuliza nesi fulani, akakemea nikasikia wacha.

**18. Je, mtoaji huduma ameonyesha msaada?**  
E.K: Hapana.

**Sehemu ya 5: Vizingiti na Changamoto**

**19. Ni changamoto gani umekumbana nazo?**  
E.K: Gharama kubwa, na pia upatikanaji mdogo wa watu wa massage karibu na kwangu.

**20. Nini kingeongeza hamasa yako ya kutumia mara kwa mara?**  
E.K: Kama hospitali yenyewe ingekuwa na huduma hizi, na gharama ikapunguzwa.

**Sehemu ya 6: Mawazo ya Mwisho**

**21. Je, unaamini tiba mbadala zinapaswa kuingizwa rasmi kwenye huduma za kawaida?**  
E.K: Ndiyo. Kwa sababu zinasaidia kiakili na kimwili.

**22. Ni msaada gani zaidi ungependa upate kuhusu udhibiti wa maumivu?**  
E.K: Ningependa kupata ushauri wa kisaikolojia zaidi, na pia wataalam wa massage wawepo KNH.

**23. Je, ungependa kushiriki kwenye utafiti wa baadaye?**  
E.K: Ndiyo, niko tayari.

**Transcript: KNH – Patient 1**  
**Interviewer (KNH, Ward 7C):** Thank you for agreeing to participate in this interview. First, I’d like us to go through your personal information questions.

**1. How old are you?**  
**Patient (E.K, 52 yrs, *voice low, weary but firm*):** I am fifty-two years old. So, I fall under the 51–60 age category.

**2. What is your gender?**  
**E.K:** Female.

**3. What is your level of education?**  
**E.K:** I completed secondary school, but I did not go on to college.

**4. What is your main diagnosis for palliative care?**  
**E.K:** Breast cancer, which has now spread.

**5. How long have you been receiving palliative care?**  
**E.K:** For more than a year now… I think about one and a half years.

**Section 2: Awareness and Use of Alternative Therapy**

**6. Have you ever used any type of alternative therapy or method for pain management?**  
**E.K:** Yes, I have.

**7. How did you learn about these options?**  
**E.K:** First, through a friend from church who advised me about herbal medicine. Then my child also read on the internet about meditation and told me.

**8. Which of these methods have you tried?**  
**E.K:** *(thinks for a while)* I have used herbal medicine, I tried massage therapy twice, and also meditation, though not very often.

**9. How often do you use these methods?**  
**E.K:** Only occasionally… especially herbal medicine, I used it a lot at first but now only once in a while.

**Section 3: Effectiveness and Satisfaction**

**10. How effective have they been in controlling your pain?**  
**E.K:** They have been somewhat successful. Sometimes they give relief, especially massage, but not every day.

**11. Compared to hospital medicines, how would you rate these alternative therapies?**  
**E.K:** Lower in effectiveness. Hospital medicines are still stronger.

**12. Have you ever experienced any side effects from these therapies?**  
**E.K:** Yes. *(breathes lightly)* I had diarrhea after using a certain herbal medicine.

**13. Please explain those side effects.**  
**E.K:** It was severe diarrhea for two days, and I felt dizzy.

**14. Have these treatments improved your overall quality of life?**  
**E.K:** Yes, a little. They have helped me reduce stress.

**15. Do you feel you have more control over your pain because of these methods?**  
**E.K:** Yes. At least I feel I am not dependent on medicine alone.

**Section 4: Communication and Decision-Making**

**16. Have you discussed your use of alternative therapy with your healthcare provider?**  
**E.K:** No.

**17. Why not?**  
**E.K:** *(smiles shyly)* Fear of being opposed… I once tried asking a certain nurse, but she scolded me so I decided to stop.

**18. Has the healthcare provider shown support?**  
**E.K:** No.

**Section 5: Barriers and Challenges**

**19. What challenges have you faced?**  
**E.K:** High costs, and also limited access to massage providers near me.

**20. What would motivate you to use them more regularly?**  
**E.K:** If the hospital itself provided these services, and the cost was reduced.

**Section 6: Final Thoughts**

**21. Do you believe alternative therapies should be officially included in conventional care?**  
**E.K:** Yes. Because they help both mentally and physically.

**22. What additional support would you like to receive regarding pain management?**  
**E.K:** I would like to receive more psychological counseling, and also have massage specialists available at KNH.

**23. Would you like to participate in future research?**  
**E.K:** Yes, I am ready.