

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

STAFF SPOTLIGHT

Ms. Mariyam Agisa Mohamed

Understanding Obesity:
Complications, and Treatment Options

Patient Pulse

AEH's Commitment to Occupational Health & Safety

**Protecting Those
Who Protect Others**

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

As we move forward into another productive month, I am proud to reflect on the incredible momentum we continue to build across AEH and our Satellite health facilities. Each milestone achieved is a testament to your dedication, compassion, and unwavering commitment to delivering safe, high-quality care to the people of Addu and the southern region.

This month has been especially inspiring, marked by important initiatives that highlight both our clinical excellence and our collective spirit of service. Our celebrations for Preoperative Nurses Week, EBHC Day, and the International Infection Prevention and Control Week showcased not only our expertise, but also the unity of our teams in raising awareness and strengthening best practices. The successful engagement with MNU Nursing students further reaffirmed our role as a teaching hospital committed to nurturing the next generation of healthcare professionals.

*I would like to extend a special appreciation to the teams at the Feydhoo Health Centre and all participating departments for their continued efforts to improve accessibility and patient-centered services. Staff like **Ms. Mariyam Agisa Mohamed**, whom we spotlight this month, represent the very best of AEH professionals whose service influences lives far beyond the walls of their clinics.*



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

I also take pride in the important institutional step we have taken in launching AEH's new immunization policy for healthcare workers. This initiative, detailed by Shah Saeed, Director of Diagnostics and Therapeutics in this issue, reinforces our commitment to occupational health and ensures that those who protect our communities are themselves protected. These structured vaccinations beginning with Hepatitis B and Influenza are vital in safeguarding our workforce and maintaining resilient healthcare delivery.

Patient feedback from our wards continues to guide our continuous improvement efforts. Every voice from our patients is a reminder of why we are here and how we can further refine our systems, compassion, and safety standards.

Our clinical education and health promotion teams have also been active, with valuable contributions such as Dr. Sifat Ullah's article on obesity and risk factors an important topic as we strengthen preventive health strategies across the atolls. This also highlights our commitment to preventive health strategies at AEH.

Looking ahead, we are preparing for the upcoming World Diabetes Day. I encourage all staff to participate and contribute to the success of this important session. Also Maradhoo Health Centre is organizing a community event next weekend to educate the public on diabetes, together with a diabetic screening camp.

As always, I am grateful for your hard work, your professionalism, and the unity that defines AEH. Together, we continue to elevate healthcare standards and touch the lives of thousands with dignity and care. Let us move forward with the same energy and commitment in the coming weeks.

Thank you for everything you do.
Warm regards,

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive.

SPEECH GIVEN BY AEH CEO AT IPC WORKSHOP - INTERNATIONAL INFECTION PREVENTION WEEK 2025, 19TH OCTOBER 2025

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

Good morning, our respected guest Mr Sudharshan, my dear colleagues, members of the Infection Prevention and Control Committee, and distinguished participants,

I would like to welcome all of you to this workshop as we celebrate International Infection Prevention Week 2025. This week serves as a global reminder of the fundamental importance of infection prevention and control, not only in hospitals but across every setting where health and safety matter.

The theme for this year, “Stand UPPP for Infection Prevention”, calls on us to Unite, Prevent, Protect, and Prevail. It is more than a slogan — it is a collective commitment to take action.

- Unite, as a community of healthcare professionals, patients, and the public, to work together toward the same goal zero preventable infections.
- Prevent, by maintaining the highest standards of hygiene, surveillance, and care in every clinical and non-clinical area.
- Protect, by ensuring the safety of our patients, families, and healthcare workers through strict adherence to infection control practices.
- And finally, Prevail, by sustaining our efforts even in the face of challenges because infection prevention is a continuous journey that we travel everyday, not a one-time campaign.

At Addu Equatorial Hospital, we have taken significant steps to strengthen our infection prevention and control systems. Through the tireless efforts of our IPC team, we have improved hand hygiene compliance, implemented surveillance for healthcare-associated infections, standardized cleaning and disinfection protocols, and promoted continuous staff education. These initiatives have enhanced both patient and staff safety across our institution.

This year’s theme encourages us to stand together to unite as one hospital team. It asks us to prevent infections by following the evidence-based practices we know are effective.

It urges us to protect not only our patients but also ourselves and our families. And it inspires us to prevail to continue improving despite challenges in resources, workload, or circumstances.

