

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

Patient
Pulse

QUICK CHECK:
Could It Be Hormonal?

**STAFF
SPOTLIGHT**

**MENTAL HEALTH
PROFESSIONALS**

**Shelf Life of Opened
IV Fluids and Expiry:**

A Guide to Safe Usage

ADDU EQUATORIAL HOSPITAL: A COMMITMENT TO EXCELLENCE AND COMPASSION

As we turn the page on the August issue of our AEH newsletter, I want to extend my heartfelt appreciation to each of you for your continued dedication, professionalism, and compassion. Every day, I witness the quiet strength and tireless effort that define our team—from the clinicians to the administrative staff, interns, and support services. Together, we are shaping a healthcare environment that is not only clinically sound but deeply human in the heart of Addu City.

This month's newsletter reflects the vibrant pulse of AEH. I'm delighted to see Dr. Sifat Ullah featured in both our Staff Spotlight and Awareness segments. His expertise in endocrinology and commitment to patient education exemplify the kind of leadership we value—one that blends clinical excellence with public engagement. His insights on common endocrine conditions are a valuable resource for our community, helping demystify hormone-related health concerns and encouraging timely medical consultation.

Our Surgical Department also takes center stage this month, and rightly so. Their collaborative spirit, precision, and adaptability continue to set benchmarks in patient care. Whether it's managing complex procedures or streamlining post-operative recovery, their work is a testament to what can be achieved when skill meets purpose.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

I am especially appreciative of the contributions from the physiotherapy students from MNU currently completing their Community Health posting at our hospital. Their feedback, and the awareness session they conducted for our staff, highlights the nurturing and intellectually stimulating environment we strive to maintain. Their insights remind us that mentorship is a two-way street—while we guide them, they also challenge us to think differently and innovate.

Patient feedback remains a cornerstone of our growth. The voices of those we serve offer us a mirror—reflecting both our strengths and the areas where we must improve. I urge all departments to engage with this feedback constructively. It is not just about satisfaction scores; it's about building trust, one interaction at a time.

Our awareness articles this month also deserve special mention. The collaborative piece by Navaa Waheed and Fathimath Wijha on mental health professionals is a timely and important contribution. In a world where mental health is often misunderstood or stigmatized, clarity and education are powerful tools. Their article helps our readers make informed decisions about seeking support, and it reinforces our commitment to holistic care.

Looking ahead, we have several exciting events on the horizon—from workshops to community outreach programs. These initiatives are more than calendar entries; they are opportunities to connect, educate, and inspire. I encourage everyone to participate actively and bring their unique energy to these engagements.

In closing, I want to thank each of you—not just for what you do, but for how you do it. With empathy, integrity, and a shared vision. Let's continue to lead with purpose, support one another, and strive for excellence in every corner of AEH.

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive, with a small "Dr." written above the first name.

SPEECH GIVEN BY AEH CEO AT THE INTERNSHIP ORIENTATION PROGRAM INAUGURATION ON 29TH JULY 2025

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

Bismillahir Rahmanir Raheem.
Good morning and Assalaamu Alaikum.

It is truly an honour and a privilege to be here before you this morning – at what is, without doubt, a historic moment for Addu Equatorial Hospital.

Today, we welcome the first ever batch of medical interns to AEH.

This is not just an administrative milestone. This is the beginning of a transformation. For the first time, our hospital is not only a centre of service delivery, but also a centre of clinical training for promising doctors.

We at AEH, are now contributing to shaping the future of healthcare professionals in the Maldives. That is something we should all be proud of. And you – our dear interns – will always be part of this foundation.

Each of you has worked hard to get here. The path to becoming a doctor is not easy. It demands years of study, personal sacrifice, discipline, and commitment.

Now, you are entering a critical phase – your internship – where the lessons of the classroom will meet the realities of the hospital where you engage with patients every day of your internship period.

This is where theory becomes practice.
This is where learning becomes lived experience.

Let me be honest:
Internship is not always easy.
There will be long hours.
There will be moments when you feel unsure, overwhelmed, even discouraged. But there will also be moments of clarity, confidence, and pride as well.

You will comfort patients, assist in procedures, contribute to diagnoses, and slowly...but surely You will start becoming doctors.

