

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**STAFF
SPOTLIGHT**

ENHANCING DIAGNOSTIC ACCURACY

Through Evidence-Based
Practices in Laboratory Medicine.

Patient
Pulse

The Advent of Digital Eye Strain

A Growing Concern in the
Digital Age

HIGHLIGHTS

CELEBRATING ACHIEVEMENTS AND FOSTERING EXCELLENCE

As we approach the end of another remarkable year, I am filled with immense pride and gratitude for your dedication and hard work. December is a time for reflection and celebration, and this edition of our newsletter highlights our incredible achievements and milestones.

This month, we spotlight our Gynae Department for their excellence in patient care and innovation. Their commitment to women's health is truly inspiring.

We received heartfelt feedback from a foreign ICU patient, expressing gratitude for compassionate care. Positive feedback also came from the Orthopedic and Orthodontic departments, highlighting our staff's exceptional service.

Enhancing Diagnostic Accuracy Through Evidence-Based Practices in Laboratory Medicine by Director Shah Saeed: This article emphasizes the importance of evidence-based practices in improving diagnostic accuracy.

The Advent of Digital Eye Strain: A Growing Concern in the Digital Age by Senior Optometrist Afsal Valiya Peediyakkal: A timely piece on the impact of digital eye strain on health.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

AEH Club Welcomes New Leadership for 2025-2027 Term We welcome the new leadership team and look forward to their innovative ideas and initiatives. As we bid farewell to the AEH club representatives for the last 2 years, I would like to thank them for their contribution to all the events they conducted during their term. Kudos to all the outgoing executive members of Club AEH.

Highlight of the Month

- **Health Minister's Visit: Highlighting the importance of our work and government support.**
- **First Responders Training: Equipping staff with essential emergency skills.**
- **Workshop on Minimizing Pre-Analytical Errors: Ensuring Accurate Diagnostics and Improving Laboratory Practices**

Upcoming Events We look forward to the Exco Inauguration for Club AEH, marking a new chapter of growth and positive changes.

As we say goodbye to 2024 and embrace 2025, I want to express my deepest gratitude to every member of the AEH family. Your steadfast dedication and passion are the cornerstones of our success. May the new year bring you joy, health, and prosperity. Together, we will continue to accomplish remarkable things.

Happy New Year!

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

Staff Spotlight

FIRST-EVER EXECUTIVE COMMITTEE (EXCO) OF AEH CLUB



We extend our heartfelt congratulations to the outgoing CLUB AEH EXCO team for their exceptional efforts and commitment!

Over the years, the team has been a pillar of support for Addu Equatorial Hospital, playing a vital role in enriching both our staff and community through various impactful initiatives:

Honoring the dedication of nurses with meaningful events and festivities. Promoting team spirit and physical wellness through thrilling sports activities. Inspiring creativity while raising awareness about non-communicable diseases. Extending kindness by delivering meal packs to migrant workers during Ramadan.

Bringing pride and recognition to AEH through their outstanding victory in MASRACE CHAMPIONS. Supporting life-saving efforts and ensuring access to vital blood supplies by arranging Blood Donor Camp in Addu and Fuvahmulah.

Their unwavering support for all events at AEH exemplifies their dedication to fostering community engagement and staff unity.

Thank you, CLUB AEH EXCO team, for leaving behind a legacy of compassion, collaboration, and excellence. Best wishes for your future endeavors!



Patient Pulse:

Voices from the Heart of Our Hospital

I had an incredible experience with Dr. Shankar (the Orthodontist from AEH) and his team throughout my son's entire braces journey. From the first consultation to the final removal of his braces, we felt completely supported and confident in their care.

The staff was always friendly and professional, making each visit pleasant and stress free. Dr. Shankar was very thorough in explaining about treatment plan, answering all our questions, and ensuring we understood the process every step of the way. They were patient, kind, and took the time to make sure my son was comfortable during each adjustment.

The dental room was always clean and well organised, and we never had to wait long for appointments and consultation. My son's treatment progressed smoothly, and we saw great results. We are extremely happy with the final outcome. My son's smile has never looked better!

I highly recommend Dr. Shankar Alla to anyone considering braces. It was a positive, professional, and rewarding experience all around!

Thank you.

-Aiman and Shaya-



Patient Pulse:

Voices from the Heart of Our Hospital

Good evening,

I had a check-up with the orthopedic today. My leg is healing very nicely. My doctor said that the surgery was done very professionally. I thank the entire team that took care of me throughout my stay in hospital. I remember you all very fondly. Warmest regards and i wish you much success in your professional and private life.

