

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

NURSES' WEEK
celebration

TINY
TALES

CHILDREN WITH AUTISM

Early Intervention

**STAFF
SPOTLIGHT**

A MESSAGE FROM THE CEO: A NEW YEAR OF COMMITMENT, INNOVATION, AND CARE

This past month has given the hospital community a valuable opportunity to pause, reflect, and celebrate the heart of the healthcare system—the extraordinary people who make healing possible every single day. As AEH marked Doctors' Day, Nurses' Day, and Laboratory Staff Day, I would like to extend my deepest appreciation to our doctors, nurses, and laboratory professionals for their unwavering dedication, compassion, and commitment to excellence.

Our doctors stand at the forefront of care, making critical decisions under pressure and often placing the needs of their patients above their own. Their knowledge, clinical judgment, and tireless pursuit of better outcomes inspire confidence and trust in the communities we serve. Beyond their expertise, it is their empathy and humanity that truly define their role, offering comfort and hope at times when it is most needed.

Equally, our nurses embody the very essence of compassionate care. They are the constant presence at the bedside—the voice of reassurance, the vigilant observer, and the patient's strongest advocate.

Their resilience, patience, and ability to connect with patients and families reflect the highest standard of professionalism and kindness. Nursing is not only a profession but a calling, and our nurses continue to demonstrate this every single day.

Behind the scenes, yet absolutely vital to every diagnosis and treatment decision, are our dedicated laboratory staff. Their precision, attention to detail, and commitment to accuracy form the backbone of modern medicine. Often working without recognition, they ensure that clinicians have the reliable information needed to provide safe and effective care. Their role is indispensable, and their contribution cannot be overstated.

What unites all of them is a shared commitment to service and an enduring sense of purpose. Whether at the bedside, in the clinic, or in the laboratory, their work reflects the values held dear as an institution—integrity, compassion, excellence, and teamwork. It is through their collective efforts that Addu Equatorial Hospital continues to grow as a trusted center of care for the community.

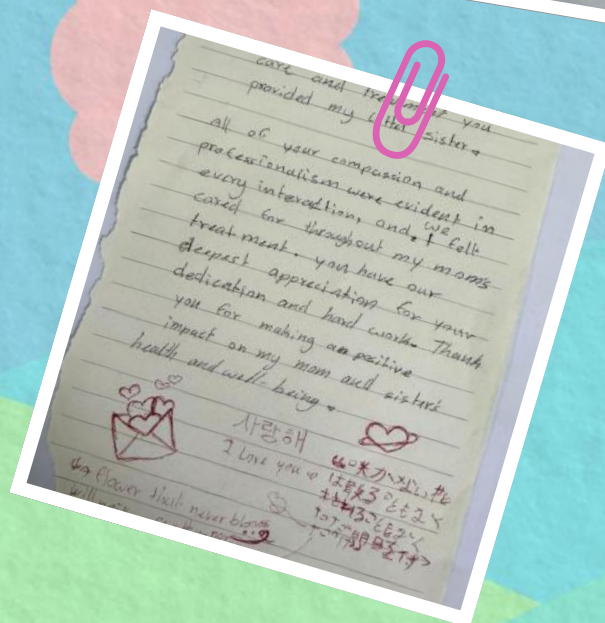
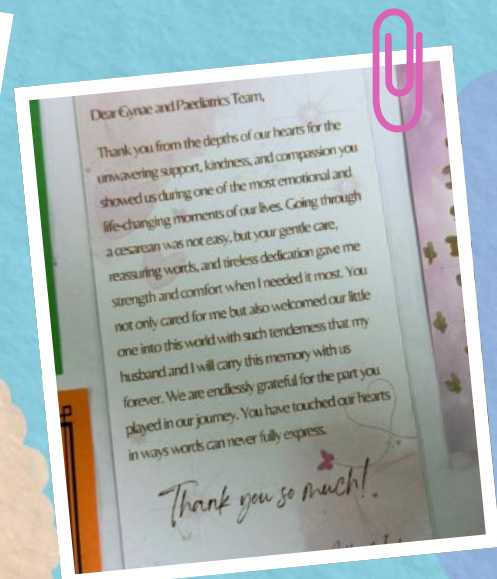
As CEO, I am immensely proud to work alongside such dedicated professionals. Their perseverance—especially in the face of growing challenges—sets an example for all. More importantly, their care transforms lives, bringing healing, dignity, and hope to those who depend on AEH.

On behalf of the entire leadership team, heartfelt gratitude is extended to each of them. Let the team continue to support one another, strive for excellence, and uphold the highest standards of care for patients and the community.



