

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

ECZEMA

A Comprehensive Guide

Patient
Pulse

**STAFF
SPOTLIGHT**

What You Need to Know About

HMPV

The Myth of Multitasking

Productivity Superpower

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

As we begin this new year, I want to underscore the vital importance of prioritizing personal and professional growth for each of us. In the ever-evolving landscape of healthcare, continuous learning and self-improvement are not just beneficial; they are essential for delivering the highest quality care to our patients and ensuring the continued success of our hospital.

Our patients deserve the very best, and this requires a workforce that is not only technically skilled but also emotionally intelligent, adaptable, and resilient. The rapid advancements in medical technology, the emergence of new treatments, and the evolving expectations of our patients demand that we continually expand our knowledge and skills.

This year, we anticipate the implementation of the new hospital information system, HINAI, which highlights the importance of embracing technological advancements. Proficiency in emerging technologies like telemedicine, artificial intelligence, and electronic health records is no longer optional; it's a necessity.

Beyond technical expertise, cultivating emotional intelligence is paramount. Building strong patient relationships requires active listening, empathy, and effective communication. Developing these skills will not only enhance patient satisfaction but also foster a more positive and collaborative work environment.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

AEH is committed to supporting your professional journey. We will be providing resources for continuing medical education (CME), facilitating peer learning opportunities, and offering mental health support programs. We encourage you to seek mentorship from experienced colleagues, actively participate in professional development activities, and embrace a culture of continuous learning.

I believe that by investing in our own growth, we not only enhance our individual capabilities but also contribute to the overall success of AEH. Let us strive to be lifelong learners, embrace challenges, and exceed expectations in all that we do.

With this new year message, I'm excited to share our first newsletter of 2025, featuring staff achievements, patient feedback, insightful health articles, and upcoming events. Let's continue working together to bring exceptional changes to our patient services and uphold the highest standards of care.

Thank you for your dedication and support.
Best regards,

A handwritten signature in blue ink that reads "Dr. Yasir". The signature is fluid and cursive, with a small "Dr." followed by "Yasir".

Staff Spotlight



CODE BLUE COMMITTEE OF AEH

1. The Committee's Journey in Brief

The Code Blue Committee was established with the mission of improving emergency response systems and saving lives during critical situations. Over the years, we have grown from a small team into a well-structured committee comprising multidisciplinary professionals, including anesthetists, emergency physicians, medical officers, nurses, and support staff.

Our journey has been marked by continuous learning, collaboration, and a commitment to excellence in emergency care.

2. Key Initiatives and Improvements

To enhance preparedness and response, the committee has introduced several initiatives:

- **Standardized Protocols:** Developed and implemented standardized Code Blue protocols to ensure consistent and efficient responses across all departments.

To enhance preparedness and response, the committee has introduced several initiatives:

- **Standardized Protocols:** Developed and implemented standardized Code Blue protocols to ensure consistent and efficient responses across all departments.
- **Simulation Training:** Conducted regular mock drills and simulation exercises to train staff in real-life scenarios, improving teamwork and response times.
- **Equipment Upgrades:** Ensured the availability of fully stocked and functional crash carts in key areas of the hospital.
- **Education and Awareness:** Organized workshops and training sessions to educate staff on the latest resuscitation guidelines and best practices.

These efforts have significantly improved our readiness to handle emergencies and have fostered a culture of preparedness throughout the hospital.



3. A Memorable and Impactful Moment

One of the most memorable moments in our journey was when the Code Blue team successfully resuscitated a patient who experienced sudden cardiac arrest in the outpatient department.

Thanks to the swift response of the team, the patient was stabilized and later made a full recovery. This incident highlighted the importance of having a well-trained and coordinated team, as well as the critical role of early intervention in saving lives.

4. What We Would Like to Do Differently Moving Forward

While we have made significant progress, there is always room for improvement. Moving forward, we aim to:

- **Enhance Communication:** Streamline communication between team members during emergencies to further reduce response times.
- **Expand Training:** Include more interdisciplinary training sessions to ensure all staff members are confident and competent in their roles during a Code Blue.
- **Leverage Technology:** Explore the use of technology, such as real-time alert systems, to improve the efficiency of emergency responses.

