**Interview**

**So first to start off with maybe you could tell me how you heard about the cycling? How you kind of found about it?**

When I was in dialysis the physiotherapist came round and they told us about it and asked us if we would like to take part. So I put my name down and then I went into hospital so I couldn’t start straight away because I was in hospital for four months. And then when I came back they asked me again if I still wanted to participate, I said yeah and so I continued from there.

**What did you think when they first sort of suggested it? Was it something you’d heard of before?**

No it was the first time I’d heard of it and I wasn’t sure if I’d be able to do it or not but I thought I’d give it a try.

**And what made you think you might not be able to do it?**

Because I’ve got lupus and I find exercise a bit hard when my lupus flares up. So I wasn’t sure if I’d be able to manage it or not.

**Then you went into hospital?**

Yeah I went into hospital with pancreatitis and I was in there for four months. So when I came back out in January again started dialysis, I was on the evening shift and they didn’t use to do it in the evenings at that time. And then when I got a morning slot I started cycling.

**And was that when you got the morning slot they asked you again if you wanted or did you ask?**

No they asked me.

**They asked you yeah ok and so you thought you’d have a go?**

I thought I’d have a go.

**How did you feel about it at first?**

At first I was just a bit scared and thinking that I wouldn’t be able to do it and they go it’s very easy, try we’ve got supervision. They supervise us all the time and everything, so I thought I’d give it a try and I found it quite easy, quite pleased with it.

**Ok so how long have you been cycling?**

It’s been since January or February.

**Right ok so a few months?**

Yeah a few months now.

**And what did you hope you’d get out of it at the beginning?**

I thought I’d become more active and because before I was really tired and I’d lost my appetite. I was feeling really weak, didn’t feel like doing anything and then after I starting cycling I feel I’ve got more energy. I’m able to get out and about, my appetites increased.

**So you’ve seen some benefits?**

I have certainly.

**That’s good to hear, so do you think, do you feel that it’s been successful for you this cycling?**

 Yes it has, helped me a lot.

**Any other things, so appetite, energy, is there anything else?**

Before I started cycling you know when they do the tests, they measure the strength of the legs. First my legs were really weak but after cycling they’ve got, they’ve gone up in strength and everything.

**Ok so the assessments they kind of monitor don’t they how well you are improving?**

Yes so I’ve improved a lot because I was on about sixteen and it went up to about thirty something.

**So you’ve seen quite a bit?**

Quite a bit of improvement.

**How do you feel about the improvements?**

Quite happy with it.

**Ok good so on a typical session at where you are cycling, could you talk me through kind of how it all works? How, what happens on the unit when you cycle?**

I’m on the morning shift so I get on the machine about half six, quarter to seven and then [the physio] comes around about eight o’clock after putting a few people on and she asks me whether I want to do it, she asks me how I am and everything. And when I say yes she brings the bike, puts me on, supervises me, does my blood pressure and everything and she’s monitoring me. So I cycle for about half an hour, start off with a warm up and then go up to my gears, going through them and then cool down period. She does my blood pressure and everything again, so she monitors all the time.

**How do you feel about the monitoring side?**

I feel quite good about it.

**Ok and do you cycle on every session or sometimes?**

No sometimes when my lupus has flared up I give it a miss.

**Do you feel differently or is it something that they advise?**

They advise that as well because my doctors advised that as well and I’m seeing a consultant at royal for my lupus but they’ve not identified it as lupus because they don’t know whether it’s lupus or ?. So I’m going through some tests at the moment.

**So they’re kind of keeping an eye of you?**

Yes.

**So on the days you don’t cycle, how do you feel about that? Is it something that you would like to do or?**

I would like to do but because of my lupus and because my joints are really painful and that I can’t do it but I don’t do it when my lupus has flared up and I’ve got this swelling on my feet and legs. But if it on my arms or anything I still cycle, if it’s just on my feet.

**And you cycle for about half an hour?**

Yes thirty minutes.

**And is that about the right?**

Yes because I used to do about forty five minutes before but then my blood pressure started dropping. So they recommended thirty minutes so I’m sticking to that.

**Ok has there been anything, any kind of challenges or more difficult things with the cycling? It sounds like it’s been quite positive?**

Yeah.

**Anything that you’ve found difficult at all?**

No.

