

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

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ADDU EQUATORIAL HOSPITAL: A COMMITMENT TO EXCELLENCE AND COMPASSION

As we step into another eventful month at Addu Equatorial Hospital (AEH), I want to take this opportunity to acknowledge the dedication and tireless efforts of our incredible team. The backbone of our success lies in the unwavering commitment of our healthcare professionals, administrators, technicians, and support staff, all working harmoniously to uphold the highest standards of patient care and safety.

This month is particularly special as we celebrate key milestones that remind us of the fundamental values we cherish in healthcare. Doctors Day and Nurses Day allow us to express our deepest gratitude to the medical professionals who devote their lives to healing others. Their expertise, compassion, and resilience are what make AEH a trusted institution for patients and families alike. Likewise, Thalassemia Day serves as a powerful reminder of the importance of continued advocacy and innovation in healthcare, particularly in managing chronic conditions and improving patient outcomes.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

Beyond these recognitions, May is also Mental Health Awareness Month—a time to reflect on the significance of mental well-being in the lives of both our patients and ourselves. Mental health is often overlooked in fast-paced professional environments, but at AEH, we strive to foster a culture where open conversations and support systems help our employees and patients maintain holistic health. Our upcoming Mental Health Expressive Art Contest and Exhibition and the Awareness Session by VET on parenting tips are initiatives designed to encourage dialogue and provide valuable resources to our community.

As we continue our journey of excellence, I am particularly proud of the insightful articles featured in this issue of the newsletter. From dermatological research by Dr. Mohamed Ibrahim Abdelwahab Ali Salama to an exploration of the unseen pillars of AEH by Azlifa Abdul Azeez from the Finance Department, each contribution reflects our commitment to learning, growth, and appreciation for every role within our institution.

Looking ahead, let us carry forward our collective mission to serve with compassion and integrity. Every effort we make, whether on the front lines or behind the scenes, contributes to the well-being of our patients and the strength of our institution. I encourage all of you to take pride in your contributions and continue striving for excellence in all that you do.

Thank you for being an essential part of AEH's success. Together, we are shaping a brighter future for healthcare.

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive, with a small "Dr." and "Yasir" clearly visible.

Staff Spotlight

AMINATH SIYADHA SALIM

Aminath Siyaadha Saalim has been a steadfast pillar of the IT department of Addu Equatorial Hospital, serving as a Computer Technician since 09th November 2014. With over a decade of dedicated service, she exemplifies what it means to be a woman breaking boundaries in the technology sector—especially within the demanding and dynamic environment of a tertiary healthcare institution. As a woman working in the IT field, Siyaadha has consistently demonstrated resilience, versatility, and leadership, breaking through gender barriers and becoming a powerful role model for other women aspiring to enter the technology sector.

She played a vital role in the transformation of Hithadhoo Regional Hospital into what is now Addu Equatorial Hospital, guiding the institution through digital transitions with precision and care. Her expertise and dedication were pivotal to this transformation, steering the institution through complex digital transitions with exceptional precision and care.

As a Computer Technician, she is not just a part of the hospital's technical team—she is at the heart of it. Whether it's an urgent system failure, a complex network upgrade, or a major hospital event requiring seamless digital support, Siyaadha is the one everyone turns to. Her presence is a constant, her support unwavering, and her solutions effective.

Her day-to-day responsibilities encompass diagnosing, repairing, maintaining, and installing both hardware and software systems, ensuring the hospital's IT infrastructure runs smoothly and efficiently. Though her work often happens behind the scenes, its impact resonates throughout every ward, clinic, and corridor of the hospital. Her ability to minimize downtime and keep essential systems running smoothly makes her an indispensable part of hospital operations.



Siyaadha holds a Master's degree in Big Data and Data Science, further enhancing her ability to contribute meaningfully to the hospital's digital future. With her knowledge, the hospital is laying the groundwork for data-driven innovations that promise to enhance patient care, streamline operations, and shape the digital future of healthcare in Addu City.