5. Future Goals and How the Hospital Community Can Contribute

Our future goals include:

- Achieving a 100% response rate within the golden window of opportunity during emergencies.
- Becoming a regional leader in emergency response by sharing our best practices and training programs with other healthcare institutions.

To achieve these goals, we need the support of the entire hospital community. Here's how you can contribute:

- **Participate in Training:** Attend Code Blue training sessions and mock drills to stay updated and prepared.
- **Provide Feedback:** Share your experiences and suggestions to help us improve our protocols and processes.
- **Stay Vigilant:** Be proactive in identifying potential risks and reporting any issues with emergency equipment or systems.

The Code Blue Committee is committed to ensuring that AEH remains a safe and reliable healthcare institution for our patients and staff. Together, we can continue to save lives and make a difference in critical moments.

Thank you for your unwavering support and dedication to excellence.

By: Dr. Ahmed Abdou Ali Ismail (Chairperson of code blue committee)



Patient Pulse:

Voices from the Heart of Our Hospital

I want to express my deepest gratitude to the entire team for the exceptional care and compassion you showed my grandmother during her time at your hospital.

Your professionalism, kindness, and unwavering dedication brought great comfort to our family.

From the doctors and nurses, to the support staff, everyone of you made a difference in her recovery.

Thank you for going above and beyond to ensure she felt cared for and valued.

-Haleemath Naseedha, Bed-22



I want to express my heartfelt gratitude for the incredible and compassion you shared my father during this time at AEH. Your dedication, kindness and professionalism provided not only comfort to him but also peace of mind to our family during a challenging time.

Thank you for being a source of strength and healing. You are truly heroes in every sense of word.

with deepest appreciation

-Anees





Your safety is our mission, and we are here to provide life-saving care every moment of every day. At the Emergency Department, our skilled and compassionate team stands ready to respond with precision and expertise, ensuring you receive the urgent attention you deserve. In every critical moment, trust a team that puts your health first.

-EMERGENCY DEPARTMENT OF AEH-



What You Need to Know About HMPV

Recent images of crowded hospitals in China have sparked concerns about a potential new pandemic. Beijing has confirmed a surge in cases of human metapneumovirus (HMPV), particularly among children, attributing it to a seasonal spike. However, public health experts emphasize that HMPV is not like COVID-19. Here's what you need to know:

What is HMPV and How Does It Spread?

HMPV is a virus that typically causes mild upper respiratory tract infections, similar to the flu. First identified in the Netherlands in 2001, it spreads through direct contact with infected individuals or contaminated surfaces. Common symptoms include cough, fever, and nasal congestion.

The virus is most dangerous for very young children, especially those under two, and individuals with weakened immune systems, such as the elderly and those with advanced cancer. In these groups, HMPV can lead to more severe respiratory issues, including wheezing, breathlessness, and croup, sometimes requiring hospitalization.

Why Are Cases Rising in China?

HMPV, like many respiratory infections, is more active during late winter and spring. Experts suggest that the virus survives better in cold conditions and spreads more easily as people spend more time indoors. Northern China is currently experiencing low temperatures, which are expected to persist until March, coinciding with the HMPV spike. This trend is not limited to China; many northern hemisphere countries are seeing increased HMPV cases. The Health Protection Agency (HPA) believes this rise is part of the normal seasonal increase.

Is HMPV Like COVID-19? Should We Be Worried?

Experts assure us that fears of a COVID-19-like pandemic are exaggerated. Unlike novel pathogens that cause pandemics, HMPV has been around for decades, and most people have some level of immunity due to previous exposure. This is different from COVID-19, which spread rapidly before vaccinations were available.

The HPA recommends standard precautions to reduce the risk of severe illness from respiratory infections: wearing masks in crowded places, avoiding crowds if at higher risk, practicing good hand hygiene, and getting the annual flu vaccine.

STAY INFORMED AND TAKE CARE!



