

HEYHAN –

FACULTY OF HEALTH SCIENCES

Welcome to the third edition of Heyhan. This issue brings our graduation news, highlights of key events, research advancements, thought-provoking articles from our talented team, followed by our upcoming courses.

FHS STUDENTS AND STAFF GRADUATION

Graduation News

We had 46 graduands during October 2024 graduation ceremony from the disciplines of:

- Bachelor of Counseling
- Bachelor of Health Services Management
- Bachelor of Physiotherapy
- Bachelor of Primary Health Care
- Bachelor of Medical Laboratory Science
- Postgraduate Diploma in Public Health
- Master in Public Health

We celebrate the successful graduation of four faculty members graduating from Postgraduate Diploma in Higher Education:



RUBAN SINGH



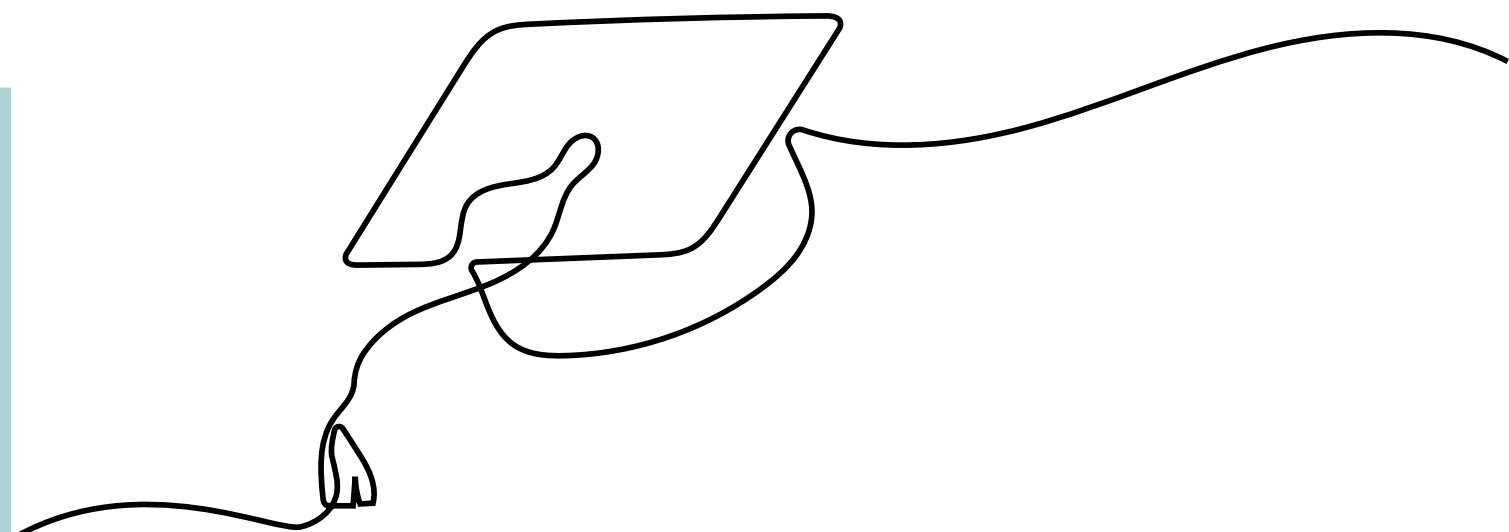
MOHAMED NIMAL



ZEENATH SHAKIR



**KHADIJA ABDUL
RAHMAN**



TEAM BEHIND 'HEYHAN'

EDITOR-IN-CHIEF:
Dr. Aishath Shanoora

EDITORS:
Aminath Samha
Zeenath Shakir
Fathimath Maesha

DESIGN:
Aminath Samha

CONTRIBUTORS:
Fathimath Nahula
Ibrahim Ismail
Zeenath Shakir

WORTHY MENTIONS OF THE YEAR

RESEARCH AT FHS

A total of five research grants and one book grant have been awarded to various teams from the Faculty of Health Sciences (FHS), marking a significant milestone for the faculty. This achievement highlights an exciting year of collaboration, and dedication within our teams. Following are the details of the grants



