

# **Tell us how your health condition or disability affects you (PIP 2)**

## **Title**

none

## **First Name**

MOHAMMAD

## **Last Name**

AL-AMIN

## **National Insurance number**

SC 73 05 11 D

## **Date of birth**

19 May 1980

## **Tell us about your health**

### **What health condition or disability do you have?**

**Name of your first condition or disability:**

Anxiety Depression

**Approximate start date:**

7 years ago

**About this condition or disability:**

\* I have been taking Sertraline 150mg tables \*I have attended many talking therapies in the past, Recently I have been taking CBT therapy. I have been taking medication for my Anxiety depression for last 7 years. I was on different table called Citalopram before then switched to Sertraline. \*I have side effects like muscular pain, Ligaments pain, and other on going issues, As I suffer from Gout and high cholesterol as well, Also I am pre-diabetic.

## **Do you have another condition or disability?**

Yes

## **What health condition or disability do you have?**

**Name of condition or disability:**

Gout

**Approximate start date:**

2011

**About this condition or disability:**

\* I have been taking Allopurinal 100mg 1 tables everyday for the last 14 years \* There is no treatment for gout, To keep the flare and inflammation down I need to be very very careful with food, I needed to increase the dose of Allopurinal in the past when pain and flair up gotten worse. \* Joints pain, anxiety, limitation on my activities and and capabilities. If the pain is severe and swollen I can hard even walk to even in my kitchen to take something.

## **Do you have another condition or disability?**

Yes

## **What health condition or disability do you have?**

**Name of condition or disability:**

Ankle Arthritis

**Approximate start date:**

8 months

**About this condition or disability:**

\* Pain killers tables, Physio therapist exercise \* Trying to follow Physio therapist exercise but my on going pain does not allow me to do exercise \* Pain killers tables

**Do you have another condition or disability?**

Yes

**What health condition or disability do you have?**

**Name of condition or disability:**

Pre-diabetic And High Cholesterol

**Approximate start date:**

ago 3 years

**About this condition or disability:**

\* Have been taking Atorvastatin 20mg 1 tablets everyday for the last 3 years \* Control food and eat healthy and avoid stress and anxiety \* Muscular pain, wounds heal so slowly

**Do you have another condition or disability?**

No

**Are there any health professionals that you would like to tell us about?**

Yes

**Health professional details**

**Name**

Stanhope surgery

**Profession:**

GP

**Phone number including dialling code:**

01992 635300

**Their address**

Stanhope Rd

Waltham cross EN8 7DJ

**When did you last speak to them?**

3rd May 2024

**Are there any other health professionals that you would like to tell us about?**

Yes

**Health professional details****Name**

Miriam Rose Bihi

**Profession:**

Psychological practitioner

**Phone number including dialling code:**

01920 860200

**Their address**

NHS Herfordshire Talking therapy  
59 New Road  
Ware SG12 7BU

**When did you last speak to them?**

9th May 2024

**Are there any other health professionals that you would like to tell us about?**

Yes

**Health professional details**

**Name**

Teresa Hutchison

**Profession:**

Social prescriber

**Phone number including dialling code:**

01992 635300

**Their address**

Stanhope surgery  
Stanhope road  
Waltham cross EN8 7DJ

**When did you last speak to them?**

about an month ago

**Are there any other health professionals that you would like to tell us about?**

No

**Tell us about your daily living activities**

**Does your condition affect you preparing food, or prevent you from doing so?**

Yes

**Tell us about the difficulties you have with preparing food and how you manage them**

If my gout flare up and ankle arthritis pain, I could not even walk to the kitchen and stand up on my feet more then 5 minutes. I had many flare up in the last 1 years. the pain goes away slowly over time then comes back again. sometimes unrelated to any food consumption. Mainly from anxiety.

**Does your condition affect you eating and drinking?**

No

**Does your condition affect you managing your treatments?**

Yes

**Tell us about the difficulties you have with monitoring changes in your health condition or disability and taking medication, and how you manage them**

I have to monitor my food intake because of my Gout, High cholesterol and pre-diabetic condition. I tend to avoid fatty food, be very careful with sugary food, Avoid alcohol, eat healthy, Gluten free, organic food, Doctor advice to eat expensive fish like Salmon and similar fish for the healthy diet. But even after my. But even after all that I have persistant wrist and joints pains does not allow me to do much. And I feel constantly weak, I was prescribed by the Doctor Iron tables and vitamins many times in the past and recently

**Tell us about any therapies you take at home that need the help of another person**

I take CBT therapy by Psychological practitioner

**Does your condition affect you washing and bathing?**

Yes

**Tell us about the difficulties you have with washing and bathing and how you manage them**

If my gout flare up and ankle arthritis pain, I could not even walk to the shower and stand up on my feet more than 5 minutes. I had many flare up in the last 1 years. the pain goes away slowly over time then comes back again. sometimes unrelated to any food consumption. Mainly from anxiety.

