**Reliability**
An audit trail was generated by using NUD*IST software to assist with data analysis
Systematic field notes were created to improve reliability of the data
Two experienced researchers (not involved in the study) undertook independent coding and interpretation of four transcripts. Discrepancies between these external researchers and the authors were discussed and agreed

**Validity**
Respondent validation: the data from 6 participants were returned to them for their comments. These did not alter the substance of the data.

**Trustworthiness**

**Credibility**
Triangulation of data with literature and field notes

**Dependability and confirmability**
Personal statement at the outset of the research and field notes.