

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

STAFF SPOTLIGHT

Ms. Gadhima Rasheed

TESTIMONIAL

Hafez Sorouri Zanjani

World Mental Health Day 2025 at AEH
Together Through the Storm

TIME IS BRAIN

Pre-Hospital Stroke Code Activation

From Our Hearts to Theirs

Standing for Mental Health in Palestine,
Congo, Yemen & Sudan

A MESSAGE FROM THE CEO: CULTIVATING GROWTH FOR A THRIVING FUTURE

As we step into the final quarter of 2025, I am filled with immense pride and gratitude for the unwavering dedication, compassion, and innovation that define our One Team at AEH. This October has been a month of reflection, action, and advocacy—each initiative echoing our shared commitment to excellence in care and community well-being.

One of the most inspiring aspects of this month has been the spotlight on our people. I extend heartfelt congratulations to **Ms. Gadima Rasheed**, our Family Health Officer at HMHC, whose tireless work continues to uplift families and strengthen community health. Her story is a testament to the impact one dedicated professional can have on countless lives.

Equally commendable is the work being done at **Hulhumeedhoo Health Center**, featured in our Departmental Spotlight. Their holistic approach to care, community outreach, and resilience in the face of challenges exemplifies the spirit of service we strive for across all our facilities.

We are also proud to share a moving testimonial from **Hafez Sorouri Zanjani**, who completed a 6-week overseas elective at Addu Equatorial Hospital. His reflections highlight the value of cross-cultural learning and the global relevance of the compassionate care we provide.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

This month's **health education article**, "Pre-Hospital Stroke Code Activation: Time Is Brain," underscores a vital truth every second counts. As she leads our ER the successful launch of our Stroke Code protocol is a milestone in emergency care, and I commend the Emergency Department for leading this life-saving initiative.

In the realm of advocacy, Fathimath's article, "From Our Hearts to Theirs," is a powerful reminder of the mental health toll of humanitarian crises. As we celebrated the Mental Health Day on October 10th, call for global solidarity and mental health support resonates deeply with our mission to care not just for the body, but for the mind and soul.

October also marked **Breast Cancer Awareness Month**, and I applaud the AEH Nursing Department for their impactful campaign. Through education, screening, and community engagement, they have advanced our goal of reducing breast cancer mortality and empowering individuals with knowledge.

Our calendar was rich with events that brought learning and awareness to the forefront: the **3-day ATLS training**, **World Heart Day celebrations**, the **launch of the Stroke Code**, and observances of **World Mental Health Day** and **Breast Cancer Awareness Month**. Each event was a step forward in our journey of continuous improvement and community connection.

Looking ahead, we are excited to host EBP Day, a celebration of evidence-based practice and innovation in healthcare. I encourage all staff to participate, share insights, and continue shaping the future of care.

Thank you all our clinical and non-clinical staff for your passion, your perseverance, and your partnership. Together, we are not just delivering healthcare, we are building a healthier, more compassionate Addu.

Warm regards,

SPEECH GIVEN BY AEH CEO AT JCI PATHWAY INAUGURATION AT ADDU EQUATORIAL HOSPITAL ON 30TH SEPTEMBER 2025

By: Dr. Ibrahim Yasir Ahmed (CEO, of AEH)

Bismillahirrahmanirrahim.

Honourable JCI consultant Dr Srivastava, distinguished guests of Ministry of Health, respected colleagues, and my dear staff of Addu Equatorial Hospital,

It is with great pride, responsibility, and hope that I stand before you today to inaugurate the Joint Commission International (JCI) Pathway at AEH. This is a historic step for our hospital, and a defining moment in our journey towards building a safer, higher-quality, and more patient-centered healthcare system.

For those who may be less familiar, the Joint Commission International, or JCI, is recognized around the world as the gold standard in healthcare accreditation. Hospitals that meet JCI standards are not just evaluated on their infrastructure or technology, but on how well they deliver care that is safe, effective, and compassionate. To enter this pathway is to commit ourselves to the principles of excellence, accountability, and continuous improvement.

At AEH, we serve a community that deserves nothing less than the best. By embracing the JCI pathway, we are affirming to our patients and their families that their safety is our highest priority. Every procedure we perform, every policy we adopt, every decision we take will be guided by standards that reflect the best practices in global healthcare.

