

SIH`HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**STAFF
SPOTLIGHT**

Patient
Pulse

**INTRODUCING
FINGER FOODS
EARLY:**

A Balanced Approach

**Celebrating
Customer Service**

A pillar of Healthcare

Mental Health Day 2024

Digital
Detox Hour

CELEBRATING ACHIEVEMENTS AND FOSTERING EXCELLENCE

As we continue to navigate the ever-evolving landscape of healthcare, I am incredibly proud of the dedication, compassion, and professionalism that each of you bring to your work at Addu Equatorial Hospital. Your unwavering commitment to providing exceptional care to our patients is truly inspiring.

In this third issue of our newsletter, we celebrate the achievements and contributions of our staff, highlight the valuable feedback from our patients, and delve into important topics related to child health, stress management, and customer service. This month, we spotlight the invaluable service of Ali Moosa, our Head of Transport and Maintenance Services. His expertise and leadership have been instrumental in ensuring the smooth and efficient operation of our hospital.

Last month, we were honored to host the National Patient Safety Day, chaired by the First Lady, Madam Sajidha.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

I would like to extend my sincere gratitude to everyone involved in organizing this successful event. Additionally, we focused on other significant initiatives, including the World Heart Day Event, Digital Detox Hour - Mental Health Day Celebration, and Alzheimer's Screenings in association with the Alzheimer's Society of Maldives.

This month, we have exciting articles in store for you. I encourage you to explore the insights shared by our team members. From debunking myths about sugar and hyperactivity to discussing the importance of early finger food introduction, these pieces offer valuable information and practical advice. Articles by our Staff Support Team and Customer Care Department delivers how to achieve an exceptional customer service in healthcare and the article by our support team delve deeper into stress management in the workplace and the significance of preventive measures.

As we look ahead, I am excited about the upcoming events and initiatives that will further enhance our ability to serve our community. This includes Blood Donation Camps in Fuvahmulah, the Evidence Based Health Care Day 2024 Campaign with poster presentations and a CME program for doctors and nurses, and the upcoming School Health Screenings Event.

Let us continue to strive for excellence in all that we do, fostering a culture of innovation, collaboration, and compassion.

Thank you for your dedication and hard work.

A stylized, handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive, with a small dot above the 'i' in 'Yasir'.