More than just a technician, Siyaadha is a mentor, a role model, and an inspiration to women and girls aspiring to make their mark in IT. Her journey is one of dedication, grit, and quiet excellence. In every system restored, every challenge met, and every young woman encouraged to pursue a career in technology, her legacy grows.

Aminath Siyaadha Saalim is not just supporting the hospital's IT needs—she is driving its transformation, shaping its future with vision and expertise, and proving that when women lead in technology, they don't just move systems forward-- they uplift entire communities.

Her legacy is etched into the very fabric of Addu Equatorial Hospital's progress and stands as a beacon of inspiration for the entire community, showing what's possible when dedication meets purpose.



Patient Pulse:

Voices from the Heart of Our Hospital

Thank you for your unwavering dedication and precision. Your behind the scenes works plays a vital role in patient care, and I deeply appreciate your committment.



I am someone who is very scared of needles. Fortunately, I was met with Nyz who was very kind and made the process very comforting for me. Thank you!



Guys, you are doing an amazing job working tirelessly in this artic zone. Your support is crucial to us and we appreciate your hardworking team!



15 May, 2025



Our main aim is to lead and support nursing teams in delivering safe, high-quality, and compassionate care, while aligning nursing practice with the organization's mission and goals

-NURSING ADMIN DEPARTMENT OF AEH-

NURSING, SELF-INSPIRATION, AND ECONOMICS: A VITAL CONNECTION AT ADDU EQUATORIAL HOSPITAL

Addu Equatorial Hospital (AEH) is a cornerstone of healthcare in the South Maldives, delivering essential medical services to the residents of Addu City and nearby atolls. As the first tertiary hospital outside Malé, AEH plays a crucial role in shaping the nursing profession, nurturing self-inspiration among its healthcare workers, and navigating the economic factors that influence the industry. Understanding the interplay between nursing, self-motivation, and economics is essential to ensuring the well-being of nurses and the quality of patient care.

The Heart of Nursing at AEH: Compassion and Dedication

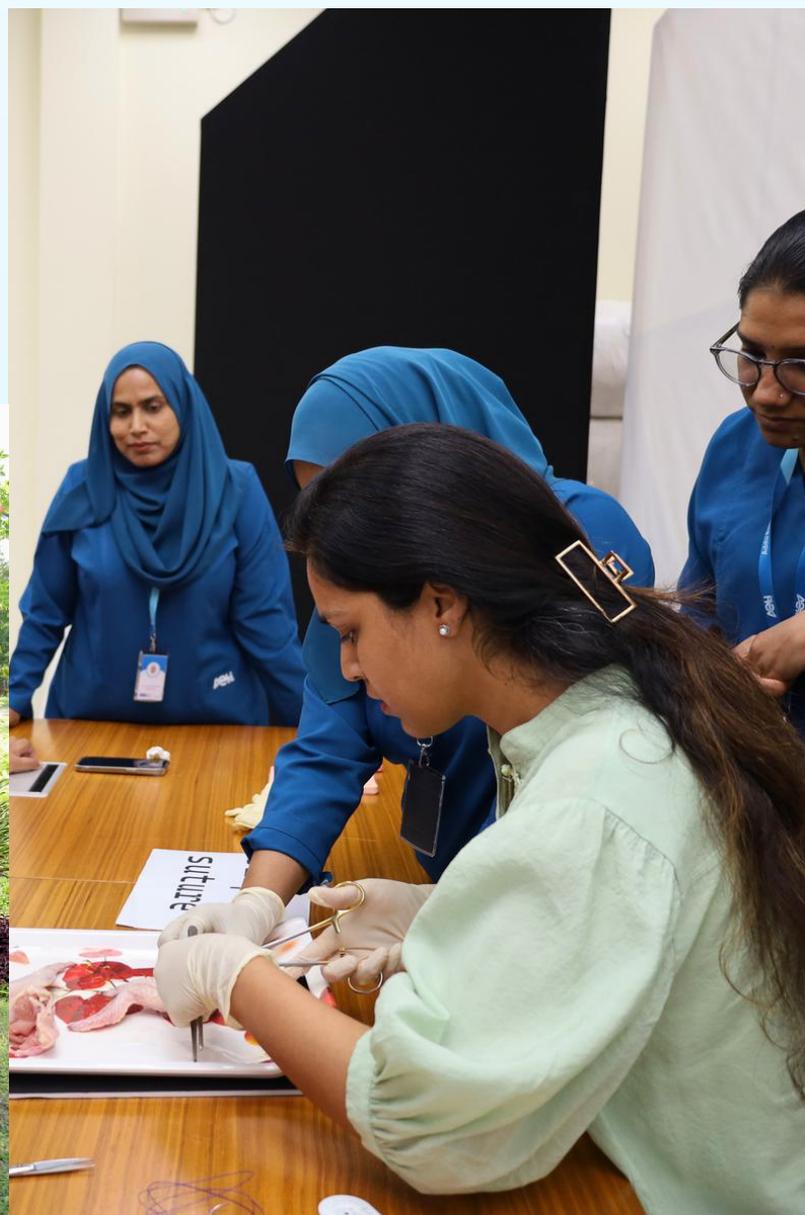
Nursing is more than a profession—it is a career that demands emotional resilience, quick decision-making, and unwavering dedication. At AEH, nurses work in high-pressure environments where their responsibilities go beyond administering treatments. They offer emotional support, advocate for patients' rights, and strive to provide holistic care to each patient.