**You feel quite positive?**

It’s been really positive.

**What would you say is the best thing about it, the cycling?**

Get more exercise.

**Is that something, I think you said at the beginning that finding, being able to be active is quite difficult? Is that?**

It’s helped me a lot.

**Are you able, has it changed anything about how you do anything else kind of in the rest of your life?**

I didn’t use to get out that much but because I couldn’t walk and all that but after cycling yeah I’ve been able to walk a bit and its helped getting me more out, don’t feel that tired. Otherwise I used to just come home and sleep but now I come home, we have our lunch and then we go out. Soit’s been positive.

**Ok that’s good, what would you say motivates you to keep cycling?**

Encouragement the physiotherapist gives us.

**Ok so you get that from the staff?**

Yeah.

**Ok that’s good anything else?**

No not really, just more encouragement from them.

**And what about kind of longer term, have you got any thoughts about whether it’s something you’d like to carry on with longer?**

Yes I would.

**Why would you?**

Because it’s given me more energy and seems like.

**Given the case haven’t you, it’s really positive.**

So helped me quite a bit, I’d like to continue it.

**Has there ever been a time when you’ve thought about stopping?**

Not yet no.

**No as yet?**

Want to continue at the moment.

**Ok we’ve talked about the physical assessments, so the stand, sit to stand test and that sort of thing and then do you do. Do you need to do any of the other kind of questionnaires or things that you feel in?**

I’ve done some with [the physio] that she’s gone through with me and with ?.

**How have you found those?**

They were fine.

**You don’t mind having to fill, answer lots of questions about, sat here again answering lots of questions?**

But she went through them really nicely one by one, yeah so it’s quite easy to understand and she explained the ones I didn’t understand.

**Ok so that’s been ok, not been to onerous to do all of that. Just to move on to talk a little bit about staff, you’ve talked about [the physio] who’s obviously got a really central role hasn’t she, in organising it all and making sure it’s all running properly. What about the other staff on the unit, do they kind of nurses and that sort of thing. Do they ever get involved in?**

Yeah they do.

**What sort of stuff do they do?**

When [the physio] or Mare not there, they come and ask us whether we want to cycle and they give the same encouragement like [the physio] and M do.

**Right ok so if [the physio] and M are on holiday or they’re away you’d still get chance to cycle?**

Yeah you still get chance to cycle.

**And how do you feel about the nurses being involved?**

That’s really good because when they’re not there at least we don’t miss our cycling.

**Still get on with it?**

Yeah.

**Is there anything different between how kind of [physio name] or the physiotherapist role and the nurses? Do you think there’s anything?**

The nurses are quite new to it as well so they’re a bit sort of more, a bit slower than [the physio] and M but as they get used to it I think they’ll pick up as well.

**You think they’ll be willing to kind of carry on with it?**

Yeah.

**Would you change anything about how its run, about how things operate? I mean obviously all we’re looking for is ways, it seems to be going quite well but to look at ways it might be even better. Is there anything you can think of that could improve how it operates?**

Not really.

**Equipment or?**

The bikes and everything are proper.

**How have you found the bikes themselves?**

They’re really good.

**I’ve not actually tried to use one myself.**

They’re really really good.

**And they’re fairly easy to use?**

They’re fairly easy and the instructions and the little keypad and everything it’s really easy to understand.

**And you can change the resistant and things yourself?**

Yeah.

**Is that right yeah?**

Yeah you can go up in gears and go down, just up and down buttons and everything. And then at the end it shows all your progress, how much calories you’ve lost and how many miles you’ve done, so that’s quite interesting.

**That can be quite motivational can’t it to see?**

Yeah it is. If you want to lose more and then they ask us, the gears we go through at the end how we found it. They’ve got a chart saying whether it’s easy, hard, fairly hard, from what harden that.

**You’re feeding back to them how it’s?**

Going to feed how we found the cycling and all that and they’re writing down each cycling session we do they write it down, all our progress and everything. So if we do something more better the next time they tell us that we’ve done a bit better.

**They can see that progress?**

Yeah.

**That’s quite useful to know isn’t it?**

It is.

