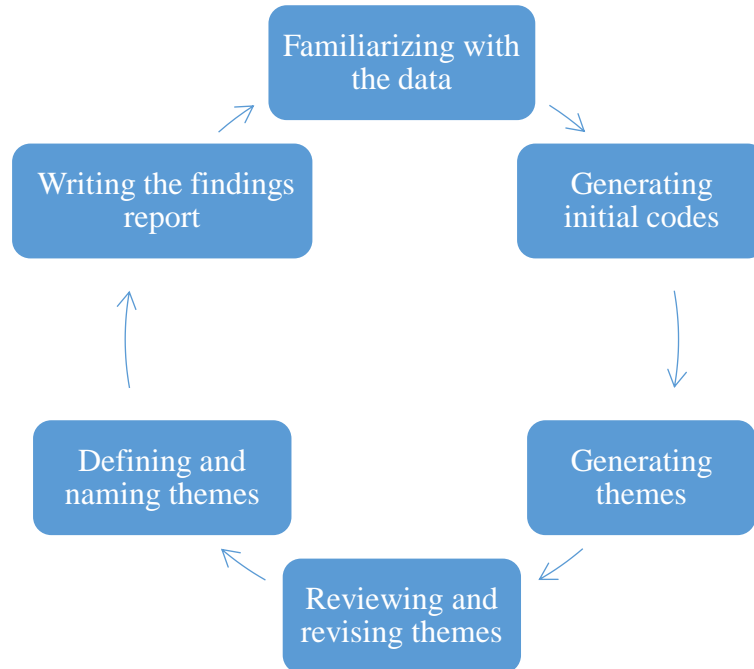


## Data Analysis Process

For the study, *experiences of patients with heart failure* the researcher decided to use the Braun and Clarke six step framework for thematic analysis. The researcher decided to use the Braun and Clarke six step framework because it is an open approach to doing thematic analysis that is not associated with any theoretical underpinnings. The six steps of the Braun and Clarke framework for doing thematic analysis include familiarizing with the data, generating initial codes, generating themes, reviewing and revising themes, defining and naming themes and writing the findings report (Braun and Clarke, 2022b).



In following the first step of the Braun and Clarke, six-step framework for thematic analysis the researcher began with reading and reading their transcripts to familiarize with the responses provided by the interviewed participants and to get the nuances of participant responses. The researcher also highlighted some major observable issues based on interview responses.

The researcher then moved to the second step of the Braun and Clarke, six-step framework for thematic analysis that is generating initial codes (Braun and Clarke, 2022a). According to Byrne, (2021), a code is a label or an interpretive statement to any information that is important to our research questions or objectives. In order to generate the initial codes, the researcher therefore read and re-read all participant transcripts line by line and coded all the necessary information. Here is a table showing a sample of some initial codes generated in MAXQDA

After generating initial codes for all the transcripts and revising them, the researcher then moved to the third step of the Braun and Clarke, six-step framework for thematic analysis which is generating themes (Braun and Clarke, 2022b). In this step, the researcher looked for a pattern of shared meaning across the initial codes. Codes with a shared pattern of meaning were classified together under a theme.

Having developed preliminary themes, the researcher then moved to the next step of the Braun and Clarke, six-step framework for thematic analysis, which was reviewing and refining the themes (Braun and Clarke, 2022a). In this step the researcher edited and combined themes based on shared meaning ensuring that all themes had a clear meaning that they communicated. After reviewing the themes, the researcher then added descriptions and definitions to the final themes, which is the fifth step of the Braun and Clarke, six-step framework for thematic analysis. Here is a table showing all the theme that were developed in MAXQDA their descriptions.

Having developed the final themes the researcher then moved to the final step of the Braun and Clarke 6 step framework for thematic analysis, which was writing the findings report. The findings report was made-up of quotes, codes and themes and provided a narrative of the major findings that were developed after the data analysis process (Naeem et al., 2023).