-A grateful patient, Marlena Helena Lotarska-



Thank you for taking such diligent and professional care of me while I was recovering from chest pain over the past month.

To the dear doctors, medical officers, OT team, nurses, and all the ICU staff: thank you for being by my side during my treatment and for bringing a smile to my face when I felt worried.

I am deeply grateful to each and every one of you. With love and heartfelt thanks!

-Sahan from Srilanka (Staff member of Canareef resort)-





Your health is our priority, and we're committed to support you in every step of the way. At the Gynecology Department, we provide expert, compassionate care tailored to your unique needs. With a commitment to your comfort and well-being, we strive to support you through every stage of life, offering skilled and personalized services that prioritize your health and happiness. You're in trusted hands with a team that truly cares.

-GYNECOLOGY DEPARTMENT OF AEH-

Enhancing Diagnostic Accuracy Through Evidence-Based Practices in Laboratory Medicine

By Shah Saeed, Director of AEH

When it comes to healthcare, a correct diagnosis is frequently the first step toward healing. What many of us don't realize is that the accuracy of laboratory test results is crucial in making accurate diagnoses.

Healthcare, like the aviation sector, which is known for its strict safety regulations, can considerably minimize diagnostic errors by using evidence-based methods in laboratory medicine. Evidence-Based Laboratory Medicine (EBLM) ensures that thorough research and established procedures drive every stage of the testing process, from sample collection to result interpretation.

The preanalytical phase is an often-overlooked aspect of laboratory testing. This is where simple but important steps such as collecting, labeling, storing, and transporting samples take place. These may appear to be simple tasks, yet even minor errors can have serious effects. Regardless of the advanced testing equipment, incorrect blood sample collection or mislabeling will lead to incorrect results. This situation exemplifies the principle of

"input quality, output quality."

No matter how advanced the technology, incorrect input will result in a wrong product. This is why accuracy from the start is essential, serving as the foundation for everything that follows.

EBLM is all about taking an organized approach and ensuring that every phase of the testing process, pre-analytical, analytical, and post-analytical, is carried out with precision.

It's similar to how aviation follows strict standards to assure passenger safety at all stages of the journey. By addressing potential errors at each level, healthcare practitioners can significantly enhance laboratory results accuracy. When this data become more reliable, patient outcomes also improve.

This level of precision requires coordination. To guarantee that the diagnostic process goes smoothly and reliably, lab technologists, clinicians, and support personnel must work seamlessly together, breaking down traditional healthcare silos.

By encouraging open communication and coordination across all departments, we can break down information barriers, resulting in more accurate diagnoses and better patient outcomes.

Clinical Decision Support Systems (CDSS) can significantly increase the use of technology in healthcare by providing real-time access to guidelines based on current research, reducing human error, and allowing healthcare practitioners to make accurate decisions in less time. Merging evidence-based practices in laboratory medicine with technology is crucial for improving patient outcomes, ensuring faster, safer, and more trustworthy diagnoses in the future.



THE ADVENT OF DIGITAL EYE STRAIN: A GROWING CONCERN IN THE DIGITAL AGE

By: Afsal Valiya Peediyakkal - Senior Optometrist of AEH

In the modern era, technology has become an indispensable part of our daily lives. We spend a significant amount of time staring at screens, from computers and smartphones to televisions and tablets. However, this increased exposure to digital screens has led to a growing concern: digital eye strain.

Digital eye strain, also known as computer vision syndrome, is a temporary condition caused by prolonged focus on digital screens. The constant stream of digital information can lead to eye fatigue, dryness, and irritation. The symptoms of digital eye strain are numerous and can include headaches, migraine, eye fatigue, blurred vision, eye twitching, neck & shoulder pain and sensitivity to light. If left untreated, digital eye strain can lead to chronic conditions such as dry eye syndrome and increased risk of myopia (nearsightedness).

“One of the primary causes of digital eye strain is the blue light emitted by digital devices.”

Blue light, which is a high-energy visible (HEV) light with a wavelength of around 400-450 nanometers, can cause eye strain and disrupt sleep patterns. Furthermore, prolonged screen time, poor posture, incorrect viewing distances, uncorrected vision problems and inadequate lighting can also contribute to digital eye strain. To mitigate the effects of digital eye strain, several practical solutions can be employed.

Firstly, following the 20-20-20 rule can help reduce eye strain. This involves looking away from the screen every 20 minutes and focusing on something 20 feet away for 20 seconds. Additionally, adjusting display settings, positioning devices correctly, and taking regular breaks can also help alleviate digital eye strain. Moreover, using blue light filtering glasses or software, maintaining good posture, and staying hydrated can also contribute to reducing the risk of digital eye strain.