- **Book Grant** awarded to: Fathimath Maesha (lead) and Aminath Samha
 - Title: “Vilun”
- **Recipients of the Research Grant:**
 - Team 1: Dr. Aishath Niyaf (lead), Mohamed Zaid, Zahudha Abdhul Azeez, Aishath Hassan, and Dr. Asma Ibrahim Sulaiman
 - Title: “Effectiveness of an Educational Intervention on Breast Cancer Screening Behavior among Women in Male’ Region, Maldives”
 - Team 2: Dr. Asma Ibrahim Sulaiman(lead), Shaheeb Abdhul Azeez, Shifaza Adam Shareef, Mohamed Zaid, and Dr. Aishath Niyaf
 - Title: “Cancer Prevalence and associated risk factors in Greater Male’ Area”
 - Team 3: Aishath Majidha Hassan (lead), Fathimath Shirani, Aishath Maharath, and Fathimath Zimna
 - Title: “Prevalence of Vitamin D Deficiency in females of age 18-35 years in Male’, Maldives”
 - Team 4: Fathimath Shirani (lead), Aishath Maharath, Aishath Majidha Hassan, and Fathimath Zimna
 - Title: Prevalence of work-related muscular skeletal disorders (WMSDs) among healthcare workers of Addu Equatorial Hospital
 - Team 5: Unaisa Saud (lead), Mariyam Ifshan, Afaa Mohamed, and Dr. Aishath Shanoora
 - Title: “Prevalence and sociodemographic correlates of mental health issues among Maldivian adults”



THEVELI 2024 PRESENTATIONS

- 1.DR. AISHATH SHANOORA & UNAISA SAUD - “Relationship Between Parenting Styles and Romantic Attachment in Adults with Gender as a Moderating Variable” (paper)
- 2.AMMAR SUHAIL - “Undergraduate Physiotherapy Students’ perceptions about graduate attributes at the Maldives National University” (paper)
- 3.AMMAR SUHAIL - “Barriers in implementation of interprofessional education in higher education (healthcare sciences): A systematic literature review” (paper)
4. ZEENATH SHAKIR - “Exploring Experiences of Positive Thinking Practices among Social Work Students at The Maldives National University” (paper)
- 5.MARIYAM IFSHAN & AFAA MOHAMED - “The relationship between academic resilience, perceived social support and academic performance among students of The Maldives National University” (poster)



RESEARCH ACHIEVEMENTS

1. **Best Research Paper Award** - Mariyam Nuha and Dr. Aishath Shanoora, “Effects of Encouragement on Cognitive Performance of an Abstract Reasoning Task” presented at the International Conference on Social Research and Innovation held at Villa College.
2. **Outstanding Paper Award of Conference** - Dr. Aishath Shanoora and Unaisa Saud, “Relationship Between Parenting Styles and Romantic Attachment in Adults with Gender as a Moderating Variable” published in the MNJR.
3. **Paper publication** - Isna Abdul Qayyoom and Ammar Suhail - Knowledge and perception of physiotherapy among healthcare science students at the Maldives National University published in the Bulletin of Faculty of Physical Therapy.
4. **Paper publication** - Ammar Suhail and Sarah Quais - Quality and quantity of clinical trials on low back pain published by Indian physiotherapists published in the Bulletin of Faculty of Physical Therapy.
5. **Paper publication** - Salna Susan Abraham and Ruben Singh - A Systematic Review on Advances in Synthesis of Dihydropyrimidin-imines published in the Medicinal Chemistry Research journal.

HIGHLIGHTS OF 2024, TERM 2

SEPTEMBER

- 8th September 2024 - 'Physio Night' for World Physiotherapy Day.
- 10th September 2024 - Session on 'The Science of Drug Use Disorders' by Adyb for Students from Psychology, Counselling, Social Work, Primary Health Care
- 25th September 2024 - World Pharmacy Day celebrations at FHS.
- 26th September 2024 - Ilmy Foavahi - "Rehabilitation 2030 Initiative: Where Are We?"



