

# SIH'HEE UDHARES

AEH NEWSLETTER | MONTHLY EDITION

**A New Era of Care at AEH**  
Opening of Cathlab and Optical Shop

**MAAHEFUN 2026**  
Strengthening Bonds

Staff  
Spotlight

**As This Chapter Closes**

Highlights

## A MESSAGE FROM THE CEO: A NEW YEAR OF COMMITMENT, INNOVATION, AND CARE

As we welcome the month of February 2026, I am filled with tremendous pride and gratitude for the remarkable progress we continue to achieve as a unified AEH family. This past month has been one of the most significant in the recent history of Addu Equatorial Hospital, as we witnessed the opening of two transformative services the **Cardiovascular Catheterization Laboratory (Cath Lab)** and the **MCGH Optical Shop**. These services started with Collaboration with Male City Group of Hospitals, mark a milestone not only for AEH, but for the entire southern region of the Maldives. Their launch represents a major leap forward in fulfilling our vision: To set the national benchmark for patient-centered care, safety, and excellence in healthcare.

For many years, the people of Addu and surrounding atolls have needed to travel to Malé for specialized cardiac procedures and affordable optical services. This placed financial, logistical, and emotional burdens on countless families. Today, with these new services fully established at AEH, we stand at the beginning of a new era one where essential, life-saving care is closer, more accessible, and supported by dedicated teams who continually strive to elevate our standards of service.



**DR. IBRAHIM YASIR AHMED**  
CEO, ADDU EQUATORIAL HOSPITAL

The first procedures successfully completed in our new Cath Lab, and the already-growing demand for optical services, affirm the necessity and impact of these initiatives. They reflect not just institutional advancement, but a profound improvement in quality of life for our communities. These achievements were made possible through the unwavering commitment of our staff, the partnership of the National Cardiac Center and Malé Group of Hospitals, and the support of the Ministry of Health. For this, I extend my heartfelt appreciation to every individual who contributed to making these milestones a reality.

This month also marks transitions within our leadership family. I would like to express my deepest gratitude to **Dr. Fathimath Amaany Naseer**, whose dedication and service as our Medical Director have left a lasting impact on the institution. Her leadership, compassion, and professionalism have shaped the AEH we are proud of today. We wish her blessings, fulfillment, and continued success in the next chapter of her journey.

I am delighted to welcome our new Medical Director, **Dr. Aishath Ali**, who will lead the Medical Department over the next five years. We look forward to benefiting from her expertise, innovative thinking, and strong leadership as we continue advancing the quality, efficiency, and patient-centered focus of our medical services.

As we prepare for the upcoming month of Ramazan, let us continue to foster unity, compassion, and a spirit of service. I encourage all departments to maintain the momentum we have built, strengthen collaboration, and uphold our shared commitment to delivering compassionate care.

Together, we are writing a powerful chapter in the story of healthcare in Addu. Let us continue moving forward with purpose, dedication, and hope.

## SPEECH GIVEN BY AEH CEO AT CATH LAB AND OPTICAL SHOP INAUGURATION CEREMONY

By: Dr. Ibrahim Yasir Ahmed (CEO, of AEH)

Assalaamu Alaikum warahmatullaahi wabarakaatuhu.  
Respected Chief Guest Hon. Minister of Health Abdulla Nazim, Honorable Ministers,  
Esteemed Members of Parliament,  
CEO and Deputy CEO of IGMH,  
Medical Director, Nursing Director, and Director of Diagnostics and Therapeutics from AEH,  
Our dedicated counsellors and WDC members,  
The hardworking staff from MCGH and AEH,  
And all respected guests present here today—both those joining us in person and those watching from near and far.

A very warm welcome to each and every one of you! It is truly an honor to have you all here at this significant event.

Today marks a momentous occasion for Addu Equatorial Hospital (AEH). This is the first time such a high volume of distinguished delegates has visited our hospital. This gathering is a powerful indication of the growing recognition and support for healthcare advancements in the southern atoll, and it reflects the collective commitment to improving health services for our people.

I would like to extend my heartfelt thanks to His Excellency the President for his unwavering support and vision in strengthening healthcare across the Maldives. And it is his vision that made today special with inauguration of our Cathlab and the Optical Shop in collaboration with MCGH. A special note of gratitude goes to our Honorable Ministers, particularly the Ministry of Health (MOH), for their continuous guidance, policies, and dedication to making quality healthcare accessible to all islands.