ECZEMA: A COMPREHENSIVE GUIDE TO UNDERSTANDING AND MANAGING THE CONDITION

Eczema, or atopic dermatitis, is a chronic skin condition that affects millions of people globally. It causes redness, inflammation, and persistent itching, which can interfere with daily life. Despite its prevalence, eczema is often misunderstood, leading to misconceptions about its causes and treatments. This guide explores eczema's key aspects, from triggers to effective management strategies.

What is Eczema?

Eczema is a skin condition that results in inflamed, irritated, and itchy skin. It often appears in cycles, with flare-ups followed by periods of improvement. While it is most common in children, eczema can affect individuals of all ages. It is not contagious but is often linked to genetic and environmental factors.

What Causes Eczema?

Eczema develops due to a combination of factors:

- **Genetics:** A family history of eczema, asthma, or hay fever increases susceptibility.
- **Immune System Response:** Eczema sufferers often have an overactive immune response to triggers like allergens or irritants.
- **Environmental Triggers:** Changes in weather, allergens, chemicals, or stress can exacerbate symptoms.
- **Skin Barrier Issues:** A weakened skin barrier reduces moisture retention, making the skin more prone to irritation.

What Causes Eczema?

Eczema symptoms vary from person to person, but the most common include:

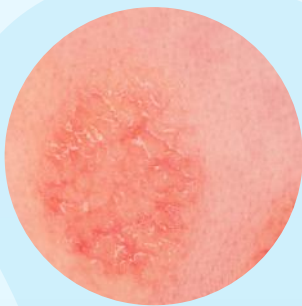
- Intense itching
- Red, inflamed patches of skin
- Dryness or scaling
- Rashes that may ooze or crust over
- Thickened or leathery skin in chronic cases

These symptoms can occur anywhere on the body, but common areas include the face, hands, feet, and the folds of the skin.

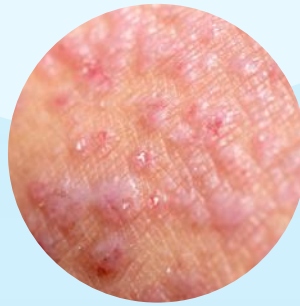
Types of Eczema

Eczema comes in different forms, including:

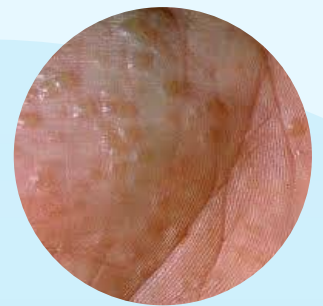
1. **Atopic Dermatitis:** The most common type, often associated with allergies.
2. **Contact Dermatitis:** Triggered by exposure to specific irritants or allergens.
3. **Dyshidrotic Eczema:** Characterized by small, itchy blisters on the hands and feet.
4. **Seborrheic Dermatitis:** Found in oily areas like the scalp and face.
5. **Nummular Eczema:** Presents as coin-shaped spots on the skin.



ATOPIC DERMATITIS



CONTACT DERMATITIS



DYSHIDROTIC ECZEMA



SEBORRHEIC DERMATITIS



NUMMULAR ECZEMA

How to Manage Eczema

While there's no cure for eczema, several strategies can help manage its symptoms and prevent flare-ups:

- **Moisturize Daily:** Use fragrance-free, hypoallergenic creams or ointments to lock in moisture.
- **Avoid Known Triggers:** Identify allergens or irritants that cause flare-ups and minimize exposure to them.
- **Practice Gentle Skincare:** Bathe with lukewarm water, limit shower to maximum 10 minutes, use mild cleansers, and avoid harsh scrubbing.
- **Use Medications as Prescribed:** Topical corticosteroids, antihistamines, or other prescription treatments can help reduce inflammation.
- **Protect Your Skin:** Wear loose, breathable fabrics and avoid excessive heat or sweating.
- **Stress Management:** Since stress can worsen eczema, incorporate relaxation techniques like yoga or meditation into your routine.

