

HEYHAN –

FACULTY OF HEALTH SCIENCES FHS STUDENTS DHASVENIVUN

Welcome to the second edition of Heyhan. This issue features key highlights of the first six months at the Faculty. Firstly, this term's graduation ceremony was pivotal with first graduates of Bachelor of Physiotherapy course. After four years of study, six students graduated. All of the graduates has also been offered employment at prominent physiotherapy sectors. Other disciplines where students graduated were Psychology, Counselling, Social Work, Health Service Management and Public Health.



EXTERNSHIP

Bachelor of Pharmacy students enrolled in the seventh semester went for their first-ever industrial and clinical pharmacy training in India. The externship was in collaboration with Manipal Academy of Higher Education, Manipal College of Pharmaceutical Sciences (MAHE-MCOPS). The training was for three weeks starting from 15th April to 6th May 2024.

During the first two weeks, they underwent industrial training and got an opportunity for hands-on experience in various analytical instruments like HPLC, UV, IR, NMR, Flame, and also electrometric titrations. They practiced formulation of different dosage forms like lipstick, ointment, and shampoo. Students were given a tour of Prakruti Life Science Pvt Ltd which is a WHO GMP-certified pharmaceutical company and they were able to gain knowledge on process quality control tests for dosage and quality assurance with documentation process. In the third week of the externship, they had training in the different pharmacy departments of Kasturba Hospital, which boasts a history of more than 60 years in providing healthcare. With a substantial capacity of 2032 beds and 17 operation theatres. Its pharmacy services include outpatient, inpatient, emergency, oncology, operation theatre, obstetrics, and pediatrics. It is the second-best compounding hospital in India with an in-house manufacturing unit.

The students were able to practice patient counseling, inter-professional case discussions on medications, practical aspects of ADR reporting, Pharmaceutical therapeutic committee, and electronic common technical documents. The externship was focused on the manufacturing, quality control, and clinical pharmacy exposure for the students.

TEAM BEHIND 'HEYHAN'

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DEPARTMENTS AT THE FACULTY

DEPARTMENT OF REHABILITATION SCIENCES

This department offers undergraduate courses in the area of Physiotherapy at the moment. Currently, there are 4 lecturers
HoD: Mohamed Nimal



DEPARTMENT OF MEDICAL SCIENCES

This department offers Bachelors of Medical Laboratory Science, and Pharmacy courses, which are high in demand at present. Currently, there are 7 lecturers
HoD: Fathimath Shiranee

DEPARTMENT OF PUBLIC HEALTH

This department offers undergraduate courses in areas of Primary Health Care, Occupational Health and Safety, and Health Service Management. Master of Public Health is also offered. Currently, there are 7 lecturers
HoD: Shaheeb Abdul Azeez



DEPARTMENT OF BEHAVIORAL SCIENCES

This department offers undergraduate courses in the areas of Social Work, Counseling, and Psychology. Recently, Master of Science in Psychology (Clinical) has been offered. Currently, there are 10 lecturers
HoD: Mariyam Neerish

COMMENCEMENT OF MASTER SCIENCE IN PSYCHOLOGY (CLINICAL)

Master of Science in Clinical Psychology was introduced and teaching began in February 2024. With the announcement of this program, a lot of students expressed their interest, however, only 15 students were selected for the program based on their academic performance and by an interview process. Mariyam Ifshan Ahmed, lecturer in MNU's Faculty of Health Sciences, stated that this program started with an aim to increase the number of mental health professionals in the country. There are more than 170 students who have completed bachelor's course in psychology from the university alone and this course offers an opportunity for them to advance their professional development.



Photo Courtesy: MNU

HIGHLIGHTS OF 2024, TERM 1

JANUARY

Sports taping workshop by the Sports Medicine Association of Maldives for 4 students of the physiotherapy course

MARCH

Scientific presentation on “Antimicrobial Resistance in the Food Chain” was given by First Lady Madam Sajidha Mohamed during the Medical Science Seminar



Public lectures on mental health were hosted on the following:

- 1.Mindfulness Interventions presented by Dr. David Creswell, Professor in Psychology and Neuroscience at Carnegie Mellon University
- 2.Importance of sleep for health and well-being presented by Dr. Kasey Creswell, Associate Professor in the Psychology Department at Carnegie Mellon University

MAY

- Marked International Social Work Day by featuring our current student stories on our social media platforms
- Bachelor of Primary Health Care students completed their field practicum at Health Protection Agency (HPA)



- Interprofessional Learning conducted with 3rd year medical and 3rd year physiotherapy students
- First Aid training for Batch 4 and 5 students of Physiotherapy
- Stakeholder engagement to discuss course structure for Masters in Counseling and Post graduate Diploma in Addiction Studies
- Bachelor of Psychology 1st year students had a field exposure visit to the Drug Rehabilitation Center at K. Himmafushi
- Courtesy call with Dr. Ting (on 3rd May) to discuss areas of collaboration.