Self-inspiration is crucial in this setting. Nurses face long hours, emotionally taxing situations, and physically demanding tasks, all of which require an intrinsic drive to persevere. Many AEH nurses find motivation in their patients, witnessing their recovery and resilience, and knowing they make a meaningful impact on lives. The hospital actively fosters this self-inspiration by offering mentorship programs for student nurses from prestigious institutions like Maldives National University, ensuring continuous professional growth.

Economics: Shaping Nursing at AEH

The economic landscape greatly influences the nursing workforce at AEH, affecting job opportunities, salaries, healthcare policies, and hospital funding. The hospital's ability to provide advanced training, maintain high-quality facilities, and offer competitive wages is directly linked to government budgets and healthcare investments.

In times of economic prosperity, healthcare institutions benefit from increased funding, enabling AEH to offer better salaries, improved working conditions, and enhanced professional development programs for nurses. Conversely, economic downturns can result in resource limitations, understaffed departments, and increased workloads. These financial constraints impact nurses' well-being, potentially leading to burnout and reduced morale. By understanding economic principles, AEH nurses can advocate for better wages, improved working conditions, and greater investment in healthcare infrastructure, ensuring both staff satisfaction and optimal patient care.



Self-Inspiration: A Necessity for AEH Nurses

Navigating the challenges of nursing requires self-inspiration, which serves as a driving force behind nurses' commitment to their profession. At AEH, nurses cultivate motivation by setting career goals, pursuing higher education, and engaging in mentorship programs. Professional development initiatives, including workshops and specialized training, empower nurses to advance in their careers and maintain their enthusiasm for patient care.

Additionally, AEH emphasizes the importance of self-care. Nurses who take the time to prioritize their physical and mental well-being, whether through mindfulness techniques, exercise, or peer support—can sustain their motivation and perform their roles effectively. Economic stability plays a significant role in fostering this inspiration, as fair wages and opportunities for growth encourage nurses to continue their noble work.

The Role of Self-Learning in Nursing at AEH

In a rapidly evolving healthcare landscape, self-learning is indispensable. Medical advancements, new treatment protocols, and emerging health challenges necessitate continuous learning beyond formal education. AEH nurses who engage in self-learning through medical journals, online courses, workshops, and peer collaboration enhance their expertise and adaptability.

