

SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**STAFF
SPOTLIGHT**

Patient
Pulse

HUDDLING FOR SUCCESS:

AEH Nurses' Commitment to
Enhanced Care

Expert Advice for Holistic Wellness During Ramadan:

Tips from our Doctors for your Body, Mind, and Soul

EMBRACING SELF-LEARNING DURING RAMAZAN

As we welcome the blessed month of Ramadan, I extend my warmest wishes to you and your families. This sacred month, a time for reflection, spiritual growth, and community, provides us with an opportunity to reinforce the values that underpin our mission at Addu Equatorial Hospital (AEH). I am deeply grateful for the unwavering dedication and profound compassion you demonstrate each day, particularly during this period of heightened awareness and empathy. I also encourage everyone to engage with the daily Ramadan health tips shared by our dedicated media team on our social media channels, which offer valuable insights for maintaining well-being throughout the month.

The eighth issue of our newsletter is a testament to the diverse talents and collective commitment that define our AEH family. We are privileged to showcase the remarkable work being carried out across various departments, from the critical frontline care delivered by our Medical Ward Nurses and Doctors, notably our Internal Medicine team, to the essential support provided by our invaluable behind-the-scenes teams.

We begin with a personal touch, highlighting the dedication of Registered Nurse Bivin from our Blood Transfusion unit in our Staff Spotlight. Bivin's commitment to service embodies the very spirit that makes AEH a beacon of care and excellence.



DR. IBRAHIM YASIR AHMED
CEO, ADDU EQUATORIAL HOSPITAL

Our Departmental Spotlight shines a light on the Medical Ward, recognizing the tireless efforts of our nurses and doctors in delivering exceptional patient care. We are also pleased to share valuable Patient Feedback, offering critical insights that will guide our ongoing efforts to enhance service quality and ensure a consistently positive patient experience.

In keeping with the spirit of Ramadan, we have included a comprehensive Special Health Education Article, "Expert Advice for Holistic Wellness During Ramadan: Tips from our Doctors for your Body, Mind, and Soul." This compiled piece, featuring expert insights from Dr. Athfa, Dr. Hazem, Dr. Hassan, Dr. Ubaidh, and Dr. Mahmoud, provides invaluable guidance on maintaining physical, mental, and emotional well-being during this sacred month. For our healthcare workers, Ramadan presents unique opportunities for empathy and understanding. The act of fasting, especially during the Holy month of Ramazan, can deepen our appreciation for the challenges faced by our patients and strengthen our ability to provide compassionate, patient-centered care.

We also celebrate the impactful "Huddling for Success: AEH Nurses' Commitment to Enhanced Care" article by our Evidenced-Based team. This initiative underscores our unwavering commitment to continuous improvement and ensuring the highest standards of patient safety through structured, team-based communication. By fostering a culture of open dialogue and collaboration, we enhance our ability to deliver safe and effective care.

This Ramadan, let us embrace the values of compassion, unity, and service. May this month bring you peace, health, and renewed strength. Thank you for your unwavering dedication to AEH and our community.

Staff Spotlight

MR. BIVIN E K

It is our honor to dedicate this month's Employee of the Month column to Mr Bivin Edakulthil, one of the longest-serving member of AEH nursing team. Hailing from India, Bivin is a highly skilled Registered Nurse Midwife who has been an invaluable part of the AEH team since September 2008, initially joining the team at HRH before transitioning to AEH. With over 17 years of exceptional service to Addu City, Bivin has become a true pillar of our healthcare community, known for his unwavering dedication, expertise, and outstanding contributions across multiple departments.

As one of our longest-serving expatriate nurses, his commitment to excellence in patient care and continuous professional growth has made him an exemplary figure within AEH. Bivin's extensive experience spans nearly every area of AEH, where he has excelled in critical care, trauma, and mass casualty management. His flexibility and reliability have made him a go-to nurse across various units, and his collaborative spirit embodies the heart of teamwork at AEH.

A key member of AEH's Code Blue team, Bivin consistently participates in training sessions, refining his skills to ensure the highest standards of care. His enthusiasm for learning and staying updated with the latest healthcare practices showcases his unwavering commitment to excellence.