DR. AHMED ADEEL NASEER
CHIEF EXECUTIVE OFFICER

Tiny Tales: Voices from the Pediatric Ward



Staff Spotlight

SOFIYA ABDULLA

This month's Staff Spotlight proudly recognizes Sofiya Abdulla, Director of Nursing, for her exemplary leadership, professional dedication, and significant contributions toward advancing nursing practice and enhancing patient care services.

Sofiya Abdulla joined AEH on 30th August 2021 during one of the most challenging periods in modern healthcare history, the COVID-19 pandemic. Bringing with her extensive clinical, managerial, and leadership experience from Indira Gandhi Memorial Hospital (IGMH), she assumed her role at a critical time when strong nursing leadership was essential to ensure the continuity of safe, effective, and compassionate patient care services.

She holds a Master of Nursing from the University of Newcastle, Australia, reflecting her strong academic background and commitment to professional excellence. Throughout her career, she has consistently demonstrated leadership in nursing quality improvement, patient safety, and infection prevention initiatives at both institutional and national levels.

During her service at IGMH, Sofiya Abdulla played a pioneering role in several key healthcare initiatives. Her notable achievements include leading the first-Hand Hygiene Campaign, serving as the first Patient Safety Nurse at IGMH, and participating in the first regional Patient Safety Workshop. These important milestones contributed significantly to strengthening patient safety awareness, infection prevention practices, and quality improvement efforts within the healthcare sector.

Upon joining AEH during the COVID-19 outbreak, she played a pivotal role in coordinating and managing nursing care services throughout the pandemic response. Through effective workforce coordination, strategic utilization of available nursing staff, and strong leadership under pressure, she successfully supported the continuity of essential healthcare services during a highly demanding and uncertain period. Her calm, resilient, and solution-focused leadership approach contributed greatly to maintaining quality standards of care and strengthening team resilience.



Since assuming leadership at AEH, Sofiya Abdulla has continued to drive significant improvements within the Nursing Department and across the institution. One of her key contributions has been fostering a strong evidence-based practice culture within AEH. She has consistently emphasized the importance of research-informed nursing care, continuous professional development, clinical competency, and patient-centered healthcare delivery.

Under her guidance, nursing leadership and quality improvement initiatives within AEH have been significantly strengthened through the development of empowered and collaborative nursing teams. By fostering a culture of accountability, continuous learning, teamwork, and professional growth, she has successfully motivated and supported nurses to take active leadership roles in improving patient care and healthcare services.

Her leadership has played a vital role in enhancing patient safety practices, strengthening clinical standards, promoting evidence-based nursing care, and advancing the overall quality and success of nursing services at AEH.

Sofiya Abdulla is widely respected for her visionary leadership, professionalism, integrity, and unwavering commitment to nursing excellence. Her ability to empower nursing professionals, promote teamwork, and cultivate a culture of accountability and continuous improvement continues to inspire healthcare professionals throughout the institution.

Through her dedication and leadership, AEH continues to progress toward excellence in healthcare delivery, further strengthening its mission to provide safe, compassionate, and high-quality healthcare services to the community.



15 May, 2026

“Welcome aboard” the AEH ONE TEAM



DR. RESKEY DEV
ENT Surgeon



AISHATH AZHY
Registered Nurse



ABDUL BASIT
Occupational Therapist



DR. MANSOOR AHMED
Anesthesiologist

CELEBRATING NURSES' WEEK 2026

By: Nursing Department of AEH

"Our Nurses. Our Future. Empowered Nurses Save Lives."

Nurses Week 2026 at Addu Equatorial Hospital was celebrated with great enthusiasm, unity, and pride, honoring the dedication, compassion, and professionalism of nurses who continue to serve as the backbone of healthcare services. Guided by the international theme for 2026, "Our Nurses. Our Future. Empowered Nurses Save Lives," the week-long celebration highlighted the essential role of nurses in saving lives, strengthening communities, and shaping the future of healthcare. The celebrations brought together nurses, healthcare professionals, management, and the wider AEH family through meaningful activities that reflected teamwork, empowerment, professional growth, and appreciation.

Grand Opening with Community Exhibition – 6th May 2026

Nurses Week celebrations officially began on 6th May 2026 with a vibrant and informative exhibition held at the Outpatient Area of Addu Equatorial Hospital. The exhibition attracted patients, relatives, visitors, and healthcare staff, creating an engaging platform to promote health awareness and showcase the contributions of nurses in patient care.

The aim of the exhibition was to promote health awareness within the community, educate the public on disease prevention and healthy lifestyles, highlight milestones in nursing services, improve understanding of healthcare equipment, and strengthen the relationship between healthcare professionals and the community.