NOVEMBER

- 17th November 2024 - Basic First Aid training for IUM staff



DECEMBER

- We are excited to form a partnership with the Occupational Therapy Association of Maldives (OTAM), which will provide excellent learning opportunities for our upcoming course of occupational therapy, that is currently in development. This partnership will facilitate international accreditation of the program.



OCTOBER

- 6th October 2024 - 10th October 2024 - World Mental Health Day celebratory week with activities organised by HEALERS along with students studying Bachelor of Psychology and Bachelor of Counseling
- 10th October 2024 - World Mental Health Day art competition for staff in occasion for World Mental Health Day
- 15th October 2024 - Mohamed Saif, our student of Bachelor of Physiotherapy who is a recipient of the Bursary by Ambassador of China
- 17-18 October 2024 - Crisis management for mental health (Lecturers and support staff of Thinadhoo campus) taken by our lecturer, Aminath Samha
- 17-18 October 2024 - 'An Open Discussion on Mental Health' - mental health awareness for students (School of Nursing students and students of Advanced Certificate in Social Services Work (Thinadhoo campus) taken by our lecturer, Aminath Samha
- 24th October 2024 - Primary healthcare students gained invaluable experience as part of their internship program at HPA Maldives
- 29th October 2024 - Dean's Award Ceremony where 49 students won the Dean's award with 3 students achieved GPA 4.0



DECEMBER

- 3rd December 2024 - Evening with children and adults with disabilities on the occasion of International day of Persons with Disabilities organised by Maldives Association of Persons with Disabilities (Students from Advanced Certificate in Social Services Work and Bachelor of Social Work). This event provided students with the opportunity to interact with diverse individuals through games and engaging activities.



MNU PHYSIO GRADUATES - WHERE ARE THEY NOW?

The first batch of MNU physiotherapy graduates consisted of seven students who secured their employment within two months of their graduation. This stipulates the successful employability of our physiotherapy course that prepares students for industry settings.



SHIFANA

I work as a physiotherapist at ADK Hospital, treating patients in both inpatient and outpatient settings. One of my key responsibilities is leading group therapy classes for some of the postoperative and conservative musculoskeletal conditions. I also have the opportunity to treat pediatric patients, which is my main area of interest.

I provide physiotherapy services to both inpatients and outpatients at ADK Hospital. Currently, I am working with patients who require rehabilitation (sports injury rehab/neurological rehab/ post-operative rehab) and those with musculoskeletal conditions.



SHABIN

I provide physiotherapy services to both inpatients and outpatients at ADK Hospital. One of my key responsibilities is leading group therapy classes for conservative musculoskeletal conditions. I also have the opportunity to treat patients requiring sports-specific rehabilitation, which is my main area of interest.

I am a physiotherapist at DMRC (Disability Management and Rehabilitation Center, Hulhumale' Hospital). My current work consists of treating patients in both the outpatient and inpatient departments. In addition, I have the opportunity to conduct group classes.



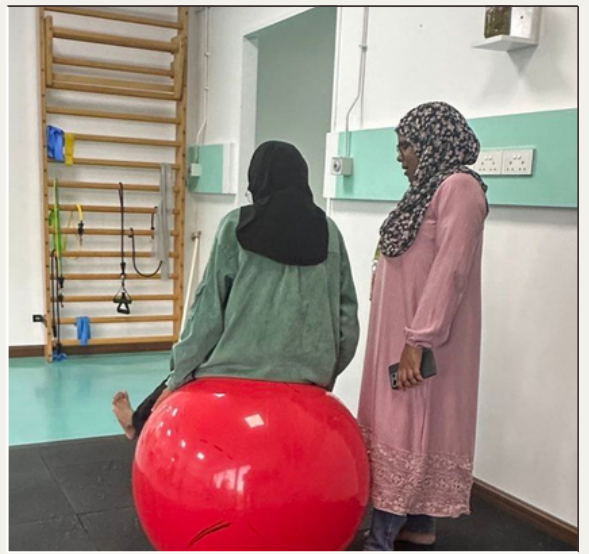
LAHUFA

I work at Physio Solutions, as a full-time physiotherapist, treating patients in an outpatient setting. I mainly work with patients with musculoskeletal conditions and with patients requiring neurological and sports rehabilitation. My work also involves outreach activities where I get to conduct awareness programs.

