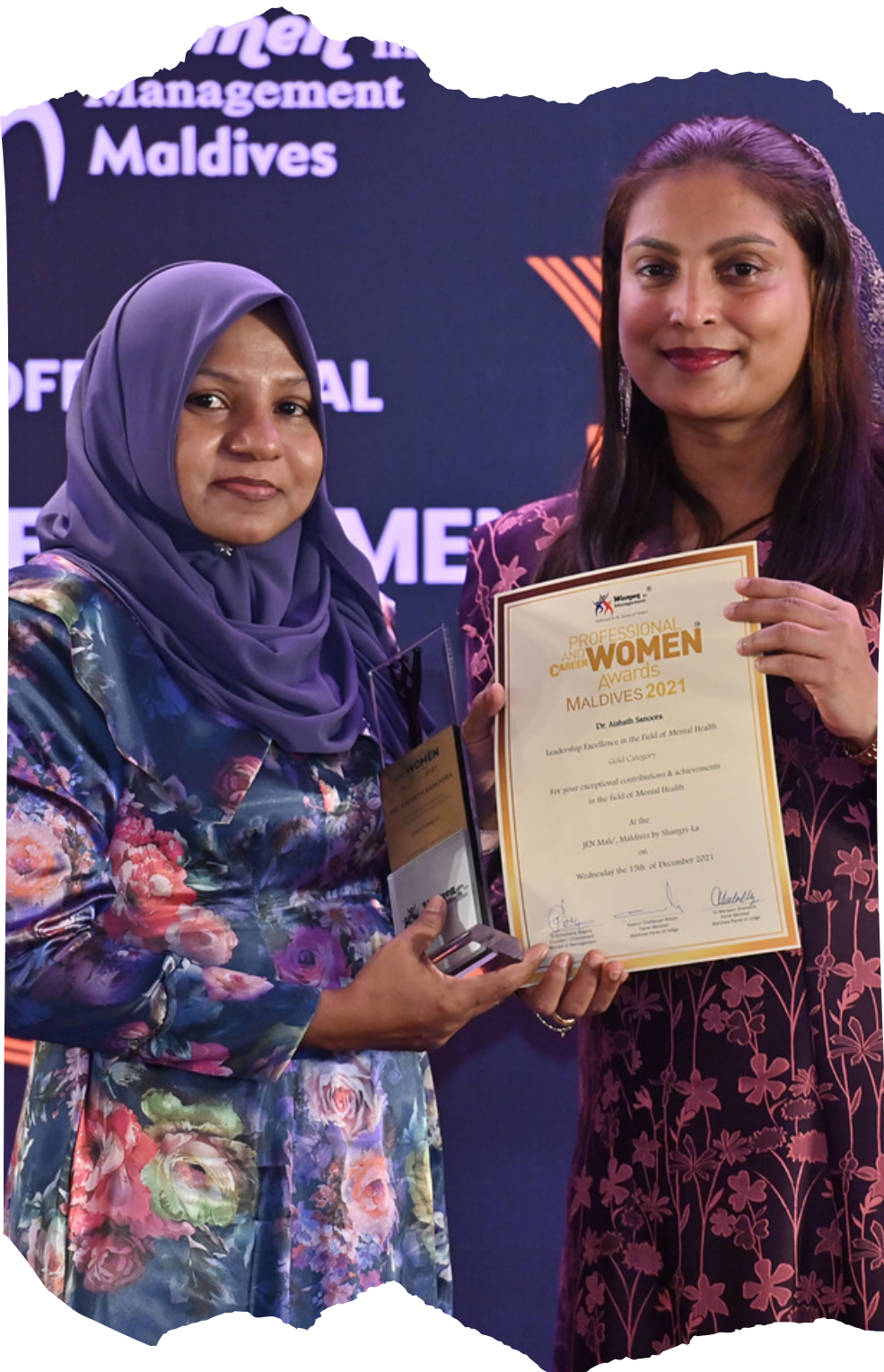


HEYHAN –

FACULTY OF HEALTH SCIENCES DEAN'S REMARKS



DR. AISHATH SHANOORA
DEAN
FACULTY OF HEALTH SCIENCES

I am delighted to welcome you to the inaugural edition of “Heyhan” a publication that fills our faculty with immense pride. The name “Heyhan”; carries deep significance, capturing the very essence of what we stand for at the Faculty of Health Sciences. Rooted in the notion of providing meticulous care to the sick, offering compassionate service, and extending a helping hand to those in need, “Heyhan” beautifully encompasses the spirit of education and training that we impart within these esteemed walls.