Throughout the event, nurses conducted health screenings including blood pressure monitoring, blood sugar testing and BMI assessments. In addition, they delivered health education sessions focusing on preventive care, medication safety, maternal and child health, infection prevention, and lifestyle modification. The exhibition also featured demonstrations of healthcare equipment used in clinical settings, helping the public better understand their purpose and reducing fear or misconceptions about medical procedures.

A key highlight of the exhibition was the display of nursing milestones and the evolution of nursing services at AEH. Through visual presentations and educational displays, the community was able to appreciate the continuous development and dedication of nurses in improving patient care over the years. The exhibition successfully reflected the spirit of Nurses Week by empowering the community with knowledge while recognizing nurses as educators, caregivers, and advocates for health.



CELEBRATING NURSES' WEEK 2026

Strengthening Bonds Through Team Building – 9th May 2026

On 9th May 2026, the Nursing Team of Addu Equatorial Hospital organized a Team Building Event for nurses and other staff members, focusing on strengthening unity, communication, and workplace collaboration. The event also provided a valuable opportunity for mental relaxation and stress relief in the demanding healthcare environment.

The activities were designed to promote critical thinking, decision-making, problem-solving and teamwork among staff. Through interactive and enjoyable group games, participants worked together in a spirit of cooperation and enthusiasm, strengthening relationships across departments.

The event highlighted the importance of teamwork in healthcare delivery, reinforcing that strong collaboration among staff contributes directly to patient safety and improved care outcomes. It also created a positive and refreshing environment where staff could reconnect, recharge, and build stronger professional bonds under the spirit of "One Team."

Empowering Voices Through Media Awareness – 10th May 2026

On 10th May 2026, a special interview session was conducted by the nursing team, focusing on the theme "Our Nurses. Our Future. Empowered Nurses Save Lives." The session highlighted the evolving role of nurses in modern healthcare and their vital contribution to patient safety, leadership, advocacy, and quality improvement.

During the discussion, nurses shared insights into their professional challenges, achievements, and the importance of continuous learning and development. They also emphasized the emotional dedication required in nursing and the need for ongoing support to strengthen the profession.

The session further raised awareness among the community about the significant role nurses play in healthcare delivery every day, reinforcing that empowered nurses are key to improving health outcomes and strengthening healthcare systems.



CELEBRATING NURSES' WEEK 2026

Nursing Quiz Competition – Enhancing Knowledge and Excellence

Throughout the week, a Nursing Quiz Competition was conducted to encourage continuous learning and strengthen professional knowledge among nurses. The competition covered key areas such as patient safety, infection prevention, emergency care, medication management, evidence-based practice, communication skills, and general clinical knowledge.

Nurses actively participated with enthusiasm, demonstrating teamwork, critical thinking, and commitment to professional development. The initiative created an engaging and motivating learning environment, allowing staff to refresh their knowledge while enjoying a healthy spirit of competition.

The winners of the quiz were recognized and appreciated during the Nurses Day Dinner Night, where their dedication to learning and excellence was celebrated in front of colleagues and management.

Honoring Nurses with Celebration – 12th May 2026

The Nurses Week celebrations concluded on 12th May 2026 with a memorable Nurses Day Dinner Night organized by the nursing team of Addu Equatorial Hospital. The event was filled with appreciation, entertainment, recognition, and emotional moments of unity.

A special highlight of the evening was the launch of a Nurses Day Song dedicated to honoring the compassion, sacrifice, and commitment of nurses. The song beautifully captured the essence of nursing as a profession of care, strength, and humanity.

The evening also included certificate presentations, recognition of outstanding nurses, announcement of quiz competition winners, engaging debate sessions, and a variety of entertainment programs. Staff members from across AEH shared heartfelt wishes, creating a warm and celebratory atmosphere that reflected unity and mutual respect.



Heartfelt Appreciation to the AEH Family

The Nursing Team of Addu Equatorial Hospital extends sincere gratitude and heartfelt appreciation to all departments and staff members for their continuous support and cooperation throughout Nurses Week 2026. The contributions of the AEH senior Management, CEO, Heads of Departments, administrative teams, and support staff played a vital role in the success of the celebrations.

The teamwork and encouragement shown across all departments reflected the true spirit of “AEH One Team,” strengthening collaboration and unity within the hospital. Nurses Week 2026 was not only a celebration of nursing excellence but also a celebration of togetherness, respect, and shared commitment to quality patient care.