The hospital actively promotes self-learning by providing educational CMEs and encouraging nurses to pursue certifications. By fostering a culture of continuous education, AEH ensures its nurses remain competent, innovative, and confident in delivering high-quality patient care.

At AEH, nursing is deeply rooted in self-inspiration, self-learning, and economic realities. The dedication of nurses, combined with economic stability and continuous professional development, ensures a thriving healthcare environment. Recognizing this vital connection allows AEH to empower its nursing staff, enabling them to provide exceptional care while sustaining their passion for healing. A strong healthcare economy ultimately benefits both nurses and patients, creating a system where compassionate care can flourish.



Understanding Common Skin Conditions: Pityriasis Alba and Acanthosis Nigricans

By: Dr. Mohamed Ibrahim Abdelwahab Ali Salama (Consultant in Dermatologist)

Pityriasis alba (pityriasis = flakes, alba= white)

- Pityriasis alba is a common skin condition in children and teens, often linked to atopic dermatitis.
- Early lesions are pink in color & may be covered with scales
- After a few weeks, the redness fades and the skin becomes pale, dry, and powdery.
- Lesions mostly have no symptoms but there might be slight burning or itching
- Lesions usually clear spontaneously after puberty.
- Using sunscreen and moisturizers regularly helps reduce the visibility of pityriasis alba.



Pityriasis alba is usually diagnosed clinically, but a Wood's lamp can help distinguish it from vitiligo if there's uncertainty.

ACANTHOSIS NIGRICANS (AN)

AN is asymptomatic (with no symptoms) darkening of the skin affecting in particular neck, axillae, groins & under the breast.

- The skin becomes thickened with a velvety texture.
- Skin tags may develop over areas of acanthosis nigricans (AN).
- AN can be a cutaneous marker of several medical conditions.
- Insulin resistance is the most common association, and AN is a prognostic indicator for developing type 2 diabetes mellitus.
- Endocrinopathies such as polycystic ovary syndrome (PCOS) and thyroiditis
- Certain medications
- Malignancy (especially in older age groups)
- Obesity
- Familial or genetic causes



All affected patients should undergo investigations to address any possible underlying endocrinopathy or other aetiology.

BEHIND THE SCENES: THE UNSEEN PILLARS OF OUR HOSPITAL'S SUCCESS

By: Azlifa Abdul Azeez (Senior Accounts Officer of AEH)

In the heart of our hospital, beyond the bustling corridors of doctors, nurses, and clinical staff, lies a dedicated team working quietly behind the scenes. Their tireless efforts ensure that everything runs smoothly; essential contributions that often go unnoticed, but never unappreciated.

The government has invested significantly to establish and sustain a hospital of this scale. Building on this foundation, a wide range of essential functions are carried out by a dedicated team; from finance officers, IT specialists, and maintenance crews to administrative staff, human resources, and all support staff on grounds, and more. Together, this team of over 56+ individuals work around the clock to ensure the hospital operates smoothly, 24/7.

Behind the scenes, our finance, human resources, administration, procurement, medical administration, medical records, and store teams work tirelessly to keep the hospital running smoothly, ensuring uninterrupted care for every patient. These teams navigate budget constraints and bureaucratic hurdles to secure the life-saving supplies and services our clinical teams rely on.

While budgets and spreadsheets may seem detached from patient care, they are in fact essential to enabling it. Finance teams ensure critical services are funded, from emergency supplies and equipment repairs to the operation of ambulance fleets. Meanwhile, procurement works relentlessly to overcome delays, making sure that medications, tools, and equipment are available when and where they are needed most.

Our HR, IT, and medical records teams keep the digital pulse alive, maintaining records and keeping them safe. HR recruits' talent and ensures staff are paid accurately and on time, alleviating financial stress so caregivers can stay focused on their patients. IT specialists together with Medical Record teams safeguard records. A single system failure could paralyze operations, yet their success often goes unnoticed until a crisis strikes.