Let me share a brief story. There were times when questions were raised in Parliament about the state of healthcare services in Addu—concerns about the delay in the opening of the Cathlab, concerns about the access, and the need for specialized care. Those discussions were crucial. They highlighted the gaps and pushed for change. I am deeply grateful to the MPs who voiced these issues and advocated tirelessly on behalf of our communities. Your efforts have directly contributed to the progress we celebrate today.

The journey of our Cathlab is a shining example of this evolution. It began as a much-needed dream to bring advanced cardiac care closer to home, reducing the burden of travel to Malé. Through dedication, collaboration, and support from various stakeholders, it has grown and evolved into a fully functional service that now saves lives right here in Addu.

Behind every milestone are countless unsung heroes. I want to sincerely thank the entire AEH team and our partners from IGMH who have worked tirelessly behind the scenes—day and night—to make all this possible. Your commitment and hard work are the true foundation of our success.

Today we are also inaugurating our new Optical Shop, a small but important addition that makes eye care more convenient and affordable for our patients. This is just one step toward comprehensive services, and I thank the team of MCGH and AEH who made it happen.

Looking ahead, we recognize the critical need for skilled human resources in healthcare. To address this, we have launched an internship program at AEH, providing hands-on training opportunities for young professionals. Our dreams extend further: we aim to develop medical education initiatives here, starting with phlebotomist training and potentially welcoming medical students. In the longer term, we are exploring plans for private medical education programs to build a sustainable pipeline of local talent.

This year holds even more exciting developments for AEH and the region:

- Expansion of our dialysis services, doubling capacity from 6 stations to better serve patients with kidney conditions.
- Introduction of private rooms to enhance patient comfort and privacy.
- Expansion of pharmacy services for greater convenience.
- A new cafeteria open to the public.
- Installation of decompression chambers to support diving-related emergencies and treatments.
- Establishment of an ambulance call center for faster response times.
- Ongoing work to upgrade and strengthen services at Hulhudhoo, Meedhoo, Maradhoo, and Feydhoo Health Centers.
- The new Feydhoo Mental Health Centre to provide specialized care.
- And the Child Development Centre in Maradhoo-Feydhoo, which will significantly improve access to therapies and early intervention for children.

These initiatives will collectively raise the standard of care, bringing specialized services closer to our communities and reducing the need for travel.

May Allah bless all our efforts, grant us strength, and continue to guide us in serving our people.

Thank you once again to everyone here. Wa alaikum assalaam warahmatullaahi wabarakaatuhu.

# Staff Spotlight

## DR. FATHIMATH AMAANY NASEER

This month, we are delighted to feature Dr. Fathimath Amaany Naseer, Consultant Pediatrician at Addu Equatorial Hospital.

Dr. Amaany began her journey at Addu Equatorial Hospital on 14th August 2007 as a Clinical Assistant. Through dedication, continuous learning, and professional excellence, she progressed to the role of Medical Officer, and since 25th July 2018, she has been serving as a Consultant Pediatrician. Her career path reflects nearly two decades of unwavering commitment to patient care and professional growth within our institution.

Dr. Amaany provides comprehensive pediatric care across outpatient clinics, inpatient pediatric wards, and pediatric intensive care services. She also actively supervises and mentors Junior Medical Officers, Medical Interns, and trainees, contributing significantly to capacity building in pediatric and neonatal care.