**How you’ve moved on, who do you think and this is not necessarily thinking about the people themselves [the physio] or M but we’re thinking about this. If we were introducing it on another unit about the staff roles and who do you think out of all the staff would be the best person to run it? So kind of thinking about the nurses, the doctors, the health care assistants, the physiotherapists?**

I think the physio.

**What would you say would be the reason for having the physiotherapist?**

I think they know more about the cycling and what benefits you get from it. So the physio would be the best.

**Yes the best person and you mentioned that there’s a lot of monitoring that goes on from the physio. Do you get any other kind of advice about exercise and things?**

Yeah.

**How have you found?**

That’s quite good as well because I couldn’t do steps before and [the physio]encouraged me to try one or two and now I am getting there.

**Ok so she’s been giving you advice?**

She does yeah.

**Ok that’s helpful, what about the other patients on the unit? Are there lots of other people cycling on your shift?**

A few yeah.

**How do you think other patients view the cycling? Do you think everybody’s had a same positive experience?**

Everyone has yeah.

**Right ok.**

Because on the bay I am, all three other patients do it as well and they have positive views as well.

**Is there anyone who’s not cycling?**

There’s quite a few ladies.

**Right do they ever ask?**

Well she has asked, there is a lady that has asked me and I have recommended it to her but I don’t think she wants to take part.

**Some people are a bit reluctant?**

She is yeah, she’s very reluctant but I find it really beneficial.

**What kind of things would you say if you were trying to encourage somebody or somebody asked your advice? What kind of things would you say to them about why they should try it?**

I think that I’d tell them my experiences, how I used to feel and I couldn’t eat properly and after cycling how better I feel and all that.

**Try and persuade them by sharing your experiences?**

Yeah that’s it. She’s always moaning that she’s really tired after dialysis, told her to give it a try but she’s very reluctant.

**It’s hard isn’t it when people won’t try?**

Yeah because I found quite a bit of difference otherwise I just come home and go to sleep straight away but now I can get things done.

**And your appetites better as well?**

Much better.

**That’s good, what about your family and friends and what do they kind of?**

Their quite happy as well, my mum and sister.

**Oh your sister?**

Yeah so their quite happy because we get to do more things and go out.

**Ok so it’s been positive?**

Yeah.

**From that perspective as well? Is it something that you talk to family members about?**

Yeah I do.

**They all know?**

I discuss it with my sister, my auntie because my aunties got quite a large step on her house and I couldn’t get in before but after cycling yeah I can manage her step now.

**So they’ve seen the difference?**

Yeah so they’re quite pleased that I can go their house.

**Ok great I think we’ve covered most of these, I think I might just have a couple more. What about any other types of exercise, so you mentioned that [the physio]’s given you advice about trying a few steps and that kind of thing? Is there any other kinds of exercise you’d like to try? I mean the cycling’s kind of really great for dialysis isn’t it because you can do whilst you’re on the bed but is there any other kinds of exercise that you’d be interested in trying or you’ve thought about wanting to do?**

Not really no, I think cycling’s more me.

**You’re getting on with that quite well?**

Yeah.

**Ok I think that’s more or less all of my questions, have you got anything, I’m just checking I’ve covered the last few and I think I have. Have you got anything else that you want to say or feedback to us about any of it?**

Not really but I’m looking forward to the Olympics their going to do.

**Ok on the unit?**

Yeah.

**What have they got planned?**

Their doing a Olympics cycling where we’re going to be put into teams and they’ve got a map of Great Britain where they’ve marked ten miles and whichever team goes the furthest will get prizes as well. So I’m looking forward to that, participating in that as well.

**That sounds like a good idea.**

Yeah and then I also was telling [the physio] about a sponsored cycling we can do because she was asking for ideas.

**Like a charity?**

Yeah.

**For charity that’s a good idea. Do you think those sorts of things would help, if again introducing cycling in other units, using those sources, do you think that’s a good idea to motivate?**

Yeah.

**It sounds like a good idea, so you’re looking forward to?**

I am yeah.

**When you starting?**

On the twenty seventh I think.

**When it starts?**

Yeah. It’s going to go for five sessions, will be good.

**Oh good very good, is there anything else that you wanted to add?**

Not really.

**I think we’ve probably covered all the things I wanted to ask you about, obviously we’re trying to get a mixture of people’s experiences but a lot of people have said very positive things about it. So brilliant.**

**INTERVIEW FINISHES**