

## Pinfold Medical Practice's PPG February 2024 Newsletter

Contact us via **reception** or the **suggestion box** in the practice foyer

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Hi Everyone,

Let us start by offering a very warm welcome to our new salaried GP, Dr. Mohammed Wazir MBBS, MRCP.

I recently caught up with our new GP, Dr. Wazir, to see how he was settling in at our practice. Although this is only his first month on site, his first impressions are very favourable. The words 'family', 'calm', 'respectful' and 'kind' were relayed within his first few sentences describing how he had been welcomed and impressions made from the patients seen so far. Belonging to a small team, for him, means being able to discuss and relate his ideas productively and with relative ease. Although his consultations have mainly included Pinfold's elderly population, his specialism was in paediatrics before training to be a GP.

My first impressions of Dr. Wazir were someone very relaxed and knowledgeable who also enjoys his good sense of humour. He is a family man with three grown up children, professionals now in their own right. He and his wife enjoy catching up with them on family holidays when time allows. To relax, Dr. Wazir (who is happy to be referred to as Wazir or Mohammed by the way) enjoys watching sport, particularly cricket, on the TV.

Dr. Wazir grew up in Islamabad with two sisters (both doctors) and one brother (now retired) in a joint family system which now includes nieces, nephews and their children. A 'simple life' is how he describes it. He left Pakistan for the UK in 2006 and starting training and taking medical exams.

His early medical career centred upon his specialism as a paediatrician in both Northern Ireland and Darlington Memorial Hospital but in 2012 a decision was made to go into general practice. After completing his GP training in 2015 he spent time as a locum in Leeds, Bradford and also spent one and a half years in Middlesbrough. Being a GP has introduced variety into his work and different interactions from attending to a new-born baby to caring for the elderly.

Although these are still very early days his 'take home' message is to be kind, gentle, cooperative and to understand limitations. As a GP he would like us to generally cut down on alcohol, quit smoking, do more exercise and to eat healthily. If we could look after our long-term health and take or seek advice sooner rather than later, his time at Pinfold will continue to be calm and relaxed.

### The Practice Manager's update:

We will be starting our spring COVID booster program on the 15<sup>th</sup> of April 2024. This is now for a smaller cohort of at risk patients. **This includes those who turn 75 years old by 30 June 2024. These people will be eligible for a vaccination at any point in the campaign. People who are admitted to an older adult care home or become immunosuppressed by 30 June are also eligible.**

The practice will get in touch with all eligible patients and book appointments at the practice. We are working on this in readiness and will hopefully again provide the same seamless booking system like before.

Thanks

Pinfold Medical Practice.

### **PPG Member update**

One of our PPG members, Joyce, kindly submitted the following article regarding diabetes and its complications which I am sure you will find interesting.

Diabetes is diagnosed when the pancreas does not produce the correct amount of insulin to balance the sugars in the food eaten. When this process does not work properly diabetes occurs meaning the body loses its main source of fuel.

Early signs of diabetes are usually excessive thirst, urinating more than usual, tiredness and lack of energy and can be diagnosed by a simple blood test. Main types of diabetes are known as type 1 and type 2.

Type 1 is often called insulin dependent diabetes as the body produces little or no insulin usually diagnosed in young people. Type 2 is when the body produces a reduced amount of insulin and is diagnosed in older people or those who have trouble controlling their weight.

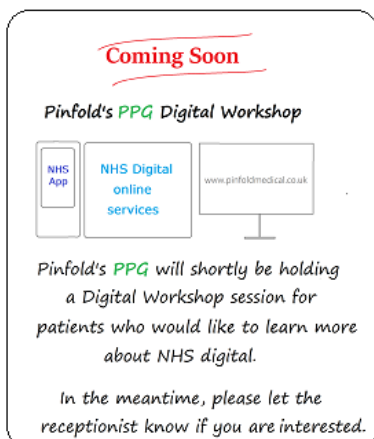
Type 2 can sometimes be controlled by lifestyle modifications in the early stages but many people need medication to lower their blood sugar.

The reason for regular check-ups with various health professionals (i.e. opticians and podiatrists) is that the tests they carry out often show signs of complications early meaning treatment can stop progression.

Finally, although this may sound scary patients who follow prescribed treatment can lead normal lives.

We recently had Kathryn Ford, Teesdale's Health & Wellbeing Coach at our PPG Meeting. Kathryn is at Pinfold on a Monday and you can access her help, advice and guidance via reception - 01388 718230.

## Don't Forget our Digital Workshop



If you, or a family member, are curious to learn more about the NHS App or how to access Pinfold's website and would like to share the PPG's discovery to 'patient empowerment' please let reception know on 01388 718230. The receptionist will happily book you onto one of our workshops. We are holding three workshops in total, one in the morning, one in the afternoon and one in the evening – please declare your interest; details to follow. You will not need to bring any devices with you.

For those who are not particularly technically minded, and there were a few within the PPG, you will still enjoy learning about what is available, so do come along too.

Bernadette Hunt

PPG Chair & Teesdale Patient Representative