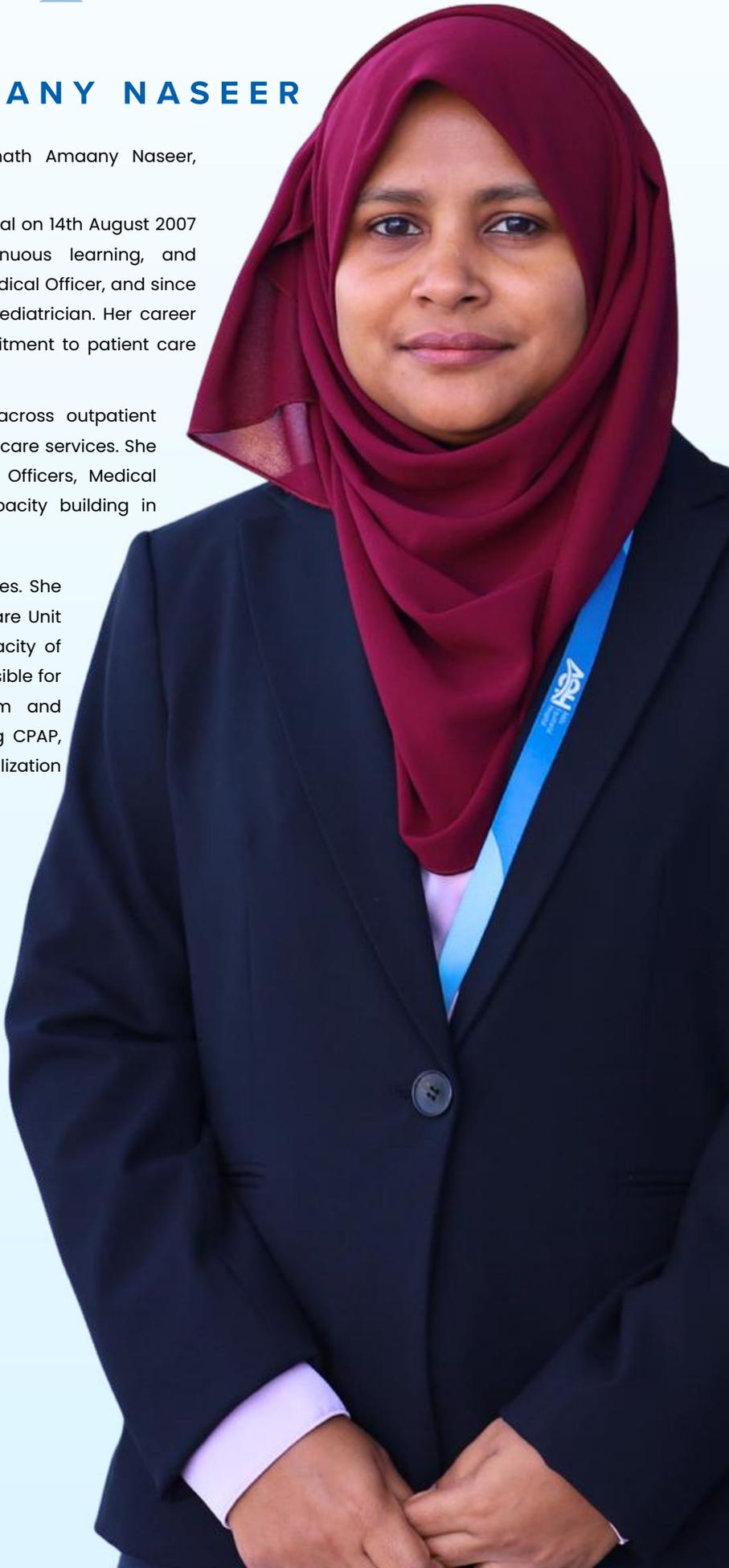
A major component of her role involves neonatal services. She oversees the management of our Neonatal Intensive Care Unit (NICU) and step-down neonatal unit, with a total capacity of nine beds (six NICU and three step-down). She is responsible for the daily assessment and management of preterm and critically ill neonates, including initiating and managing CPAP, mechanical ventilation, neonatal resuscitation, and stabilization of sick newborns.

Her expertise includes successfully managing extremely preterm infants, including neonates weighing as little as 800 grams, demonstrating her high level of clinical skill and dedication.

Dr. Amaany also played a pivotal role in upgrading the neonatal unit from a Level 2 NICU to a Level 3 NICU, significantly enhancing the hospital's ability to provide advanced care for high-risk newborns locally and improving outcomes for families in our region.

In addition to her clinical contributions, Dr. Amaany served as the Medical Director of Addu Equatorial Hospital from 05th August 2021 to 05th February 2026, providing strong leadership in medical administration. She continues to support the institution in matters relating to medical governance and service development.

Dr. Amaany's long-standing service, leadership, and compassionate care make her a cornerstone of our pediatric services. We proudly recognize her dedication and outstanding contribution to the hospital and the community we serve.

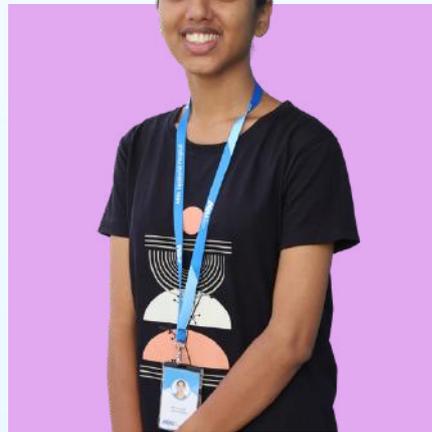


15 February, 2026

# “Welcome aboard” the AEH ONE TEAM



**DR. AISHATH ALI**  
Medical Director



**MERIN JOSEPH**  
Registered Nurse



**DHARANI VIJAYALINGAN**  
Registered Nurse



**DR. AISHATH ZEESHAN  
HASSAN**  
Medical Officer



# A TRANSFORMATIVE LEAP IN AEH SERVICES: WHAT THE NEW AEH NEW CATH LAB AND OPTICAL SHOP MEAN FOR ADDU AND BEYOND

By: Dr. Ibrahim Yasir Ahmed (CEO of AEH)

Addu Equatorial Hospital (AEH) has taken a historic step forward with the opening of two major healthcare services—the Government-run Optical Shop and the Cardiovascular Catheterisation Laboratory (Cath Lab). These initiatives are more than institutional achievements; they represent life-changing progress for the people of Addu City and the southern region of the Maldives, where access to specialized medical services has long required travel to Malé.

