Study 16: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 014 Transcriber : John Rand

Study 18: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 018 Transcriber: Sonnay Uy

A: Beautiful – so Vincent I was wondering if we could start with a bit of background information about yourself. Could you tell me a little bit about your history with being diagnosed with prostate cancer and any of the treatments that you have had so far?

P: Well, in 2010 about February I was having trouble going there passing water, and the doc at the time I did the PSA test and that was about eleven. So he was a bit concerned, so he said give it a couple more months and we’ll do it again, and it got to about eighteen. And so he decided to get a biopsy done, so it showed, indicated that it was positive on the right hand side of the prostate. So I went to a Urologist and they recommended I start radiation treatment. So that’s July.. Early, first week in July I started radiation treatment. It was 7 weeks of continuous, every day except the weekends, and I was told that it’s gonna knock you bad a bit and I thought I’ll see what happens. That third week I was ok, there was no problem, and then it started to bite in.. But mind you at the same time I was a full time carer for my wife, she had MS, and that sort of really added to the stress of the situation.

A: Yeah, that sounds really tricky.

P: I got through the radiation – I was really in dire strait. Blood was coming out both ends of my passages. I was really crook for a while. I tried all sorts of. Then I was still having trouble passing water, and they decided to have an exploratory and put a camera up my rear and into my bladder and have a look around, and discovered bladder stones. So anyway, that procedure caused me a terrific UTI infection. The doctor tried about three or four different antibiotics to eventually get rid of,, it took about three months to get rid of the infection.

A: Blimy.

P: And then they went in again, and break up all those bladder stones, and then they put me on, I’m using *drug name (Climaxtra?)*, it’s a pill they use for bladder, prostate problems. So anyway, then eventually got over it, took me a while and I still look after Helen, and she passed away, 2015. And I thought well, I live in a big block of land up at Tennyson I decided I needed to get out, so in November last year I moved down to North Haven over in a Village and I’m happy as Larry. I just came back from an evening with the villagers and, yeah it’s great. No problem was water works and anything like that. I have a regular PSA test and the last time it was zero point one six so everything is fine.

A: Oh yeah, well thank you for sharing with me that Vincent - that sounds like it’s been quite a journey for you, and with everything else.

P: Look, and that.. I’m a volunteer at the aviation museum at Port Adelaide there. That was my break away and there’s four other blokes here that had prostate problems at various stages so we can talk over on men’s business sort of thing.

A: At least it sounds like you’ve got people around you who can understand what it’s been like. Do you think you view your health any differently compared to before you were diagnosed?

P: No, I’ve got other problems like arthritis, blood pressure, and stuff like that. No, even when the doctor said to me that it shows positive, he looked more frightened than I did. For me, I wasn’t scared, I wasn’t worried. I just went through the procedure, no I wasn’t worried too much about it. Just trying to think it was just something I went through in life, and I got over it, and looking back if I can have anybody in the same situation I’d like to.

A: Thank you for that. So I’ll move on to part two. This section will be about healthy lifestyle behaviour and specifically looking at physical activity. When someone mentions the word physical activity or exercise, what tends to be your first reaction?

P: Well I use to exercise a lot. When I was living in Tennyson on Military road which is just a stone’s throw from the beach, and I use to go for long walks, and we had a little Maltese Shitzu and we use to take her for a walk. I use to do a little physical exercise at home, push ups and stuff like that, but with age and arthritis it sort of starts to limit what I can do now.

A: Well can you tell me a little bit about what you are doing at the moment?

P: What am I doing? What?

A: Oh, in terms of activity are you sort of walking, or gardening? What sort of things do you tend to do that might be moving around?

P: I use to go for walks..occasionally just to sort of get out. I am up at the museum three days a week and I’m moving around all day there. I reckon I’m getting for age and mileage, I think I’m getting reasonable exercise.

A: Yeah, yeah. So you said you were active before, do you think you were quite active when you were younger as well?

P: I grew up in Mildura. I was born on a food block, and the old man said to us so many people at the table, so many people out the block were always so active doing things out in the block, or mucking around with our mates down the road that sort of thing.. there was no T.V, no Ipads, no nothing so we created our own entertainment and stuff like that.

A: Yeah, you just moved around a lot more because that’s the way it was.

P: We were free range kids in those days down there.

A: I appreciate that term, that’s a nice term I like that. Are you doing any weights or strength training at the moment?

P: Nah, I was a few years back. I went to the local gym, the girl gave me a whole lot of things to do, exercise. But I found was with my arthritis, Ive got a real bad shoulder, I’m very limited what I can do. I’m 78 and even going for a walk now is a bit of a huff and puff sort of thing.