FEBRUARY

- Community placement completed for the first batch of students at Kulhudhuffushi Regional Hospital (KRH) and Addu Equatorial Hospital (AEH) (7 students)
- Commencement of Physiotherapy Internship at DMRC of Hulhumale Hospital (new placement institution)
- Master in Elderly Care (coursework) course approval from FAC
- Commencement of Master of Psychology (Clinical) course

APRIL

- Graduation of students from physiotherapy, psychology, counseling, social work, health service management, and public health
- Externship for students in Bachelor of Pharmacy to India in collaboration with MAHE-MCOPS
- Physiotherapy Practice 1 placement commenced for 1st year students at ADK hospital - 33 students
- Physiotherapy Practice 2 placement commenced for year 2 students at IGMH - 9 students
- Workshop on “Clinical Supervision” for department staff conducted by DBS staff Fathimath Nahla (PhD candidate)

JUNE

- Courtesy visit from Dr. Jason Steel, Head of Molecular Targeted Therapies Laboratory and Dr Charmaine Ramlogan-Steel, Head of Course, Medical Science from the Central Queensland University, Australia where innovative ideas were discussed and exchanged.
- Community engagement programs held for students and parents of Th. Guraidhoo school. These programs had a career guidance session for students and a session on increasing parents’ awareness on developmental milestones and healthy communication strategies.
- A stakeholder meeting was held to discuss ways to increase students’ enrollment for occupational health and safety courses.



- Minister of Health Dr. Abdulla Khaleel met with the FHS Management and discussed current healthcare courses, new course development aligned with national needs, challenges in course implementation and clinical placements, and regulatory body requirements.



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ELECTRONIC CIGARETTES AND VAPING AMONG ADOLESCENTS

Written by: Fathimath Nahula, Lecturer, Counseling

USE OF ELECTRONIC CIGARETTES (E-CIGARETTES)

The use of e-cigarettes or electronic nicotine delivery systems (vaping) compared to the use of conventional or combustible cigarettes has increased considerably among adolescents worldwide with significant implications for their health and well-being. Most e-cigarettes contain nicotine and the use of these is associated with the later use of conventional cigarettes. Other negative effects of e-cigarettes consist of respiratory problems, cardiovascular problems, mental health issues, and nicotine addiction. One main reason people report using e-cigarettes is due to flavour and to attract young people, it comes in 16,000 different flavours.



ADOLESCENCE-ONSET AND ASSOCIATED RISKS

Adolescence is usually associated with the onset of substance use. And tobacco is often the first substance adolescents experiment with. Adolescence-onset substance use is linked with substance dependence primarily due to biological vulnerabilities, particularly with the overstimulation of reward pathways in the brain through nicotine or other substances. At the same time, the prefrontal cortex responsible for executive functions has not fully developed. Other established risk factors include the perception and attitude of the individual, lack of disapproval towards e-cigarettes by family or parents, and peer pressure.

PREVENTIVE INTERVENTIONS

Prevention efforts must initially be aimed at preventing the ‘ever use’ of e-cigarettes by the population through universal prevention programs. Secondly, adolescence being a critical period, this age group must be given priority through selective interventions. Finally, efforts must be made to prevent escalation or progression of use through indicated interventions.

Intervention areas of substance use prevention among adolescents involve a knowledge component and a skill component. Teaching adolescents the normal process of development and growth and the effects of substance use on the brain and body are deemed beneficial. Additionally, imparting social-emotional skills that involve emotion regulation, problem-solving, decision-making, and dealing with peer pressure is critical.

A GUIDE FROM WHO

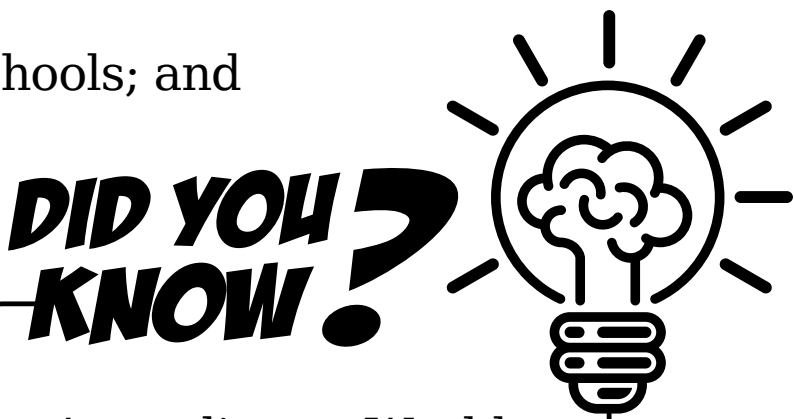
Freedom from nicotine and tobacco: guide for schools published by WHO highlights four ways to create a nicotine free environment for young people

- banning nicotine and tobacco products on school campuses;
- prohibiting the sale of nicotine and tobacco products near schools;
- banning direct and indirect ads and promotion of nicotine and tobacco products near schools; and
- refusing sponsorship or engagement with tobacco and nicotine industries

TIPS TO QUIT VAPING



1. Know why you are quitting
2. Set a quit date
3. Understand the challenges to quitting - learn your triggers, resist temptations
4. Share that you are quitting
5. Build your team to help with quitting
6. Ask for help
7. Support others in quitting
8. Distance yourself from people who do not understand why you are quitting
9. Quit all forms of tobacco



According to World Health Organisation (December 14, 2023), children 13-15-years old are using e-cigarettes at rates higher than adults in all WHO regions.