The launch, officiated by the Minister of Health Abdulla Nazim Ibrahim together with senior leaders from the Malé City Group of Hospitals and AEH, symbolises the government's commitment to decentralised healthcare. For southern communities, it marks the beginning of a new era where world-class diagnostic and therapeutic services are available much closer to home.

## Bringing Clear Vision Within Reach

Good vision is fundamental to education, employment, independence, and quality of life. Yet for many families in the southern atolls, the cost of corrective eyewear has been a persistent challenge. The new Government Optical Shop at AEH directly addresses this barrier by offering affordable and subsidised eye-care services. Its counterpart in Malé has already demonstrated its value, serving 12,988 customers, with 12,056 individuals receiving government-funded spectacles—a powerful indication of the demand and impact such a service can have.

By extending this service to Addu Atoll, AEH ensures that students, the elderly, and working adults alike gain improved access to essential optical care. The reduction of financial burden means more people can obtain the glasses they need, boosting educational outcomes, workplace productivity, and overall well-being across the region.



## Life-Saving Cardiac Care, Now Closer Than Ever

The establishment of the first-ever Cath Lab outside Malé City is a monumental advancement for cardiac care in the Maldives. Until now, patients in Addu and neighbouring atolls who required coronary angiography, angioplasty, or pacemaker implantation faced costly and stressful travel to the capital. With the launch of AEH's Cath Lab—developed in collaboration with the National Cardiac Center and Malé Group of Hospitals—these essential services are finally accessible within the southern region.

The Cath Lab became operational on 27th and 28th January, successfully treating seven patients through procedures including coronary angiography, coronary angioplasty, and cerebral Digital Subtraction Angiography (DSA). These early interventions demonstrate both readiness and capability, offering critical, time-sensitive cardiac treatments that can prevent disability and save lives.

We are proud to announce that we were able to serve sixteen needy patients in the Cathlab after the inauguration to date.

Beyond clinical impact, the service dramatically reduces travel costs, logistical pressures, and emotional strain for families, ensuring equitable access to specialised cardiac care.



## A Healthier, More Equitable Future for the South

Together, the new Optical Shop and Cath Lab reflect AEH's evolving role as a leading medical hub for the southern region. These services not only enhance clinical capacity but also strengthen community well-being, economic resilience, and healthcare equity.

AEH remains deeply grateful to the National Cardiac Center, Malé Group of Hospitals, and all dedicated AEH teams whose collaboration has made this progress possible. Their efforts bring southern communities closer to a healthier, more empowered future.

# AS THIS CHAPTER CONCLUDES: STRENGTHENED FOUNDATIONS FOR SUSTAINABLE HEALTHCARE EXCELLENCE

*By: Dr. Fathimath Amaany Naseer (Former Medical Director of AEH)*

When I stepped into the role of inaugural Medical Director at Addu Equatorial Hospital, having already been part of this team, I knew the task ahead, building our medical administrative services from the ground up, would be significant. It meant establishing medical leadership, governance and administrative systems where none had formally existed before. It required time, patience and constant adjustments.

What truly stood out for me during this journey was not the milestones or celebrated achievements, but the quiet determination I saw across every department, the consistent effort and the drive to improve from what did not work yesterday. Even when workloads were heavy, progress was slow and circumstances were challenging. That commitment, paired with a genuine desire to move forward forms the pillars that uphold AEH.

Working alongside people with that mindset reshapes your understanding of leadership. It takes leadership out of policy documents and strategic plans and places it firmly in daily practice, togetherness, shared accountability and the steady effort to make the next day better.

Leadership in healthcare is often misunderstood as a matter of authority or control. In reality, it is a massive responsibility. It is the responsibility to make decisions that affect lives, systems and teams, often in conditions of uncertainty, pressure and no perfect answer.

Every day, leaders face the challenge of balancing individual needs with the well-being of the entire team. Many decisions directly affect patients, often requiring careful consideration of patient needs, available resources, and at times factors beyond our control. While not every choice will be popular, integrity, accountability and respect must guide decisions, even when outcomes are difficult to accept.