Our maintenance staff and drivers work relentlessly to ensure hospital facilities and equipment are always ready, especially for emergencies. From the busy maintenances in wards to late-night ambulance and equipment repairs, they keep the hospital running seamlessly. Whether fixing leaks, restoring power, or ensuring safety standards are met, their work is done silently, with little complaint, often in the shadows. Yet their absence would be immediately felt: surgeries delayed, temperatures in wards left uncontrolled, and ambulances grounded in the midst of critical emergencies.

These roles might not always be in the spotlight, but they are essential and deeply valuable, and their impact is profound. Every clean ward, every piece of equipment running smoothly, and every patient record accessed seamlessly is a testament to their commitment and dedication.

Appreciation and recognition for these individuals isn't about applause but purpose-- the knowledge that their meticulous, often unseen work is what enables others to do theirs: to treat patients, to respond in emergencies, and ultimately, to save lives.

A procurement officer chasing approvals for months, or an IT specialist debugging systems at 2 a.m., may never witness the impact of their work firsthand. Yet their efforts are present in every successful recovery: in a surgeon's scalpel sterilized just in time, in a nurse finding the crucial supplies they need, to a ventilator repaired moments before urgent use. Ensuring the right care at the right time.

Support teams are often overlooked—and that invisibility carries a risk. When their contributions are underestimated or dismissed as insignificant, it can lead to misunderstanding, misalignment, and ultimately, a breakdown in morale. Presumptions left unchallenged can create distance. But when people feel seen, valued, and included, the workplace transforms. Clear communication, mutual respect, and recognition are essential to fostering teamwork, trust, and true efficiency.

Working in these roles isn't always easy. Some days, monotony feels heavy, and self-doubt creeps in, bringing quiet questions like, **"Does my work really matter?" The answer is yes— it may not make a difference to everyone, but it always matters to someone.**

Empathetic dialogue is key. A maintenance worker needs trust to prioritize emergencies. A procurement officer requires patience to navigate red tape and negotiate with finance teams. A successfully completed audit, a delayed drug shipment finally secured—these are all meaningful contributions. Whether big or small, they are hard-earned accomplishments that keep the system moving.

Colleagues' mutual trust and support are built on clear, professional, and productive communication. It's not just a tool; it's the backbone of effective teamwork. Empathy and authority must be balanced in the dynamics of the workplace. Clear and empathetic communication helps to bridge the gap between all the teams.

A simple "Thank you" can uplift spirits and foster a culture of gratitude. When every role feels valued, collaboration thrives, and the entire system benefits. So, let us embrace our roles with humility and courage, knowing that even the smallest task carries significance. In doing so, we not only overcome self-doubt but also find strength in vulnerability—a reminder that true greatness often lies in the quiet, steadfast acts that go unseen.

To the patients and families: Behind your care stand dedicated individuals, working tirelessly to ensure the hospital operations continue without a halt.

To our often unseen but invaluable team: ***Take pride in your work. Your diligence, though unseen, is the bedrock of healing. In the hospital ecosystem, every task matters. Together, we create a safety net for our community.***

This article is a tribute to every individual working behind the scenes at AEH, fueling the engine that keeps the hospital running 24/7. Your efforts are the true backbone of our hospital. Take a moment to recognize these unseen forces who work tirelessly behind the scenes. Let us celebrate the quiet dedication that sustains healthcare's beating heart.

Thank you, your work is important, valued and appreciated. Keep up the great work! Together, let us take pride in being part of this journey—a demanding yet meaningful path where our dedication serves not just ourselves, but the well-being of our entire community.