**Does your condition affect you using the toilet or managing incontinence?**

Yes

**Tell us about the difficulties you have with going to the toilet and how you manage them**

If my gout flare up and ankle arthritis pain, I very much struggle to use the toilet. I had many flare up in the last 1 years. the pain goes away slowly over time then comes back again. sometimes unrelated to any food consumption.

**Does your condition affect you dressing or undressing?**

Yes

**Tell us about the difficulties you have with dressing and undressing and how you manage them**

If my gout flare up and ankle arthritis pain, I could not wear shoes. For my ankle ligament arthritis I can bare walk more than 30 mins even no gout fare up. Its makes me severely depressed as doctors thinks its all related to my anxiety, gout and my age.

**Does your condition affect you talking, listening and understanding?**

No

## **Does your condition affect your ability to read?**

Yes

### **Tell us about the difficulties you have with reading words or symbols and how you manage them**

I suffer from a condition that I read something about not understanding and remembering what I read. I have been discussing with about CBT therapist recently about it.

## **Does your condition affect you mixing with other people?**

Yes

### **Tell us about the difficulties you have with mixing with other people and how you manage them**

I suffer from sever anxiety and depression for my past, lose of family, PTSD, and my life struggle in the UK. The Homeoffice didn't give me right to work for the last 14 years, my asylum application was kept getting rejected and only 7 months ago I have been granted refugee leave to remain status which will allow me to live in the UK permanently but I my life is already over and I am old I have many health condition and I have no work experience or money saved, I couldn't even get married and have children and now I see everyone around me and my age are well established with job, money and family. I avoid to mix up with people even my friends that I had good relation with. By no choice, I had lived in Asylum houses during my statusless time. I suffered from attacks by flat mates because of my good behaviour, and me avoid drugs and alchohol and raising my voice about my flatmates illegal renting. I got attacked and reported police but nothing happened as no CCTV evidence so they go away. I suffer from PTSD. Now I have been suffering from severe depression, anxiety, low confidence and unable to self-defend. I can not mix up with people and I always try to hide myself. Incase if I put up with someone and if something goes wrong I have panic attack.

## **Does your condition affect you managing your money?**

Yes

### **Tell us about the difficulties you have with managing your money and how you manage them**

Most day I suffer from even renting a place for myself so that I don't have to deal with my flatmates where I have been living by no choice. I struggle with antisocial behaviour, loud music, weed smells, discrimination in the flat, and social anxiety mixing up. I struggle with my



money to buy and cook healthy food cooked, But I avoid to cook in the my flat because I avoid seeing my crazy flatmates. So I end up eating takeaways unhealthy food.

## **Tell us about your mobility activities**

**Does your condition affect you planning and following journeys?**

Yes

**Tell us more about the difficulties you have with planning and following journeys and how you manage them**

If my gout flare up and ankle arthritis pain, I could not even walk to take public transport and stand up on my feet more then 5 minutes. I had many flare up in the last 1 years. the pain goes away slowly over time then comes back again. But I can follow journey on my good day

**Does your condition affect you moving around?**

Yes

**How far can you walk using any aids or appliances you need?**

It varies

**Why does the distance you can walk vary?**

If my gout flare up and ankle arthritis pain, I could not even walk to the kitchen and stand up on my feet more then 5 minutes. If gout pain I need to use walking sticks to stand up. But without gout flare up, my ankle ligament arthritis pain does not allow me to walk too long as the pain in my right leg join can last upto a week to heal.

**Tell us more about the difficulties you have with moving around and how you manage them**

If gout flare up I can't walk at all. If no gout pain but ankle arthritis pain, I can not walk more than 20 minutes as the this arthritis pain can take upto 1 week to heal

**Tell us about anything else**

**Is there anything else you would like to tell us about?**

Yes

**Additional information:**

I use glasses as I am far sighted. And recently I have been having problem read closely. I have stigmatism. I have histories of suffering from severe Piles pain mostly when I am suffering from anxiety or stress. My family has history of Diabetis, heart disease and piles, some of them past away due to these illness.

**Declaration:**

Agreed

**End of questionnaire**

**Submitted: 09 May 2024**