As healthcare professionals, educators, and researchers, our journey extends beyond acquiring knowledge. It is about embracing empathy, fostering understanding, and nurturing an unyielding commitment to humanity. We aim to heal bodies and comfort souls to generate kindness in every interaction and serve as a beacon of hope for those whose lives we touch.

The name “Heyhan” serves as a guiding light, reminding us that our education transcends textbooks and lecture halls. It is about instilling values that reverberate through hospital corridors and permeate classrooms where future caregivers are cultivated.

In this inaugural edition, you will find stories that exemplify our commitment to providing compassionate care and maintaining an unwavering dedication to excellence in education. “Heyhan” strives to be more than just a newsletter; it serves as evidence to our shared values and collective accomplishments, reminding us of the spirit that unites us in our noble mission. Let “Heyhan” be a constant reminder of the profound impact we can have by embracing the true essence of healthcare and education.

I am deeply grateful to all those who have contributed to this inaugural edition and I warmly invite every one of you to explore, engage with, and celebrate the vibrant tapestry of our faculty’s endeavours contained within these pages.

Faculty of Health Sciences (FHS) is the oldest training unit of the Maldives National University (MNU), opened in 1973 under the name of Allied Health Services Training Centre. Since then, FHS has stood strong in providing training in different disciplines including, Public Health, Primary Health Care, Health Service Management, Occupational Health and Safety, Medical Laboratory Science, Counselling, Psychology, Social Work, Physiotherapy, and Pharmacy



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WHY ‘HEYHAN’?



The term “Heyhan” broadly refers to caring, treating, and supporting those in ill health, or those in dire circumstances. It encapsulates the broad range of treatment and services healthcare professionals provide to service users. Over the past five decades, the educational disciplines at FHS have evolved and these courses at FHS thoroughly represent “Heyhan”. Today the health sector has expanded to address emerging issues and accommodate advances in technology, contemporary knowledge and research development, and embraced a holistic approach to providing treatment, services and care for service uses of health and social care.

DEPARTMENTS AT THE FACULTY

DEPARTMENT OF WELLNESS

This department offers undergraduate courses in the areas of Psychology, Counseling, Social Work, Physiotherapy, and Pharmacy. Currently, there are 17 lecturers
HoD: Mohamed Nimal



DEPARTMENT OF BIOMEDICAL SCIENCE

This department offers Bachelors of Medical Laboratory Science course, which is high in demand at present. Currently, there are 4 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