INTERESTING FACT

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THE HIDDEN RISK OF SKIN LIGHTENING PRODUCTS: UNVEILING THE TRUTH

Written by: Salna Susan Abraham, Associate Lecturer, Pharmacy

Currently, the market has a wide range of cosmetics that promise to enhance beauty or attractiveness or completely alter your appearance as they say in advertisements. The pursuit of a fairer skin complexion often leads to the use of fairness creams. But the allure of these creams hides a harsh reality with countless health risks. These fairness creams frequently contain a long list of ingredients. Let’s have a small journey through what these creams hide.

HAVE YOU HEARD OF HYDROQUINONE?

It is a substance that stops melanin production and gives a lighter complexion. You might be happy about it, but you could end up with ochronosis. That is bluish - black pigmentation which is often hard to treat and becomes a permanent feature of skin. Extensive use can lead to neurological disorders.

CLOBETASOL - STEROID

Prescribed for some skin conditions like psoriasis, dermatitis, and eczema because of their anti-inflammatory property. If prescribed by your health care provider follow their instructions carefully. Prolonged use can cause skin thinning, discoloration, stretch marks, acne, folliculitis, and skin sensitivity. Research published in the International Journal of Women’s Dermatology highlights long-term steroid utilization potential consequences in epidermal rarefaction, telangiectasia, and steroid-prompted dermatitis.

In response to growing health concerns, various regulatory bodies implemented restrictions on specific ingredients usage in cosmetics. An assessment circulated in 2010 by Ahmed H. Arbab and Mahmoud Mudawi Eltahir underscores the necessity for stringent policy and prudent usage of skin-lightening agents to ensure public protection.

But it is not just about what’s in these fairness products. These products uphold a toxic societal beauty standard. Beyond the physical harm they cause, they perpetuate harmful ideas that lighter skin is more beautiful mainly the advertisements. Fairness products may give you temporary benefits but long-term consequences outweigh the short-term gain. By advocating for safer skincare practices and embracing natural beauty, we can foster a more inclusive and healthy perspective on beauty. Let’s just love ourselves the way we are. That’s the real magic potion



RETINOID

An analogue of Vitamin A which has gained attraction recently for its anti-wrinkle property. But it can induce skin irritation, redness, peeling and make you prone to sunburn.



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BEHIND THE HEADLINES: EVALUATING REPORTING PRACTICES ON SELF-HARM AND SUICIDE

Written by: Aishath Shuau Saeed & Aishath Manaal, Bachelor of Counseling Batch 4 students

First of March is marked as World Self-Harm Awareness Day, students enrolled in the Bachelor of Counseling were asked to analyse the media reportings of suicide and self-harm incidents. This article presents the views of two students.

As the world deals with delicate issues of mental health, the number of reports on self-harm and suicide remains high, and the issue remains as a highly sensitive topic requiring responsible reporting. In this article, we have analysed two articles from recent years that have reported incidents regarding this topic.

According to the Media Guidelines for Reporting Suicide, it has been advised not to use phrases such as “committed suicide” as it might cause stigma and it can be sensitive for the family who are mourning the loss of a loved one. However, in one of the articles, the headline was states as “Individual quarantined in Velidhoo commits suicide”. Even though the article was short and speaks directly of the issue, it is important to be considerate about the family of the person as well.

Similarly photographs play an important role when reporting such issues, especially in the news articles. Despite the importance to follow this it was noticed that in one of the articles there was picture of the individual who had attempted a suicide as the cover of the article. Even though the man was under arrest regarding another case, publishing his picture on the article of his suicide attempt was not ethically right.

Both articles accurately address the issues being recorded. As Muslims, we understand self-harming behaviours are prohibited. It is stated in the Quran 2:195 to not to cause harm to ourselves. We believe it is important for this to be highlighted at the end of each article. Suicide can often reflect severe mental health issues a person experience, reading these articles help to evoke the empathy within us, as well as remind us to be understanding about the silent battles a person might be going through.

It is important for journalists to be well educated on sensitive topics such as these. Rather than higher clicks for the article, the focus should be on reporting the issue within the guidelines and in a way that can be less harmful to the society.

It is also vital to have proper training in reporting sensitive issues and periodic reviews and revising guidelines as well.



Maldives National Mental Health Helpline:
 **1677**

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