But let me be clear: this is not just about obtaining a certificate or meeting an international benchmark. It is about changing the culture of care at AEH. It is about building an environment where quality and safety are not occasional projects, but daily habits. It is about ensuring that from the moment a patient walks into our hospital until the moment they leave, they experience care that is safe, respectful, and effective.

This journey will not be easy. It will require commitment, discipline, and teamwork from every one of us. Doctors, nurses, allied health professionals, administrators, technicians, and support staff each of us has a vital role to play. Policies will need to be updated, practices refined, and training conducted. There will be challenges, but I am confident that together, we have the resilience and dedication to overcome them.

Importantly, this pathway also represents a remarkable opportunity for growth. For our staff, it means continuous learning and professional development. For our hospital, it means becoming an institution recognized nationally and internationally for excellence. And for our community, it means stronger trust and confidence in their local hospital, knowing that the care they receive here meets global standards.

I want to take this opportunity to thank the Ministry of Health and our partners for their guidance and support. I also extend my heartfelt gratitude to the Quality and Patient Safety teams, and to every member of AEH staff who have already contributed so much to preparing us for this step.

As we inaugurate this pathway today, let us make a collective commitment that we will walk this journey together, united in purpose, steadfast in our values, and driven by our vision to make AEH a true center of excellence in the Maldives.

Thank you.



Staff Spotlight

MS. GADHIMA RASHEED

Ms. Gadima Rasheed began her professional career after completing the Family Health Worker Training on February 18, 1991, and joined the Hulhumedhoo Health Center on February 19, 1991, as an 'Ailaage Eheetheriyaa'. As of now, she has served with unwavering dedication in the health sector for 35 years.

While continuing her professional responsibilities, she pursued further education and successfully completed an Advanced Certificate in Family Health on August 1, 2007, thereby enhancing her skills and knowledge in the field.

At present, Ms. Gadima Rasheed serves as the Vaccine Focal Point at the Hulhumedhoo Health Center. In this role, she is responsible for overseeing all vaccine-related operations in Hulhumedhoo Health Centre. She plays a vital role in coordinating and ensuring the smooth implementation of immunization services, in line with the objectives of the National Immunization Program.

In addition to her vaccination duties, Ms. Gadima contributes to the planning and implementation of health programs at the island level. She monitors the condition of bedridden patients and conducts home visits to ensure access to essential health services.

Ms. Gadima Rasheed is widely recognized for her punctuality, strong work ethic, and fearless dedication to her duties. She approaches every task with a sense of responsibility and professionalism, consistently maintaining a high standard in her service to the community.



“Welcome aboard” the AEH ONE TEAM



DR. TANBIR IKRAM
Medical Officer (ED)



AJNAS KOLAKKADAN
Senior Optometrist



DR. ADHIP NEUPANE
Consultant Anesthesiologist



ABDULLA ALEEF
Administrative Officer



DR. NAY ZAW AUNG
Consultant Orthopedic Surgeon



DR. WITYI WIN
Consultant Gynecologist



AHMED AUF HAFEEZ
Administrative Officer



DR. TANVEER HUSSAIN
Consultant Physician



ALI INAAN
Vehicle Assistant



Testimonial:

By a Medical Elective Student at AEH



My six-week elective posting at Addu Equatorial Hospital was, without a doubt, one of the most formative experiences of my medical education. I came to the Maldives expecting to learn about medicine in a different setting, but I leave with a profound appreciation for the intricate dance between community, culture, and clinical practice. It was more than just a posting; it was a lesson in the heart of healthcare.

What struck me most was the incredible teaching culture at AEH. It isn't confined to formal rounds or tutorials; it happens in the corridors, over a shared meal, and in every quiet moment. I will never forget being waved over by a group of Orthopaedic surgeons for an impromptu pop quiz, which evolved into a deep lesson on clinical reasoning. It ended not with a score, but with the gentle reminder to go and personally thank the patient from whom I had learned so much. This ethos - that patients are our greatest teachers and that every moment is a chance to learn- is something I will carry with me for the rest of my career.

The level of trust and responsibility I was given was both humbling and empowering. The pinnacle of my time here was being given the opportunity to assist in on surgeries. The surgeons' quiet guidance and the patients' immense trust was a powerful vote of confidence that has profoundly boosted my own. It's one thing to learn from a textbook; it's another to feel the weight and privilege of that trust firsthand.