HIGHLIGHTS OF 2023

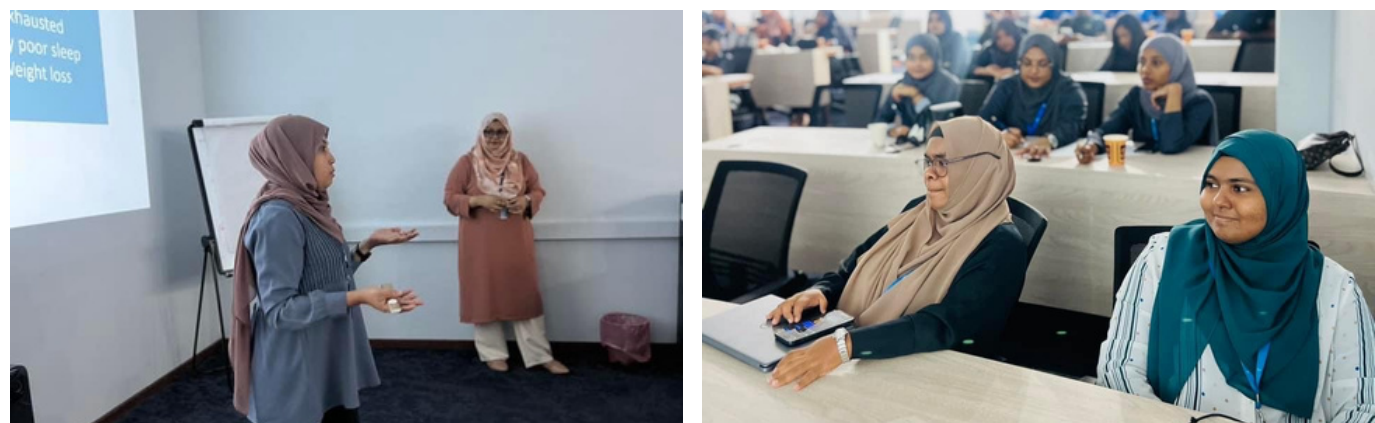
DEAN’S AWARD

Dean’s Award was introduced to students in Term 2, 2022 and awarded in Term 1, 2023, to recognise high-achieving students at the Faculty, who had a GPA of 3.0 and above. Students who achieved a GPA of 4.0 were also awarded prizes as special recognition. In Term 2 of the year 2022, 60 students received the Dean’s Award, while 66 received the award for Term 1, 2023. Dean’s Award is pivotal in encouraging the efforts and hard work of students in academia



STO AWARENESS SESSIONS

In partnership with State Trading Organization PLC (STO), a team of FHS lecturers conducted sessions on Mental Health and Self-Care for the staff of STO. Three such sessions have been conducted in Male’, Addu-Fuvahmulah, and B. Eydhafushi.



CAPACITY BUILDING OF SEN TEACHERS ON ORIENTATION TO OCCUPATIONAL THERAPY

A team of FHS lecturers collaborated with Kulhelama Therapy and the Department of Inclusive Education to conduct a workshop on ‘Capacity Building of SEN Teachers on Orientation to Occupational Therapy’ from 1-2 November 2023. 27 teachers joined this 2-day workshop from 15 schools in the Greater Male’ Area. This project was supported by Australia Awards Maldives. The first resident Australian High Commissioner to the Maldives, H. E. David Jessup, Dean of FHS, Dr. Aishath Shanoora and Director General of the Department of Inclusive Education, Dr. Fathimath Nishan participated in the workshop closing. A second workshop was taken for teachers of Madhrasathul Ifthithaah in Lh. Naifaru.



FHS TURNS 50!

FHS being the pioneer of educating health professionals in 1973 commemorated 50 years of service in the country. The Maldives National University had key events: a walk of solidarity and a morning filled with games and activities for staff, students and family members. FHS staff had a fun day trip to ‘Kudagiri’, to have a retreat and relaxing day, along with team building activities.



INTERNSHIP AND PLACEMENT INITIATIVES

FHS Dean along with the physiotherapy team, met with the Senior Management of Kulhudhuffushi Regional Hospital (KRH) to commence Community Placement for Physiotherapy students. This is a significant opportunity for students to develop their exposure and engagement in working in diverse communities through physiotherapy practice.



Image source: Kulhudhuffushi Regional Hospital

INFECTION PREVENTION AND CONTROL (IPC) IN HEALTHCARE SETTINGS

A team of FHS lecturers collaborated with Kulhudhuffushi Regional Hospital and Kulhudhuffushi Campus to conduct a Training of Trainers (ToT) on IPC from 6th-9th December 2023. Healthcare workers from the Northernmost 3 atolls participated in the training. Head of Kulhudhuffushi Regional Hospital, Deputy Director General Khadeeja Ali officiated the closing ceremony of this training.



Image source: Kulhudhuffushi Regional Hospital

MoUs were SIGNED

MoU WITH WORLD FEDERATION OF OCCUPATIONAL THERAPISTS (WOFT)

Bachelor of Occupational Therapy course will commence in 2024 and the course is registered with WOFT maintaining internationalization and standard quality of education. The purpose of this MOU is to form a relationship to advance the development of the occupational therapy profession in the Maldives with an emphasis on the development of a BSc Occupational Therapy Program and to develop academic and educational cooperation to promote sustainable partnerships and mutual understandings

MoU WITH ADK and IGMH, and agreement with HULHUMALE’ HOSPITAL

An agreement was signed with Hulhumale’ Hospital to start placements for students enrolled in counselling courses. This is a collaborative journey that is fundamental to building skills and field exposure for students. MoUs have been signed with ADK and IGMH that focus on all areas of health sciences disciplines.



MoUs to be SIGNED

MoU WITH MANIPAL COLLEGE OF HEALTH PROFESSIONALS

The MOU aims to develop academic and educational cooperation to promote sustainable partnerships and mutual understandings between The Maldives National University and the Manipal Academy of Higher Education, India. This MoU has been passed by the council and will be signed by both parties soon.