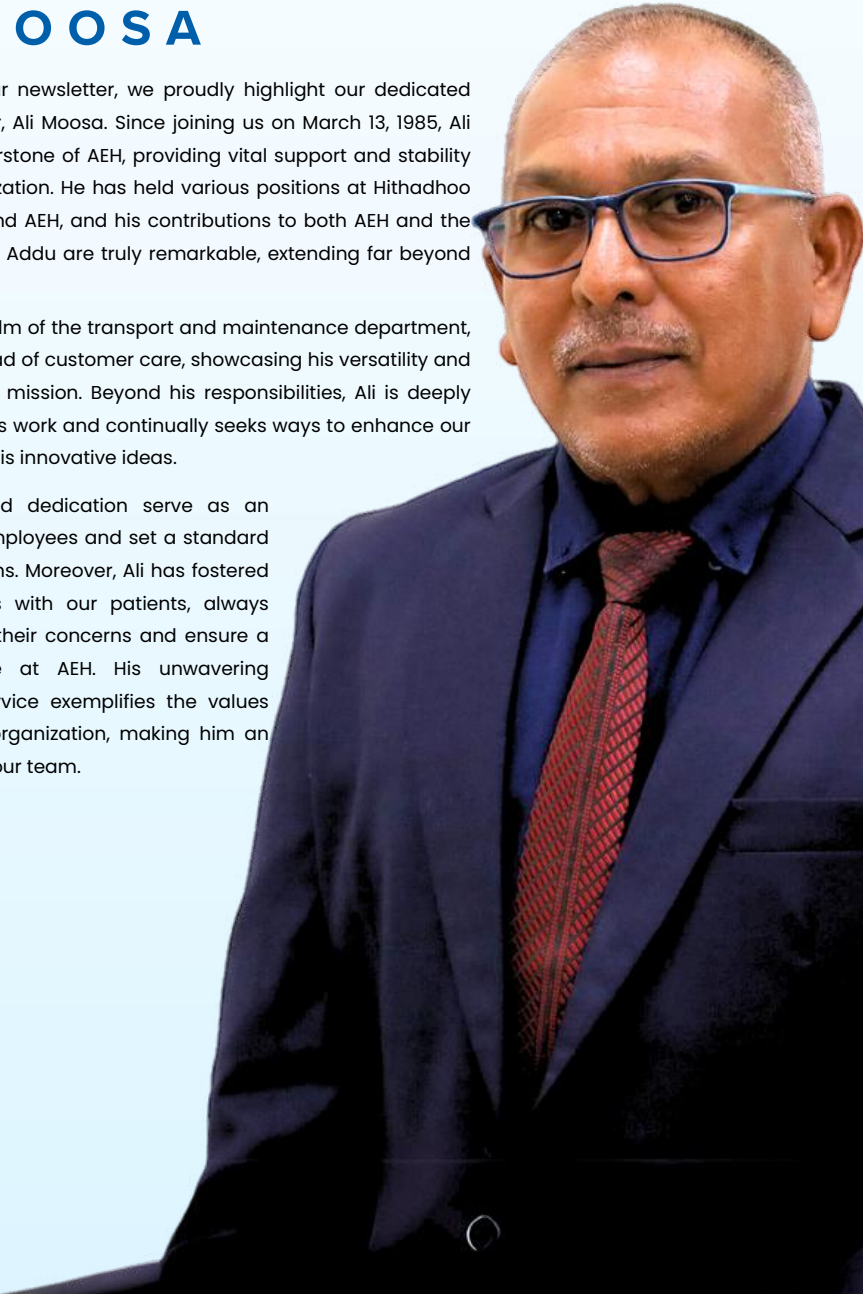
Staff Spotlight

ALI MOOSA

In this edition of our newsletter, we proudly highlight our dedicated maintenance officer, Ali Moosa. Since joining us on March 13, 1985, Ali has been the cornerstone of AEH, providing vital support and stability to our entire organization. He has held various positions at Hithadhoo Regional Hospital and AEH, and his contributions to both AEH and the healthcare sector in Addu are truly remarkable, extending far beyond his official job title.

Before taking the helm of the transport and maintenance department, Ali served as the head of customer care, showcasing his versatility and commitment to our mission. Beyond his responsibilities, Ali is deeply passionate about his work and continually seeks ways to enhance our processes through his innovative ideas.

His enthusiasm and dedication serve as an inspiration for all employees and set a standard for future generations. Moreover, Ali has fostered strong relationships with our patients, always striving to address their concerns and ensure a positive experience at AEH. His unwavering commitment to service exemplifies the values we uphold at our organization, making him an invaluable asset to our team.



Patient Pulse:

Voices from the Heart of Our Hospital

“My husband was recently admitted in AEH. i was really impressed with the level of customer service.

The staff was professional, friendly and attentive throughout our admission. It was a positive experience, and i appreciate the excellent service we received.”



“Thank you doctors and nurses for your exceptional care and kindness during one of the most vulnerable time for our family. Your unwavering dedication and empathy brought us hope and helped us face the challenge with more positive outlook.

We will always be grateful for your tireless commitment to patient well being. Thank you.”



“Great service from the customer care team at AEH. They were professional, caring and quick to assist.

Truly appreciate their help.”





Celebrating customer care week: Exceptional customer service is the backbone of a thriving healthcare environment. As we reflect on our commitment to providing outstanding care, it's crucial to celebrate the role of customer service and its profound impact on our patients, staff, and community.

-CUSTOMER CARE DEPARTMENT OF AEH-



Introducing Finger Foods Early: A Balanced Approach

By Dr. Fathimath Amaany Naseer, Medical Director of AEH

Introducing finger foods is an exciting milestone in your baby's journey toward independence. By the time your baby is around six months old, they're ready for more than just milk. Starting solids, including finger foods, between 6 to 8 months not only provides essential nutrients but also boosts their development in ways you may not expect. From enhancing motor skills to encouraging self-feeding, this stage can be as rewarding for parents as it is for babies.

But what's the best way to approach this transition? Should you dive into finger foods right away or ease into it with purées? Let's explore a balanced approach that blends the benefits of both.