Beyond the hospital walls, the Addu community welcomed me with open arms. I learned about the atoll's deep and rich history, the beautiful traditions surrounding family and community events, and the unique challenges and innovations of island life - from the on-demand blood donation system in the hospital to lively and vibrant carnivals happening almost every weekend. These experiences, contrasted with the quiet mornings I spent by the sea just soaking in the peace, gave me a new perspective on work-life balance and what it truly means to be part of a community.

I leave Addu not just with improved clinical skills, but with a richer understanding of what it means to be a doctor. I learned that the most powerful tool in a hospital room can sometimes be a loving family member, that the purpose behind a system is more important than its superficial appearance, and that compassion is the universal language of healing.

To the entire team at Addu Equatorial Hospital - the doctors, nurses, laboratory staff, administrative staff, and every single person who makes this place run - thank you for your patience, your generosity, and your unwavering dedication. You are not just treating patients; you are nurturing a community and teaching the next generation of doctors with grace and kindness. I am incredibly grateful for this unforgettable experience.

*Hafez Sorouri Zanjani
MBBS Programme, Lee Kong Chian School of Medicine
Nanyang Technological University, Singapore*





Hulhumeedhoo Health Center, part of Addu Equatorial Hospital, is dedicated to caring for our community with heart and professionalism. Our team works every day to make healthcare more personal, accessible, and trusted for the people of Hulhumeedhoo.

-HULHUMEEDHOO HEALTH CENTER-

TOGETHER THROUGH THE STORM- AEH OBSERVES WORLD MENTAL HEALTH DAY 2025

By Aminath Naja Abdul Maushoog (Counsellor of AEH)

Every year on October 10th, the world comes together to reflect on mental health, an aspect of well-being that connects us all. This year's theme, *"Access to Services: Mental Health in Catastrophes and Emergencies,"* reminds us that in times of uncertainty or crisis, having someone to listen, guide, and support can make all the difference.

At Addu Equatorial Hospital, World Mental Health Day is more than a date on the calendar. It is a moment to reach out, to learn, and to remind one another that mental health care begins with understanding and compassion. This year, our activities focused on awareness, education, and connection because that is the foundation on which strong and resilient communities are built.

The week's main event, *"Handling Mental Health Crisis with Care,"* brought together doctors, nurses, and allied health professionals from across Addu City. The interactive session explored how healthcare workers can recognize early warning signs of distress and respond with empathy and calm in urgent situations such as suicide attempts or self-harm. Participants also reflected on the importance of self-care and emotional balance in their professional lives. The healthcare world asks everything of those within it, making the conscious choice to pause, reflect and care for oneself critical. The discussion encouraged participants to view mental health not as a separate discipline but as an important part of every interaction with patients and colleagues.

To bring joy and movement into the week, the Veyshun Ekee Team organized *"Mind Moves: Relay to Wellness,"* a light-hearted and energizing session for AEH's non-clinical staff. The event featured relay races, mini challenges, and buzzer rounds, all designed to encourage teamwork and laughter. It was comforting to see staff from different departments cheering one another on, sharing smiles, and enjoying moments of connection. Sometimes, taking care of our mental health starts with something as simple as moving together, laughing together, and supporting one another.

While formal mental health services continue to evolve nationally, AEH's team remain committed to psychoeducation, awareness sessions, and community outreach. Each initiative we undertake from staff training to public awareness brings us one step closer to a future where mental health care is accessible, stigma-free, and integrated into everyday life.

On World Mental Health Day, the message is simple: there's hope, and we have each other. Mental health is not selective about who it affects. Making care more accessible starts with us, through learning, listening, and standing with people who need support. Compassion and real human connection are just as powerful as any formal service.

As healthcare professionals, we are always reminded that healing begins with compassion. Every conversation, each act of genuine empathy, all the times we pause to truly understand someone, weave together to create a supportive and resilient Addu Community.