Areas of collaboration are

- 1. Visits and informal exchanges of faculty, scholars, and administrators in specific areas of education and research
- 2. Organizing joint conferences, symposia, or other scientific meetings on subjects of mutual interest
- 3. Providing opportunities to participate in postgraduate education and training for Faculty staff
- 4. Exchanging of academic information and materials relevant to the curricular content
- 5. Pursuing avenues for graduate and professional student exchange during the academic year
- 6. Exploring the possibilities for developing joint research programs and collaborations
- 7. Other exchange and cooperation programs to which both parties agree.
- 8. Facilitating capacity-building short-term training programs in the relevant field areas for the faculty members

WORLD MENTAL HEALTH DAY 2023

World Mental Health Day 2023 called on communities to advocate for ‘Mental health is a universal human right’. Psychology and Counselling students of FHS created an art corner, an empathy wall and a poster to gauge feelings and emotions. Lecturers also shared positive messages and affirmations to create a supportive working environment and contribute to team building.



WORLD PHYSIOTHERAPY DAY 2023

World Physiotherapy Day 2023 focused on the prevention and management of arthritis. Students of Batch 3 in the Bachelor of Physiotherapy course led the organisation of key activities: awareness-raising sessions for students and parents in K. Maafushi and K. Guraidhoo, etc; physio day run in Hulhumale’; dinner night to recognise sponsors and key institutions that supported the physiotherapy placement program. Special thanks were expressed to the Physiotherapy departments of Indira Gandhi Memorial Hospital - IGMH Hulhumalé Hospital, Tree Top Hospital Senahiya and ADK Hospital.

TITLE SPONSOR:



CO-SPONSORS:



PARTNERS:



PHARMACY: STRENGTHENING HEALTH SYSTEMS

World Pharmacist Day 2023 advocated for ‘Pharmacy strengthening health systems.’ This day emphasizes how important it is for pharmacists and other pharmacy professionals to support and enhance healthcare systems across the world. Our team of pharmacy lecturers appeared on the Hendhunu hendhunaa show on TVM for an interview for this day. It was discussed that medication errors can occur when dispensing medicines that could be incorrectly prescribed or labelled. Pharmacists should have effective communication skills to educate patients on the optimal therapeutic effect and side effects of the medicines they take. They also work in multidisciplinary teams to ensure that the treatment promotes optimal patient outcomes.



✈️

EXPOSURE FIELD TRIPS

📍 TO KULHUDHUFFUSHI

📍 TO MAAFUSHI

Bachelor of Primary Health Care students were supervised under Kulhudhuffushi Regional Hospital (KRH) where students conduct their clinical and home visits to engage with the community. Additionally, the community health coordinator, Ms. Sameena Mohamed of KRH guided the students to facilitate a session, ‘Discovering the World of Disease Causing Organisms’ for 111 students of Grade 5 of Afeefuddin School. This session focused on disease-causing organisms, common diseases, and measures for prevention.