IMPORTANCE OF EARLY INTERVENTION IN CHILDREN WITH AUTISM

By: Navaa Waheed & Fathimath Wijha

A child's brain develops more rapidly in the first few years of life than at almost any other time. During these early years, children are learning how to communicate, connect with others, manage emotions, explore their environment, and make sense of the world around them. For children with Autism Spectrum Disorder, this period can be especially important because early support has the potential to significantly influence long-term development.

Imagine two children with autism. Both may have similar strengths, challenges, and developmental needs. But one child begins receiving support before the age of two, while the other does not receive help until years later. Over time, their developmental journeys may begin to look very different. The child who receives early support may develop stronger communication skills, improved social interaction, better emotional regulation, and greater independence. Meanwhile, the child who receives delayed support may struggle longer with frustration, communication difficulties, and unmet developmental needs.

Yet despite growing awareness about autism, many children are still diagnosed far too late. Part of the difficulty is that autism does not always appear in obvious ways early in life. Some children show clear developmental differences as toddlers, while others develop more gradually. Parents may notice subtle concerns long before professionals feel confident enough to diagnose autism or refer for services. In many cases, families are left waiting while difficulties become more noticeable over time. Another major issue lies within the accessibility to specialized services. In the Maldives, children must receive a confirmed diagnosis before qualifying for support services. But autism symptoms often emerge gradually. A child may already be struggling with communication, social interaction, sensory sensitivities, or daily functioning while still not meeting strict criteria for intervention.



Early intervention is about far more than therapy appointments. It is about helping children build the skills they need to communicate, learn, connect, and participate more comfortably in everyday life. Support may include speech and language therapy, occupational therapy, developmental play-based interventions, social communication support, and parent coaching. Just as importantly, early intervention helps families better understand their child's unique needs and strengths. For many parents, gaining this understanding can reduce fear, confusion, and uncertainty while helping them feel more confident in supporting their child.

Hence, earlier developmental screening and autism assessments are essential. Children who show developmental concerns may benefit from support even before receiving a formal diagnosis. Early intervention cannot and should not aim to "erase" autism. Autism is not something that needs to be fixed. But timely support can help children build communication, confidence, emotional regulation, independence, and quality of life in ways that may positively shape their future for years to come. And for many families, receiving support earlier can make the journey feel far less overwhelming and far more hopeful.



UNDERSTANDING THE LINK BETWEEN AUTISM, EATING HABITS, AND GUT HEALTH

By: Navaa Waheed & Fathimath Wijha

Many children with Autism Spectrum Disorder experience challenges with eating. Parents often describe their child as a “picky eater,” but for many autistic children, it is much more than simply disliking certain foods.

A child may refuse foods because of their texture, smell, temperature, color, or even because different foods are touching on the plate. Sticky foods, mixed ingredients, or strong flavors may feel unbearable. Some children may only accept foods prepared in a very specific way. These reactions are not “bad behavior”, they are often linked to how the child experiences sensory information. Because of these sensitivities, many children with autism develop very limited diets. Common preferred foods are often simple, predictable, and processed foods such as pasta, pizza, crackers, chicken nuggets, fries, white bread, and sweet drinks. In the Maldives, we often see children opting for Maldivian snacks that are crunchy and spicy such as kulhikaajaa, kudhi gulha, rihaakuru chips and etc. Fruits, vegetables, fish, and other protein-rich foods are frequently avoided.

When a child eats only a small range of foods, the balance of healthy gut bacteria may change. Especially leading to decreased levels of beneficial bacteria and higher levels of bacteria associated with inflammation and digestive problems. Over time, these eating patterns can affect nutrition and physical health. Children may develop deficiencies in important nutrients such as calcium, iron, zinc, and vitamins A, D, and B. Some children may become underweight because they refuse many foods, while others may gain excess weight because their preferred foods are unhealthy. Hence, many children with Autism experience gastrointestinal symptoms such as constipation, stomach pain, diarrhea, reflux, bloating, or nausea. Research has found that children with highly restrictive eating patterns may have lower levels of beneficial bacteria.

This can create a difficult cycle:

- Sensory sensitivities lead to restrictive eating
- Restrictive eating affects gut health
- Poor gut health may worsen discomfort, stress, and behavior
- Increased stress and discomfort can make eating even harder

The good news is that support from family along with the guidance from the professionals can help. This can include gradually introducing new foods, reducing mealtime stress, supporting sensory needs, improving nutrition, and addressing gastrointestinal symptoms. Studies show that children respond better when mealtimes feel calm and supportive rather than pressured. Celebrating small successes can help children slowly expand their food choices over time.