Why Finger Foods Matter Early On

You've likely heard of baby-led weaning (BLW), a method where babies skip purées altogether and go straight to finger foods. While BLW is becoming popular, there's no one-size-fits-all solution. Some parents prefer a combination of purées and finger foods, which can offer a gentle introduction to solids while still encouraging babies to practice self-feeding. This mixed approach allows babies to explore various textures and flavors at their own pace.

Introducing finger foods early—around 6 months—has big developmental benefits:

- **Motor Skills:** Grasping small pieces of food helps babies develop the coordination and fine motor skills they'll need later for activities like writing or buttoning a shirt.
- **Self-Feeding:** Letting babies feed themselves promotes independence, giving them control over their eating and helping them tune in to their hunger cues.

It's also essential not to rely solely on purées for too long. Prolonged use of only smooth textures can delay critical skills, like chewing and moving food around the mouth, which are essential for speech development and eating more complex foods.

Babies who aren't introduced to lumpier or solid textures early may also become more resistant to trying new foods later, leading to picky eating habits.

By **6** months, babies' iron stores begin to deplete, and breast milk or formula alone may no longer be enough to meet their growing needs. Finger foods can be an excellent way to introduce iron-rich options like soft-cooked vegetables, finely chopped meats, or iron-fortified cereals. This not only helps them meet their nutritional needs but also expands their palate early on.

Plus, exposing babies to a variety of flavors—including potentially allergenic foods like eggs and peanuts—during this stage may help reduce the risk of allergies later in life. Of course, always consult your pediatrician when introducing these foods.



Safely Introducing Finger Foods

Safety is a top priority when it comes to introducing solids. Here are some tips to ensure that your baby is exploring new foods safely:

- Choose soft, manageable pieces: Foods should be easy to chew, soft enough to squish between your fingers, and cut into small, bite-sized pieces to minimize choking hazards.
- Supervise mealtimes: Always keep an eye on your baby while they're eating. They're learning to chew and swallow, so accidents can happen if they take too big of a bite.
- Start slow: Begin with just a few simple foods and textures, and gradually introduce more as your baby becomes comfortable.



Finding the Right Balance: Finger Foods & Purées

While baby-led weaning has its benefits, it's not the only approach to successfully introduce solids. A mixed approach that includes both finger foods and purées may give babies the best of both worlds. Purées offer a smooth, nutrient-packed option that's easy to digest, while finger foods help babies learn how to self-feed and chew.

Remember, every baby is different. Some may take to finger foods quickly, while others might prefer purées at first. The key is finding a balance that works for you and your baby. Keep offering a variety of textures and flavors to help your baby adjust and build confidence in eating solid foods.

Avoiding Picky Eating Later

Delaying the introduction of finger foods for too long can increase the risk of picky eating as your child grows. Babies who are exposed to a variety of textures early on are more likely to become adventurous eaters later in life. The more they can explore different foods now, the more adaptable they'll be to changes in their diet as they grow.

Minimizing Distractions During Mealtime

In today's fast-paced world, it's tempting to rely on toys, screens, or other distractions to keep your baby entertained during mealtimes. However, creating a calm, distraction-free environment is crucial for your baby to focus on learning how to eat.

Raising a baby comes with many choices and feeding them is one of the most personal. Whether you're leaning toward finger foods, purées, or a combination of both, take it one meal at a time and enjoy watching your little one explore the world of food. After all, this is **just the beginning of their food journey—and yours too!**



WORKING HARD OR HARDLY STRESSING?

By: Fathimath Hanaan Naseer, Medical Laboratory Technologist of AEH

Imagine the discomfort of having to carry a heavy backpack all day. Though it felt tolerable at first, the weight soon becomes a huge stress on your back. This is how work stress affects employees. It gradually creeps in and makes daily tasks challenging. Acknowledging that stress has a bad impact on the job is the first step towards having a strong and productive team.

Unmanaged stress can lead to regular headaches, fatigue, a lack of interest and joy, sleep disorders, and anxiety and depression. All these could result in a sense of overwhelm and apathy, which could lead to increase in absenteeism and a decrease in productivity at the workplace.