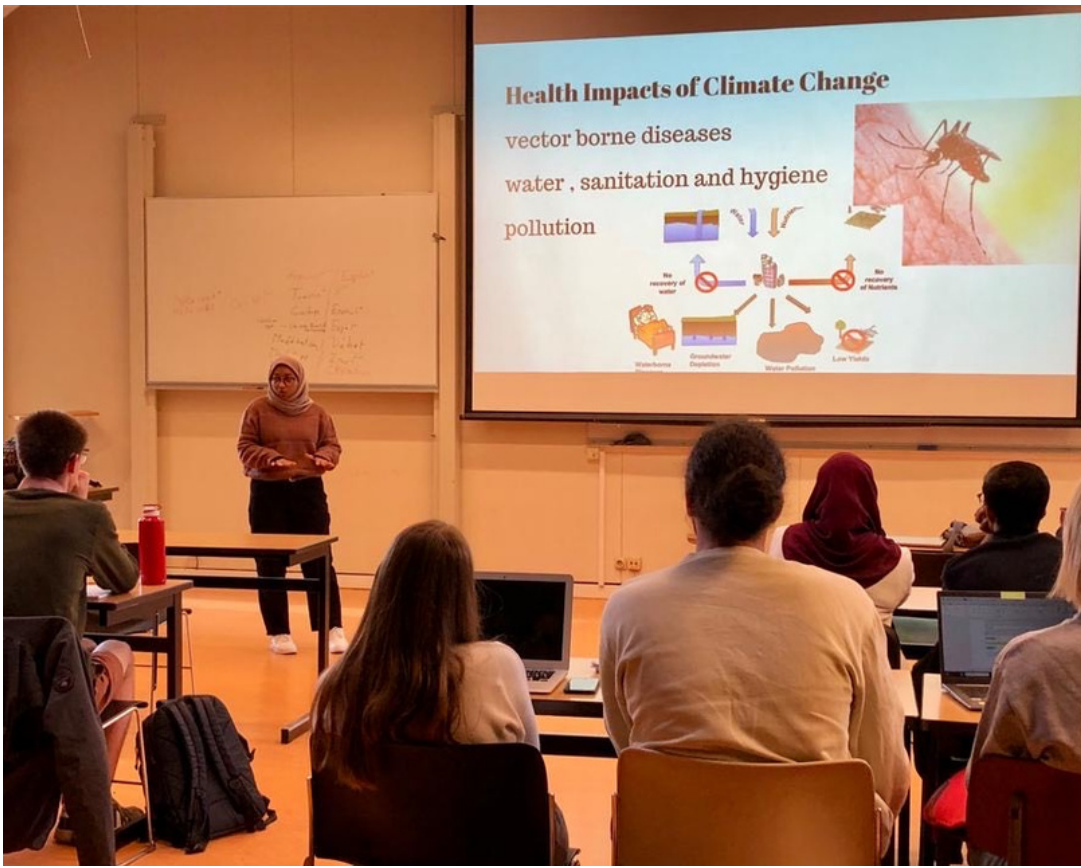
Students enrolled in the final semester of Bachelor of Psychology along with students in Bachelor of Social Work visited K. Maafushi Prison on 4th November 2023. During the visit, the staff of the Maldives Correctional Services conducted a session explaining the history of Maafushi Prison, the operations of the prison as well as the rehabilitation framework implemented by the facility. Students were also given a tour, offering them exposure to the facilities and recreational activities carried out.



CHILDREN PROJECT: AN EXPERIENCE

Written by: Rishana Naseer, Student, Masters in Public Health

I recently had the opportunity to be a part of the Climate Change Diplomacy, Leadership and Resilience (CHILDREN) student mobility program held at the University of Liege (UoL), Belgium which aimed to build climate change leaders in the Maldives. The opportunity was truly eye-opening and has greatly impacted my perspective on environmental changes and public health.



The trip to UoL was an unforgettable experience that allowed me to immerse myself in a completely new and diverse environment through collaboration with faculty members and students from diverse backgrounds. The exchange of ideas and perspectives was truly enriching and it allowed me to gain a deeper understanding of the multifaceted nature of climate change and its implications for public health. I was inspired by the passion and dedication of researchers and academics at the University on climate change and their forefront nature of exploring innovative approaches to addressing climate change and its detrimental effect on global health.

I had the opportunity to attend lectures and participate in discussions that broadened my knowledge of climate change during the trip. I also had the opportunity to meet a general practitioner at Liege as well as the team of public health at UoL, which fostered discussions on the imminent public health challenges faced globally allowing the cultural exchange of ideas and making every moment of the trip a valuable learning experience that I will hold on to throughout my professional career.

Aside from the academic aspect of the trip, I also had the opportunity to explore the vibrant culture and breathtaking scenery of Belgium. Whether it was sampling waffles while walking through the streets of Liege or visiting historical landmarks, every moment was a chance to appreciate the beauty and diversity of the country. The cultural immersion did add an extra layer of richness to the overall experience making me appreciate the interconnectedness of the environment and global health.

FHS IN SOLIDARITY WITH PALESTINE

A fundraising event, “Madhadhu for Palestine”, was organized by students of the Counseling program on 16th November 2023. Students sold pins and handmade bracelets. We were able to raise MVR 6770 and it was donated to the people of Palestine through the Maldivian Red Crescent.



THOUGHTS WITH PALESTINE

Written by: Aminath Samha, Lecturer, Counseling

The numbers martyred,
They are not just numbers
To be marked on a piece of paper.
The little children should not be soaked
By the raining phosphorous
When they should smile and play
In the rain that pours from Allah.
The pregnant mothers crying
When they should be buying the toys
To play with.
Oh, Abraham (PBUH),
We are sorry that
So many angels are flying to Jannah,
But they are in a better place now.
The roads getting littered
With bodies, limbs, and decay,
When it should be filled with
Merry men, not rallying,
But going about their work.
Where are the other Muslim countries
When the people of Palestine
Are suffering at the hands of an apartheid?
Is the real question, still
“Do you condemn Hamas?”
When there is a genocide
When there is an ethnic cleansing
When there is oppression

