

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

STAFF SPOTLIGHT

TOBACCO

CESSATION CLINIC

to Support Healthier Living

Preventing and Managing

BEDSORES

Guide for Expecting Parents

Fetal Movements

Patient Pulse

The Impact of Laparoscopy on Surgery

A pillar of Healthcare

CELEBRATING ACHIEVEMENTS AND FOSTERING EXCELLENCE

Welcome to the fourth issue of the Addu Equatorial Hospital (AEH) Newsletter. It is a pleasure to share the highlights of our team's work and the milestones we've achieved. Each story in this issue reflects our unwavering dedication to excellence in patient care, education, and community engagement. This month, we are thrilled to spotlight

our exceptional surgeons: Dr. Abdelsalam, Dr. Yasser, and Dr. Than. They bring expertise and dedication to AEH, performing complex procedures and guiding patients through their recovery journeys.

Their work in the surgical department exemplifies our mission to provide skilled, compassionate care to our patients. We're proud to celebrate their achievements and highlight the essential role they play within our hospital.

Our Departmental Spotlight focuses on the Radiology Department, a vital component of AEH. Our radiology team plays a key role in diagnostics, supporting various departments in providing timely and accurate patient care. From X-rays to advanced imaging, they ensure we meet high standards in diagnostics and contribute greatly to our hospital's vision to become the best health system in the Maldives.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

At AEH, patient feedback is integral to our continuous improvement. This month, we share insights from written feedback gathered by our Hiyfahi Clinic and Surgery Departments. Your comments guide us in understanding our strengths and areas for growth, and we remain committed to implementing these valuable insights to enhance patient care. This aligns with AEH mission to transform medical care in partnership with the community and patients.

In this issue, our experts offer valuable perspectives on key healthcare topics. Dr. Abdelsalam contributes an article on the impact of laparoscopy, detailing how minimally invasive procedures are transforming surgery. Additionally, our Maternity Department provides a guide on understanding fetal movements for expecting parents, emphasizing the importance of maternal health. We also feature articles on Opening of Tobacco Cessation Clinic to Support Healthier Living from our Public Health Department, underscoring the critical role of diagnostics in modern healthcare.

November has been a busy month for AEH, and we're delighted to share the highlights. Thank you to our donors for contributing to this life-saving initiative. This campaign reinforced our commitment to evidence-based practices. Promoting youth health, with screenings that detect potential issues early. From suturing skills to NCD awareness, we continue to engage and educate the community.

Looking ahead, AEH is committed to advancing healthcare in the Maldives. We remain focused on quality improvement, staff development, and community outreach, aiming to be a model of healthcare excellence. Thank you for your support and trust as we work together toward a healthier future.

Warm regards,

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 Sp

DEPARTMENT OF GENERAL SURGERY

This month, we are proud to introduce three exceptional surgeons who bring invaluable expertise and experience to our medical community. Their dedication to surgical care plays a vital role in enhancing patient outcomes and shaping the future of surgery.

DR. THAN HTIKE WAI



Dr. Than Htike Wai brings over a decade of experience to AEH and his specialized areas are traumatic abdominal surgery and breast surgery. During his clinical life, he has dealt with traumatic injuries including conflict-related injury cases. His extensive expertise also includes thyroid surgery, upper and lower gastrointestinal surgery, biliary surgery, and all types of ventral and inguinal hernia surgery.



*"Precision and compassion in every stitch,
changing lives one operation at a time."*

otlight



DR. YASSER ALI OKASHA ALI HALAWA

Dr. Yasser is a skilled surgeon with over 8 years of experience in the field. Specializing in general and colorectal surgery, he has also developed a particular focus in both laparoscopic abdominal procedures and the management of colon and rectal cancer. His expertise also extends to the management of urgent abdominal conditions, as well as minor and advanced anal surgeries, including laser proctology.