Here at Addu Equatorial Hospital, we are committed to your growth and your safety. We've prepared a structured program. You will be supervised, guided, and supported. You'll rotate through key departments – from medicine and surgery, to emergency, Obs and Gynae, paediatrics, and more specialities.

We want you to be active participants, not passive observers.

Yes, you are here to learn.
But you are also part of our team now.

Every action – a kind word, a timely observation – has the potential to make a real difference to someone's life.

Never underestimate that.

At AEH, we hold ourselves to high standards of professionalism.

That includes:

- How we communicate,
- How we treat patients and their families,
- How we handle mistakes and errors, and
- How we treat one another.

You are now part of a profession that demands not only knowledge, but integrity.

Remember: Medicine is not just a science. It is also a calling.

Let me say something important:
You are doing your internship not in a tertiary centre in Male', but here, in Addu.

That is meaningful. That matters.

This Southern region of the Maldives, for too long, has lacked visibility in the broader health education framework. And we are proud to announce that Addu has been written in history to start the internship program in a Regional hospital for the first time in the Maldives.

You are changing that.

By choosing to train here, you are making a statement – that excellence in training and patient care can exist anywhere in the Maldives.

By choosing AEH as your centre for the Internship Programme:

You are not just interns.

You are trailblazers.

You are pioneers.

What you do, how you carry yourselves, the curiosity you bring – all of that sets the tone for those who come after you.

A few quick reminders as you begin this journey:

- **Ask questions.** There is no shame in not knowing – only in not trying to understand.
- **Learn from everyone** – not just doctors. Nurses, lab staff, even patients have things to teach.
- **Reflect.** After a difficult day, take a moment to ask: *“What did I learn?”* and *“How could I do better?”*
- **Support one another.** This journey is better when taken together. Teaching others what you learn is the best way to retain the knowledge
- **And finally – please, take care of yourselves.**

Burnout is real. Stay balanced, stay human.

I would like to thank all those involved in making this a reality.

All our administrative heads and staff, especially Dr. Amaany who laid the foundation for the program with all the hard work, but later reserved her right to step aside.

With that I requested Dr. Aziya, who voluntarily took up and did a great job. Thank you and congratulations Dr. Aziya. It's a great help.

I would also like to thank the Internship Director Dr. Mahmood, all the head of Departments, mentors, lecturers, and the clinical staff involved in making our interns as great doctors.

Before I close, I want to leave you with one thought:

You are not just here to just complete your internship.

You are here to leave a legacy.

The culture you help shape, the ethics you uphold, the relationships you build – These will be remembered.

And so, on behalf of the entire AEH team, I welcome you – with pride and excitement.

We look forward to watching you learn, grow, and ultimately become the kind of doctors this country so dearly needs. And we hope you will one day serve AEH as doctors and specialists.

Thank you.

*Wassalaamu Alaikum Warahmathullaahi
Wabarakaathuh*

Staff Spotlight

DR. SIFAT ULLAH

This month, we proudly highlight Dr. Sifat Ullah, an experienced Internal Medicine Specialist and Endocrinologist who currently serves as a Consultant at Addu Equatorial Hospital.

With over eight years of dedicated experience, Dr. Sifat Ullah specializes in managing complex endocrine and metabolic disorders, with a particular focus on diabetes mellitus and hormonal imbalances. Known for his compassionate care and commitment to evidence-based medicine, he is a trusted physician for both outpatient and inpatient treatments.

Dr. Sifat Ullah's professional career encompasses positions as an Assistant Professor of Internal Medicine, an Internal Medicine Specialist, and a General Physician. Holding prestigious qualifications such as FCPS in Endocrinology and Internal Medicine, he has provided comprehensive care across multiple hospitals while actively mentoring the next generation of medical professionals.

Since joining Addu Equatorial Hospital, Dr. Sifat Ullah has played a vital role in advancing clinical practice by updating our hyperglycemia management guidelines.

He also lectures medical interns and was instrumental in developing the Clinical Pathway for Diabetic Ketoacidosis (DKA) in adults. To ensure its effective implementation, he has conducted extensive training sessions for our medical staff, significantly enhancing patient safety and care quality.