Prevention Strategies & Treatments:

- **Follow the 20-20-20 rule:** Every 20 minutes, look away from the screen and focus on something 20 feet away for 20 seconds.
- **Blue light filtering glasses**
- **Adjust display settings:** Brightness, contrast, and color temperature.
- **Position devices correctly:** Directly in front, at comfortable distance, and at a 90-degree angle.
- **Blink regularly:** To prevent dry eyes.
- **Take breaks:** Every 60-90 minutes.
- **Exercise: Regular eye exercises**
- **Lubricant eye drops**
- **Prescription glasses**
- **Vision therapy**
- **Dry eye treatment**



AEH CLUB WELCOMES NEW LEADERSHIP FOR 2025-2027 TERM

By: *Aminath Naja Abdul Maushoog (Vice President- Club AEH)of AEH*

As the first-ever Executive Committee (ExCo) of AEH Club prepares to wrap up its two-year term in January 2025, the club has held a successful election to appoint a new leadership team. This is an exciting time for AEH Club as we step into a new chapter with fresh ideas leading the way.

The Election Committee, formed from among the club members, played an important role in managing the nomination and election process. Their task was to fill the positions, including President, Vice President, Secretary General, Vice Secretary General, Treasurer, and two Organizing Secretaries.

Some positions were uncontested, leading to automatic appointments. **Aminath Naja Abdul Maushoog**, the current Vice President and Assistant Counselor, will continue her role for another term. **Abdulla Waheed (Shius)**, a Customer Relations Officer, takes on the Treasurer role, while **Hassan Rubeen Waheed**, a Procurement Officer, becomes Secretary General. **Raaiu Razeen Husnee**, an Assistant Customer Service Officer, was elected Vice Secretary General without opposition. However, the elections weren't short on excitement. The posts of President and Organizing Secretaries saw spirited competition.

Azeem Latheef, a Senior Administrative Officer, emerged victorious in the race for President, while the two Organizing Secretary roles were claimed by **Arul Komagan G**, a Physiotherapist who will extend his role for another term and **Fathimath Sana**, a Senior Registered Nurse. These contests brought excitement and energy, showing how passionate the members are about leadership. The new ExCo is quite diverse, with members representing different departments, adding a dynamic mix of perspectives and skills to the leadership team.

The entire election was a lively and exciting event, where everyone enjoyed the positive energy of friendly competition. The Election Committee was praised for their dedication, commitment and ensuring that the process was fair, inclusive, and ran smoothly.

The new ExCo will officially take office in January 2025, marking the beginning of their two-year term. Members are eager to see what this energetic team will bring, building on the foundation laid by their predecessors. AEH Club, under new leadership is ready to strengthen its community spirit and bring exciting new ideas to life for its members.

Congratulations Club AEH Exco Team



PRESIDENT



VICE PRESIDENT



SECRETARY GENERAL



VICE SECRETARY GENERAL



TREASURER



ORGANIZING SECRETARY



ORGANIZING SECRETARY





HEALTH MINISTER ABDULLA NAZIM IBRAHIM VISIT TO AEH





HEALTH MINISTER ABDULLA NAZIM IBRAHIM VISIT TO AEH





HEALTH MINISTER ABDULLA NAZIM IBRAHIM VISIT TO AEH





FIRST RESPONDERS TRAINING





FIRST RESPONDERS TRAINING





FIRST RESPONDERS TRAINING





FIRST RESPONDERS TRAINING



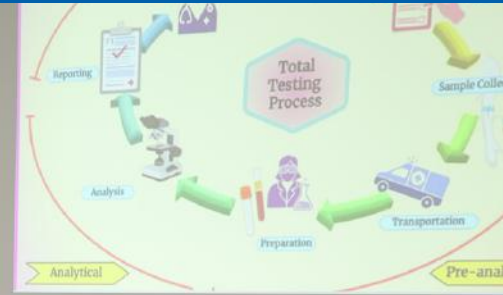
A/H Scenario & effect of Preanalytical Variables on of Laboratory Quality

Welcome! This presentation will explore the critical role of preanalytical in influencing the accuracy and reliability of laboratory testing.

by shah saeed



WORKSHOP ON MINIMIZING PRE-ANALYTICAL ERRORS





WORKSHOP ON MINIMIZING PRE-ANALYTICAL ERRORS





WORKSHOP ON MINIMIZING PRE-ANALYTICAL ERRORS



UPCOMING EVENTS

**Inauguration of newly elected EXCO team
January 2024**



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