DR. MOHAMED MOHAMED ABDELSALAM

With nearly a decade of experience, Dr. Mohamed is a skilled surgeon specializing in laparoscopic and abdominal surgeries. Throughout his career, he has developed strong expertise in performing complex surgical procedures as well as minimally invasive surgeries.



OUR SURGICAL TEAM

Together, they are the epitome of surgical skill and knowledge. Their years of specialized training, combined with their hands-on experience in a wide range of complex surgeries, make them invaluable assets to our community. We are privileged to have these dedicated professionals at the forefront of patient care in AEH.

Patient Pulse:

Voices from the Heart of Our Hospital

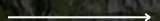


Thank you for not giving up and making it during the surgery!
Without such bravery only God would have known what happened
next. our best wishes and duas will always be with you!

-Aiman and Shaya-



HIYFAHI CLINIC PATIENTS





Radiographers: Masters of seeing the unseen, using precision and technology to unveil hidden insights, guiding each patient toward a clearer diagnosis and better care.

-RADIOLOGY DEPARTMENT OF AEH-



The Impact of Laparoscopy on Surgery: Transforming Patient Experience at Addu Equatorial Hospital

By Dr. Abdelsalam, Surgeon of AEH

Laparoscopy has revolutionized surgery at Addu Equatorial Hospital (AEH), significantly improving patient outcomes and surgical efficiency. As a minimally invasive technique, it allows surgeons to operate through small incisions using advanced imaging tools, which has dramatically reduced the trauma associated with traditional open surgery. One of the most profound changes is the reduced risk of postoperative infections. With smaller incisions, the chances of wound contamination are far lower, which means fewer complications and faster recovery times for patients.

Pain management post-surgery is another major benefit of laparoscopy.

Since the procedure requires only tiny cuts, patients experience less discomfort compared to open surgery. This translates to shorter hospital stays, reduced reliance on pain medication, and quicker returns to daily activities.

At AEH, laparoscopy is now a preferred method for many surgeries, including gallbladder removal, hernia repair, and appendectomy. The reduced postoperative pain and infection rates highlight the hospital's commitment to providing state-of-the-art care. As we continue to adopt these advancements, AEH remains at the forefront of surgical excellence, ensuring that our patients receive the best possible care.



ADDU EQUATORIAL HOSPITAL LAUNCHES TOBACCO CESSATION CLINIC TO SUPPORT HEALTHIER LIVING

By: Jannath Rushdhee, Senior Community Health Officer of AEH

November 13, 2024 – In a significant step towards improving public health and supporting individuals on their journey to quit tobacco, Addu Equatorial Hospital has officially opened its Tobacco Cessation Clinic. The new clinic aims to provide comprehensive support for individuals looking to overcome tobacco dependence and improve their overall well-being.

The clinic, which opened its doors on November 13, 2024, is set to run

**Every Wednesday from
9:00 AM to 11:00 AM.**

patients have access to a range of personalized services, including counseling, treatment options, and ongoing support tailored to each person's unique needs.

These services are designed to address the physical and psychological challenges associated with quitting smoking and other forms of tobacco use, with the goal of making the journey towards a smoke-free life achievable and sustainable.

To ensure each patient receives dedicated attention and care, the clinic operates on a pre-appointment basis. This appointment-only model allows healthcare professionals to tailor their approach and allocate resources effectively for each person's quit journey. Appointments can be scheduled in advance by contacting the hospital directly through its dedicated phone lines, allowing staff to prepare for each patient's specific needs.

For more information or to make an appointment, individuals are encouraged to contact Addu Equatorial Hospital directly. The clinic team looks forward to supporting patients every step of the way on their journey to a tobacco-free life.