UPCOMING EVENTS IN 2024

INTRODUCTION OF NEW COURSES AND DISCIPLINES

We are pleased to introduce the following new courses

MASTER OF PSYCHOLOGY	BACHELOR OF OCCUPATIONAL THERAPY	BACHELOR OF SPEECH THERAPY
 2 years	 4 years	 4 years
MASTER OF HEALTH SERVICES MANAGEMENT	PH.D IN PUBLIC HEALTH	
 1 year with coursework 2 years with research	 3 years	

مَنْ يَرْوِ عَنْ مُحَمَّدٍ عِدَّةً مِنْ رُؤَسَاءِ الْإِسْلَامِ، أَوْ عَنْ أَحَدِهِمْ، وَهُوَ لَا يَعْلَمُ بِمَا يَرْوِيهِ، فَهُوَ كَالْمُسَوِّدِ لِقَوْمٍ لَا يَعْلَمُونَ بِمَا يُسَوِّدُهُمْ.

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A HERB OF SILENT HEALING

Written by: Dr. Kavitha Rajesh and Khadija A. Hussein, Lecturers, Pharmacy

A rhizome widely available in Southeast Asia and popularly known for its numerous medicinal benefits, Turmeric or *Reendhoo* (زعفران) in Dhivehi, was discovered 4000 years ago and recognized in traditional Indian as well as Chinese medicine for its potential health benefits. More than 100 components have been extracted from this herb, such as volatile oils and other colouring agents called curcuminoids. It is widely used in the food, pharmaceutical, and cosmetic industries. Turmeric possesses antibacterial, antiviral, antifungal, and antioxidant properties, as well as the ability to reduce the risk of various cancers, arthritis, Alzheimer's disease, and other chronic illnesses.



POPULAR HOME REMEDIES

- 1. Anti-Inflammatory Drink:** To a glass of warm milk, add a teaspoon of turmeric powder and drink while it is warm. It's believed to reduce inflammation and promote relaxation before sleep.
- 2. Antiseptic for wound healing:** Mix turmeric powder in water and make a paste that can be applied to cuts and wounds to act as an antiseptic, which promotes healing and reduces the risk of scarring.
- 3. Joint Pain Relief:** Consuming turmeric supplements or incorporating it into the diet helps to relieve joint pain and arthritis due to its anti-inflammatory properties
- 4. Cough and Cold:** To soothe sore throats and coughs, take turmeric tea with lemon and honey.
- 5. Gastrointestinal Ailments:** Turmeric can be included in daily cooking or consumed as a tea to promote digestion, relief from acid reflux, and irritable bowel syndrome.
- 6. Oral Health:** People use turmeric powder mixed with water or coconut oil as a natural toothpaste or mouthwash, believing it can help with oral infections and inflammation.
- 7. Liver Detoxification:** Due to its antioxidant properties, turmeric is sometimes used in concoctions to promote liver health and detoxification

TURMERIC FACE MASK FOR GLOWING SKIN

INGREDIENTS

- ½ teaspoon turmeric powder
- ½ teaspoon organic apple cider vinegar
- 1 tablespoon of raw honey (ideally also local and organic)
- ½ teaspoon milk or yogurt
- [optional] 1 drop of lemon essential oil or fresh lemon juice for additional skin brightening



Image source: Google Images

INSTRUCTIONS

- Wash face and hands first to remove impurities and any make-up.
- In a small bowl or jar, mix the turmeric powder with the apple cider vinegar, honey, milk or yogurt, and optional lemon oil. Try to get a consistency that will stick to your face. Be careful not to make it too thin as it may drip.
- Apply the mask carefully avoiding your eyes.
- Allow the mask to sit on your face for 15-20 minutes.
- Rinse with warm water.
- If you have any leftovers, you can cover and leave them fridge for your next application.
- Apply twice a week for best results.

DO YOU KNOW THERE ARE PRECAUTIONS IN USING TURMERIC?

- Some people may be allergic to turmeric, so it's a good idea to do a patch test on a small part of your skin before applying turmeric pastes or masks.
- Turmeric can interact with certain medications, especially blood thinners. Always consult with a healthcare professional before taking turmeric supplements or increasing dietary intake if you're on medications.
- Consuming excessive amounts of turmeric can cause stomach upset or other gastrointestinal issues.
- Always remember that while home remedies can be beneficial, they should not replace professional medical advice and treatment. If you're dealing with a medical condition, it's essential to consult with a healthcare provider.

