

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

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Pulse

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SPOTLIGHT

ORAL CANCER AWARENESS:

Protecting Your Health Through
Early Detection

WE ARE STILL
HERE!

ADDU EQUATORIAL HOSPITAL: A COMMITMENT TO EXCELLENCE AND COMPASSION

As we move forward in our journey of continuous improvement and excellence in healthcare at AEH, this month's newsletter reflects our dedication to service, growth, and learning. It is a celebration of the collective efforts that make our institution an example of compassionate, patient-centered care.

To begin, we highlight the invaluable contributions of Dr. Mahmoud, our esteemed Consultant Gynecologist. His commitment to women's health and expertise in complex cases have had a profound impact on our patients and the wider medical community. Through this Staff Spotlight, we acknowledge and appreciate his dedication to advancing healthcare.

Our Departmental Spotlight brings attention to an essential yet often overlooked part of hospital operations—the Laundry Department. Their meticulous work ensures the highest hygiene standards, safeguarding both staff and patients. Clean linens and sanitized materials are fundamental in preventing infections and maintaining a safe healing environment, and their contribution deserves recognition.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

Patient feedback is an integral part of our commitment to quality. This month, we take a closer look at Feedback from the Surgical Ward, providing insights into patient experiences, concerns, and praises. We will use this feedback to refine processes and enhance our level of care to achieve excellence.

On the educational front, Dr. Anjitha Manipuzha, our dedicated Dental Officer, brings an informative piece on Oral Cancer Awareness. Prevention begins with knowledge, and this article highlights early signs, risk factors, and the importance of screenings to protect overall health.

Additionally, Dr. Aishath Inasha Naseer, a committed Medical Officer, offers a genuine reflection in her narrative, "We Are Still Here." This piece speaks to the resilience and dedication of healthcare professionals working in emergency settings—navigating unpredictability while ensuring compassionate and reliable care.

This month, we also saw some remarkable events within our institution. Staff had the opportunity to attend an awareness session by the VET support group, focusing on parenting tips for a healthier home and happier kids. Mental health advocacy took a creative turn with an expressive art contest and exhibition, fostering emotional wellness through artistic expression. We celebrated the retirement of valued team members, honoring years of service and dedication. In addition, professional development was strengthened through ACLS training, ensuring continued growth in critical care management.

As we prepare for next month's special anniversary edition, I encourage all departments to contribute meaningful articles that showcase our achievements, progress, and aspirations. Let's make it a memorable issue, reflecting the dedication and teamwork that define us.

Warm Regards,

Dr. Yasir



Staff Spotlight

DR. MAHMOUD ABDELRAHEEM ABDELSALHEEN

In every institution, there are individuals whose work ethic, professionalism, and compassion set them apart. At our hospital, one such remarkable figure is Dr. Mahmoud Abdelraheem Abdelsalheen, a name that has become synonymous with dedication, discipline, and care. It is our honor to dedicate this month's staff spotlight column to Dr. Mahmoud.

Dr. Mahmoud joined the hospital on 17th October 2016 as a Consultant Gynecologist, and over the years, he has grown to become one of the most respected and dependable medical professionals in our community.

Today, he serves as the Head of the Gynecology Department, a role in which he continues to inspire his colleagues and deliver exceptional care to countless women and families.

From the very beginning, Dr. Mahmoud has demonstrated a steadfast dedication to patient care, consistently going the extra mile to ensure the highest quality outcomes for his patients.

His disciplined approach to his duties, punctuality, and strong work ethic have made him a role model for many young doctors and staff members alike.

What truly sets Dr. Mahmoud apart is the warmth and compassion he brings to every patient interaction. He doesn't just treat medical conditions; he listens, reassures, and connects on a deeply human level. He takes the time to explain each diagnosis and treatment with clarity and patience, making sure his patients feel seen, heard, and empowered. His gentle voice, calm presence, and genuine empathy create a sense of safety and trust that stays with patients long after they leave his care. Many describe not just relief, but a deep sense of comfort and confidence, knowing they are in the hands of someone who truly cares.

As Head of the Department, Dr. Mahmoud has not only upheld high clinical standards but has also fostered a supportive and collaborative environment within the team. His leadership is marked by integrity, respect, and a sincere commitment to excellence.