UNDERSTANDING FETAL MOVEMENTS: A GUIDE FOR EXPECTING PARENTS

By: Maternity Department of AEH

How to Monitor Your Baby's Movements: A Simple Guide for Expecting Parents

Most women first notice their baby moving between 18–20 weeks of pregnancy, though first-time mothers might not feel it until after 20 weeks. Experienced mothers may sense movements as early as 16 weeks. Movements can feel like kicks, flutters, swishes, or rolls, and typically peak in the afternoon and evening. Babies have sleep periods lasting 20 to 40 minutes, rarely exceeding 90 minutes, during which they do not move. The number of movements usually increases until around 32 weeks, then stabilizes, although the type of movement may change as the due date approaches. It's important to continue feeling movements right up to labor, as babies should still move during labor.

Why Monitoring Baby Movements is Important?

Most healthcare providers recommend starting to monitor your baby's movements around the 28th week of pregnancy. By this stage, your baby is typically large enough for you to feel their movements distinctly. However, every pregnancy is unique, so it's essential to consult with your healthcare provider for personalized advice.

The optimal time to check your baby's movements is after **you've eaten a meal or a snack**. Food can stimulate your baby and increase their activity level, making it easier for you to feel movements.

If you feel fewer than 10 movements in 12 hours, seek immediate medical attention, as changes may need further evaluation.

Steps to Monitor Movements

- **Get Comfortable:** Lie down on your left-hand side. This position improves blood flow to the placenta and can help you feel your baby's movements more clearly.
- **Start Counting:** Use a piece of paper to record your observations. Each time you feel your baby move, make a tick (✓) in the designated box on the paper.
- **Record the Time:** After you count 10 movements, note the time. This daily record helps you track patterns in your baby's activity.
- **Daily Monitoring:** Once you've felt 10 movements in one day, you do not need to continue marking movements for the rest of that day.

Tips for Effective Monitoring

- **Stay Relaxed:** Finding a calm environment can help you focus better on your baby's movements.
- **Choose Active Times:** Pay attention to when your baby tends to be more active—this can vary from person to person.
- **Hydrate and Nourish:** Drinking water and having a healthy snack can stimulate movement, making it easier to count kicks.



PREVENTING AND MANAGING BEDSORES: ESSENTIAL STRATEGIES FOR BETTER PATIENT CARE

By: ICU Department of AEH

Bedsore, or pressure ulcer, are a significant concern in healthcare, particularly for patients with limited mobility. These injuries result from prolonged pressure on the skin over bony areas like the heels, sacrum, and elbows. Such pressure restricts blood flow, leading to tissue damage that can progress to severe ulcers if not managed promptly. These ulcers can cause significant discomfort and increase the risk of infection, impacting a patient's quality of life and complicating their care.

Preventing bedsore involves a comprehensive strategy.

Regular repositioning is crucial: patients should be turned every 1-2 hours if in bed and every 15-30 minutes if in a chair. Employing techniques that reduce friction and shear, such as using draw sheets or repositioning aids, helps minimize skin damage. Additionally, using pressure-relieving surfaces like specialized mattresses and cushions can distribute pressure more evenly, reducing the risk of ulcer formation.

Skin care is also a key component of prevention.

Routine inspection of the skin, particularly over bony areas, allows for early detection of pressure damage. Gentle cleansing with mild soap and water, avoiding hot water, and applying moisturizers to keep the skin hydrated are essential practices.

Maintaining skin integrity through proper care helps prevent breakdown and supports overall skin health.

Nutrition and hydration play a vital role in preventing and managing bedsores.

A balanced diet rich in proteins, vitamins, and minerals supports skin health and aids in wound healing. Ensuring adequate fluid intake helps maintain skin hydration and overall health, which is crucial for patients at risk of developing bedsores.

Managing Bedsores When They Occur

If bedsores do develop, effective management is critical to prevent worsening and promote healing.