As leaders, clinicians, and caregivers, our legacy will be defined not only by the number of patients we treat but also by how safely we deliver that care. Patient safety is the true measure of quality, and infection prevention is its foundation.

I want to take this moment to sincerely thank our IPC Committee, nursing leaders, our hospital cleaning services staff, and all departments that have contributed to maintaining high infection control standards. Your efforts often go unnoticed, but they are vital you are the silent defenders of patient safety.

Before winding up I would like to thank STO for gracefully sponsoring this event, and allowing us to get the expertise of our consultant Mr Sudharshan, who has vast knowledge in the field. I hope you all will be learning a lot during this workshop as he will be sharing his experience and insights on all matters concerning infection control and prevention.

Let this workshop serve as a platform for learning, reflection, and renewal of our commitment to infection control and prevention. Let us use this opportunity to share knowledge, identify gaps, and strengthen our collective resolve to keep our patients safe.

As we move forward, may we all remember the essence of this year’s theme Stand UPPP for Infection Prevention:

Unite, Prevent, Protect, and Prevail.

Together, we can make Addu Equatorial Hospital a model for safety and excellence in the Maldives.

Thank you.

Staff Spotlight

MS. MARIYAM AGISA MOHAMED

Ms. Mariyam Agisa Mohamed, a remarkable and long-serving member of Feydhoo Health Centre. Ms. Agisa joined us on 11 August 1992, soon after completing her Family Health Worker training, and has dedicated more than three decades to serving the community with commitment, compassion, and professionalism.

Ms. Agisa is known for her exceptional dedication and strong determination to complete every task on time and to the highest standard. She is punctual, ethical, and consistently upholds professionalism in all her duties.

She is truly an exemplary staff member. During the early days of the health centre, when no administrative staff were appointed, Ms. Agisa willingly stepped in and successfully carried out administrative responsibilities, ensuring smooth operations and uninterrupted services.

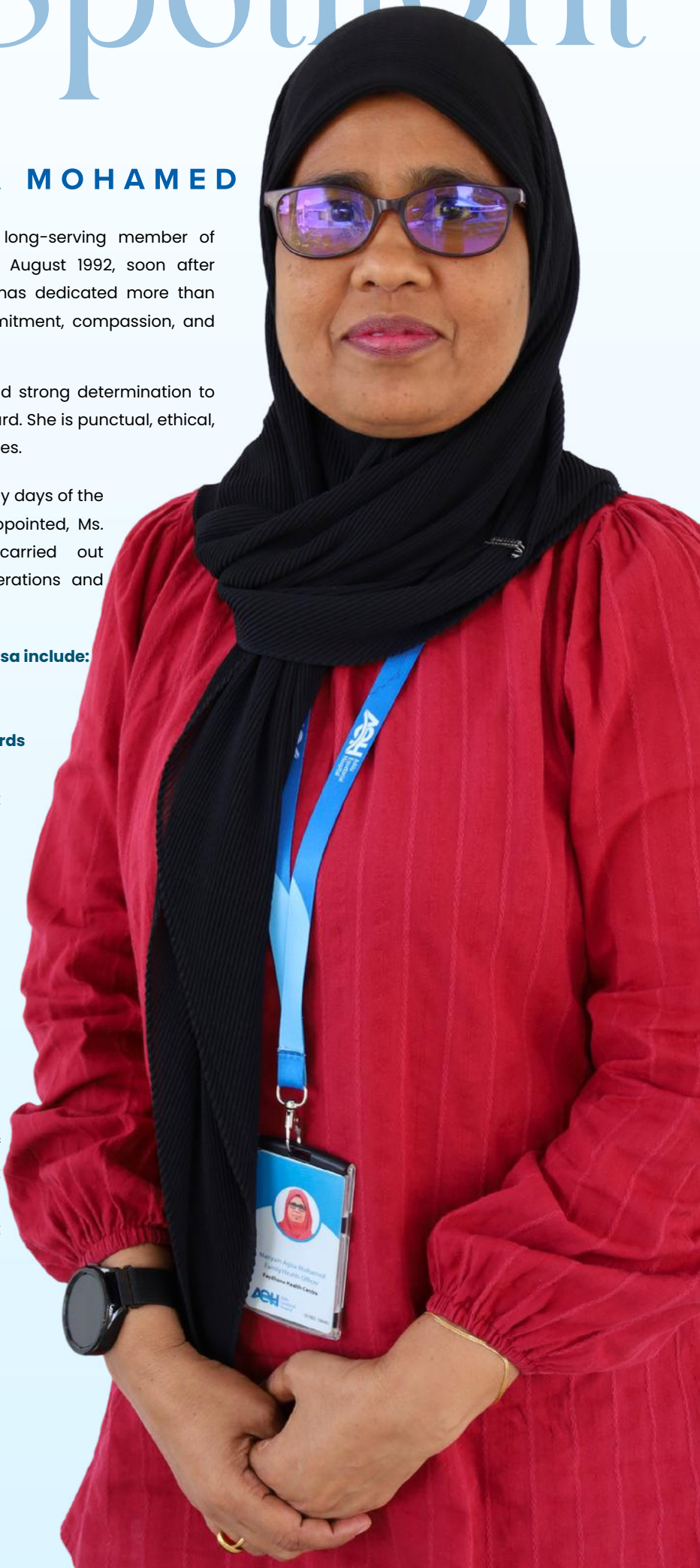
Some of the key tasks currently carried out by Ms. Agisa include:

- **Food establishment services**
- **Child vaccination and growth monitoring**
- **Compiling reports and maintaining accurate records**

Her agility and strong team spirit are among her finest qualities. She adapts quickly, supports her colleagues wholeheartedly, and maintains warm and respectful relationships with everyone, contributing to a positive and harmonious work environment.

A proud milestone in her journey was at the FHC 43rd Annual Day event, where the First Lady of the Maldives presented her with the Long Service Award. Receiving this honour was a true privilege and a well-deserved recognition of her years of dedicated service.

Her long-standing commitment, reliability, and compassionate nature truly reflect the spirit of Feydhoo Health Centre. We extend our heartfelt appreciation to Ms. Agisa for her outstanding contributions and unwavering dedication throughout the years.





مركز
الرعاية
والتعليم

Feydhoo Health Centre

43rd Annual Day



“Welcome aboard” the AEH ONE TEAM



LUDIYAMOL RAVI
Registered Nurse



HAWWA IYAANATH
Procurement Officer



DR. AISHATH SAVA
Medical Officer



DR. SABITA THAPA
Gynecologist



Patient Pulse:

Voices from the Heart of Our Hospital



*To the incredible team of doctors and nurses,
As I say goodbye, I want to extend my heartfelt thanks for your unwavering care, dedication, and compassion. Your tireless efforts, healing hands, and kind hearts made a world of difference, not just in treatment, but in comfort, hope, and humanity. I will always carry that with me.*

Thank you for everything. Wishing you continued strength, health, and success in all you do.

With the deepest gratitude,

-Suzaine



Since I came to the hospital, I have felt a very different experience compared to what I had heard from others who received treatment at AEH. My own experience has been completely positive, comfortable, and caring, supported by friendly staff throughout.

Thank you very much, and please continue the great work with your strong and positive team!

— Abdul Rasheed Hussain



FEYDHOO HEALTH CENTRE



Addu Equatorial Hospital



Feydhoo Health Center, part of Addu Equatorial Hospital, provides reliable, patient-focused care to the people of Feydhoo. Our dedicated team works to make quality healthcare easy to access and comforting for everyone who walks through our doors.

-FEYDHOO HEALTH CENTER-

UNDERSTANDING OBESITY: CAUSES, COMPLICATIONS, AND TREATMENT OPTIONS

By: Dr. Sifat Ullah (Endocrinologist of AEH)

What is obesity?

Obesity is a condition characterized by excessive body weight. It is commonly assessed using the Body Mass Index (BMI), which is a calculation based on your weight-to-height ratio.

BMI Categories

BMI < 18: Underweight

BMI 18–24: Normal range

BMI 25–29: Overweight

BMI ≥ 30: Obesity

What are the complications that can happen with obesity?

Obesity can affect nearly every organ in the body and lead to a wide range of health problems, including:

- Increased risk of heart attacks and strokes
- High blood pressure
- Fatty Liver
- Obstructive sleep apnea
- Increased uric acid levels
- Joint problems and osteoarthritis
- Spinal problems

In short, obesity can involve and impact almost all organs of the body.

What are the causes of obesity?