His published research, including studies on the "Effectiveness of Liraglutide in Type 2 Diabetes Mellitus" and the "Frequency of Stress-induced Hyperglycemia in Acute Myocardial Infarction," reflects his ongoing commitment to advancing medical knowledge and improving patient outcomes through rigorous, evidence-based practice.

We are honored to have him as part of the Addu Equatorial Hospital family and look forward to his continued contribution to our mission of delivering outstanding healthcare.



MEET OUR SPECIALIST: DR. SIFAT ULLAH, CONSULTANT ENDOCRINOLOGIST AT AEH HOSPITAL



"My name is Dr. Sifatullah. I am working as a Consultant Endocrinologist at AEH Hospital.

The common diseases that I treat include diabetes mellitus, which covers diabetes in young children, diabetes in adults, and diabetes during pregnancy.

The next common diseases I see are thyroid disorders, which include hypothyroidism and any thyroid swellings or nodules.

I also see patients with parathyroid disorders, which can present with either low calcium or high calcium levels.

Similarly, I see patients with polycystic ovarian syndrome (PCOS), which can present in females with menstrual irregularities and excessive hair growth.

Another common condition we see in practice is obesity or weight gain.

I also treat patients with infertility, both male and female.

Another group of conditions we see in our clinic are pituitary disorders. Pituitary tumors, such as prolactinomas, can present with high prolactin levels. In females, this may cause menstrual irregularities, and in males, it can lead to erectile dysfunction.

Other pituitary tumors include growth hormone-secreting tumors, which can cause excessive growth, or growth hormone deficiency.

Similarly, I see patients with hypogonadism. Hypogonadism presents in females with absent menstrual cycles, and in males, it can cause lack of body hair or absence of secondary sexual characteristics.

Other conditions I commonly treat include bone disorders like osteoporosis, and lipid disorders such as high cholesterol or high triglycerides.

If you have any of these conditions, you can book an appointment, and we'll see you at the clinic."




QUICK CHECK: COULD IT BE HORMONAL?

Use this quick checklist based on Dr. Sifat Ullah's awareness message to see if your symptoms might be linked to an endocrine (hormonal) condition:

- **Persistent tiredness or low energy**
Could be related to diabetes, thyroid, or pituitary disorders
- **Unexplained weight gain or difficulty losing weight**
May be a sign of hypothyroidism or hormonal imbalance
- **Excessive hair growth or hair loss**
Common in PCOS or male/female hormone imbalances
- **Irregular or absent menstrual cycles**
Often linked to PCOS, prolactin disorders, or hypogonadism
- **Mood swings, depression, or anxiety**
Can be caused by thyroid, calcium, or pituitary issues
- **Difficulty conceiving (infertility)**
Hormonal causes affect both men and women
- **Bone pain or frequent fractures**
May signal osteoporosis or parathyroid problems
- **High cholesterol or triglycerides despite a healthy lifestyle**
Could indicate an underlying endocrine or metabolic issue

If you're experiencing any of these, it may be time to consult a doctor. Many of these conditions are treatable with early diagnosis.

 [Let's Not Wait for Symptoms to Get Worse](#)

Hormonal disorders are common, but often missed. The good news? Most are treatable once diagnosed.

Book your consultation with Dr. Sifat Ullah at AEH today.

Early diagnosis can make all the difference.



Patient Pulse:

Voices from the Heart of Our Hospital



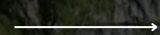
It was a very good experience with my both kids circummcision. i am extremely satisfied of the services. Nurses are very caring and very helpful.

I am grateful for the compassion you bring to your work everyday. Thank you Doctor and Nurses.



ආචාර්යවරයාගේ සහ වෛද්‍යවරුන්ගේ සේවාවන් ඉතාමත් ජනප්‍රිය වූවාය. මාගේ දරුවන්ගේ අවුරුදු කිරීමේ ක්‍රියාවලිය ඉතාමත් සුඛකරව සිටියාමට ඔවුන්ගේ සහයෝගය මාගේ සඳහා ඉතාමත් වටිනාකමක් එක් කළාය. වෛද්‍යවරුන්ගේ සහ වෛද්‍යවරුන්ගේ සේවාවන් ඉතාමත් ජනප්‍රිය වූවාය. මාගේ දරුවන්ගේ අවුරුදු කිරීමේ ක්‍රියාවලිය ඉතාමත් සුඛකරව සිටියාමට ඔවුන්ගේ සහයෝගය මාගේ සඳහා ඉතාමත් වටිනාකමක් එක් කළාය.