Currently, Bivin is a core member of the Blood Transfusion Unit, where he has earned a reputation as the preferred nurse for many patients and their families. His exceptional clinical expertise, compassionate care, and patient-centered approach have made him a trusted figure in the unit. Many patients and families routinely request his services, recognizing his professionalism and the confidence he instills in handling all procedures.

Bivin's dedication to providing high-quality care has fostered strong relationships built on trust and respect.



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Beyond his work in the Blood Transfusion Unit, Bivin actively participates in blood donation camps, demonstrating efficiency and professionalism in every procedure. His dedication to saving lives and providing essential services speaks volumes about his selflessness and commitment to the community.

Bivin's influence extends beyond his clinical work—he is also a mentor to student nurses, eager to share his wealth of knowledge and foster the next generation of healthcare professionals. His approach to mentoring goes beyond teaching, encouraging critical thinking, problem-solving, and seamless teamwork. His ability to coordinate effectively with team members ensures the highest quality of patient care, making a lasting impact on the AEH community.

Known for his excellent communication skills, particularly in Dhivehi, Bivin has a unique ability to connect with patients and their families, always showing respect for local culture and traditions. His friendly, cooperative nature has made him a beloved colleague, cherished by both staff and patients alike.

As a competent, passionate, and dedicated nurse, Bivin Edakulthil continues to shine as a beacon of excellence at AEH. His dedication, skills, enthusiasm for learning, and commitment to mentoring set the standard for all of us. We are incredibly fortunate to have Bivin as part of our team.



Patient Pulse:

Voices from the Heart of Our Hospital



Dear Doctors, Nurses, and Staff of **Hulhumeedhoo Health Centre** and **Addu Equatorial Hospital**

I want to express my deepest gratitude to each one of you for your unwavering care and kindness during my brother, Mohamed Shah's courageous battle with cancer. Your dedication, compassion, and expertise were a great comfort to him and to our entire family during this incredibly difficult time.

From the moment he was admitted and during all consultations, we felt surrounded by not only medical professionals but also a team who genuinely cared for his well-being. Your constant support, both emotionally and physically, made a world of difference as he fought so hard.

We will forever be thankful for the warmth and empathy you provided in his final days. You showed him dignity and respect, and we are truly grateful for that. Your efforts did not go unnoticed, and we will always carry your kindness in our hearts.

Thank you once again for everything you did for my brother. Your work and compassion will forever be remembered.

With heartfelt appreciation,

Family





Your well-being is our priority, and in the Medical Ward, we are committed to providing exceptional care every day. Our dedicated team of doctors, nurses, and support staff work hand-in-hand to deliver personalized treatment with compassion and expertise. In every moment of recovery, we stand ready to support you, offering not only medical care but also comfort and reassurance. From successful treatments to inspiring patient recoveries, we take pride in every life we touch. Trust in a team that is always here to provide the care and attention you need during your stay. Together, we heal. Together, we care. With dedication.

-MEDICAL WARD OF AEH-

Expert Advice for Holistic Wellness During Ramadan: For a Fresh Smile During Ramadan

By Dr. Fathimath Athfa (Dental Officer of Athfa)

Why bad breath occurs during fasting?

During fasting saliva production decreases. Saliva plays an important role in cleansing the oral cavity and decreasing the microorganism. Lack of saliva leads to dry mouth and an increase in microorganisms leading to bad breath.

How to prevent bad breath during fasting?

1. Stay hydrated. To keep your salivary glands functioning well, ensure you stay hydrated. Since saliva comes from water, make sure your body receives adequate water intake between Iftar and Suhoor.

2. Brush your teeth twice daily: To prevent plaque buildup, brush your teeth with fluoride toothpaste for two to three minutes after Iftar and Suhoor. This helps remove food particles and bacteria, preventing bad breath.

3. Floss your teeth every day: especially before bedtime, to ensure that no food particles are left lodged between the teeth, as this will provide food for the bacteria to grow. Flossing removes food particles from places where brushes cannot, so this is an essential step.

4.Clean Your Tongue: To prevent oral bacteria from accumulating on your tongue and to maintain oral health, use a tongue scraper. Regular tongue cleaning is crucial because bacteria on the tongue can cause bad breath.

5. Avoid Smoking: In addition to contributing to foul breath, smoking can also worsen gum disease and other oral health issues. If you smoke, strive to stop or at least cut back as much as you can throughout Ramadan.