A: I think when you’ve got arthritis and there’s a lot of pain involved it can be really tricky.

P: Yeah, particularly in this cold weather. I get a lot better in warmer weather. This cold weather makes it worse. But you just have to get on with it, you don’t just sit and mope, cause then it doesn’t achieve anything.

A: So you mentioned when it’s cold it’s difficult, and your arthritis makes it tricky for you to be a bit more active. Do you think the treatment from the cancer itself made it difficult at times?

P: I don’t think so, I think within about two years I got completely over that sort of trouble. I think I reverted back to my normal situation and I had a hell of strain, looking after Helen, and she got to a stage that where she couldn’t move. She lost all her mobility and couldn’t get out of bed in the morning. Fortunately, are you here in Adelaide?

A: Yes, I’m here in Adelaide.

P: There is an organisation called Help at Home. A got some girls come in couple hours in the morning to give and do a personal care and that, a little bit just helps a bit, and then I had six hours of respite a week so I got out of the house for a while, but yeah it was a bit tricky..

A: Yeah, it sounds tricky.

P: But that’s just something I had to do.

A: Of course, you just got to do what you got to do. Off the top of your head and no pressure if nothing comes to mind, but do you think you can think of anything that could help you increase your activity levels? You said some warmer weather, but have you thought about other things that tend to help get you motivated if you feel up to it?

P: Yeah I mean I’ve contemplated, I procrastinate a lot, I’ve been meaning to go to a gym and start getting a bit of help and guidance, but yeah I might be able to do that once it starts to warm up.

A: Just moving on a bit, has anyone ever mentioned or do you have a sense of what the guidelines are for physical activity of someone of your age or health condition?

P: What was that? I’ve got a bit of hearing problem, so.. that’s part of the aging problem.

A: The question was do you know what the guidelines for physical activity might be for someone of your age or health condition?

P: Not really, no. I’ve only just been at this village here since November. They had some physio bloke come in once a week. That was some really slow movements and that, but I found it very boring so I don’t attend anymore. I haven’t got any guidelines. I need something to motivate me.

A: Yeah, and especially if you’ve done all that stuff before you probably know a lot of it, and it would be a bit boring I can just imagine that.

P: Yeah, I need something. I just need, the problem is I get puffed out now, I’ve got a bit of angina which doesn’t help much.

A: No it doesn’t.

P: That sort of slows me down a bit. I just make the best of what I got.

A: Yeah, yeah.. so I’ll move onto part three. So obviously many of these questions, and you probably saw in the little guide that you saw on the advert. I’m in the second year of my PhD and my team is designing an online resource for men who want to be a bit more active. So first I’m going to ask you a little bit about your internet use, and then I’ll ask you your opinion on our research. So can you tell me a little bit about how you’re using the internet at the moment?

P: Well this is all. I’m a motor mechanic by trade and, well I was, I’m retired for fourteen years now and it was only the last July, Helen had gone, I was sitting at home twiddling my thumbs, so I decided to get a computer to see what I can do. I’ve never used one before, and I started to, never had any formal training, I just picked it up, and a couple times I had people come in. There was a girl called tech girl advertised in the paper, she came in a couple times, set me up and showed me a few things. All I can do. I can email which is handy.

A: That’s how I got a hold of you.

P: I can write letters. I even learnt how to print address on an envelope to get it in the right spot.

A: Oh, that is better than what I can do, I can’t do that one I have no idea!

P: I do a lot of research on aviation stuff on google and other I can find.. Facebook, I find some interesting stuff on there.. I watch.. there’s nothing on T.V, I only watch T.V for an hour I like to watch the news..

A: You’re very generous of giving up your hour then for me, so I thank you.

P: No, no its a pleasure Amy. I’ve been home alone like I said, I went across to the villages a while ago. I get bored, I’m a bit of a loner anyway, but after a while it gets lonely, I wasn’t going to stay.

A: Yeah..

P: I’ve got a son in Salisbury, grandchildren, that they’re all up in the northern area. I hardly ever see them now. When the kids were little, I use to come our place on Saturday night and have tea, then they’d sleep over, and then their parents would come pick them up next day, but as they grew up they go to sport, they love their activities and I hardly ever see them now.

A: Yeah, it makes it tricky hey?

P: Yeah, they got their life. I can’t sort of tell them what to do and what to do and how to do it.

A: It sounds like you have a very positive attitude to technology and you’re willing to learn, so that’s really really encouraging.

P: That’s the thing. Like you could never stop learning. Even at the museum we’ll be doing a lot of restoration on aeroplane engines, and I spent twenty five years in the Air Force reserves, and there is always something new I can learn about. Your brain goes to mush if you don’t use it.