In a field that demands both technical expertise and human empathy, Dr. Mahmoud embodies the very best of both. His contributions over the past years have had a lasting impact, not only on his patients but on the hospital as a whole. We are proud to count him among our finest — a true example of what it means to be a hardworking, disciplined, and compassionate doctor.





Patient Pulse:

Voices from the Heart of Our Hospital

I would like to thank the doctors and nurses for your services. Thank you Dr. Niroj and team for giving us what we need instead of what we want. Thank you nurses for your care, kindness and skills. I am grateful for everyone of you. I also noticed room for improvement and call on management to take steps in improving healthcare such as increasing no. of nurses to meet patient demand.

We hope to see positive changes.

Best wishes to all.

-Abdullah-



The entire staff from receptionists to the doctors were incredibly welcoming and truly listened to our concerns about our grandma's condition. Doctor's and nurses took time to answer all our questions and explained everything in a way that we could understand.

Hospital was clean and staffs handled everything well.

We are very grateful for the love, time and excellent care my grandma received while she was in hospital.

Thank you everyone and special thanks to AEH management team.

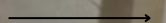
-Sakeena-





They don't wear stethoscopes, but they help save lives, one sanitized load at a time. Salute to our hospital laundry staff.

-LAUNDRY DEPARTMENT OF AEH-



INAUGURAL ADDRESS FOR TRAINING OF DOCTORS FOR INTERNSHIP TRAINING AT ADDU EQUATORIAL HOSPITAL

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

I welcome you all to the inauguration of this Training program for doctors to start medical internship training at Addu Equatorial Hospital, conducted in collaboration with the National Healthcare Academy at Indira Gandhi Memorial Hospital (IGMH).

Today marks a significant milestone in our vision to be the best health care system in the Maldives especially in our commitment to excellence in medical education and training. And this is a clear example of our mission to achieve excellence in health care in collaboration with patients and partners. This program is not merely a series of online sessions – it is an important step in empowering you, our doctors as trainers, with the skills, knowledge, and methodologies needed to mentor the next generation of doctors.

As trainers, you are entrusted with a profound responsibility. You will be shaping the minds and practices of young interns as they go through the transition from medical school to clinical practice. You are not only their instructors but also their role models – demonstrating the values of professionalism, empathy, integrity, and resilience that are at the heart of our profession.

This Training program delivered by the National Healthcare Academy at IGMH offers an incredible opportunity to elevate the standard of the initial internship training at our hospital. Through this initiative, you will gain insights into best practices in clinical teaching, mentorship, assessment, and feedback. The best experts in this field in the Maldives have given their valuable support in conducting this training. Please make the best use of it.

The impact of your efforts will be far-reaching. Each intern you guide, and mentor will carry forward the lessons you impart – applying them to care for patients, to collaborate with teams, and to contribute to the growth of our healthcare system.

I want to take this opportunity to thank the National Healthcare Academy at IGMH for providing this invaluable training opportunity. Their expertise and collaboration ensure that we, at Addu Equatorial Hospital, continue to uphold the highest standards in medical education and patient care.

As we start on this journey, let us embrace the challenge with enthusiasm and dedication. Together, we will not only prepare our interns for the realities of clinical practice but also inspire them to become compassionate and competent doctors.

Thank you, once again, and I wish each of you a rewarding and impactful learning experience.

WE ARE STILL HERE

By: Dr. Aishath Inasha Naseer (Medical Officer of AEH)

At Addu Equatorial Hospital, especially in our Emergency Department, we've been working hard to build something that matters: a trustworthy health system. A place where care is not only quick, but thoughtful, dependable, and compassionate.

Our vision is bold:

To become the best health system in the Maldives.

And we believe we can get there through service excellence. It's not just a phrase in a meeting room. It's something we chase in every shift, every interaction. We've worked to standardize how we assess, communicate, and connect with patients. But here's the dilemma: how do we truly satisfy our patients when expectations are so vastly different?

There's no one-size-fits-all answer. Every person who walks through our doors wants something slightly different.

Some patients want a long list on their prescriptions. Some feel reassured when we say, **"You don't need any."**

Some expect a detailed physical exam.

Others are impressed by a spot diagnosis: **"She figured it out the moment I walked in!"**

Some need time. Empathy. Someone who really listens.

Others want clear answers, fast.

And Emergency Rooms? They're not spaces for soft music and quiet reflection.

They're places of organized chaos.

Loud. Fast. Messy.

People come in pain, in panic, or just fed up with not feeling well.