6.Consume a Balanced Diet: A healthy mouth can be maintained by eating a balanced diet that contains lots of fruits and vegetables. High water content in fruits and vegetables can help keep your mouth wet and avoid dry mouth.

7.Get professional dental care: Get a professional dental cleaning every six months, and a dental exam every year. Cleaning will remove all traces of plaque and tartar from the mouth, and prevent serious dental issues.



Expert Advice for Holistic Wellness During Ramadan: For a Strong Heart While Fasting

By Dr. Hazem Elsayed Awad Elbarbary (Cardiologist of AEH)

1. Stay Hydrated.

- Increase your water intake to 2 liters between Iftar and Suhoor to decrease the risk of dehydration.
- Eat fruits and vegetables with high water content like watermelon, cucumber, celery, and tomatoes.

2. Exercise.

- Maintain your fitness levels with light exercises like stretching or walking.

3. Food

- Choose well-balanced meals with a variety of fruits and vegetables, lean proteins and healthy carbs like brown rice and whole grain pasta or breads to keep you fueled while fasting.
- Reduce the intake of fatty, deep-fried, processed, spicy or salty food as these will increase thirst during the fasting period



Expert Advice for Holistic Wellness During Ramadan: Safe and Healthy Tips from an Expert Gynecologist

By Dr. Mahmoud Abdelraheem Abdelsalheen (Gynecologist of AEH)

1. Consult a Doctor First

- Get a medical check-up to assess if fasting is safe for both mother and baby.
- Monitor weight gain, blood sugar, and hydration levels.

2. Stay Hydrated

- Drink plenty of water between Iftar and Suhoor to prevent dehydration.
- Avoid caffeine and sugary drinks, which can cause dehydration.

3. Eat Nutrient-Dense Meals

- Suhoor: Choose slow-digesting foods like whole grains, proteins, and healthy fats to sustain energy and more fibre diet.
- Iftar: Start with dates and water, then eat balanced meals rich in protein, fiber, and healthy fats.

4. Avoid Overeating & Unhealthy Foods

- Limit fried, spicy, and overly processed foods that can cause heartburn or indigestion.
- Eat small, frequent meals between Iftar and Suhoor to avoid discomfort.

5. Rest and Manage Energy

- Avoid excessive physical activity, especially in hot weather.
- Take short naps if needed to compensate for sleep disturbances.

6. Watch for Warning Signs

- Stop fasting immediately and seek medical help if experiencing:
 - Dizziness, weakness, or fainting
 - Severe nausea or vomiting
 - Reduced baby movements
 - Signs of dehydration (dry mouth, dark urine, severe headaches)

7. Consider Alternatives

- Islam allows pregnant women to postpone fasting if it may harm them or their baby.
- They can make up for missed fasts later.

TIPS

- If morning sickness is severe, fasting may not be advisable.
- Avoid fried or greasy foods, as they can worsen nausea
- Stay hydrated to prevent constipation.
- Watch for signs of dehydration or low energy.
- Eat small, frequent meals between Iftar and Suhoor to meet calorie needs.
- If swelling or high blood pressure occurs, reduce salt intake.



Expert Advice for Holistic Wellness During Ramadan: Specialist Tips to Keep Your Mind Healthy and Balanced

By Dr. Hassan Zulqernain Mahmood (Psychiatrist of AEH)

- 1) Create and stick to a daily work routine to help you stay organized.
- 2) Ensure a proper sleep-wake cycle and practice good sleep hygiene.
- 3) Share meals with your family during Suhoor and Iftar, and improve communication by resolving issues together.
- 4) Support the poor and the hungry for emotional satisfaction and well-being.
- 5) Stay connected with your Muslim community during prayer times and foster healthy, trustworthy friendships.
- 6) Increase your connection with Allah Almighty and express gratitude for His countless blessings to feel emotionally fulfilled.
- 7) Donating to those in need will bring emotional satisfaction and help you feel connected to the community.
- 8) Avoid binge eating to stay healthy and feel relaxed both physically and mentally.
- 9) Limit social media and focus on face-to-face communication to build better social relationships.
- 10) Identify your weaknesses and work on improving them for better emotional well-being.
- 11) Set achievable goals for the future and take steps to work towards them.
- 12) Be polite and open to feedbacks and criticism, and use it as an opportunity for self-improvement.
- 13) Continuously learn new ways to manage challenges in life.