The most common cause of workplace stress is the overwhelming number of responsibilities and demands. If institutions can acknowledge this, stress can be turned from a burden into a chance for growth by promoting work-life balance, focusing on staff mental well-being, and creating an accepting and encouraging work space.

Ready to conquer work-related stress?

Start by prioritizing your tasks and breaking them down into manageable chunks—it's a fantastic way to lighten your load! A well-organized to-do list can be your best friend, keeping you on track and focused. Don't forget to establish clear work-life boundaries to prevent burnout; knowing when to log off and recharge is key! Short, regular breaks throughout the day are like little energy boosts, helping you relax and refresh your mind. Dive into mindfulness or meditation exercises to keep your calm, and when stress sneaks up on you, a few deep breaths can make all the difference.

Remember, you're not in this alone! Reach out to colleagues or mentors when you're feeling overwhelmed; discussing your challenges can provide a huge sense of relief. And if the pressure feels unmanageable, consider talking to a counselor or mental health professional—your well-being is priority number one!

Remind yourself that self-care is essential for maintaining your productivity and avoiding burnout. Therefore, exercise, rest periods, and regular breaks can all have a big impact. When you learn to manage your stress, you'll thrive and make your daily grind feel worthwhile. It's also important to remember that you can't do everything on your own—don't hesitate to ask for help when you need it. As David Allen wisely said,

“You can do anything, but not everything.”

Remember, it's okay to step back, take a deep breath, and prioritize yourself when you feel overwhelmed by stress, and it's okay to ask for help.



CELEBRATING CUSTOMER SERVICE- A PILLAR OF HEALTHCARE AT ADDU EQUATORIAL HOSPITAL

By Abdulla Waheed (Shius), Head of Customer Care Department of AEH

At Addu Equatorial Hospital, we recognize that outstanding customer service is essential to create a positive healthcare experience. As we reflect on our commitment to providing exceptional care, it's essential to recognize and appreciate the vital role customer service plays in shaping the experiences of our patients. In AEH, customer service goes beyond the desk. It involves every interaction our patients have, from their first contact with us to their follow-up care.

Customer service for us means showing empathy, being responsive and maintaining professionalism in every exchange. It is about ensuring that each patient feels heard, valued, and respected throughout their care journey.

Our customer service staffs prioritize these values, they create an environment where patients feel comfortable expressing their needs and concerns, promoting trust and reassurance.

In a field where trust and reassurance mean everything, the way patients perceive their healthcare experience can significantly impact their overall well-being. We ensure patients feel supported, understood and medications or procedures are communicated clearly to reduce confusion and anxiety.

At Addu Equatorial Hospital, we recognize that outstanding customer service is essential to create a positive healthcare experience. As we reflect on our commitment to providing exceptional care, it's essential to recognize and appreciate the vital role customer service plays in shaping the experiences of our patients. In AEH, customer service goes beyond the desk. It involves every interaction our patients have, from their first contact with us to their follow-up care. Customer service for us means showing empathy, being responsive and maintaining professionalism in every exchange. It is about ensuring that each patient feels heard, valued, and respected throughout their care journey. Our customer service staffs prioritize these values, they create an environment where patients feel comfortable expressing their needs and concerns, promoting trust and reassurance.



IS SUGAR REALLY TO BLAME FOR YOUR CHILD'S HYPERACTIVITY?

By: *Fathimath Abdulla Rasheed, Administrative Officer of AEH*

Do you find yourself pointing the finger at that Kinder Joy or Haribo candy packet when your child gets a little too rambunctious? You're not alone! Countless parents believe that sugar transforms their kids into hyperactive tornadoes. But before you blame the sweets, science has some intriguing insights that might just flip the script!

Where Did the Sugar-Hyperactivity Theory Come From?

The sugar-hyperactivity myth traces back to a single study from the mid-1970s, where a doctor noted improved behavior in a child after removing sugar from their diet. Since then, numerous larger studies have failed to prove any link between sugar and hyperactivity. In fact, a comprehensive meta-analysis from 1995 reviewed all published studies on sugar's effects on children's behavior and cognition and found no significant impact. However, the authors note that they cannot eliminate the possibility of a "small effect." There is also the possibility that a certain subsection of children might respond differently to sugar. Overall, though, the scientists demonstrate that there certainly isn't an effect as large as many parents report.