And in that rush, our interactions might fall short of what someone hoped for. The rapport may not fully bloom in a five-minute consult. The experience is rarely comfortable for anyone.

That makes our job harder. We're expected to be perfect in a place known for its unpredictability.

And somehow, we must teach ourselves and the next generation of frontliners to be

Fast but kind.

Thorough but efficient.

Clinical but still human.

We often get it right; helping many patients find comfort and care.

But if we miss just one expectation, if one word goes unsaid or one moment of connection slips by, it can still feel like a failure.

We feel the weight of those moments, even when we've done our best.

Maybe that's the weight of working with human lives. There's no perfect formula. No script. And certainly, no guarantees.

Still, we show up.

We keep learning.

We keep trying.

Some days, we run toward excellence.

Other days, we crawl.

But we're always moving forward.

And we are still here.

For you.

Even on the tough days.

Even when we're running on little sleep and 90 percent caffeine.

We're still here, doing our best, over and over again.

And **we'll be here tomorrow too, إن شاء الله**

Not because it's easy.

But because **you deserve our 100 percent.**

Because **servicing you is still worth it.**



Oral Cancer Awareness: Protecting Your Health Through Early Detection

By: Dr. Anjitha Manipuzha (Dental Officer of AEH)

Oral cancer is a significant global health concern, ranking as the sixth most common cancer in the world. What makes oral cancer particularly dangerous is that 60% of cases are diagnosed at a late stage, leading to high mortality and severe health complications. By raising awareness, we can encourage early detection and prevention, saving countless lives.

Understanding Oral Cancer

Oral cancer primarily affects the mouth and surrounding tissues. It can develop on the tongue, gums, cheeks, lips, roof of the mouth, and the floor of the mouth. The most common form is squamous cell carcinoma, accounting for about 90% of cases. This type of cancer originates in the thin, flat cells lining the mouth and lips.

Warning Signs

Early signs of oral cancer are often overlooked. If you notice any of the following, it's important to seek medical advice promptly:

- A sore or ulcer in the mouth that doesn't heal within two weeks
- Red, white, or black patches inside the mouth
- A lump or thickening in the cheek or tongue
- A growth or area of raised tissue
- Bleeding in the mouth without a clear cause
- Difficulty chewing, swallowing, or speaking
- Persistent pain, burning sensation, or voice changes

Major Risk Factors

Several habits and conditions can increase the risk of developing oral cancer:

- Tobacco use (cigarettes, cigars, pipes, chewing tobacco, snuff)
- Excessive alcohol consumption
- Areca/betel nut chewing, which can cause a pre-cancerous condition known as oral submucous fibrosis
- Chronic irritation from sharp teeth or dental appliances
- Prolonged exposure to sunlight, especially on the lips
- Human papilloma virus (HPV) infection
- Poor oral hygiene
- Frequent consumption of very hot or spicy foods

Steps for Prevention

The good news is that oral cancer is largely preventable. Here's how you can lower your risk:

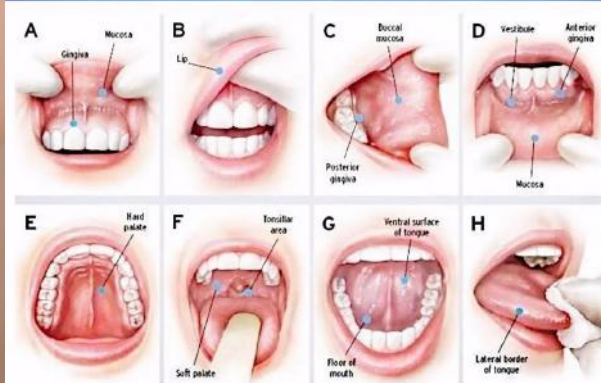
- ✓ Stop smoking and avoid chewing tobacco
- ✓ Reduce or eliminate alcohol intake
- ✓ Eat a balanced diet rich in fruits and vegetables
- ✓ Maintain good oral hygiene
- ✓ Schedule regular dental check-ups
- ✓ Get screened for oral cancer — early detection makes a difference

Your Role in Awareness

Oral cancer awareness begins with each of us. By recognizing the signs, avoiding risk factors, and encouraging loved ones to attend regular screenings, we can help reduce the burden of this disease in our communities.



The 8-Step Oral Cancer Screening



Remember:

Early detection can save lives. Take action today for a healthier tomorrow.