PRE-HOSPITAL STROKE CODE ACTIVATION: TIME IS BRAIN

Stroke remains one of the most devastating medical emergencies, affecting millions of people globally each year. It is not only a leading cause of death but also a major contributor to long-term disability. The outcome of a stroke largely depends on the speed with which appropriate medical intervention is initiated. For this reason, the concept of “time is brain” has become central to modern stroke management. Every minute of untreated stroke leads to the loss of approximately 1.9 million neurons. To combat this race against time, pre-hospital activation of Stroke Code is vital so that no time is wasted between the onset of symptoms and definitive treatment. It represents the first and often most crucial step in the chain of survival for stroke patients.

The journey begins in the community. Most often, it is the patient themselves or their family members who first notice the warning signs of a stroke. Public awareness of stroke symptoms therefore plays an essential role.

A simple tool used globally to identify stroke early is the **BE FAST** approach.

“B” stands for balance: sudden loss of coordination may signal a stroke.

“E” represents eyes: sudden vision changes or loss in one or both eyes should raise concern.

“F” refers to facial drooping, which can be easily checked by asking the person to smile.

“A” stands for arm weakness: if one arm drifts downward when both are raised, it indicates limb weakness.

“S” represents speech difficulties such as slurring or trouble understanding language.

“T” reminds everyone that time is critical. Emergency medical services should be contacted without delay.

Once symptoms are recognized, the call center becomes the first formal link in the Code Stroke pathway. Call handlers must promptly gather essential information, including the time the patient was last seen well, the nature of symptoms, and any relevant medical history. At the same time, they should dispatch the nearest available ambulance and alert the emergency department so the hospital team can prepare. Early activation ensures that the stroke pathway is already in motion even before the patient reaches the hospital.

The ambulance team plays a vital role in pre-hospital care. This team often includes paramedics, nurses, or doctors who conduct rapid assessment and stabilization en route. The primary survey, which includes assessment of airway, breathing, and circulation, is essential. If the patient is unresponsive or has compromised airway due to vomiting or seizures, airway protection is a priority. Oxygen saturation is monitored closely, and supplemental oxygen is administered to maintain saturation above 95%. Circulatory access is established with two large-bore intravenous lines, ideally allowing for both thrombolytic therapy and contrast administration if thrombectomy is indicated.

Another critical step in pre-hospital management is the measurement of blood glucose. Hypoglycemia can mimic the symptoms of a stroke, presenting with limb weakness, speech difficulties, or confusion. A rapid glucose check helps differentiate between the two, and prompt administration of dextrose can correct hypoglycemia. Blood pressure management must also be handled carefully. Abrupt lowering of blood pressure should be avoided, except in cases of extremely high readings or specific emergencies such as aortic dissection or hypertensive encephalopathy. Positioning of the patient is equally important. Most stroke patients benefit from lying flat, which improves cerebral perfusion, unless respiratory issues or aspiration risks require the head to be elevated.

Clear and precise communication between pre-hospital and hospital teams is another cornerstone of the Code Stroke pathway. Ambulance team must accurately document the time the patient was last seen normal, a critical factor in determining eligibility for thrombolytic therapy. They should also provide information about medications, particularly anticoagulants, and summarize clinical findings and interventions performed during transport. The use of structured communication protocols ensures that the hospital stroke team can act immediately upon patient arrival.

The benefits of pre-hospital activation are profound. By initiating the stroke pathway early, door-to-needle times can be significantly reduced. Early decision-making by the stroke team leads to faster administration of thrombolysis. This, in turn, improves clinical outcomes, reduces disability, and increases the likelihood of patients returning to their normal lives. It also enhances teamwork and coordination among emergency response systems, ensuring that care is both rapid and efficient.

Ultimately, the success of stroke care lies in recognizing that every minute matters. Pre-hospital activation of Code Stroke represents a powerful strategy to combat the devastating effects of stroke. By empowering the public to recognize early warning signs, training emergency response teams to act swiftly, and strengthening communication between pre-hospital and hospital care providers, we can save lives and preserve brain function. Stroke is a race against time and early activation ensures we give patients the best possible chance of recovery.

WHEN IT COMES TO STROKE, SECONDS COUNTS.

B E F A S T



Balance **E**yes

Face

Arms

Speech

Time



AEH NURSING DEPARTMENT COMMEMORATES BREAST CANCER AWARENESS MONTH

By: Nursing Department of AEH

The Nursing Department of Addu Equatorial Hospital (AEH) proudly commemorated Breast Cancer Awareness Month with a comprehensive health promotion event held on October 11, 2025, at the AEH Outpatient Department (OPD).

