

**Dr Kavitha Mani**

D.O.B 12/02/1984 Nationality British

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**Professional Summary**

I am a dedicated General Practitioner with over five years of experience in Primary Care. I have a unique specialisation in Lifestyle Medicine, focusing on preventing, managing, and reversing chronic disease through evidence-based lifestyle interventions. I am passionate about empowering patients to make sustainable health changes through diet, physical activity, and behavioural counseling. I am skilled in integrating lifestyle interventions with traditional medical practice. I also have expertise in providing specialised care in Women's health, addressing issues related to reproductive health, menopause, and preventive screenings and I have completed my degree in DRCOG. I have a strong interest in teaching and have been involved in teaching medical students. I am currently working as a locum GP in Yarm Medical Practice.

**Professional Qualifications**

- Nov 2024 Certified in Lifestyle Medicine (RCGP Accredited Red whale lifestyle medicine)
- July 2019 MRCGP
- Oct 2014 DRCOG
- Sept 2007 MBBS Mahatma Gandhi Medical College, Pondicherry Uni, India

## **Employment history**

**July 2019 – Current Locum GP LTFT 60%**

**Yarm Medical Practice**

**Tenant Street Medical Practice**

### **Key Responsibilities:**

Provide comprehensive primary care to a diverse patient population, managing acute and chronic conditions.

Conduct thorough physical examinations, diagnoses, and treatment plans tailored to individual needs.

Engage and empower patients in decision making and conduct.

Provide holistic primary care using traditional medical practice and integrating with lifestyle-based approaches based on the six pillars of Lifestyle medicine, to manage and prevent chronic conditions.

Develop personalised treatment plans, including dietary modifications, physical activity recommendations, and stress management techniques.

Conduct comprehensive lifestyle assessments and behavioural counselling sessions, empowering patients to adopt healthier habits.

Careful medication review including down-titration and deprescribing, where lifestyle changes have treated or put into remission long term conditions.

Collaborate with multidisciplinary teams, including specialists, nurses, Pharmacists, Dieticians, Physiotherapists, mental health workers, social prescribers etc, to optimise patient care.

Successfully manage a high-volume caseload while maintaining a high standard of patient satisfaction.

### **General Practice Training LTFT 60%**

ST3 Feb 2018 – July 2019

- Yarm Medical Practice

ST2 Apr 2016 – Feb 2018

- Dovecote Surgery, Stockton
- Obs and Gynae, North Tees Hospital
- Old Age Psychiatry, West Park Hospital, Darlington

Maternity Leave Apr 2015 – Apr 2016

ST1 Aug 2013 – Mar 2015

- Elderly Care, Queen Elizabeth Hospital, Gateshead
- Dunelm Medical Practice, Durham
- Paediatrics, Queen Elizabeth Hospital, Gateshead

### **Foundation Training FY1 Full Time and FY2 LTFT 60%**

FY2 Aug 2011- Aug 2013 – North Tees Hospital

- Obs and Gynae, Cardiology, Adult Psychiatry, Orthopaedics, Old Age Psychiatry
- William Brown Centre, Peterlee

FY1 Aug 2010 – Aug 2011 – North Tees Hospital

- Elderly Care, General Surgery, Orthogeriatrics

### **Courses and Conferences**

- Safeguarding Adult Level 2, Aug 2023
- CPR and AED, Anaphylaxis Course, Aug 2023
- Level 3 Safeguarding Children update Aug 2023
- Contraception and Sexual Health Conference, Teesside Sexual Health, Nov 2017

### **Audits**

- Clinical Audit of Review of Testosterone Replacement, Dec 2019
- Monitoring renal function in patients on NOACS, Dovecot Surgery, July 2017
- Preventing Surgical Site Infection, University Hospital of North Tees, Jan 2017
- Barretts Oesophagus Surveillance Interval, William Brown Centre, Jan 2013
- Hypnotic prescribing in Older People, Rosebery Park, Oct 2011
- Drug cardex Audit on Antibiotic prescription, North Tees Hospital, May 2010

### **Information Technology & Consultations**

I am competent with SystemOne, Microsoft Application, Database and Powerpoint.  
I can consult in English and Tamil.

### **General Interests**

I have a passion for food and cooking, and am proficient in preparing a wide variety of Indian dishes. I enjoy cooking for colleagues and friends on special occasions.

I enjoy music, both listening and singing which helps me to de-stress.

I am passionate about art and this has taught me how activating the imagination can heal the mind, heart, and soul.

### **Referees**

Dr Philip Dilon, GP  
Yarm Medical Practice, 1 Worsall Road, Yarm, TS15 9DD  
01642 745800  
paul.mulcrone@nhs.net

Dr Zoe Barron, GP  
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