When to Seek Medical Help

If eczema symptoms persist, worsen, or lead to signs of infection (like pus or fever), consult a healthcare professional. New treatment options, including biologic medications, are available for those with severe or treatment-resistant eczema.

Breaking the Stigma

Living with eczema can take a toll on self-esteem and mental health, particularly when symptoms are visible. Raising awareness about the condition and fostering understanding can help reduce stigma and support those affected.

Eczema is a challenging condition, but it can be managed with the right approach. By identifying triggers, maintaining a proper skincare routine, and seeking medical advice when necessary, individuals with eczema can improve their quality of life. Understanding and empathy are key to helping those affected feel supported and empowered.

DR. NINA BHOCHHIBHOYA

DERMATOLOGIST OF AEH



THE MYTH OF MULTITASKING: WHY SINGLE-TASKING IS YOUR PRODUCTIVITY SUPERPOWER

By: Hawwa Ali (Senior Administrative Officer of AEH)

While juggling multiple tasks simultaneously might seem like the hallmark of efficiency, research tells a different story. What we call "multitasking" is actually task-switching, rapidly moving our attention between different activities and it's costing us more than we realize.

A study by the University of California, Irvine, found that it takes an average of 23 minutes to fully regain focus after an interruption. When we constantly switch between tasks, we're essentially creating a series of self-imposed interruptions. The American Psychological Association reports that this task-switching can reduce productivity by up to 40%.

The solution? Embrace single-tasking. Start by implementing "time blocking", dedicating specific time slots to individual tasks. For instance, designate the first hour of your workday to focused project work before checking emails. Use the Pomodoro Technique: work on one task for 25 minutes, followed by a short break.

Creating a distraction free environment is equally crucial. Turn off phone notifications, close unnecessary browser tabs, and communicate your focus time to colleagues. Some companies are now implementing "quiet hours", designated periods where interruptions are minimized to enable deep work.

The results speak for themselves. Microsoft's research shows that employees who practice single tasking report higher job satisfaction and better work quality. By giving each task our undivided attention, we not only complete work faster but also achieve better results.

References:

- Mark, G., et al. (2016). "The Cost of Interrupted Work: More Speed and Stress"
- American Psychological Association (2021). "Multitasking: Switching costs"
- Microsoft Workplace Analytics (2023). "The Future of Work Trends"



Hiyfahi Clinic



a specialized clinic dedicated to patients with non-communicable diseases (NCDs)



Diabetes



Hyptertenison



Dyslipidemia

HOW DO YOU CONSULT AT HIYFAHI CLINIC?

- Internal Medicine specialists will refer suitable candidates.
- On referral, you will get registered at the clinic on the first visit.
- Subsequent appointments at the clinic will be made by the hospital.

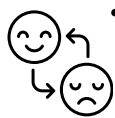
MEET CLARITY: YOUR PERSONAL MENTAL HEALTH SIDEKICK!

Mental Health App : IOS



Clarity

Your go-to app for managing stress, anxiety, and negative thoughts—powered by proven Cognitive Behavioural Therapy (CBT) techniques. Whether you're looking to track your mood, challenge unhelpful thoughts, or just find some inner peace, Clarity's got your back with tools that help you grow and thrive.



- **Track Your Mood & Get Personalized Insights:** See what's really going on with your mood and emotions, and get tips for making positive changes that work for YOU.



- **Reframe Your Thoughts:** Use Clarity's digital CBT tool to flip negative thoughts and start building a mindset that supports your growth.