This annual observance aims to raise awareness of breast cancer, promote early detection, and foster a culture of proactive health-seeking behaviour among the community.

Globally, breast cancer remains the most common cancer among women, affecting approximately 2.3 million individuals and causing 670,000 deaths in 2022 (World Health Organization [WHO], 2024). Despite significant advances in diagnosis and treatment, late presentation continues to contribute to high mortality rates in many low- and middle-income countries (Pan American Health Organization [PAHO], 2024). Therefore, initiatives like AEH's awareness program play a vital role in translating knowledge into preventive action.

Event Overview

The AEH Nursing Department designed the event to empower community members with evidence-based knowledge and self-care practices. Key objectives included:

- Enhancing community awareness of breast cancer risk factors and preventive strategies.
- Promoting breast self-examination (BSE) and the importance of routine clinical screening.

Encouraging healthy lifestyle modifications, such as maintaining optimal body weight and engaging in regular physical activity—both associated with reduced breast cancer risk (Cancer Council Australia, 2023).

The event featured several interactive components:

- BMI Assessment Desk – Visitors had their BMI calculated and received individualized counselling on maintaining a healthy weight. Obesity has been linked to increased breast cancer risk and poorer prognoses (WHO, 2024).
- Health Education Sessions – Nurses provided practical demonstrations on performing breast self-examination, emphasizing the importance of early detection and prompt clinical evaluation of abnormalities.
- Photo Corner and Awareness Booths – The area featured motivational messages, symbolizing solidarity with breast cancer survivors and honoring those lost to the disease.
- Thematic Décor – The vibrant pink theme underscored unity, strength, and compassion—hallmarks of global breast cancer awareness efforts.

Evidence-Based Rationale for Early Detection

Early detection remains a cornerstone in reducing breast cancer morbidity and mortality. The WHO's Global Breast Cancer Initiative (GBCI) advocates for structured screening programs and community awareness campaigns to enhance early diagnosis and improve survival rates (WHO, 2024). Evidence suggests that when breast cancer is detected at an early stage, the five-year survival rate exceeds 90%, compared to less than 30% when diagnosed at an advanced stage (PAHO, 2024).

While mammography remains the gold standard for screening in eligible populations, breast self-examination and clinical breast examination continue to play supportive roles—especially in resource-limited settings where access to imaging is restricted. A systematic review by Azhar et al. (2023) found that women who regularly practiced BSE exhibited earlier presentation to healthcare facilities and greater awareness of breast health.

Impact and Reflections

The AEH event successfully engaged patients, visitors, and staff through participatory learning. Many attendees expressed greater confidence in performing self-examinations and understanding risk factors. Nurses emphasized AEH's role not only in clinical treatment but also in preventive and promotive health services, aligning with the hospital's vision for holistic care.

Such community-based initiatives are instrumental in building a health-literate population, fostering early health-seeking behaviour, and ultimately reducing disease burden. The AEH Nursing Department's proactive engagement demonstrates a commitment to public health leadership through education and advocacy.

Future Directions

To sustain this positive momentum, AEH Nursing Department plans to:

- Continue periodic awareness campaigns on women's health and non-communicable disease prevention.
- Strengthen nurse-led education and screening services within outpatient and community settings.
- Implement data collection frameworks to evaluate the impact of awareness programs on screening uptake and knowledge retention.

These steps align with the WHO's goal of reducing breast cancer mortality by 2.5% annually by 2040 through improved early detection, timely diagnosis, and integrated treatment pathways (WHO, 2024).

“Early Detection is the Best Protection.”



15 October, 2025

From Our Hearts to Theirs: Rising for Mental Health in Crisis on World Mental Health Day 2025

By: Fathimath Abdulla Rasheed (Editor of Sih'hee Udhares)

On behalf of our newsletter team, I share these words to highlight the urgent importance of mental health, especially amid humanitarian crises.

In the tranquil embrace of the Maldives, where shimmering turquoise waters and vibrant coral reefs create a haven of serene privilege, we find peace despite rising environmental, socio-political & economic challenges.