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With skilled hands and compassionate hearts, the department strives to create a healing environment where every patient feels supported and safe. Together, we transform challenges into recovery and care into hope.

-SURGICAL DEPARTMENT OF AEH-



UNDERSTANDING THE DIFFERENCES AMONG MENTAL HEALTH EXPERTS

By: Navaa Waheed (Psychologist of AEH) & Fathimath Wijha (Assistant Counsellor of AEH)

Each type of clinician undergoes a different form of training, and each has a slightly different focus and approach to helping their clientele. Understanding a few key differences can help you determine which mental health professional is right for you or your loved one.

When imagining a mental health professional, the majority of us imagine someone sitting across from us in a plush chair, gently questioning “.. and how did that make you feel”. This general image and the lack of knowledge about whom to reach out during challenges can impact the quality of care one receives during hard times. Hence, it is imperative to distinguish between different mental health professionals and identify their limitations and the services they can provide.

Mental health services are composed of multiple disciplines, hence different professionals with varying roles and skills work in a complementary manner to offer their expertise to individuals in need.

Roles of a Psychiatrist

One of the biggest distinctions between psychiatrists and any other mental health professional is that they are licensed medical doctors who have specialized in psychiatry. Psychiatrists explore their clients' mental and physical wellbeing from a biological perspective. They also distinguish between the mental health issues from other underlying physiological conditions which could cause similar psychiatric symptoms. Psychiatrists are more likely to be involved in the case management, diagnostic and medication side of care and less in psychological therapy.

Roles of a Clinical psychologist and a Psychologist

In the Maldives, a Clinical Psychologist typically holds a doctoral degree in psychology, while Psychologists usually have a master's degree in Clinical Psychology or Child Psychology. Both professionals are trained to assess and diagnose mental health conditions, conduct comprehensive psychological evaluations, and provide non-pharmacological evidence-based therapeutic interventions. They support their clients by exploring mental and emotional wellbeing, taking into account the broader social and emotional context of each individual's life.

Roles of a Counselor

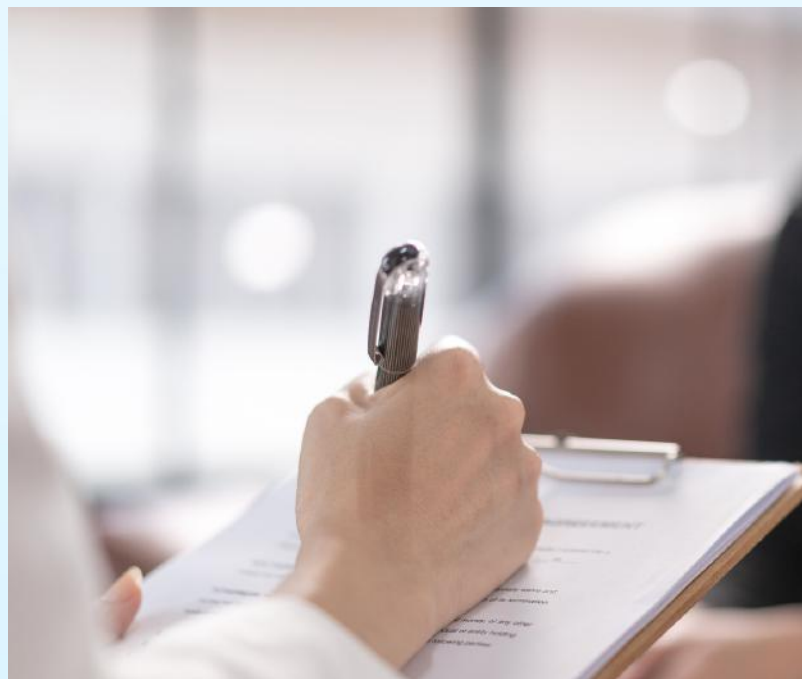
A counselor is referred to an individual who has completed a Master's degree in a counseling related field. Compared to psychologists, counselors are not trained in providing diagnosis nor are they eligible to prescribe medications like psychiatrists do. However, they provide their clients with a safe space and through evidence-based intervention, they facilitate in improving their client's quality of life. Through counseling, clients who are facing different challenges and emotional distress are equipped with skills and resources to reach their desired goals. Counseling is a collaboration between the client and counselor which aims to guide the client in fostering their personal growth and enhancing their overall well-being.