I work as a part-time physiotherapist at Physio Solutions, treating patients in an outpatient setting. I mainly work with patients with musculoskeletal conditions. In addition, I try to reach out to the geriatric population in need of physiotherapy via house visits and work in a gym-based setting promoting preventative rehabilitation. I also get the opportunity to conduct awareness sessions in outreach activities organized by Physio Solutions.



SIDHURA



RAHUMA



ASIYATH

CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE DISORDERS

Written by: Fathimath Nahla, Lecture and a Professional Member of the International Society of Substance Use Professionals (ISUPP)

Globally, about 970 million people are living with a Mental Disorder while 39.5 million people have a substance use disorder (SUD). About 45% of people experiencing SUD also have at least one mental health disorder while people with mental health conditions are twice as likely to develop addiction. The term for comorbid mental health and SUDs in substance use literature is referred to as co-occurring disorders (CODs). CODs are associated with more severe adverse outcomes than either condition alone. Some of these negative outcomes include rehospitalization, depression, suicide, comorbid medical problems, relapses, treatment dropout, etc. There are two categories of CODs: a) mental health disorders that co-occur with SUDs and b) substance and or medication-induced mental health disorders. The purpose of this information brief is to summarize the mental health disorders that co-occur with SUDs.

COMMON CO-OCCURRING MENTAL HEALTH DISORDERS AND SUDS

Co-occurring substance use and mental disorders refer to the presence of a mental health disorder and a substance use disorder simultaneously. CODs may be present in a person as at least one SUD and one or more mental health disorders. For example, a person may have Alcohol use disorder, schizophrenia or cannabis disorder, bipolar disorder, and post-traumatic stress disorder which can make treatment extremely complicated than someone with just an SUD. The following are common categories of mental health disorders and SUDs:

MAJOR DEPRESSIVE DISORDER AND SUDS

- People are more likely to use or relapse when experiencing intense negative feelings during depression and may use substances to mitigate the symptoms while they may get more depressed and then use more substances. The vicious cycle can be then difficult to break without professional help.
- Some substances such as Alcohol, barbiturates, and other depressants can cause depressive symptoms while people withdrawing from stimulants like cocaine can experience depressive symptoms.



BIPOLAR DISORDERS AND SUDS

- More than half of the people with bipolar disorder also experience SUDs. At the same time, both acute intoxication and substance withdrawal can mimic bipolar symptoms.
- Some people with bipolar disorders consume certain substances to prevent mood alterations which may work temporarily but worsen later while others use stimulants to prevent a depressive state and to be in a manic state.



ANXIETY DISORDERS AND SUDS

- Anxiety is the most prevalent mental health disorder with about 301 million worldwide. Of the different types of anxiety disorders, panic disorder, social anxiety disorder, and generalized anxiety disorder most often co-occur with SUDs.
- Many people use substances to manage anxiety symptoms or prevent panic attacks, and to face social situations otherwise considered as difficult.
- Certain substances such as cocaine and amphetamines can raise the level of anxiety while withdrawal from depressants, opioids, and stimulants can cause powerful anxiety.
- Although medications that treat anxiety (Anxiolytics) can facilitate functional living, such medications can also be abused. Dependency on anxiolytics can also cause increased anxiety and aggressive tendencies.
- Withdrawal from anxiolytics can also mimic symptoms of anxiety but can vary from substance to substance. In the process of withdrawing from anxiolytics, anxiety can be heightened and, if attempts are made to alleviate anxiety with anxiolytics, it has the possibility of causing dependence.



TRAUMA AND STRESS-RELATED DISORDER (PTSD) AND SUDS

- PTSD and SUDs co-occur together. About 57.7% of people with PTSD experience a SUD while only 12.3% of people with SUD also experience PTSD. People with PTSD report using substances to mitigate the distressing symptoms of PTSD.

- Schizophrenia is the most frequent psychotic disorder that co-occurs with SUDs. About 0.2-0.4% of the global population experiences Schizophrenia while about 47% of people with schizophrenia also develop a SUD.
- Anxiety and depression commonly co-occur with Schizophrenia.
- The effects of many substances also can mimic the symptoms of schizophrenia such as cannabis, LSD, methamphetamine, ketamine, etc.
- The most obvious pattern is that people with schizophrenia are 3 times more likely to have a nicotine addiction.