## **Results**

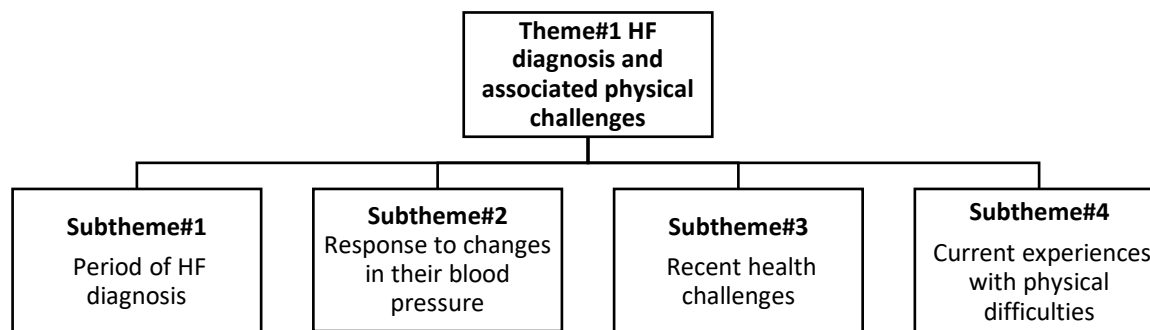
After conducting thematic analysis following the Braun and Clarke six step framework for thematic analysis the researcher developed five main themes including:

1. Theme#1 HF diagnosis and associated physical challenges
2. Theme#2 Following doctors' advice and role in HF management
3. Theme#3 Impact of heart failure on patients day-to-day lives
4. Theme#4 Level of care received by heart failure patients in dealing with their condition
5. Theme#5 Heart failure patients' information seeking activities and resources

### **1. Theme#1 HF diagnosis and associated physical challenges**

The theme heart failure diagnosis and associated physical challenges represented the moment where the interviewed patients were diagnosed with heart failure and the health and general physical challenges that the condition had brought in their life.

The four subthemes that led to the development of the theme HF diagnosis and associated physical challenges are shown in the hierarchy chart below.



### **Subtheme#1 Period of HF diagnosis**

This subtheme represented the exact moment the interviewees were diagnosed with heart failure.

Patient 1 shared that they were diagnosed with heart failure two years ago

*Patient 1*

*Its been 2 years since I got admitted here. it was in 2019 November, before that I was in<sup>[P]</sup><sub>SEP</sub> jubilee. it was diagnosed there, we were referred from there to here (xxxx). so while I was on<sup>[P]</sup><sub>SEP</sub> treatment here, I was given date on Jan 3 for open heart surgery. so while I was on treatment,<sup>[P]</sup><sub>SEP</sub> on nov 24 night suddenly I had heart attack. I was put on ventilator, doctor told I was almost<sup>[P]</sup><sub>SEP</sub> dead. I was admitted here for 12 days.*

Another interviewee Patient 2, stated that they were diagnosed with heart failure when performing a medical examination in order to go work outside their country.

*Patient 2*

*R: while doing medical for going to gulf i was made unfit and asked me to see cardiologist. i<sup>[P]</sup><sub>SEP</sub> have seen 2-3 doctors that time they said i am having it from birth.*

### **Subtheme#2 Response to changes in their blood pressure**

This subtheme represented the actions that the interviewed heart failure patients took to respond to changes in their blood pressure.

Patient 1 shared that they responded to any changes in their blood pressure by changing their dose of medication

*Patient 1*

*R: if there is changes, I will change the dose of the medicine.*

### **Subtheme#3 Recent health challenges**

The interviewed heart failure patients shared whether they had experienced recent health challenges.

Patient 1 indicated that they had experienced some health challenges in the November of 2019

*Patient 1*

*R: it was bit severe last November in 2019.*

However, patient 1 also indicated that despite experiencing some health challenges in the past they had not experienced any difficulties recently as a result of following doctors' advice

*Patient 1*

*After that since i have been following the doctor's<sup>[P]</sup><sub>[SEP]</sub> advice I am not having much difficulties. and is very much better*

### **Subtheme#4 Current experiences with physical difficulties**

This subtheme included the current physical difficulties experienced by the interviewed heart failure patients.

One of the interviewees' patient 1 shared that they had experienced some kidney issues recently and needed to see a nephrologist.

*Patient 1*

*Has asked to see a nephrologist also. There is some changes in kidney also. so i<sup>[P]</sup><sub>[SEP]</sub> have to see the dr and has to call and tell here.*

Patient 1 also stated that they had seen an increase in their blood sugar level recently and had been advised to see a diabetologist

*Patient 1*

*Now there is some increase in sugar level so for that have to see a<sup>[P]</sup><sub>[SEP]</sub> diabetologist.*

## **Theme#2 Following Doctors' Advice and Role in HF Management**

The theme *Following Doctors' Advice and Role in HF Management* represented the participant views on whether they followed doctors' advice to manage their heart failure such as dietary change advice and the impact that following doctors' advice had on their condition.