*Reference: Tomaszek, N., Urbaniak, A. D., Baldyga, D., Chwesiuk, K., Modzelewski, S., & Waszkiewicz, N. (2025). Unraveling the Connections: Eating Issues, Microbiome, and Gastrointestinal Symptoms in Autism Spectrum Disorder. *Nutrients*, 17(3), 486. <https://doi.org/10.3390/nu17030486>*





DOCTORS' DAY CELEBRATION





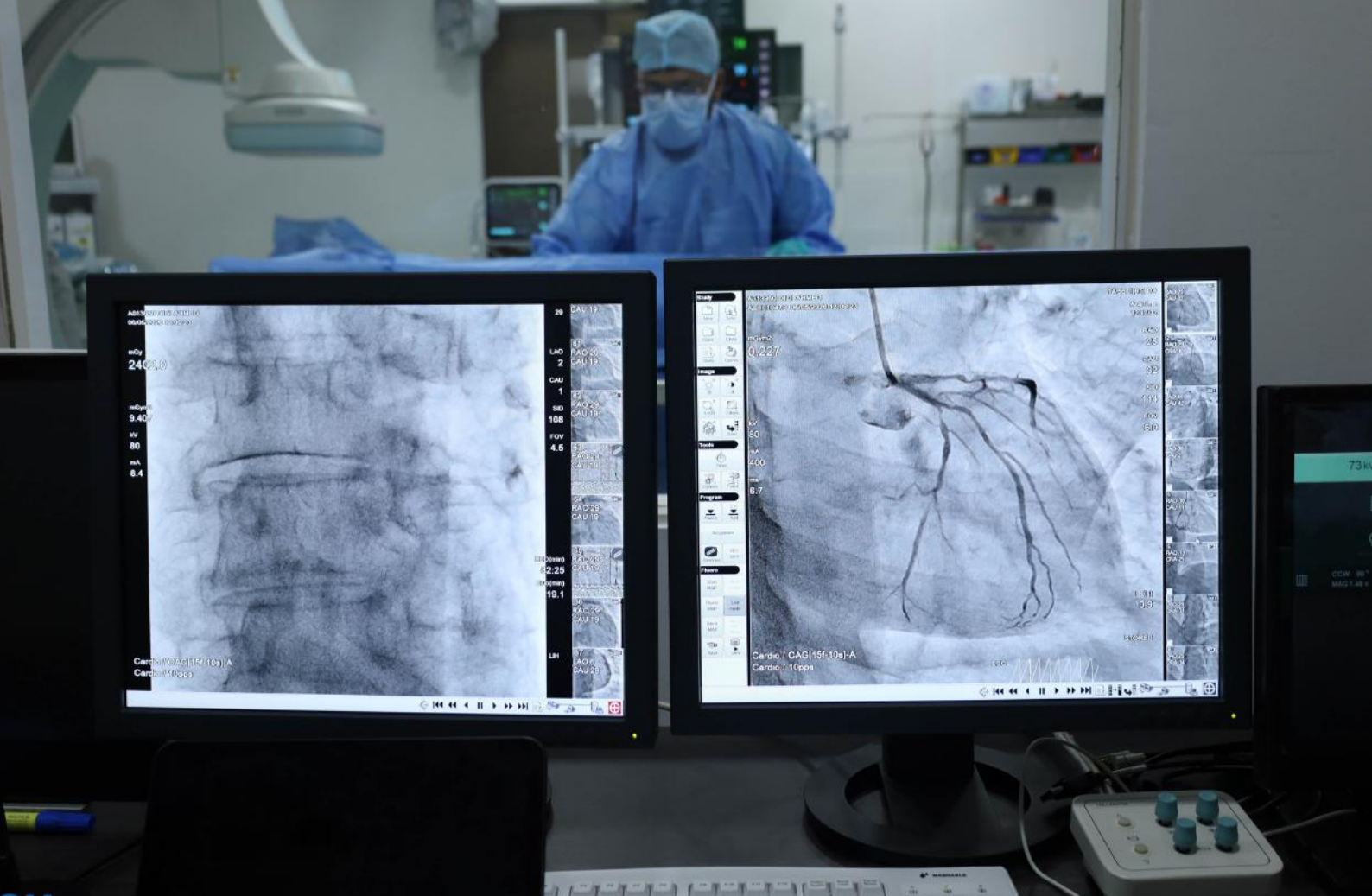
PUBLIC FINANCE REGULATION AWARENESS SESSION





LAB WEEK 2026





CATHLAB 5TH CAMP





NURSES DAY CELEBRATION





NURSES DAY CELEBRATION





NURSES DAY CELEBRATION





NURSES DAY CELEBRATION



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FOLLOW OUR JOURNEY!