- **Appropriate Wound Care:** Clean wounds with suitable solutions and apply dressings based on ulcer stage. Dressings like hydrocolloid, foam, or alginate can provide protection and promote healing. Pain management, through regular assessment and analgesics, ensures patient comfort.
- **Infection Control:** Monitor for infection signs, such as redness, warmth, or discharge from the wound. Administer antibiotics as necessary and follow strict infection control protocols to prevent complications.
- **Documentation and Follow-up:** Maintain detailed records of wound assessments, interventions, and patient responses. Regular evaluations allow for timely adjustments in care, ensuring the most effective treatment.

Incorporating regular repositioning, thorough skin care, pressure-relieving surfaces, proper nutrition, hydration, and effective wound management into patient care can greatly reduce bedsores and improve patient outcomes, helping healthcare professionals uphold high-quality care.





WORLD EVIDENCE-BASED HEALTH CARE DAY 2024





WORLD EVIDENCE-BASED HEALTH CARE DAY 2024



Prevention of Ventilator Associated Pneumonia using closed tracheal Suction System

Improving patient safety and recovery. Utilizing a closed tracheal suction system significantly reduces the risk of ventilator-associated pneumonia, length of ICU stay and hospital recovery for our patients.

AUTHORS: Dr. Islam Saad Ahmed Khattab M.B.B.Ch, MSc, Anaesthetics, Houssef Shifreha RN, BSc, MSc, Fachmeh Amrathy CCRN, BSc, Aishah Ibrahim RN, Aishah Zainab Mohamed Mohr RN, BSc.

04. Methodology
A comprehensive literature search and evaluation across multiple databases including PubMed, Scopus, Cochrane, MEDLINE, EMBASE, and CINAHL. The search utilized a combination of keywords related to ventilator-associated pneumonia, closed tracheal suction systems, and patient safety. The search strategy was designed to identify relevant studies published between 2010 and 2023. The search results were screened based on relevance and quality. The final selection of studies was based on the inclusion and exclusion criteria outlined in the protocol. The search results were screened based on relevance and quality. The search strategy was designed to identify relevant studies published between 2010 and 2023. The search results were screened based on relevance and quality. The search strategy was designed to identify relevant studies published between 2010 and 2023.

05. Results/Findings
The review identified 10 relevant studies. The studies showed that the use of closed tracheal suction systems significantly reduces the risk of ventilator-associated pneumonia, length of ICU stay, and hospital recovery for our patients.

06. Clinical Implications
1. Decreased Ventilator-Associated Pneumonia (VAP) Rates
2. Reduced Length of Stay (LOS)
3. Improved Patient Outcomes
4. Enhanced Patient Safety
5. Cost Savings
6. Training and Education

07. Conclusion
In conclusion, our study demonstrates that closed tracheal suction systems significantly reduce the risk of ventilator-associated pneumonia, length of ICU stay, and hospital recovery for our patients. The use of closed tracheal suction systems is a safe and effective intervention for preventing ventilator-associated pneumonia. The findings of this study suggest that the use of closed tracheal suction systems is a safe and effective intervention for preventing ventilator-associated pneumonia.

08. Recommendations
Based on our findings, we recommend the implementation of closed tracheal suction systems in ICU settings. We also recommend further research to evaluate the long-term effectiveness and safety of closed tracheal suction systems. The findings of this study suggest that the use of closed tracheal suction systems is a safe and effective intervention for preventing ventilator-associated pneumonia.

Reference
Khan S, Mohammed S, Khan S, Sheikh A, Hagege S, et al. Kerna. *International Journal of Nursing and Health Care*. 2023; 1(1):1-10.
Khan S, Mohammed S, Khan S, Sheikh A, Hagege S, et al. Kerna. *International Journal of Nursing and Health Care*. 2023; 1(1):1-10.

Our Vision: To the Best

WORLD EVIDENCE-BASED HEALTH CARE DAY 2024

COMPARE THE EFFECTIVENESS OF LOW MOLECULAR WEIGHT HEPARIN (LMWH) WITH UNFRACTIONATED HEPARIN (UFH) AS AN ANTICOAGULANT IN HEMODIALYSIS PATIENTS.