Participant 2 averred that they followed dietary advice provided by doctors

*Participant 2*

*Yes.*

*Now I am not having alcohol its been 2 months. When you lie down<sup>[P]</sup><sub>[SEP]</sub> its difficult to breath. I have reduced eating meat, may be once in a week, that<sup>[P]</sup><sub>[SEP]</sub>s all. I eat<sup>[P]</sup><sub>[SEP]</sub> vegetables more, that way it has improved a lot.*

On the other hand, participant 1 indicated that they took medication as instructed by the doctor

*Participant 1*

*and following whatever the dr is telling and eating the medicines correctly, then there is no need to come because we are taking the medicines correctly*

Other views presented by the interviewed patients on whether they followed doctors' advice to manage their heart failure such as dietary change advice and the impact that following doctors' advice had on their condition included:

Has witnessed significant improvement in their health as a result of following advice provided by doctors.

*Patient 2*

*And there is improvement because of that. Before I was not able to talk like this, I will feel breathless, now Im fine. Before it was difficult to lie on my back even for 1 minute. Now also I cannot suddenly lie on my back. First I have to lie on the side and then slowly to my back.*

Monitors their blood pressure regularly

*Patient 1*

*Checking the BP and all regularly.*

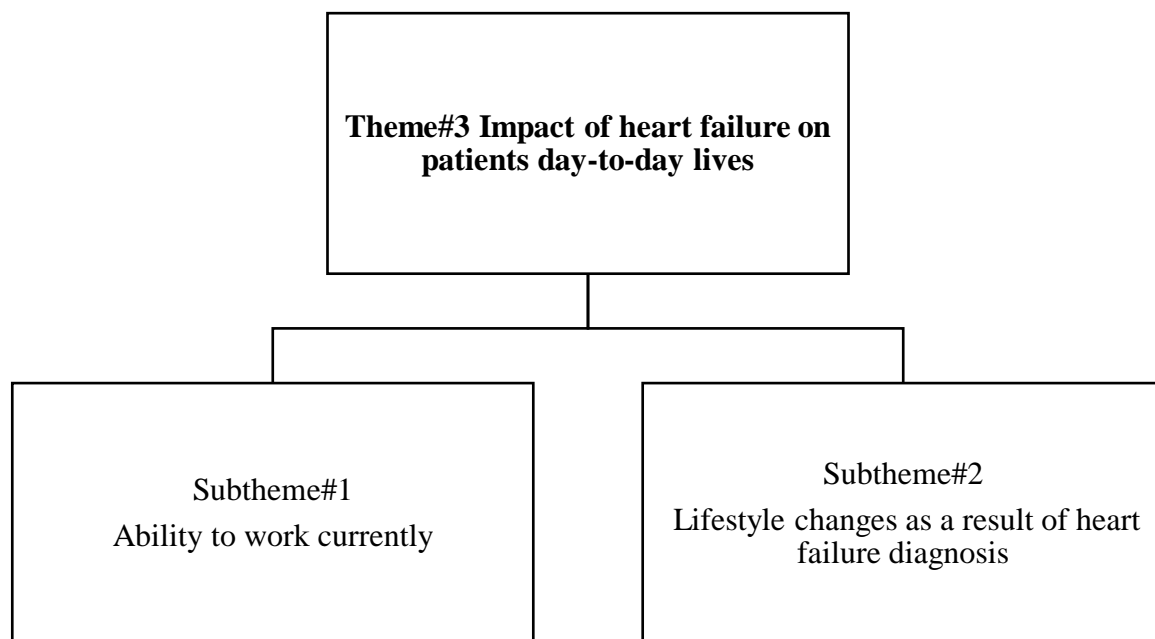
Feels better as a result of following doctors' advice

*Patient 1*

*R: yes. Since I am following whatever is being told I am better now.*

### **Theme#3 Impact of heart failure on patients day-to-day lives**

This theme represented the impact of heart failure on the interviewed patients day-to-day lives including their ability to work and the lifestyle changes that the patients had undergone as a result of heart failure diagnosis. The two main subthemes that led to the development of this theme are shown in the chart below.



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