A: It’s true, it’s true.

P: I’m not sort of really over motivated, but I just like to get on and keep going.

A: Yeah, yeah. When you’re on a website, is there a way you prefer information? Do you prefer text, or audio, or like a video explaining things to you?

P: Yeah video. Look even in my trade, I can’t learn by reading a book, I’ve got to have something to sort of teach you and go along with it, then I can read the book and then pick it up better.

A: Yeah, so you need something that makes a bit more sense, a bit more concrete example.

P: Like a lot of aircraft stuff, I’ve got the basics but then you go on the internet, get a book and that, and you get more, and you can understand it better.. and know it better.

A: So hypothetically speaking, if there was an online program that you logged on once a week, do you think four, eight, or twelve weeks would be an ok commitment?

P: What time of the night would it be? Night time I suppose obviously.

A: If there was a physical activity program that was designed for men with prostate cancer, and you happened to have a look at it, do you think of a once a week commitment for either four, or eight, or twelve weeks would be more manageable?

P: I think that going to.. eight weeks. Yeah..

A: That’s alright, we’re just getting your thoughts, cause I was chatting to a couple of other chaps, they thought that twelve weeks was way too long, way too much of a commitment. We’re thinking sort of a commitment of four to eight weeks kind of pitch. Do you think weekly or fortnightly would be better?

P: Well I’m at home every night, so weekly would be ok with me. I’m a creature of routine. If there is something going on I could just add it in to my routine, cause I have to get up early in the morning or do something different, and it puts me out for the rest of the day sort of thing. As I said, I’m a creature of routine everything just plods along nicely, everything’s fine. Things change puts me off the rails a bit. I could handle it once a week, yeah.

A: So I’m going to give you a bit of an introduction to two different research ideas – I’ll tell you the first one and get your thoughts on that one, and then I’ll tell you the second one and again get your opinion. Some websites in physical activity are designed for sort of ongoing feedback, so it’s typically delivered on a weekly basis, and say you were asked to log in and you tell the computer “oh I did half hour of walking this week”, and the computer spits some information back at you saying “hey that’s great, that’s fifteen more minutes than last week, but we noticed you haven’t done any strength training, can we work towards that?”, that’s sort of the idea we’d like to do.

P: Like I said.. sorry to interrupt you..

A: No, that’s alright, I’m nearly finished..

P: Sorry, finish..

A: That’s alright, you see I’m cheating I’ve got a script in front of me, you can’t see that I’m not done.

P: That’s alright.

A: So the idea that is you’re guided through the program, it’s very logical, it goes from topic A to topic B to topic C, and it might give you some ideas about achievable goal setting, or it may tell you about working through – maybe not the case with yourself, but incontinence in exercise and how to help that.. so that’s a more logical approach, what are your thoughts on that idea?

P: Yeah, that’s sounds alright.

A: So the second idea is very very close to the first one. You still have the opportunity to log on and get feedback on it, but the only differences that all the topics instead of being logical with topic A and topic B and topic C, you actually get access to all the information at once, and you can pick and choose what you engage with. It would still be the same amount of information, but the difference would be that you could choose what you read a bit more than the other more progressive version. What are your thoughts on that kind of idea instead?

P: Yeah that sounds alright, but like I said, this computer is still new to me, and if things go wrong, sometimes it won’t print for me – I don’t know how to fix it. Like I got a printer and if I see something on Google or whatever, and I like a lot of aviation stuff I print it off – cause otherwise I can’t get back to it the next time I try to find it.. can’t get back to it on the computer, so I’m still learning.

A: Of course.. yeah, I think with programs, you want it to be simple and easy to find and you don’t want it to be complicated or resetting anything, or anything like that.

P: That’s right, yeah.

A: Yeah we’ve been chatting, as I said, we’ve been chatting to quite a few people, and it seems to sound like simplicity and easy to use makes sense, you don’t want to have to fiddle around too much to get the information you need. I’m glad that your experience is similar so we can make sure that whatever we do, you don’t have to be a genius to use it, you can just be an everyday person who’s just trying to make the most of it.

P: Even if I read a book.. I think it’s a laptop for beginners. It’s just an introduction but it’s boring I couldn’t understand what they’re saying so I just got reading that too. Like I said, I have trouble learning something straight out of a book. If I get it shown to me how it works and that I could sort of pick it up from there, but I can’t.. I bought a mobile phone, and the instructions book comes with it, I couldn’t still couldn’t set the damn thing, I had to get someone to pin it up for me.

A: Yeah, that’s a really good point, thank you for sharing that, I think that’s important for anyone looking at the internet or computers should take into account – it needs to be easy to use.