This year's World Mental Health Day, with its poignant theme "**Mental Health in Humanitarian Emergencies,**" pierces through our idyllic horizons, reminding that crises in lands like Palestine, Sudan, the Democratic Republic of Congo, and Yemen are not just abstract headlines but shared human anguish.

In these crisis filled nations, relentless conflicts and disasters don't just claim bodies, they ravage minds, leaving people drowning in anxiety, trauma, and despair from horrors no human should endure.

Feel the outrage: children robbed of innocence, families torn apart, spirits crushed under famine and bombs.

In these lands, where weapons rewrite the horizon and hunger gnaws at the soul, mental well-being is not a luxury, it's the quiet force that saves lives, mends communities, and ignites the will to rebuild



15 October, 2025

In **Palestine**, the anguish is a living wound, carved over a century.

From the Nakba of 1948, to the 1967 occupation, blockades since 2007, and wars that have bled generations, claiming tens of thousands and scarring millions. Since October 2023, the toll has skyrocketed: over 67,000 lives lost (1 out of every 33 people) and nearly 2 million displaced amid ruins swallowing 92% of Gaza's residential structures (*Aljazeera, accurate as of 7th Oct 2025*).

The fragile ceasefire of October 10, 2025, brokered under global pressure, dangles hope with freed hostages, detainee swaps, and trickling aid to fend off famine. Yet it's a cruel mirage. Israeli forces' drone strikes on Rafah camps, sniper fire in Khan Younis, settler attacks in the West Bank, occupation affiliated gang attacks and blockades choking medicine and fuel defy the truce, as Human Rights Watch and local voices report, fueling fears of collapse.

Hospitals, drowning in sewage and despair, offer little beyond emergency chaos; **mental health care, a lifeline against PTSD and depression, is reduced to whispered prayers in tents.** Women and girls face surging assaults with no safe havens, their cries lost in deadly aid lines. The trauma faced by Palestinians will likely ripple through generations, shaping identities and futures long after the bombs cease.

Still, in this crucible of inherited trauma, Palestinian resilience shines: youth in Nuseirat lead art therapy, Ramallah hotlines mend isolation, and Deir al-Balah healers weave stories into survival. These efforts prove **mental health is the spark of sovereignty, forging futures from pain**, but only if the world enforces the ceasefire, floods in aid, ends the blockade, and dismantles the occupation's grip.

Data from: UN, WHO, UNHR, Aljazeera

Ten years. That's how long Yemenis have been putting their lives on hold. Through airstrikes, through hunger, through loss. A decade of war has left **Yemen's** infrastructure in ruins and its people exhausted. As the war's eleventh year strangles a nation once rich in ancient grace, Nineteen-and-a-half million (over half the population), beg for mercy from a crisis that has halved the economy and starved 17.1 million of sustenance. Half the health facilities limp or lie dormant, fueling outbreaks and a maternal mortality rate that claims 183 mothers per 100,000 births.

An estimated 7 million people, about a quarter of Yemen's population, grapple with psychological trauma and stress inflicted by the ongoing conflict. All require mental health support, yet only 120 000 of this number have consistent access to services. Yet slices of hope still shines through **WHO-ECHO partnerships that fortify 17 MHPSS units , blending clinical care with community awareness, proving that even in famine's grip, psychosocial support can restore dignity and drive.**

The **Democratic Republic of Congo's** eastern provinces pulse with an agony that defies words. The rapidly evolving conflict between the armed group M23/Alliance Fleuve Congo (AFC) and the Congolese army has intensified since December 2024

A "public health nightmare" where M23 rebels' advances in 2025 have displaced 738,000 anew, swelling the ranks of 7.3 million internally uprooted. Goma, once a haven, now chokes on chaos: mpox surges with 11,000 cases and 445 child deaths, cholera claims 22,000, and measles silences 115 young voices. Twenty-seven million crave aid in 2025, the **world's largest humanitarian plea, yet funding lags at a crippling 16%.**

Trauma festers in overcrowded camps, where gender-based violence and severe mental distress compound the horror, leaving children malnourished not just in body, but in spirit. Overwhelmed clinics, like Saint Vincent de Paul, can't meet soaring demand. Rising substance abuse, suicides, and domestic violence fray community ties. Without urgent psychosocial support, Congo's scars (physical and mental) threaten lasting recovery, sowing despair where resilience could grow.