**AWARENESS SESSION BY SUPPORT GROUP – FOR STAFFS ON
"PARENTING TIPS FOR A HEALTHIER HOME AND HAPPIER KIDS"**





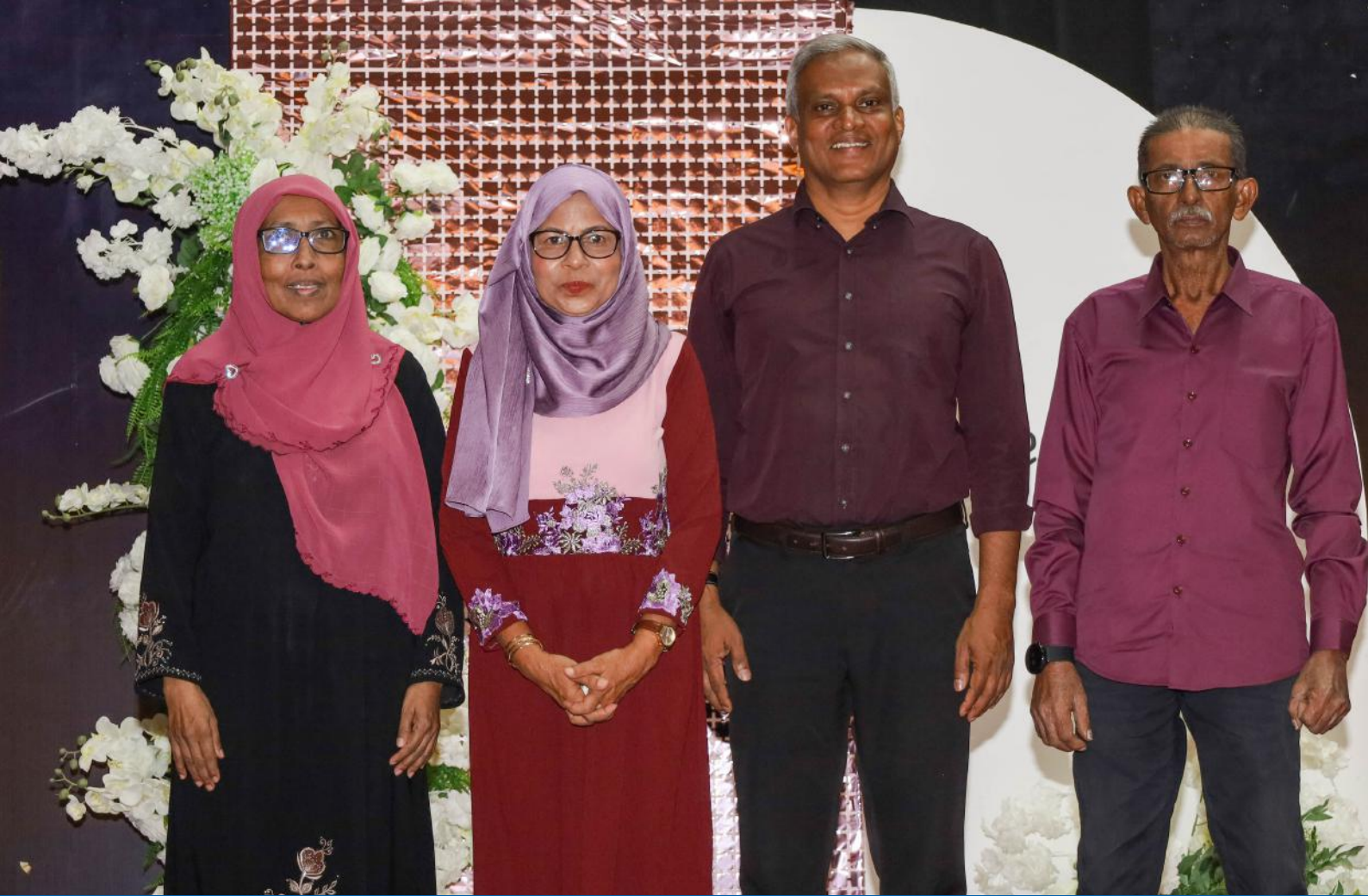
ACLS TRAINING BY CODE BLUE COMMITTEE





RETIREMENT CEREMONY





RETIREMENT CEREMONY



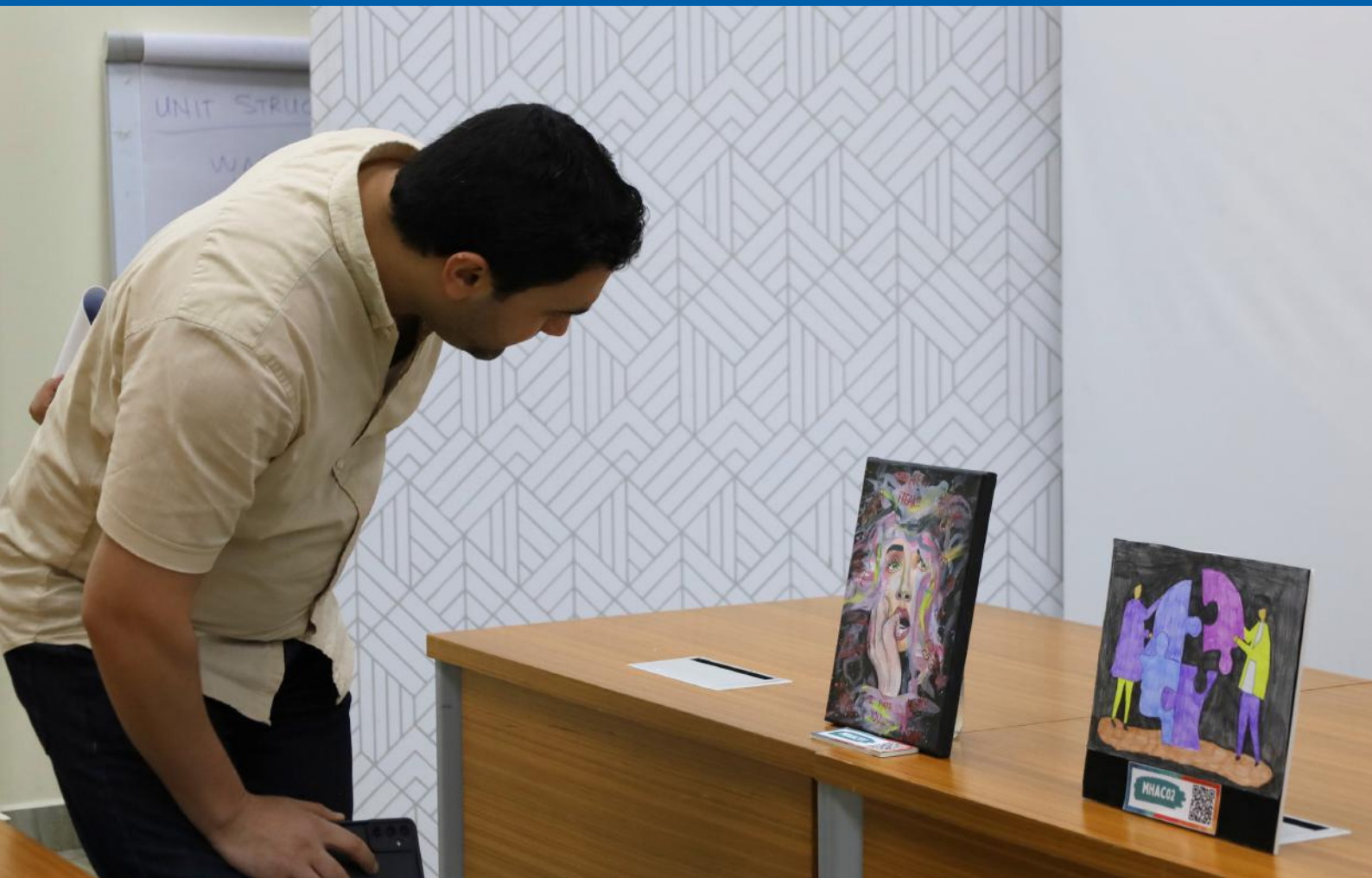


MENTAL HEALTH AWARENESS: PHOTO EXHIBITION





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MENTAL HEALTH AWARENESS: PHOTO EXHIBITION



CONTENT

Dr. Anjitha Manipuzha

Dr. Aishath Inasha Naseer

Dr. Ibrahim Yasir Ahmed

Ms. Rifaza Rasheed

Ms. Aishath Sharufa

EDITOR

Fathimath Abdulla Rasheed

PHOTOGRAPHY

Nishaaza Abdulla

DESIGN & ART DIRECTION

Nishaaza Abdulla



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