BREAKTHROUGHS WOULD NOT BE POSSIBLE WITHOUT RESEARCH. KEEP PEERS INFORMED ABOUT YOUR LATEST FINDINGS!

AUTHORS: Faruqah Shamsi BSc, MSc, Anaesthetics, Houssef Shifreha RN, BSc, MSc, Fachmeh Amrathy CCRN, BSc, Aishah Ibrahim RN, Aishah Zainab Mohamed Mohr RN, BSc.

INTRODUCTION
Hemodialysis is a life-saving treatment for patients with end-stage renal disease. Anticoagulation is essential to prevent clotting during dialysis. Low molecular weight heparin (LMWH) and unfractionated heparin (UFH) are commonly used anticoagulants. This study compares the effectiveness of LMWH and UFH in hemodialysis patients.

OBJECTIVE
To compare the effectiveness of low molecular weight heparin (LMWH) with unfractionated heparin (UFH) as anticoagulants for hemodialysis patients.

METHODOLOGY
A comprehensive search was conducted using PubMed, Scopus, and Cochrane Library. Relevant studies published between 2010 and 2023 were identified. The search strategy was designed to identify relevant studies published between 2010 and 2023. The search results were screened based on relevance and quality. The search strategy was designed to identify relevant studies published between 2010 and 2023.

RESULTS/FINDINGS
The evidence from the included studies indicates that LMWH offers several advantages over UFH. These advantages include a significantly reduced risk of bleeding complications and a potentially lower incidence of all-cause mortality during the LMWH treatment period. The results of this study suggest that the use of LMWH is a safe and effective intervention for preventing bleeding complications in hemodialysis patients.

CONCLUSION
LMWH should be considered an effective alternative to UFH in the anticoagulation management of hemodialysis patients. Further research is needed to evaluate the long-term effectiveness and safety of LMWH.

REFERENCES
Khan S, Mohammed S, Khan S, Sheikh A, Hagege S, et al. Kerna. *International Journal of Nursing and Health Care*. 2023; 1(1):1-10.