Expert Advice for Holistic Wellness During Ramadan: Precautions for Asthmatic Patients During Ramadan

By Dr. Ubaid Ullah (Pulmonologist of AEH)

Hydration

- Drink plenty of water between Iftar and Suhoor to prevent dehydration, which can thicken airway mucus.
- **Avoid Diuretics:** Limit caffeine and salty foods.

Medication

- **Schedule Adjustments:** Use preventer inhalers at Suhoor and Iftar. Keep reliever inhalers accessible even while fasting.

Trigger Avoidance

- **Prayer Spaces:** Opt for well-ventilated areas in mosques and avoid incense or dust. Consider praying at home if triggers are present.
- **Allergen Awareness:** Identify and minimize exposure to personal triggers (e.g., pollen, pet dander).

For Those with Exercise-Induced Asthma

- Take a reliever inhaler before Tarawih prayers.
- **Moderate Movement:** Engage in light exercise during non-fasting hours to maintain fitness without triggering symptoms.

Diet

- Eat nutrient-rich foods at Suhoor and Iftar to boost immunity. Avoid overeating to prevent gastric reflux, which is a potential trigger for asthma.
- Steer clear of known food allergens and overly cold/spicy foods that may irritate airways.

Sleep Hygiene

- Short naps may help compensate for late-night prayers.

Pre-Ramadan Check-Up

- Ensure asthma is well-controlled and adjust treatment plans as needed.

Environmental Adjustments

- In hot climates, stay cool to prevent dehydration. In cold weather, cover the face to warm inhaled air.

Stress Management

- Practice deep breathing, meditation, or mindfulness to reduce stress-induced triggers.

Religious Exemptions

- Islam exempts those whose health is at risk.

Emergency Readiness: Always carry a reliever inhaler. If symptoms worsen (e.g. wheezing, chest tightness), use medication immediately. Health takes precedence in Islam.



HUDDLING FOR SUCCESS: AEH NURSES' COMMITMENT TO ENHANCED CARE

By: AEH Evidenced based team of AEH

Implementation and Outcomes of Huddling in Nursing Practice

At Addu Equatorial Hospital (AEH), the structured implementation of huddling within nursing units has proven to be an effective strategy for improving communication, situational awareness, and teamwork. In healthcare, an interdisciplinary approach is critical for delivering patient-centered care, and huddling supports this by ensuring streamlined communication and coordination across teams. Recognizing the need to address communication challenges, the AEH Evidence-Based Practice (EBP) team evaluated huddling as a means of enhancing both patient and staff experiences, obtaining support from hospital leadership to move forward with this initiative.

Process and Training

In early 2023, the EBP team developed a huddling framework that ensured efficient workflow integration while minimizing disruptions. Training materials were carefully crafted and distributed through various platforms, including in-service sessions, one-on-one meetings, leadership forums, and operational meetings. This approach ensured all nursing staff were adequately trained and engaged in the new huddling practices.

Positive Outcomes and Nursing Implications

The outcomes of implementing huddling at AEH have been notably positive, particularly in fostering communication and improving patient and staff satisfaction. Regular huddles have bolstered situational awareness among nursing teams, enabling timely adjustments to patient care plans. This proactive engagement reduced communication gaps and enhanced safety outcomes, as teams could address emerging issues quickly (Jones & Roberts, 2022). Nurses reported improved team cohesion and job satisfaction due to the consistent structure of huddling, which fostered a supportive team environment.

The implications for nursing practice are significant, as huddling provides a platform for collaborative information sharing and problem-solving, which promotes transparency and accountability. This structured communication contributes to a culture of safety and continuous improvement, enhancing professional satisfaction and empowerment among nurses (White et al., 2019).

Conclusion

The huddling initiative at AEH nursing department illustrates the value of structured communication in healthcare. By facilitating mutual communication and promoting teamwork, huddling significantly contributes to both the quality and safety of patient care, underscoring the importance of sustained, structured communication practices within healthcare settings (Miller et al., 2020).

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UPCOMING EVENTS

**Staff workshop: Mastering Proactive
Decision-Making & Environmental
Awareness in Hospital Operations.
March 2025**



FOR AMBULANCE

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