ADDRESSING THE ‘WHAT-IFS’ OF WORKPLACE ENVIRONMENT

Written by: Dr. Asma Ibrahim Sulaiman, Assistant Professor, Department of Public Health

IS YOUR WORKPLACE READY TO RESPOND TO VULNERABILITY?

Occupational Health Safety (OHS) vulnerability refers to the situations in which workers are exposed to hazards in combination with inadequate protection to protect them from these hazards (Yanar et al., 2018). To mitigate the risk of work-related injuries, it is essential to address vulnerabilities or modify factors that could impede the occurrence of such incidents. Importance should be given to improving the condition of OHS policies and procedures, awareness of OHS rights and responsibilities or a workplace culture can change the culture and encourage workers to participate in safety practices (Smith et al., 2020).

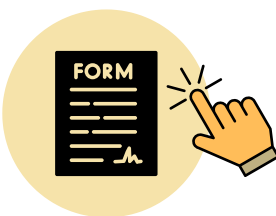
DO WE HAVE SAFETY POLICIES AND ADEQUATELY TRAINED STAFF? YES OR NO!

Preparing and practising a response plan to address workplace vulnerability to hazards is crucial in this faculty. World Health Organization (2022) emphasizes three different objectives in connection to occupational health: (1) maintaining and promoting the health and working capacities of the workers; (2) improving the work environment and making it conducive to safety and health, (3) the developing work organizations and cultures in a direction that supports health and safety while promoting a positive social climate and smooth operation that could help increase the efficiency of the undertakings.

LOOK AT YOUR WORKPLACE HAZARDS

Various job risk factors can cause work-related musculoskeletal disorders related to physical work (such as posture, long hours, and force) psychological and individual factors. When an individual is tasked with job responsibilities that exceed their capacity and abilities, it can lead to defects due to the repetitive nature of the work. One of the most important jobs because of many repetitive movements, performing a job in a sitting for a long time, wrong workstations, and other factors such as psychological factors and improper environmental conditions can cause work-related musculoskeletal disorders (Mehrizi et al., 2014).

Poor hygiene particles can result in employees having to take time off sick and resulting in other health issues that affect personal and professional lives. Research also shows that poor standards of hygiene reduce people’s ability to focus on their work, and trigger a negative mindset (Sander, 2013). This can affect the efficiency and self-esteem of workers.



**SHARE YOUR
OPINIONS ABOUT
YOUR WORK
HEALTH AND
SAFETY THROUGH
THIS SURVEY**

OH, WHAT SHOULD I DO NEXT?

- Identify and spot the warning signs of workplace and risk of exposure and prevention strategies.
- Survey, know the risks, be aware, and report to relevant people and authorities.

BENEFITS OF MAINTAINING A GOOD WORKING ENVIRONMENT

- Healthier, happier employees
- Prevents the spread of diseases
- Lower the risk of workplace injury
- Improves mental health
- Minimize sick leaves



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ERGONOMICS FOR WORKPLACE

Written by: Ammar Suhail, Lecturer, Physiotherapy

Ergonomics is the science of adapting the job, equipment, and the humans to each other, for optimal safety and productivity. In this short column, we will highlight 5 ergonomic advice that will help you be free from work-related musculoskeletal pain.

TAKE MOVEMENT SNACKS

- Follow the 20-20-20 rule: every 20 minutes, look at something from 20 feet away for at least 20 seconds.
- Stand up and stretch or walk for a few minutes every hour.
- Make an effort to move around your workplace during the break.

ORGANIZE YOUR WORKPLACE

- Arrange your desk to keep essential items within arm's reach to minimize excessive reaching or twisting.
- Use document holders to reduce strain from frequent head movements when referencing documents.
- Manage cable clutter to prevent tripping hazards and maintain a neat workspace

FOOT SUPPORT

- Use a footrest if your feet cannot rest flat on the floor, as it helps reduce pressure on your thighs and lower back

MAINTAIN PROPER POSTURE

- There is no ideal posture and your next posture is the best.
- Do not stay in a particular position or posture for too long.

MONITOR PLACEMENT

- Position your monitor at eye level and directly in front of you to reduce neck strain.
- Ensure the screen is at a comfortable viewing distance (typically 20-30 inches or about an arm's length).



Image source:
Google Images