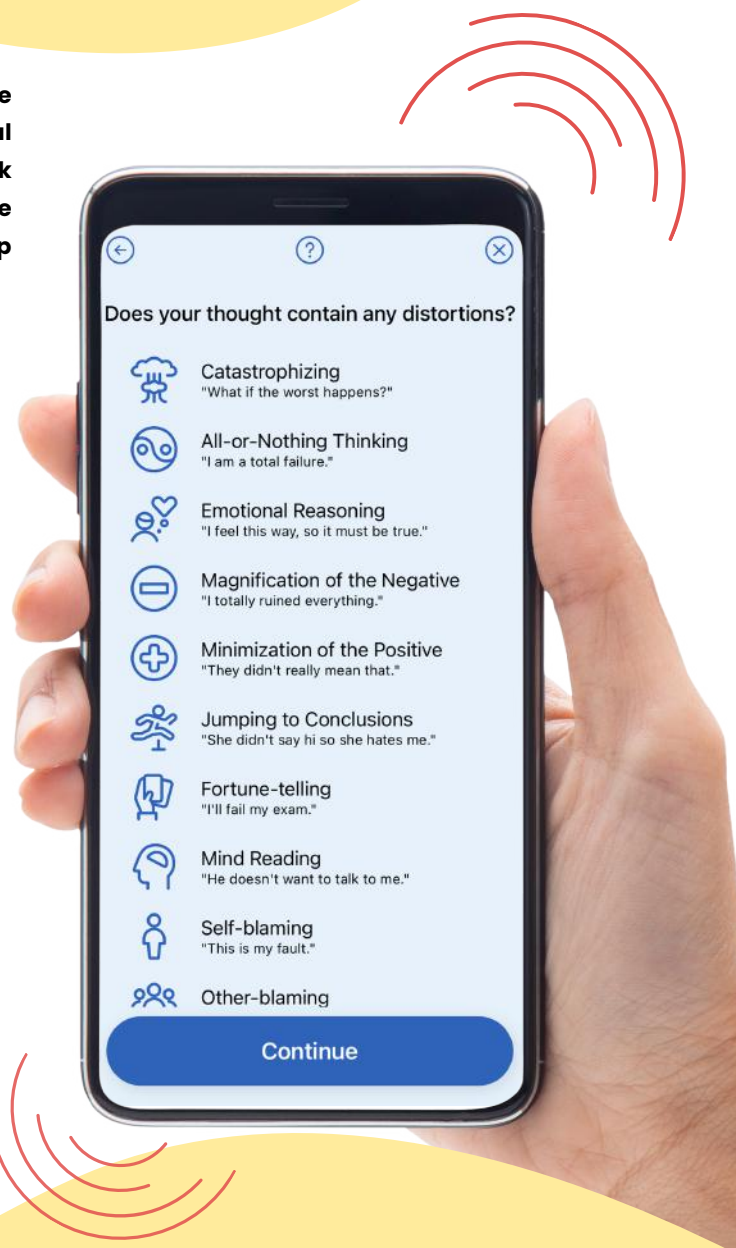
- **Guided Journals & Fun Assessments:** Dive into journaling prompts and fun assessments to get to know yourself better, reflect, and level up your emotional health.



- **CBT Programs & Quick Lessons:** Whether it's overcoming impostor syndrome or facing your fears, Clarity's quick programs give you the tools to tackle life's challenges with confidence.



- **Mindfulness Meditations & Relaxation:** Need a break? Relax with audio-guided meditations and breathwork to reset your mind and find some peace.



Improve your mental health with CBT—right in your pocket! Tackle stress, reframe negative thoughts, and build emotional resilience anytime, anywhere.

MINDSHIFT CBT: YOUR FREE, ALL-IN-ONE ANXIETY RELIEF SOLUTION!