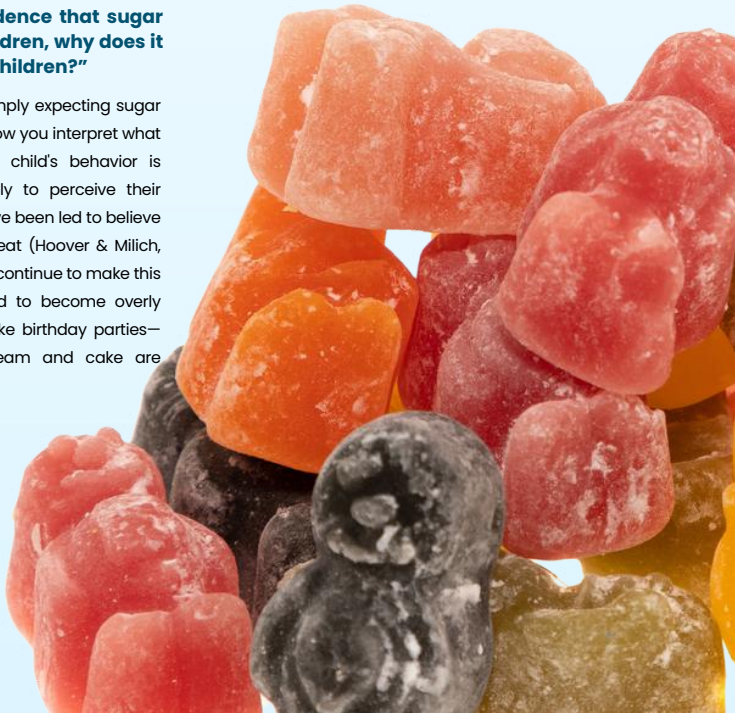
"If there is no scientific evidence that sugar induces hyperactivity in children, why does it induce hyperactivity in my children?"

Some researchers suggest that simply expecting sugar to affect your child can influence how you interpret what you see. Parents who believe a child's behavior is affected by sugar are more likely to perceive their children as hyperactive when they've been led to believe the child has just had a sugary treat (Hoover & Milich, 1994). Another possibility is that we continue to make this association because children tend to become overly excited during specific events — like birthday parties— where sugary treats like ice cream and cake are abundant.

We are confusing proximity with correlation although the environment is probably more to blame than the food. So, before pointing fingers at sweets, it might be worth examining your child's environment and the context of their behavior. What parents often see as hyperactivity might just be the vibrant energy that comes with childhood. Explore the source of your child's hyperactivity. Pay attention to when and where their energy levels spike. Does it align with their sleep patterns, or might there be other behavioral health factors at work?

The Sweet Truth: Moderation Matters for Healthy Habits

While sugar may not be the villain behind your child's hyperactivity, that doesn't mean it's time for a free-for-all. Excessive sugar intake adds empty calories, contributes to obesity, can lead to cavities, and displaces more nutritious foods. So, even if sugary treats aren't responsible for those wild bursts of energy, moderation remains crucial. A balanced diet is the foundation for your child's overall health and well-being —so let's keep the sweets in check while encouraging a lifestyle filled with nutritious options!



“IT IS TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE”

By: Aminath Naja Abdul Maushoog, Assistant Counsellor of AEH

In celebration of World Mental Health Day 2024, we wholeheartedly embraced this year's theme, "It is Time to Prioritize Mental Health in the Workplace," by hosting a special **Digital Detox Hour**.

For most working adults, most of their waking hours are spent at work. While the ideal is that work offers both financial security and personal fulfilment, this isn't always the case. Too often, work becomes a source of stress, impacting mental well-being rather than enhancing it.

Our **Digital Detox Hour** aimed to address this by giving employees the opportunity to step away from screens and immerse themselves in fun, mindful activities that make a positive impact on mental health.

Taking a break from the constant flood of work emails, notifications, and social media allowed staff to unwind and recharge. Engaging in creative activities like rock painting and mandala colouring encouraged mindfulness, helping participants focus on the present moment. This calming experience significantly reduces stress and anxiety, fostering a more relaxed and focused work environment.