compassion through innovative research

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HEMODIALYSIS DEPARTMENT

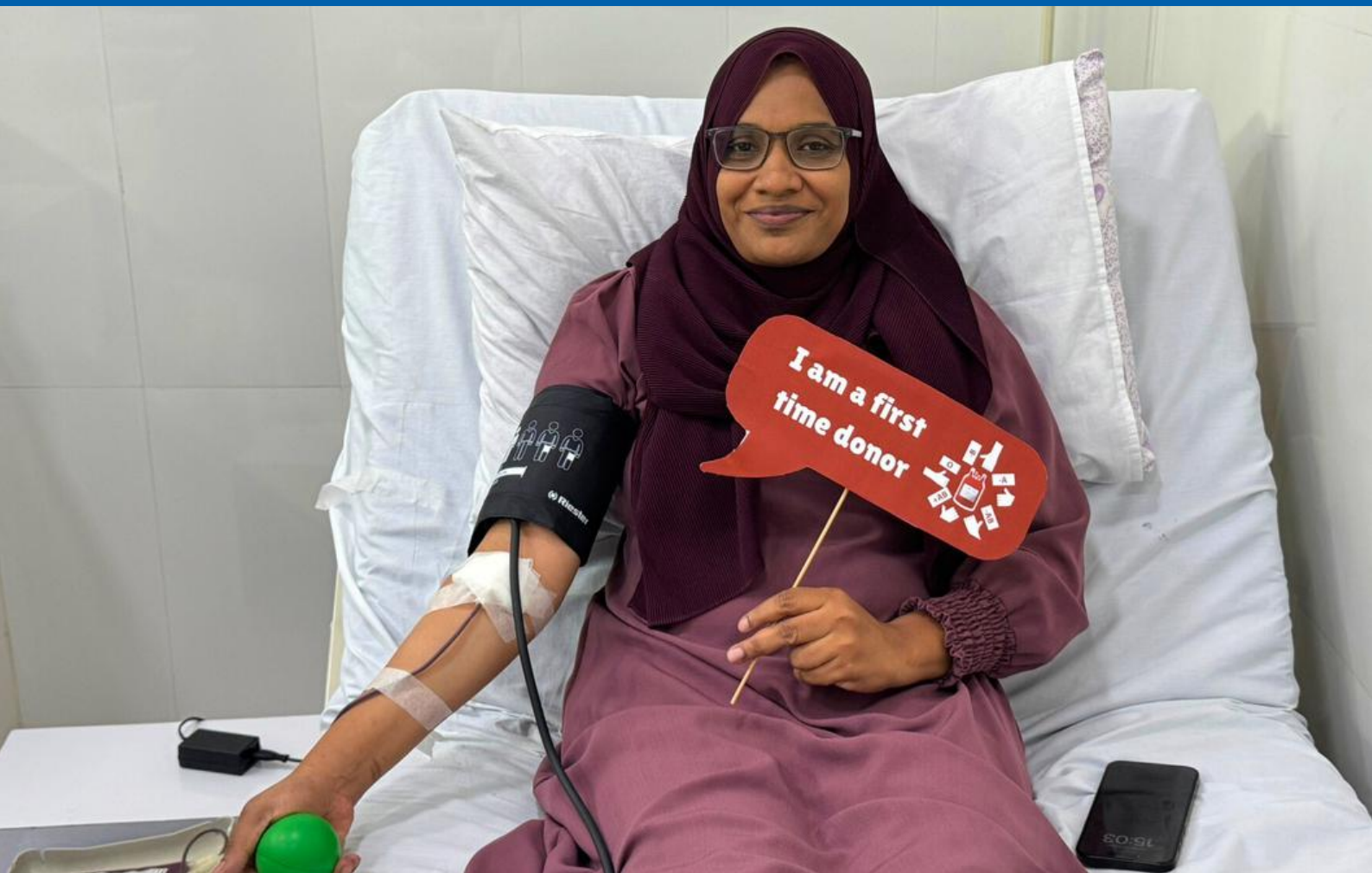


BLOOD DONATION CAMP IN COLLABORATION WITH FUVAHMULAH HOSPITAL.





BLOOD DONATION CAMP IN COLLABORATION WITH FUVAHMULAH HOSPITAL.





CELEBRATED CUSTOMER CARE WEEK 2024





CELEBRATED CUSTOMER CARE WEEK 2024





EMPOWERING HANDS- PRACTICAL SUTURING SESSION





EMPOWERING HANDS- PRACTICAL SUTURING SESSION



UPCOMING EVENTS

School Health Screenings November 2024



We're dedicated to building a healthier community by working in partnership with parents, educators, and health professionals.

AEH CLUB Exco Election

Final Candidates
Exco Election
FOR CLUB AEH PRESIDENT:



Candidate no: 1
Mariyam Shahuma Naseem
(Registered Nurse)

Candidate no: 2
Azeem Latheef
(Senior Administrative Officer)

FOR CLUB AEH ORGANIZING SECRETARY:

Candidate no: 1
Fathimath Sana
(Senior Registered Nurse)

Candidate no: 2
Ali Maazin Hassan
(Vehicle Assistant)

Candidate no: 3
Arul Komagan G
(Physiotherapist)

FOR AMBULANCE

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aeh_mv



Addu Equatorial Hospital-AEH



7379951



info@aeh.gov.mv

CONTENT

Dr. Abdelsalam

ICU Department

Maternity Department

Jannath Rushdhee

Azha Abdul Rasheed

EDITOR

Fathimath Abdulla Rasheed

PHOTOGRAPHY

Nishaaza Abdulla

DESIGN & ART DIRECTION

Nishaaza Abdulla



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