P: Yeah like young kids.. when I was working, I was working at a Ford dealership at Maughan Thiem down at Cheltenham. They have evening classes once a month, just to bring up all of the new stuff coming out on the Fords and stuff. and you have to work, you work all day and you get tired. They have a meal, they had pizza or whatever, and then they give us this lesson and the young blokes be mucking around and talking, and they’ll pick it all up, and when I got home I just couldn’t remember what we did, what we’ve learnt. It just didn’t sink in, that the young.. the old brain doesn’t absorb as much as it used to sort of thing.

A: Thanks for that, I think it’s a really important point, so I appreciate you sharing that with me.

P: I don’t know.. sorry..

A: No, no keep going, it’s all good.

P: I don’t know if other men are the same, but that’s how I am, as I’m getting older I just find it.. I can’t read books, click books. I got one on the governor-general now, Peter Cosgrove, my kids gave me a book on him when he was in the army.. and I read the first chapter, and it was on various things. I started the second chapter and I couldn’t remember what I read in the first one, and that sort of stuff . Its no good me reading a book – I read it but I don’t know what I read, but that’s another story.

A: That’s a good story, stories are good. I appreciate stories. So I’ll move on to the last question - so we think that marketing could be pretty tricky. So if there was an exercise program, you want it to sound approachable, but not too weird. So if I can get you to imagine you’re looking at a flyer, and there’s a title on the top. I’m going to ask you to give your opinion on these names that we’ve thought about for a potential product, the actual program. I want you to see “oh yeah, that sounds alright” or “oh no, I’ll never click on anything that said like..”, so I’ll just read them out one by one and if you can go “oh yup!”, or “no”. So ‘My Movement Matters’?

P: What was that again?

A: ‘My Movement Matters’?

P: Yeah, it sounds better.

A: ‘CancerFit’?

P: Cancer fix? What? I don’t understand..

A: It’s just one word, ‘CancerFit’. If there was a program that said ‘CancerFit’ on a flyer, would that make sense? But maybe not.

P: ‘Prostate Cancer Health and Fitness Online’?

A: Yeah, I’d be interested in reading that. Like I said, as far as I’m concerned, I don’t have any after effects of the cancer. I haven’t got any incontinence, I haven’t got any other problems.. my libidos not as good as it used to be, it’s non-existent, but that’s age related too I think. No that sounds alright.

P: There’s two more.. ‘Exercise Medicine’?

A: Exercise Medicine?

P: Yeah, anyway.. and then the last one is ‘I strengthen’?

A: I strengthen.. that sounds, yeah I need something to give me more strength and muscle and stuff like that, is that what it means?

P: Yeah that’s what it means essentially.

A: Yeah I’m finding I can’t lift what I use to lift. I know a lot of it is age related. I’m tired of getting weak in my muscle, losing a lot of muscle, and that’s age related too I suppose.

P: Yeah I’m not sure.. so that actually brings up to the end of the interview section for this study, Vincent. To complete the research we’d love to get your opinion on four physical activity messages that we’ve taken from other cancer websites. They’re about a paragraph long, and I can either post them or I could send you an email link if you’re up to it, and then once that’s completed I can post a twenty five dollar Coles Myer gift card to thank you for your time. Would you prefer a paper copy, or would you prefer an email?

A: Yeah, Email.. I suppose I can just copy it off of my printer.

P: You can, there’s a..

A: Whichever is convenient to you sort of, perhaps paper would be preferable, cause it’s got it there in the hand.

P: Yeah alright, so I’ll organise that for tomorrow to send that to you. It will have a reply paid envelope for you so you can just pop it straight back in the mail, you don’t have to pay anything. But it does have a slightly different address on the front, because I’m based in one building, but the rest of my research team is based in another, so that’s why there’s a bit of a confusion with the address. But it’s all written out, you don’t have to write anything in terms of addresses.

A: That’d be great.

P: Beautiful, I really really appreciate that, so once I’ve received that back I’ll be able to send you a thank you. Either way I really really appreciate your time for tonight.

A: It’s a pleasure, a pleasure.

P: I wish you all the best.

A: Plus talk to somebody.. I just come back from the village, beautiful people. They all get along well, but then you come home to an empty house, but that’s another story.

P: Yeah, aww, well you’ve been an absolute pleasure to chat to.. I really like, enjoying connecting with the people the research is about instead of reading articles all day. It’s been wonderful.

A: I’m glad to help anytime.

P: Beautiful, take care and enjoy the rest of your evening.

A: Will do, thank you very much.

P: Thank you, bye.

A: Have a good one.