If there was one approach I tried to hold on to during my tenure, it was this. To listen carefully before deciding. To be clear and firm without losing kindness. To choose what was right over what was easy. And to remember that behind every policy, every protocol and every system are people doing their best work under real pressure.

Over time, I came to understand that leadership is not about the person in the role. It is about the growth of the people around you and the outcomes that remain after you leave. Titles pass. What lasts is what others can carry forward.

Strong healthcare does not depend solely on good intentions. It depends on systems that support people to do the right thing consistently. One of the most meaningful contributions I was able to make was building the foundation for healthcare quality at AEH. From clinical documentation standards, various hospital-wide policies, clinical protocols and pathways, this infrastructure will help keep care safe and reliable even on the hardest days. QID's mission to create a quality-driven culture in AEH required a sustained, deliberate effort and the results speak for themselves.

With high turnover of doctors, the strategic onboarding process we developed was a turning point. It set the stage for stronger clinical standards and a culture where every new doctor could thrive and contribute from day one. Building the medical internship program was a substantial undertaking requiring perseverance and careful attention to detail. It was designed to support interns consistently, while ensuring the program itself does not rely on any single individual but on clear standards, shared responsibility and sustainable systems.

Much of this work is behind the scenes and largely invisible, yet it shapes outcomes more than on-the-spot decisions ever could.





As I step away from this role, my hope for Addu Equatorial Hospital is the same,

- **It continues to build on its strengths.**
- **It keeps questioning how care can be safer and better.**
- **It protects its integrity, even when doing so is difficult.**

To those just beginning their journey here, you are in a place that values curiosity, initiative and the drive to make each day better than the last. Here, you matter. You are part of shaping what AEH becomes and how we work together to care for our community.

I also learned that how institutions behave during difficult times matter as much as how they perform when things are going well. It is during challenging periods that values are tested and the true character of an institution shines through. It is also in these moments that holding firmly to those values matters most, especially when it is easier to compromise them.

When I reflect on my time as MD, some of the most meaningful moments came not from major events, but from simple feedback. From patients who felt cared for. From staff who felt supported. From colleagues who shared what this hospital had meant to them even as they moved on.

***Those moments are reminders that how we work matters as much as what we achieve.***

To my colleagues across all roles and departments, I hope I will be remembered as someone who was for you - whether supporting you through changes, helping you move forward, championing better ways to care for your patients or simply listening when it mattered.

I conclude my time in this role with deep gratitude for the people I've worked alongside and with full confidence in the potential, dedication and future of Addu Equatorial Hospital.

Much of this work is behind the scenes and largely invisible, yet it shapes outcomes more than on-the-spot decisions ever could.



# AEH MAAHEFUN 2026: STRENGTHENING BONDS AHEAD OF RAMADAN

By: *Fathimath Wasiga Naseer (Health Care Administration Officer of AEH)*

On 4th February 2026, AEH successfully hosted a Maahefun gathering in anticipation of the holy month of Ramadan. Maahefun is a cherished Maldivian tradition bringing together colleagues and loved ones to share a meal and strengthen bonds ahead of the sacred month. Upholding this meaningful custom, we organized the event to foster unity, reflection, and camaraderie among our staff.

The gathering was attended by approximately 263 members of our team, representing the diverse departments that collectively form the backbone of our hospital. The event was marked by a warm and joyous atmosphere, with an abundant spread of traditional delicacies thoughtfully prepared by members of our AEH team for all to enjoy. The shared meal not only honored cultural tradition but also symbolized gratitude and togetherness as we prepare to welcome Ramadan.

Beyond the culinary delights, Maahefun provided a valuable opportunity for staff members from different departments to connect outside of their daily professional responsibilities. It created a welcoming space for open communication, renewed friendships, and strengthened teamwork. Colleagues engaged in lively conversations, shared laughter, and embraced the spirit of unity that defines both our workplace and our Maldivian community.

The success of this year's Maahefun reflects our hospital's commitment to nurturing a supportive and inclusive environment. As we look forward to the blessed month of Ramadan, we carry with us the spirit of cooperation and harmony experienced during this memorable gathering.





## CATHLAB INAUGURATION





## CATHLAB INAUGURATION





## MCGH OPTICAL SHOP INAUGURATION





## MAAHEFUN 2026





## MAAHEFUN 2026





## MAAHEFUN 2026



# UPCOMING EVENTS

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## Ramazan Activities by CLUB AEH



FOR AMBULANCE

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**FOLLOW OUR JOURNEY!**