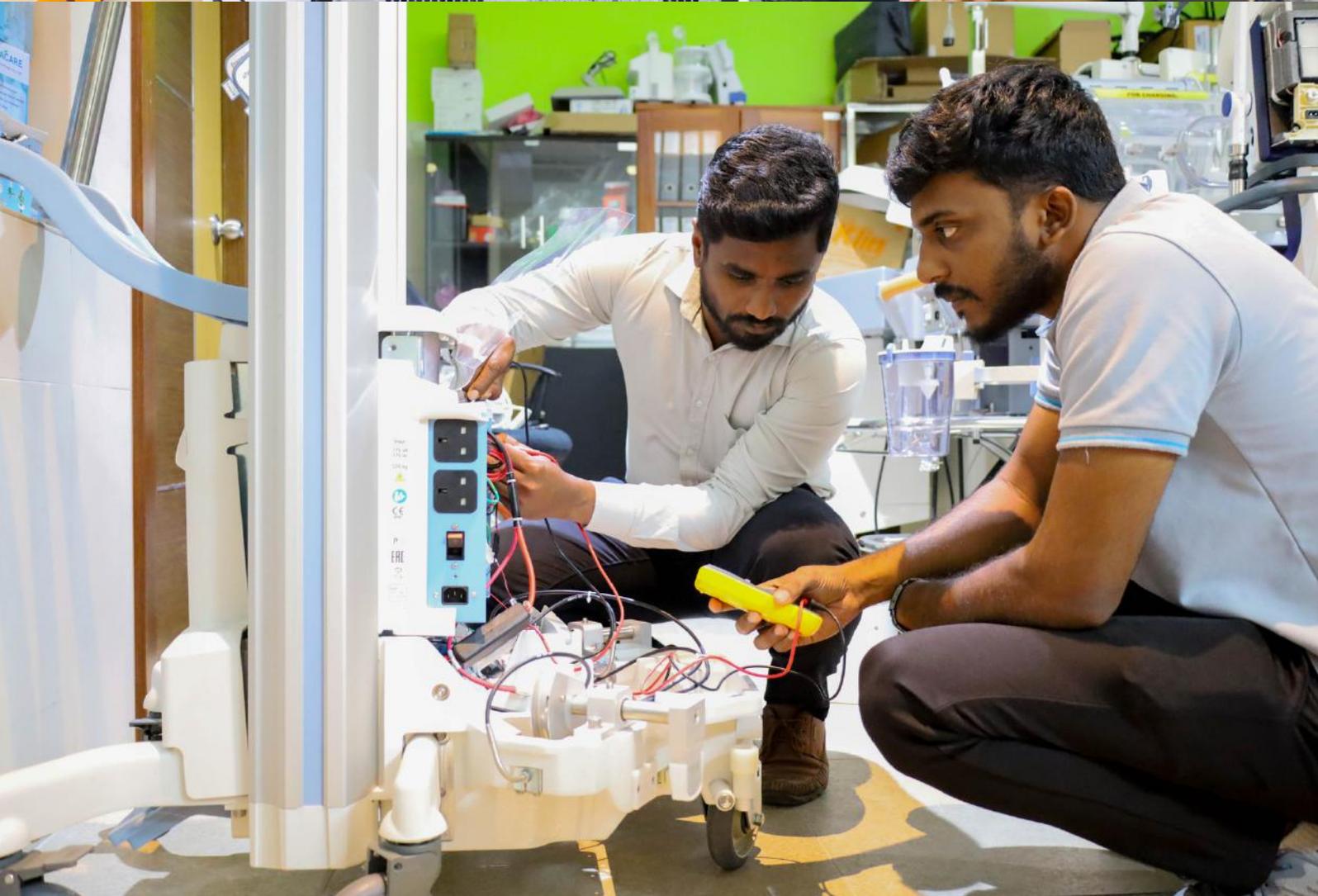




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DOCTORS' DAY





DOCTORS' DAY





DOCTORS' DAY





THALASSEMIA DAY





THALASSEMIA DAY





THALASSEMIA DAY





MENTAL HEALTH AWARENESS MONTH



UPCOMING EVENTS

Mental Health expressive art contest and exhibition

Awareness session by support group (VET)



FOR AMBULANCE

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FOLLOW OUR JOURNEY!