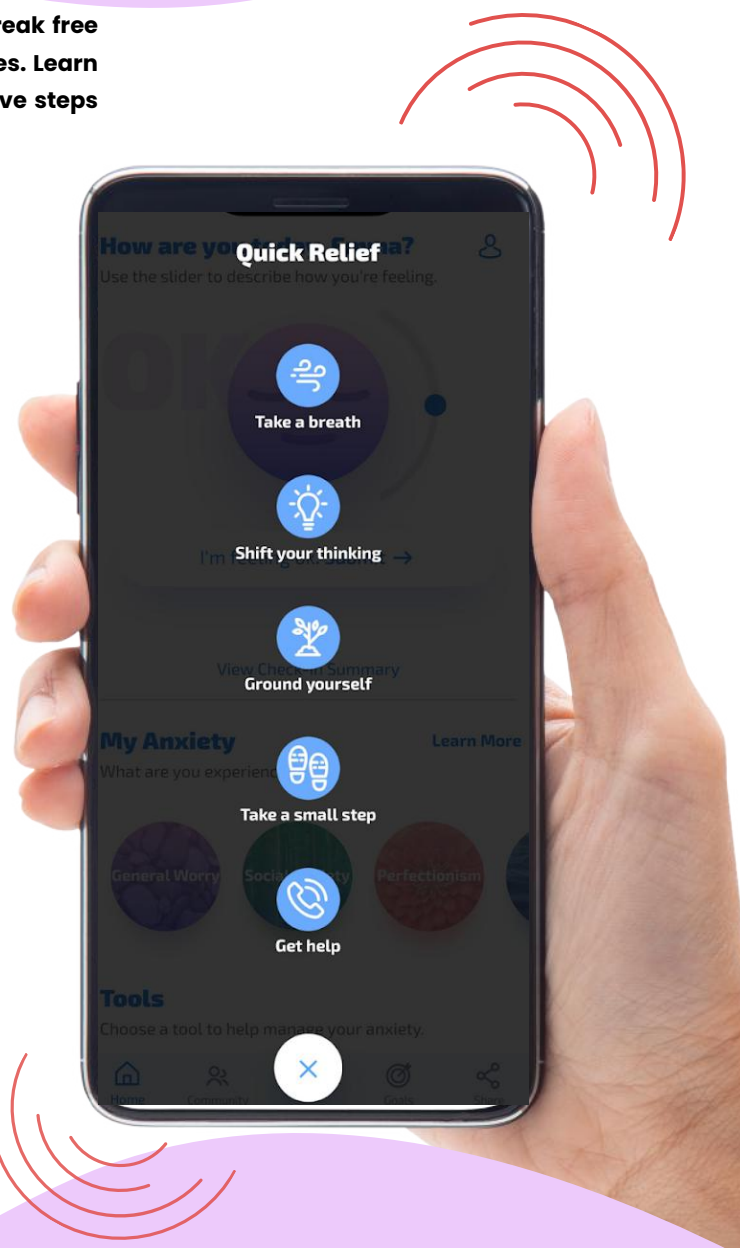
Available on IOS & ANDROID



MindShift®

Is anxiety holding you back? MindShift® CBT helps you break free with proven Cognitive Behavioral Therapy (CBT) strategies. Learn how to relax, challenge negative thoughts, and take active steps to regain control of your life.

- **Healthy Habits:** Set the foundation for managing anxiety through better self-care.
- **Coping Cards:** to help you ride out your anxiety (and the ability to add your own!)
- **Thought Journal:** Turn worries into balanced, helpful thoughts by challenging anxiety-driven thinking.
- **Belief Experiments:** Test out beliefs that fuel anxiety and prove them wrong.
- **Chill Zone:** Find instant relaxation with guided meditations and mindfulness exercises.
- **Facing Fears:** Gradually confront your fears in manageable steps to regain confidence.
- **Quick Relief:** Use fast, easy tools to calm down, ground yourself, and shift your thinking when anxiety hits.
- **Community Forum:** Share experiences, gain insights, and offer support in a safe, moderated space.
- **Goal Setting:** Set personal goals, track progress, and stay motivated while managing anxiety.
- **Check-In:** Track your mood and anxiety levels over time with helpful graphs and journal prompts.
- **Therapist Collaboration:** Share your progress with your counsellor or psychologist.



Get the tools to tackle:

Worry, Panic, Perfectionism, Social Anxiety & Phobias

REFLECTING ON 2024

A Year of Growth and Achievements



This year has been remarkable for our hospital as we continued to deliver exceptional care, innovate, and grow together as a team. Our 2024 lookback video captures the heart, passion, and energy that made it all possible. Get ready to relive the highlights and feel inspired by the impact we've created together!

UPCOMING EVENTS

**Inauguration of newly elected EXCO team
January 2025**



FOR AMBULANCE

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Addu Equatorial Hospital-AEH



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