- The two common personality disorders that co-occur with SUDs are antisocial personality disorder (ASPD) and borderline personality disorder (BPD).
- High rates of SUDs are reported in people with antisocial personality disorder while about 50% of people with borderline also experience one SUD.
- Antisocial behavior such as illegal activities, manipulation, and dishonesty are often part of substance-use behavior, especially in people with dependency and addiction. This can make it difficult to distinguish between substance use behavior and ASPD sometimes.
- People with BPD also use substances to self-medicate and often use multiple substances simultaneously. If prescribed, they may seek multiple sources of the specific medication and may demand the medication to be continuously prescribed to prevent withdrawal.

- The most common in this category is attention deficit hyperactivity disorder (ADHD) co-occurring with SUDs.
- ADHD is also often accompanied by several other conditions such as learning disorders, anxiety disorder, major depressive disorders, and anti-social behaviors
- There is a strong correlation between ADHD and SUDs.

مِنْهُنَّ رِجَالٌ كَانُوا يَكْفُرُونَ، فَاسْتَفْتَاهُ فِيهِمْ رَسُولُ اللَّهِ (أَلَمْ يَكُنْ لَهُ بَنَاتٌ لِمُتَّعٍ فَلِمَ يُحْضَرْنَ وَمَا يُكْتَفَىٰ) كَذَلِكَ يَضَعُ اللَّهُ الْحُكْمَ أَلَيْسَ أَلْفَاظًا

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If we scrutinize these models and approaches, they are not novel ways of practice in Maldives, especially since Maldivian communities were tight-knit communities where customary ways of solving social problems were through conducting dialogues among traditional leaders who offered wisdom and non-violent ways to help the needy and community conflicts. These practices, of course, were not entirely without fault, especially if offenders and those who perpetuate child abuse and violence were among those who held powerful positions in the community, thus making it difficult to hold them accountable for their actions. Nevertheless, working alongside communities to embrace ownership of promoting peace and resilience in their neighborhoods can be a way for social workers to revive historical positive practices of supporting vulnerable populations in Maldives.

In the wake of climate change and climate adaptation, environmental problems have also become social problems due to environmental degradation leading to displacements and food insecurities that would exacerbate the vulnerabilities of marginalised and disadvantaged populations. Families who are faced with poverty and socioeconomic disadvantages are often the ones who have to find alternatives as a result of climate risks disrupting their ecological environments. The concept of eco-neighborhood intertwines urban and social aspects to promote eco-sustainable buildings that can improve the quality of life and daily life of populations living in overcrowded urban areas. Eco-social models not only promote close relationships with communities, it can also promote participatory social interventions to promote sustainable environmental practices in the community. This is a much-needed area in Maldives a low-island nation at risk of climate change and rising sea levels.

In the Maldives, whenever we think of social work as a profession, our minds immediately wander towards the ‘protection’ of children and adults who experience abuse and violence. However, why limit our practice only to these areas? Recent innovative models and approaches of social work practice call for the mobilization and engagement of communities and working together with communities to find sustainable solutions to not only social needs but even environmental problems that threaten their livelihoods and quality of life. Social work practice is gradually expanding to diverse areas and will continue to do so in the future of Maldives.



SCAN HERE FOR ALL THE REFERENCES

UPCOMING COURSES IN 2025

We are pleased to introduce the following new courses



PHD IN PUBLIC HEALTH

3 years

BACHELOR OF OCCUPATIONAL THERAPY (HONORS)

4 years

BACHELOR OF SCIENCE IN SPEECH-LANGUAGE PATHOLOGY

4 years

BACHELOR OF SCIENCE IN MEDICAL IMAGING TECHNOLOGY (HONOURS)

4 years

BACHELOR OF SCIENCE IN FOOD SAFETY MANAGEMENT

3 years

Exit pathway with Advanced Diploma

BACHELOR OF PARAMEDICINE

3 years



CERTIFICATE III IN PHLEBOTOMY

6 months