Data from: UN, WHO, UNHR, Aljazeera



Turn to **Sudan**, where the country's **civil war's third year has unleashed a mental health cataclysm on a scale unseen.** Over 12.5 million displaced, healthcare has collapsed, half the population clawing for survival in a landscape of famine and flood while aid is blocked while humanitarian workers are being killed.

Sudan is being torn apart by a brutal war where both the SAF and RSF are committing mass atrocities. Civilians face massacres, rape, starvation, and ethnic cleansing, with the RSF leading campaigns of extermination and sexual violence against non-Arab communities. Detention centers, described as "slaughterhouses," expose victims to torture, forced labor, and execution. Justice is absent, impunity reigns, and the UN warns: inaction will cost more lives and betray the foundations of international law.

The psychological toll is staggering. **Survivors (especially women and children) are living with the trauma of rape, torture, mass killings, and displacement. Rates of PTSD, depression, and anxiety are soaring, worsened by the loss of family, community, and access to care.** The atrocities are not just ending lives, they are shattering minds and destroying the will to survive. Without urgent mental health and humanitarian support, an entire generation risks being permanently scarred. In Sudan's fractured heart, mental health is the bridge from survival to sovereignty.



These are not just statistics; they are stories of unbreakable resilience, demanding our urgent, untiring action. **This pain demands we act.** These nations, bound by the raw ache of adversity, illuminate the theme's urgent core: crises do not discriminate, but our response must.

Mental health in these emergencies is no side issue. It's the lifeline that pulls people from despair to defiance. War and disaster breed fear and grief as natural as breathing, but without support, they shatter futures. Psychosocial care delivers psychological first aid and counseling, easing anguish and building resilience for children, elders, refugees, and the disabled, while crushing barriers like stigma and cost. This isn't just aid; it's a rebellion against suffering, empowering survivors to rebuild families and communities. Investing in it forges stronger futures, turning pain into power.

Data from: UN, WHO, UNHR, Aljazeera

- **Learn & Amplify:** Dive into WHO and UNHCR crisis mental health resources. Share raw, human stories from Palestine, Sudan, Congo, and Yemen across social media platforms.
- **Rally Your Community:** Join local NGOs and initiatives to spark conversations and build nation-wide solidarity.
- **Advocate Loudly:** Write to leaders, push for mental health on international forums, and demand ceasefires. Sign and share petitions from IRC, UNICEF, and others. **Your voice is power.**
- **Give Boldly:** Support organizations providing humanitarian and psychological first aid. Every donation helps heal trauma.
- **Skill Up for Impact:** Access free WHO training in psychological first aid, emergency response, and community-based mental health. Strengthen your ability to respond to trauma locally and globally.
- **Leverage Tech for Healing:** Use platforms like Telegram and Discord to connect with displaced youth, activists, and medical volunteers.
- **Mobilize Youth:** Support students and young professionals to raise awareness through art, debates, and online actions. Encourage youth-led initiatives for fundraising, education, and solidarity campaigns.
- **Mobilize as Healthcare Workers:** Use your skills to support crisis zones by organizing donation drives for essential meds and first aid kits, advocating for trauma-informed care, offering remote support where possible, and raising awareness among peers and patients about the mental health toll of ongoing conflicts in Palestine, Sudan, Congo, and Yemen.
- **Guard Your Fire:** **Grieve, rest, walk, connect. Burnout helps no one. Especially in a crisis. A resilient, informed you is essential to this fight.**

In every act of care, we defy despair. This World Mental Health Day, be the reason hope survives.



ATLS TRAINING





ATLS TRAINING





WORLD HEART DAY CELEBRATION





WORLD HEART DAY CELEBRATION





WORLD HEART DAY CELEBRATION



STROKE CT PROTOCOL

- CT stroke protocol, often referred to as a code stroke CT
- CT is still the choice as the first imaging modality in acute stroke institutional protocols.
- Because it is available, easy and fast.
- A CT stroke protocol in emergency is very important, because it has better sensitivity for intracerebral hemorrhage.



LAUNCHING STROKE CODE





CUSTOMER CARE DAY – MARADHOO HEALTH CENTER



UPCOMING EVENTS

World Evidence-Based Healthcare (EBHC) Day 2025 event



FOR AMBULANCE

102



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FOLLOW OUR JOURNEY!