Group games such as Twister, Carrom and Connect Four provided both entertainment and relaxation, while also promoting teamwork, collaboration, and social interaction. These moments of light-hearted connection strengthened bonds among colleagues, enhancing communication and building a greater sense of community here at AEH. Twister, in particular, involved physical movement, which is an excellent way to release tension and boost endorphin levels, our body's natural "feel-good" chemicals. Incorporating physical activity during a break from work helps lift spirits and alleviates the strain that comes from sitting at a desk all day.

Additionally, making compliment bracelets offered a unique opportunity for employees to create something meaningful while sharing positive affirmations with one another. This activity fostered appreciation, belonging, and mutual respect, creating an uplifting and supportive atmosphere that radiated throughout the workplace.

In today's fast-paced, technology-driven world, mental health often takes a backseat to deadlines and work demands. Events like a Digital Detox Hour are a simple but powerful way to encourage employees to pause, engage in meaningful activities, and return to their work feeling refreshed, reconnected, and ready to perform at their best.

“Prioritizing mental health in the workplace not only enhances individual well-being but also cultivates a healthier, more productive work environment for all.”





WE WERE HONORED TO HOST THE NATIONAL PATIENT SAFETY DAY, CHAIRED BY THE FIRST LADY, MADAM SAJIDHA.