When to see each professional?

Psychiatrist: For individuals who believe that they might have a severe mental health issue or are interested in trying medication to treat mental health conditions.

Psychologist: Both Psychologists and Clinical Psychologists, are qualified to understand and identify mental health concerns, offer in-depth evaluations, and provide evidence-based therapy approaches that focus on support without using medications. Cases attended by psychologists will require long-term treatment plans and they will be able to evaluate the current condition of an individual using psychological assessments.

Counselor: For individuals seeking help for specific issues or having difficulty in a specific area of their life, counseling might be for you. Counseling offers avenues to explore mild to moderate cases and tends to be shorter term and more goal-oriented.



Understanding the Shelf Life of Opened IV Fluids and Expiry: A Guide to Safe Usage

Intravenous (IV) fluids play a critical role in healthcare, delivering hydration, electrolytes, and medications directly into the bloodstream. However, once the sterile seal is broken, ensuring their safety becomes a top priority. This guide explores how long IV fluids remain usable after opening, the risks of expired solutions, and best practices for storage and inspection.

Shelf Life After Opening: What You Need to Know

Once an IV fluid container is opened, it is generally recommended to discard it within 24 hours. This precaution minimizes the risk of microbial contamination and chemical degradation. The actual usable time may vary depending on:

- Type of solution (e.g., saline, dextrose, electrolyte mixtures)
- Exposure to air and light
- Handling practices
- Storage conditions

Even minimal exposure can introduce airborne contaminants, making the fluid unsafe for patient use.

Do IV Fluids Expire?

Yes, all IV fluids come with a manufacturer-assigned expiration date. This date reflects the period during which the unopened product is expected to remain sterile and chemically stable.

Risks of Using Expired IV Fluids:

- Loss of therapeutic effectiveness
- Increased risk of infection
- Chemical instability
- Potential for adverse reactions

Always check the expiration date before use and never administer expired fluids.

Key Factors Affecting Shelf Life

Several elements influence how long IV fluids remain safe and effective:

- **Chemical composition:** Some solutions degrade faster than others.
- **Presence of preservatives:** These can extend shelf life.
- **Manufacturing quality:** Stringent production standards improve stability.
- **Storage environment:** Temperature and light exposure are critical.

Best Practices for Storing IV Fluids

Proper storage is essential to maintain sterility and effectiveness.

Follow these guidelines:

Recommended Conditions:

- Temperature: Store at 20–25°C (68–77°F)
- Light: Protect light-sensitive fluids from exposure
- Humidity: Keep in a dry environment

Storage Tips:

- Use temperature-controlled storage units
- Monitor environmental conditions regularly
- Train staff on handling and inspection protocols
- Rotate inventory to use older stock first

How to Assess IV Fluid Quality

Before administering IV fluids, perform a thorough inspection:

Visual Checks:

- Cloudiness or discoloration
- Presence of particles
- Leaks or damaged packaging

Documentation:

- Verify batch numbers and expiration dates
- Record inspection results
- Report any anomalies immediately

Routine sterility testing and chemical analysis may be required in clinical settings.

Conclusion: Prioritizing Safety in IV Fluid Use

To ensure patient safety, IV fluids should be discarded within 24 hours of opening unless otherwise specified. Adhering to expiration dates, maintaining proper storage, and conducting regular inspections are essential steps in preventing contamination and ensuring effective treatment.





**ORIENTATION AND ACLS TRAINING FOR INTERN DOCTORS
AT AEH.**





ORIENTATION AND ACLS TRAINING FOR INTERN DOCTORS AT AEH.





3RD BATCH OF MNU PHYSIOTHERAPY STUDENTS COMPLETING THEIR COMMUNITY INTERNSHIP PLACEMENT WITH US.



UPCOMING EVENTS

Attendants Day 2025



FOR AMBULANCE

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FOLLOW OUR JOURNEY!