There are several factors that contribute to obesity. Most often, it is due to a combination of the following that increases your risk of obesity:

1. **Lifestyle:** A sedentary lifestyle leads to burning fewer calories.
2. **Diet:** High-calorie intake, especially from unhealthy foods.
3. **Genetics:** A family history of obesity increases your risk.
4. **Hormonal disorders:** Certain underlying hormonal conditions can contribute to weight gain.

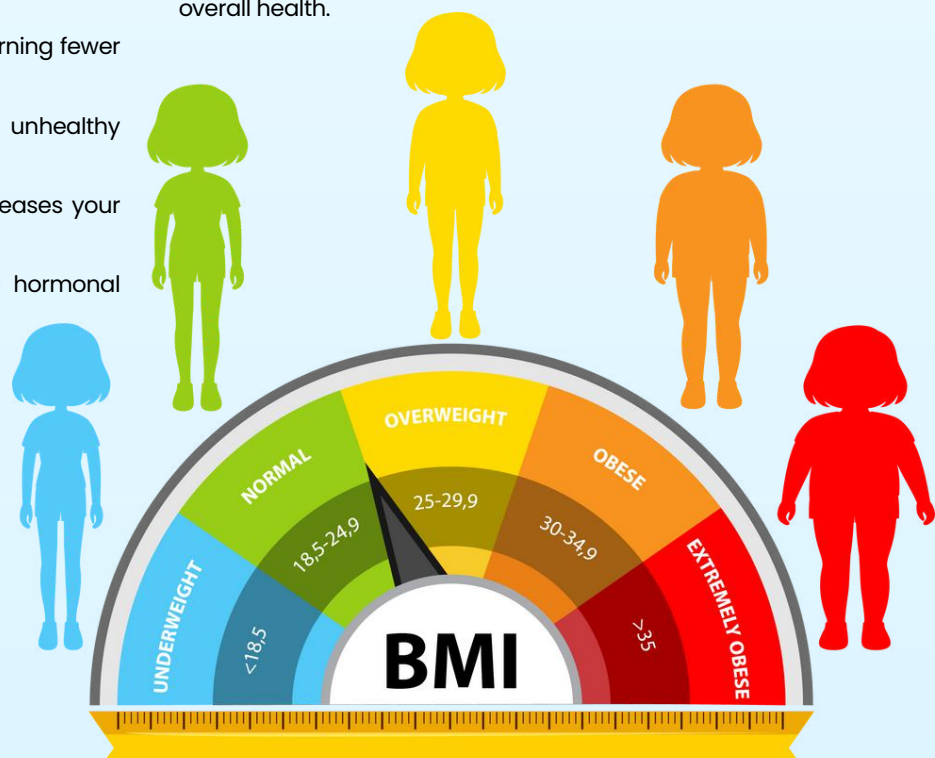
How do you treat obesity?

There are four main treatment approaches, often used in combination:

1. **Diet Modification:** Key dietary changes that reduce the risk of obesity include: avoiding refined sugars, limiting fast food, cold drinks, and juices, Reducing portion sizes and replacing white rice and white bread with brown rice and whole-grain bread.
2. **Physical Activity:** Aim for at least 30 minutes of walking per day, 6 days a week.
3. **Medications:** If lifestyle changes are not enough, medications may be recommended. Current medications can help achieve significant weight loss (up to 20–25 kg). Although they may have side effects, these medications often provide added benefits such as: Cardiovascular protection, kidney protection, takes care of fatty liver, controls diabetes.
4. **Surgery:** Bariatric surgery, including procedures that reduce stomach size or bypass part of the digestive system, can lead to substantial weight loss. These surgeries may also help reverse diabetes and other obesity-related complications in many patients.

Key Message

Obesity is a preventable condition. With proper diet, lifestyle changes, (and when needed), medications or surgery, its complications can be significantly reduced. Managing your weight is essential to protecting your overall health.



PROTECTING THOSE WHO PROTECT OTHERS: AEH'S COMMITMENT TO OCCUPATIONAL HEALTH & SAFETY

By: Shah Saeed (Director of AEH)

At Addu Equatorial Hospital (AEH), safety is more than a policy. It is a culture that protects our greatest asset: our people. As healthcare professionals, we are constantly exposed to biological risks that can endanger both staff and patients. Recognizing this, AEH has taken a landmark step forward by establishing a formal Immunization Policy for Healthcare Workers, now awaiting final ratification, to institutionalize protection against **Hepatitis B** and seasonal **Influenza** for all staff across AEH and its satellite centers.