PATIENT SAFETY COMMITTEE OF AEH



PANEL DISCUSSION OF PATIENT SAFETY DAY CONFERENCE 2024





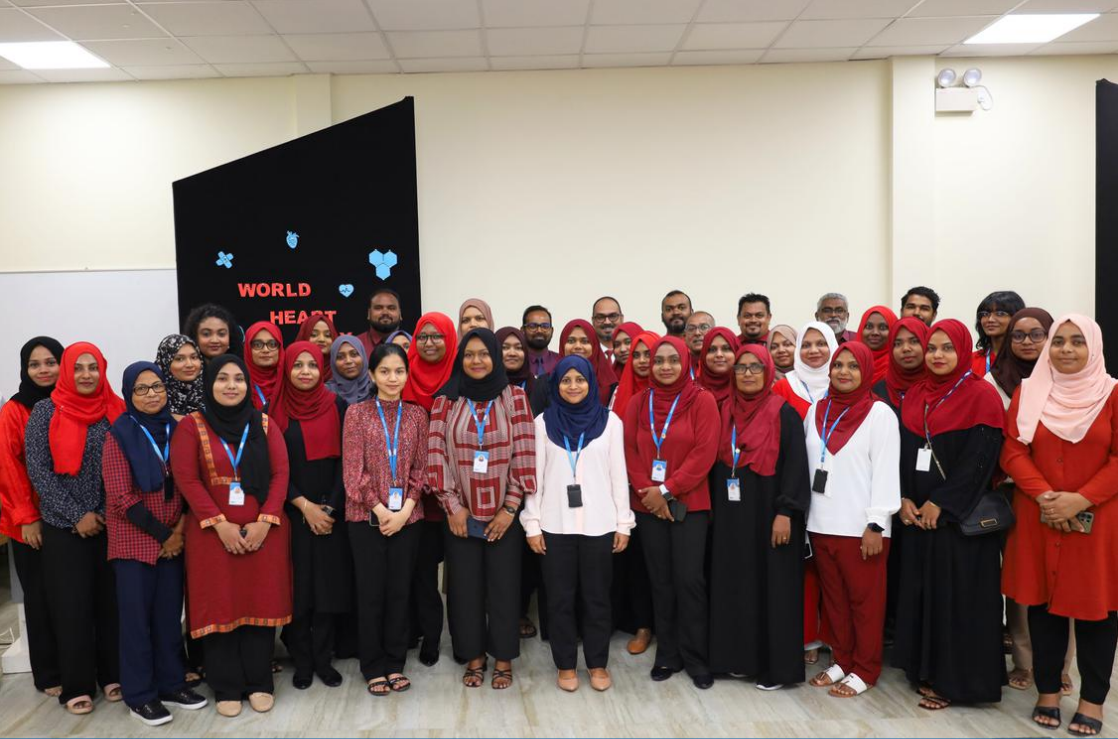
PATIENT SAFETY CONFERENCE 2024





COMMUNITY SESSIONS FOR PATIENT SAFETY DAY





COMMUNITY SESSION FOR HEART HEALTH - HEART DAY 2024



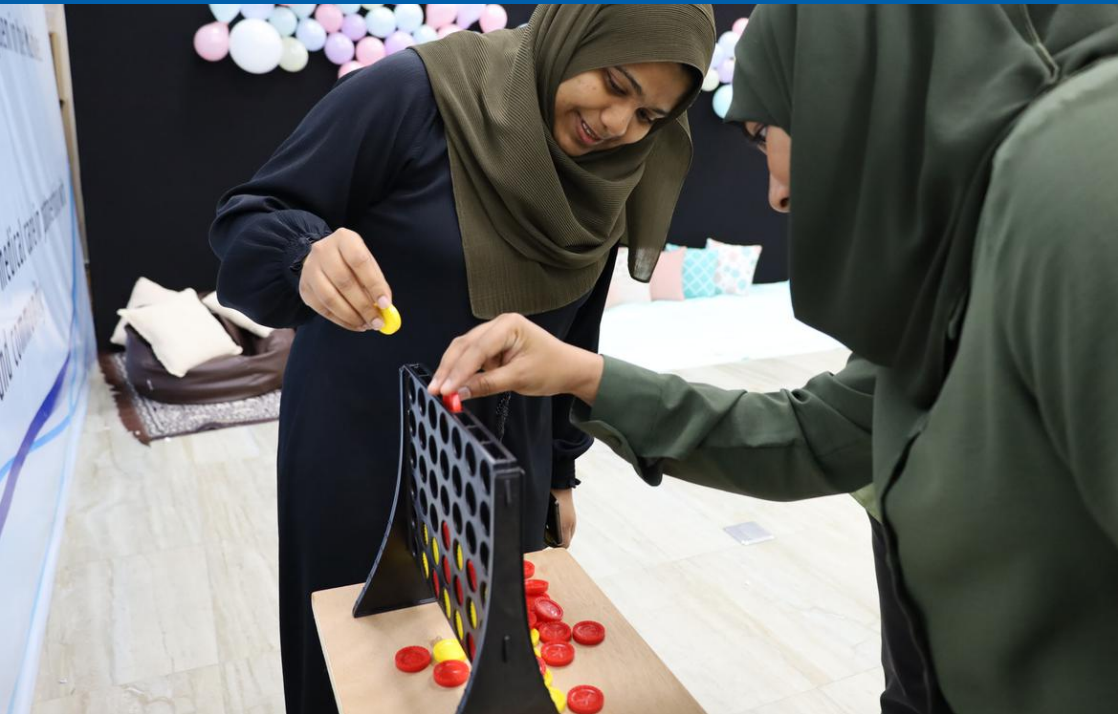


DIGITAL DETOX HOUR – MENTAL HEALTH DAY 2024





DIGITAL DETOX HOUR





DIGITAL DETOX HOUR



UPCOMING EVENTS

Evidence Based Day 2024 Campaign



The AEH EBP Team will host a series of events for World Evidence-Based Health Care Day 2024, focused on promoting evidence-based practice (EBP) in healthcare. The program will begin with a workshop at GN Fuvahmulah Hospital to educate healthcare professionals on research-based approaches, empowering them to implement EBP in daily practice. A session for community leaders will highlight the importance of EBP in improving patient care and public health. The event will culminate in a poster presentation where professionals will share research through systematic reviews and meta-analyses, fostering collaboration and innovation. These events aim to raise awareness, drive research, and encourage the adoption of EBP in both healthcare and the broader community.

School Health Screenings October 2024



Customer Care Week October 2024



FOR AMBULANCE

102



aeh_mv



Addu Equatorial Hospital-AEH



7379951



info@aeh.gov.mv

CONTENT

Abdulla Waheed (Shius)

Aminath Reena

Fathimath Abdulla Rasheed

Fathimath Hanaan Naseer

Dr. Fathimath Amaany Naseer

Aminath Naja Abdul Maushoog

EDITOR

Fathimath Abdulla Rasheed

PHOTOGRAPHY

Nishaaza Abdulla

Mental health Day Photo Contest

DESIGN & ART DIRECTION

Nishaaza Abdulla



FOLLOW OUR JOURNEY!