Building a Safer Workplace Through Immunization

Vaccination is one of the simplest yet most powerful occupational safety measures in healthcare. According to the World Health Organization (WHO), vaccines prevent millions of deaths each year and significantly reduce the transmission of infectious diseases within hospitals. For AEH, strengthening healthcare worker immunization means not only safeguarding staff but also ensuring safer care for every patient we serve.

The new policy, led by Dr. Ibrahim Yasir Ahmed, aligns directly with WHO's Global Patient Safety Action Plan 2021–2030 and Joint Commission International (JCI) 8th Edition Standards, particularly IP5G 5 and SQE 02.01. It positions vaccination as an integral component of infection prevention and occupational safety, ensuring that all AEH staff, from doctors and nurses to lab technologists, housekeeping, and outsourced personnel, are protected through a structured and equitable immunization framework.

From Vision to Action: AEH's Progress So Far

AEH's journey began with a project proposal submitted in July 2025, followed by policy drafting, baseline assessment, and sensitization sessions. By September 2025, vaccination campaigns were successfully launched across all centers, marking the start of a coordinated rollout.

As of October 2025, AEH achieved the following milestones:

- **Influenza Vaccination Coverage:** 52% of all AEH staff (301 of 577) have been vaccinated a significant rise from 24% in August.
- **Hepatitis B Vaccination Coverage:** 172 staff members (34%) have confirmed protective antibody levels, while over 111 have now completed all 3 doses.
- **Vaccination Rounds:** Two major campaigns were held, on 1 September and 16 October, with active monitoring and weekly reporting led by the Public Health Service.

These achievements represent a major organizational shift moving from fragmented practices to a policy-driven, measurable, and accountable safety program.

Next Steps: Activating Department Focal Points

Once the Immunization Policy is formally ratified, the departmental focal points will be activated across all clinical and support areas. Each focal point will coordinate with the Public Health Service and Human Resources Department to ensure that staff vaccination, documentation, and follow-up are carried out promptly. Their leadership at the departmental level will be vital in maintaining continuous vaccine coverage, monitoring compliance, and ensuring no one is left behind.

Preparing for the November Mass Vaccination Rounds

As AEH moves into the November 2025 phase, preparations are already underway for the next round of mass vaccination for both Influenza and Hepatitis B. This campaign aims to build on the success of earlier rounds and push AEH closer to its year-end goals $\geq 50\%$ influenza coverage and $\geq 70\%$ completion of the second Hepatitis B dose by December.

We call upon all AEH employees, clinical, administrative, and outsourced, to actively support this initiative. Your participation is not only about compliance; it is about protecting your own health, your colleagues, and your patients. Together, we can make AEH a model of safety and responsibility for the entire health system.



Championing a Culture of Safety

AEH's Immunization Policy is more than a document; it is a symbol of shared responsibility. As per new policy, each department will have a Vaccination Orientation Focal Point responsible for guiding new staff through immunization steps within their first five days of duty. The Public Health Service, Human Resources, Laboratory, and Procurement & Stores teams jointly oversee vaccine logistics, record-keeping, and cold-chain maintenance, ensuring every dose is delivered safely and documented accurately.

Education remains a cornerstone of this effort. Through sensitization sessions, FAQs, and staff counseling, AEH continues to address common fears and misconceptions about vaccines, building confidence and encouraging participation.

Looking Ahead

With continued leadership commitment and full staff participation, AEH is on track to achieve a safer, healthier, and more resilient workforce. Annual reviews, refresher training, and sustained monitoring will keep this initiative active beyond 2025, embedding immunization as a permanent part of our occupational health and safety system.

A Message to All Staff

Vaccination is not merely compliance: It is compassion in action.

By protecting yourself, you protect your patients, your colleagues, and your family.

Let's come together for the November vaccination rounds and help AEH achieve its mission of

"Zero avoidable harm - for patients and for those who care for them."

Stay protected. Stay safe. Stay committed.





PREOPERATIVE NURSES WEEK 2025





PREOPERATIVE NURSES WEEK 2025





EBHC DAY 2025





EBHC DAY 2025





INTERNATIONAL INFECTION PREVENTION AND CONTROL WEEK 2025





INTERNATIONAL INFECTION PREVENTION AND CONTROL WEEK 2025



UPCOMING EVENTS

**World Diabetes Day collaboration event:
Insulin Therapy session**



FOR AMBULANCE

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